

Thriving through **connection** in the community since 1988

The latest news and announcements from Easy Care Gardening



In this edition



- **World Senior Citizens Day**
- **What's On**
- **Green Crew Corner**
- *Tip of the Month*
- *Team in Focus*
- *Recipe Corner*



World Senior Citizens Day

August 21

Observed worldwide on the 21st of August each year, World Senior Citizens Day is a time to recognise the important contributions older adults make to their families and communities.

The day was officially established in 1988 by United States President Ronald Reagan. President Reagan wanted to have a special senior citizens day to highlight the valuable roles that older people play in society all over the world.

World Senior Citizens Day is not only a time to pay tribute to seniors but also an opportunity to raise awareness about issues that affect older people.



One of the main goals of World Senior Citizens Day is to highlight the challenges that older adults face, including health concerns, financial stability, aged care and social isolation. By bringing these issues to the front of people's minds, the day encourages the wider community to advocate for policies and programs that support the wellbeing and longevity of everyone as they age.

A few ways to celebrate our older community include hosting a morning tea or picnic for any older neighbours or family members you might

know or perhaps encourage a friend to volunteer with Easy Care Gardening and arrange for your team to get involved and bring the morning tea to the client that week. If there's a senior in your life who's on the fence about living in a retirement village, you could bring them along to an event being hosted at a local retirement home. Being able to meet other retirees and tour a village is a great way to experience first-hand what retirement living is all about and decide if it would be a good fit.

By celebrating the contributions of seniors and raising awareness about the needs and challenges of all people as they get older, we can work towards building a more inclusive and age-friendly world for people of all ages.

iNaturalist

iNaturalist training at Boronia Park. Join UNSW PhD candidate Thomas Mesaglio to learn about the world's largest citizen science platform, iNaturalist. The workshop will focus on the iNaturalist mobile app, and will cover best practices for recording flora and fauna in your local area, how to upload observations to iNaturalist, and how to explore and use the data. More information [here](#).

Sing Australia Gordon - Friday night social singing If you have always wanted to have a go at singing but never had the chance, Sing Australia is for you! There are no auditions, no requirements to read music and no singing experience is necessary. Singing is great for body, mind and soul. More information [here](#).



Yoga Wednesdays. Align your body and breath through these yoga sessions and feel your body relax and mind slow. These classes can also improve your flexibility, strength and balance and are a great way to learn relaxation techniques such as visualisation and deep breathing! More information [here](#).

Self care workshop for women. A relaxing morning where you get the opportunity to have your hair styled and nurture your soul with FREE women's health and wellbeing sessions in August. More information [here](#).



Term 3 2024 - Line Dancing. Whether you come for the great people, the fabulous music or the fitness, you too will LOVE to Line dance! This class is perfect for beginners who have never line danced before right through to those who have tried it and love it. If you love to dance, this class is for you. More information [here](#).

Chipping for Mulch. Hornsby Shire Council residents bring along your garden prunings and branches to our free chipping service and take home free mulch. More information [here](#).



BandFit is Active Ku-ring-gai's 10-week 45-minute circuit-based program aimed at increasing functional strength, mobility and improving overall body tone all while using powerbands. More information [here](#).



Safe Work Practices are now available to view on the website. Click [here](#) for more information.

IMPORTANT - An incident Report form must be completed within within 48 hours of an incident occurring. Find the form [here](#).

All About Mulch! At Easy Care Gardening the Garden Coordinators are very passionate about the topic of mulch. Mulch is part of an integrated and proven approach to sustainable weed control and soil improvement and in turn helps keep your garden an Easy Care Garden!



WHY MULCH? Laying mulch reduces the need for spraying with herbicides or even natural sprays that may be harmful to insects, or alter the PH of soil if overused. Mulch conserves soil moisture by reducing evaporation, so you'll use less water on your garden. Healthy plants need healthy soil. Mulching your garden provides food for all sorts of soil organisms that form part of a healthy soil biome and garden ecosystem. Mulch also keeps the garden looking good for longer!

For more information on mulching click [here](#).



