



News

April 2021



IMPORTANT NOTICE FOR YOUR ATTENTION

The meeting on April 14th will comprise the AGM and a Speaker. **The venue has CHANGED**

We will meet at **6.30 pm** at the **CHERRY HILL TAVERN, 193-195 Reynolds Road, Doncaster East** for dinner first (meal arrangements as before - \$10 senior meal, \$2 Club)

If you don't wish to come for a meal please make sure you are at the Tavern for **7.50pm** as the Speaker Angelo Eliades will start at 8.00pm sharp. His topic is the Queensland Fruit Fly. The Speaker will be followed by the AGM. All the current committee members are standing again.

The whole meeting will be held at Cherry Hill Tavern inside in an area to the side of the kitchen.

RSVP by Friday 9th April to Avril Clark 0402 478 302 –phone or sms

From May all newsletters will be emailed to financial members.

If you do not have an email you may bring 3 stamped self addressed envelopes to the meeting and we will mail your newsletter to you otherwise newsletters may be picked up at the meeting.

As you may be aware the cost of mailout has risen and it costs us \$1.10 plus the cost of an envelope and the printing of the newsletter to send it to you

The Committee will review the use of self addressed, stamped envelopes during the months of May, June and July to monitor how it works.

**We are taking this opportunity to update our database to ensure
we remain in contact with all of our members.**

If you have already filled this form in at the dinner you **do not** need to fill it in again.

Member Update

Name

Address

Address 2

Phone/Mobile

Email

Please complete the form and EITHER take a photo and text to AVRIL CLARK 0402 478 302

OR POST to Avril Clark 62 Pine Hill Drive Doncaster East 3109 or hand to Avril Clark at the AGM meeting



Our Speaker for APRIL is Angelo Eliades, presenter, trainer and writer in the areas of sustainable gardening and Permaculture. He is a passionate forest gardening advocate, and has a thriving demonstration Permaculture food forest garden in Melbourne's inner northern suburbs which he regularly opens to the public. His garden won the Darebin Sustainability Award – House & Garden category in 2013, and was featured in the prestigious Open Gardens Australia event in 2014 and 2015.

With over a decade and a half of experience in organic gardening, his specialty is designing and building food forests – sustainable intensive food production systems which utilize ecologically-based design principles for maximum productivity, minimum work and natural pest and weed control.

Being actively involved in the gardening industry, Angelo works part-time as a horticulturist in a large retail garden nursery as their permaculture and produce gardening specialist. He also works for a sustainable gardening not-for-profit organisation as the editor of their garden industry newsletter, and as a presenter developing training materials for gardening professionals.



Some of the members of the Garden Club who took advantage of getting together at the Cherry Hill Tavern .at what would have been our normal meeting time All who attended described the night as a great success. Congratulations to those who organised the event. I'm sure everyone thought it was a great way to start another Garden Club year.

May Meeting

The speaker for the May meeting will be Robin Gale-Baker at Cherry Hill Tavern. He will speak on "Hints on growing vegetables" Robin Gale-Baker is an organiser of the Macleod Community Garden

Controlling Slugs and snails

Both snails and slugs feed on living plants and decaying plant matter, causing damages to leaves, flowers, fruits, and other succulent plant parts. Look for the silvery mucous trails to confirm their presence. Their damage normally is shaped like irregular holes with smooth edges.



Homemade traps such as a flat board or inverted flower pot with one edge propped up are attractive places for these pests to hide. Likewise, inverted cabbage leaves, orange/grapefruit rinds also work well. Place them out in the evening and check daily. Check traps and destroy pests every morning until numbers drop, then check weekly.