Tip of the Month

Days are getting longer, but not yet much warmer. Plants sense the changes in day length so in temperate regions they are waking up, but further north the dramatic changes of the south do not occur. In southern Australia, cool, clear nights, frosty mornings and plenty of rain can only mean one thing, it is August and the beginning of buds bursting. Check out these tips for things you can do in the garden in August:



In temperate zones such as Sydney where there are occasional winter frosts, August is perfect to get planting! There are some great plants you can put in now, once the frosts have gone. Try beetroot, lettuce, parsnip, peas, radish, celery, leek, lettuce, onions, mizuna, mitsuba, seed potatoes, rocket, silverbeet, and spinach.

Top up mulch on veggie patches, herb gardens and ornamental beds. Choose sustainable, low-environmental impact mulch, one that will enrich your soil as it breaks down.

If your plan includes tomatoes next month, prepare a bed now (your toms will thank you for it). Place some organic compost, pelletised chook poo, a touch of water, and apply a straw mulch. This bed will be awesome come September and you will have the greatest tomatoes in the street!

T.E.A.M in FOCUS



Clients' gardens come in all shapes and sizes, sometimes needing just a tidy-up but often requiring a few more hands to help turn them into well-tended and manageable gardens.

The Thursday morning teams in Area 5 have combined on a number of occasions in recent months, with up to eight volunteers on some days including our team leaders Steve Lockard and Phil Manton.



From left: Heather Knight, Mick Marr, Daniele Di Paolo, Steve Lockard, David Ashton, Phil Manton, Gary, Frances Heath and Basundhara Dhungel

There is always plenty of work of a varied nature to keep everyone occupied, with a full range of gardening tasks including weeding, pruning, mulching, planting, watering, all done in good spirits and with great enthusiasm. Morning tea provides the opportunity to have a break and indulge in some interesting and humorous conversations, with everyone enjoying a cuppa and a nibble kindly provided by our clients. We all really appreciate these interludes when we can share stories and be re-energised before getting back to the grindstone. A special thank you to David and Steve for taking care of those aficionados among us in need of a caffeine shot, taking turns to make a special trip to the local café to fill our demanding orders.

Goodbye to Gary

Many of ECG's volunteers and clients will be saddened by the sudden and unexpected news that team leader Phil Manton's four-legged friend Gary passed away in late June. Gary was a much loved doggie that accompanied his master on his gardening days, never straying too far from him.

He was a French bulldog with all the ideal qualities in a canine companion – gentle and affectionate, with just the right dose of attitude to make you smile. Gary made sure to be around for morning tea time – a favourite of his (and our volunteers!), just in case there were a few spare treats to be had. Our little gardening friend will be missed and fondly remembered. R.I.P.



By Daniele Di Paolo

Support Us



Easy Care Gardening is a not-for-profit organisation that relies on volunteers to ensure its work in the community can continue. If you can spare 3 hours of your day to volunteer, click here for more information.



Whilst we do receive funding from the Commonwealth Government, it is not sufficient to cover all of our administrative costs and the purchase of new tools and equipment. Your donation today will help countless older residents keep living longer in their own home.

To donate now to Easy Care Gardening click [here](#). Donations of AUD \$2 or more are tax deductible.

Recipe Corner

Quick one-pot chicken stroganoff by Tracy Rutherford



Ingredients

- 1 tbsp Classic Olive Oil
- 1 brown onion, halved, sliced
- 200g button mushrooms, sliced
- 2 garlic cloves, crushed
- 1 tbsp tomato paste
- 1 tsp sweet paprika
- 300ml cooking cream
- 125ml (1/2 cup) chicken liquid stock
- 1 bbq chicken, cut into portions
- 2 tbsp finely chopped fresh continental parsley leaves

Step 1

Heat the oil in a large deep frying pan over medium heat. Cook the onion, stirring occasionally, for 4-5 minutes or until golden brown. Stir in the mushrooms, garlic, tomato paste and paprika. Cook, stirring, for about 30 seconds then gradually pour in the cooking cream and stock. Bring to a simmer then reduce heat to medium-low.

Step 2

Place the chicken in the sauce. Cover and cook for 3 minutes or until heated through.

Step 3

Scatter the parsley over the stroganoff just before serving.

Source: Taste.com.au



We want to hear from you! Send us your recipes, tips and tricks to be featured in the newsletter. Write to us at info@easycaregardening.org.au or Phone (02) 9983 1644