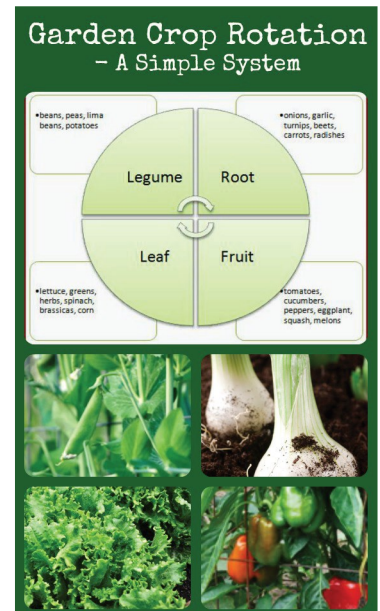
Beer or yeast and honey mixture - Set a deep trap, like a deep yogurt container, with the rim at ground level. This ensures pests cannot crawl back out. Prepare the honey and yeast mixture by boiling water with some honey and yeast; the proportions are not critical. Beer may be used as is. Check the container daily to make sure a frog or something else hasn't accidentally fallen in. Empty and refill every couple of days.

MIX IT UP! CROP ROTATION, INTERCROPPING & SUCCESSION

Just as we are healthiest when eating a widely varied diet, organisms in the soil also benefit from a diverse diet of organic material. Plant nutrients come from minerals made available by decaying plants and animals, but roots also exchange nutrients and electrical charges with microorganisms in the soil. Different roots provide different nutrients to the microorganisms, and vice versa. All vegetables have specific nutrient and soil requirements, so by grouping crops with similar needs together and rotating if possible every year, the soil maintains the ability to replenish lost minerals and efficiently support each crop.

.Because some plants use more of certain nutrients and some plants leave nutrients in the soil after they die (such as nitrogen-fixing legumes), rotating crops and planting a variety of plant families in a bed helps support diverse forms of microbial life. The diverse microbial community nurtures balance in the food web so that one kind of organism or nutrient doesn't get too powerful and throw off the system.

Crop rotation also supports plants' ability to fend off disease and pests by nurturing a more robust and well-nourished plant. Disease spores in the soil can easily be moved from a crop's previous location to the new location, however, the access to different microbial life and nutrients ideally contributes to the overall health and general immunity of the plant.



More than bowls!

Respect
SPORT AND GAMES

Food! Friendships! Fun!

Community Family Fun Day
Sunday 16th May 2021

11.00AM - 3.00PM. DONCASTER BOWLING CLUB, J J TULLY DRIVE, DONCASTER.

**THIS IS A CALL FOR TEAMS
IN THE LOCAL COMMUNITY TO JOIN US!**

**Organise a team of family,
friends or social groups!**

To register your team contact:
Dot Haynes at dothaynes041@gmail.com
or phone 0425 718 937 today to ensure
your team's place.

**FREE BBQ SAUSAGES
- HALAL & VEGGIE
MORE THAN BOWLS!**

**Short
Round
Robin
Comp**

**All
abilities &
ages 12 and
over**

**Live
music**

**Free
coaching**

**Victoria
Police
playing**

**Food!
Games!
Fun!**

Respect

Uniting
Communities
Through the
Power of Sport

MANSFIELD
INTERLEIGH
BOWLS CLUB

MANNINGHAM

Bowls, Friendships & Fun
SINCE 1982

BOWLS
SOUTHSHIRE

Yesterday I was at Costco buying a large bag of Purina dog chow for my loyal pet, Owen the Wonder Dog; and was in the check-out line when a woman behind me asked if I had a dog.

What did she think I had an elephant?



So because I'm retired and have little to do, on impulse, I told her that no, I didn't have a dog, I was starting the Purina Diet again. I added that I probably shouldn't, because I ended up in the hospital last time but that I'd lost 50 pounds before I awakened in an intensive care ward with tubes coming out of most of my orifices and IVs in both arms.

I told her that it was essentially a perfect diet and the way that it works is, to load your pants pockets with Purina Nuggets and simply eat one or two every time you feel hungry. The food is nutritionally complete (certified), so it works well and I was going to try it again.

(I have to mention here that practically everyone in line was now enthralled with my story.)

Horried, she asked if I ended up in intensive care, because the dog food poisoned me?



I told her no. I had stopped to pee on a fire hydrant and a car hit me. I thought the guy behind her was going to have a heart attack he was laughing so hard.

Costco won't let me shop there anymore. Better watch what you ask retired people.

How to use Epsom salt for plants and gardens

Recommended by Master Gardeners and used by commercial growers around the globe, Epsom salt – which is a naturally occurring mineral, magnesium sulphate – is a key nutrient for plants, [citrus](#) fruits and [vegetables](#), particularly in spring.

[Cornell University Assistant Professor Neil Mattson](#) tells the [Epsom Salt Council](#) that if a plant's leaves turn yellow all over the plant, it can be a sign they need more sulphate. "If lower leaves turn yellow between the veins – that is the veins stay green – they may need more magnesium," says Mattson. "Plants need building blocks. Magnesium and sulphur are essential nutrients."

Like humans taking vitamins to ward off disease, Karen Smith says when added to a fertiliser, Epsom salt increases chlorophyll and helps ward off pests like slugs.

[Rose](#) bushes, in particular, respond exceptionally well to Epsom salt given they lack magnesium during blooming.

She says Epsom salt is safe for mostly all plants, and poses very little danger of overuse like commercial fertilisers do. However, some experts do warn against using Epsom salt on sage as the herb is one of the few plants that doesn't respond well.

Magnesium sulphate is a key nutrient for citrus

How to use Epsom salt in the garden

1. **Houseplants:** Mix half a cup of Epsom Salts in a 10-litre watering can and feed plants monthly.
2. **Tomatoes:** 1 tablespoon per 30cm of plant height per plant and apply Epsom salts every two weeks.
3. **Roses:** Scratch half a cup of Epsom Salt into the soil at base to encourage flowering canes and healthy new basal cane growth. Soak unplanted bushes in one cup of Epsom salt per five litres of water to help roots recover. Add a tablespoon of Epsom Salt to each hole at planting time. Spray with Epsom Salt solution weekly to discourage pests.
4. **Shrubs [evergreens, azaleas, rhododendron]:** Apply Epsom Salts over root every few weeks.
5. **Trees:** Apply two tablespoons per three square metres. Apply over root zone three times annually.

Garden start-up: Sprinkle one cup per 10 square metres. Mix into soil before planting.



Committee Members

President: Doug Brewer 0412 017 133

Vice President Pauline Webb

Secretary: Avril Clark 0402 478 302

Speaker: Pauline Webb:

Treasurer: Toni Myers

Newsletter

Albert Schafter

Anita Luzza

Kenneth Beer

Esther Sim

Margaret Schafter

Almost Instant Cucumber Pickle

"Quick" or "refrigerator" pickles provide an easy way into pickling. The below is barely a recipe, but it is both reliable and totally adjustable to taste.

- 1 tablespoon vinegar (apple cider, white wine or rice)
- 1 tablespoon cold water
- 2 teaspoons sugar (white, raw or soft brown)
- ¼ teaspoon salt
- 1 cucumber, washed (peeled, or not, depending on variety)

Mix vinegar and water in a bowl, and stir in sugar and salt until dissolved.

Thinly slice in the cucumber. Stir gently.

An even more instant result is obtained by marinating the cucumber slices in some liquid from a jar of pickles.

Finely chopped dill, mint or chives can be added. More (or less) vinegar, water, sugar or salt can be used to taste.

This can be made during the day and refrigerated, covered, until dinner, or assembled while the rest of the meal is being prepared. Drained, these crunchy slices can be used on burgers and in sandwiches and salads, or just enjoyed on their own. They can be stored in the fridge for a few days, but become softer.

This is also a delicious way of pickling a thinly sliced red onion. When left for a couple of hours, it emerges from the solution not only soft and sweet, but a gorgeous pink.

Money isn't everything, but it sure keeps the children in touch.

I always hold hands, if I let go she shops.