



# NEWSLETTER

Website: [www.strathgardenclub.com.au](http://www.strathgardenclub.com.au)

Email: [strathalbyngardenclub@gmail.com](mailto:strathalbyngardenclub@gmail.com)

Phone contact: 0416 173 573

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2015

## FROM THE PRESIDENT

October has been another busy "gardening" month with the trip to Carrick Hill and the 'Cavalcade of Gardens' as well as the judging for the Strath Show Spring Garden Competition. Still there has been time to smell the roses and the sweet peas, jasmine and all the other fragrant and colourful spring flowers.

The garden in spring is a brief delight before the colours and soft new growth are faded and dried by the summer heat.

With our dams already half empty due to low winter rainfall and early evaporation I will be having to make tough decisions about where the precious water is allocated in the garden. I can foresee many buckets of water being carried unless there is a change in the weather that has been predicted.

But there is no point in rushing to meet the problem, better to enjoy the moment and get on with shelling the freshly picked broad beans and peas. Frozen vegetables may be quick and easy but nothing surpasses the flavour of young, sweet, freshly harvested produce.

*Norma Keily*

## JEFFREY REID - WHERE THE LAND MEETS THE SEA.

**Jeff Reid is the** Coordinator of COOTS (Conservation of Our Threatened Species) which is the conservation group of the Australian Plants Society.

Jeff has created five large COOTS conservation projects over the years around South Australia, and they all involve the protection of many native species. Projects like Lands End at Cape Jervis, Pine Point on Yorke Peninsula, Hope Valley Reservoir, Port Parham, and the Adelaide Airport.

As well as his COOTS projects he is actively involved in all Society events, including the very popular Plant Sales and Flower Shows which are held in autumn and spring at the Wayville Showgrounds, Adelaide.

Mangroves are often viewed as wasteland so they become dumping grounds for rubbish or are exploited by developers or ruined by off road vehicles. However this fragile coastal vegetation has a rich diversity of plant species and is the habitat for a wide range of migratory birds.

Mangrove forests protect coasts when sea levels rise, they are a breeding ground for many fish species, they provide refuge and food for wildlife, assist in the reduction of water pollution and protect the coast from damaging storm surge.

The tidal creeks are rich in nutrients which accumulate from the mangroves and are transported out to sea to feed the fish. Mangroves have pneumatophores or aerial roots as they cannot breathe in the mud where they grow. Their flowers attract

bees as they are highly scented. The mangrove seeds which are similar in size and shape to almonds drop and take root within hours. They can also grow from suckers and can regenerate very quickly. Sand dunes, despite their inhospitable appearance, support many different plant species ranging from samphires, to dianellas and the sea lavender *Wilsonia humilis*. Some species are used as bush tucker - *Nitraria billardiarei* - while *Acrotriche patula* provides food for birds and lizards.



**ANNUAL IRIS SHOW 24TH (11 - 5) & 25TH OCTOBER (10 - 4)**

**GOODWOOD COMMUNITY CENTRE**

**\$3 ADMISSION: TRADING TABLE: REFRESHMENTS: DEMONSTRATIONS.**

# STRATHALBYN GARDEN CLUB PROGRAM

MEETING DATE	SPEAKER/ACTIVITY	TOPIC FOR DISCUSSION
October 23rd	Kim Syrus	Roses and more
October 23rd	Bloom Competition	3 categories to enter
November 27th	End of year Lunch	Strathalbyn Bowling Club
<b>2016 January 29th</b>	5th Friday to avoid the Tour Down Under	
<b>January 29th 2016</b>	Elizabeth Caldicott	Garden Travels
<b>February 26th</b>	Pam Catcheside	Fungi of the Mt Lofty Ranges
<b>March 25th</b>	<b>No meeting due to Good Friday</b>	
<b>April 22nd</b>	Pam Marshall	Eco living

## OPEN GARDENS SA

GARDENS OPEN 10AM - 4.30PM

ENTRY \$8, CHILDREN UNDER 18 FREE

Additional information, photos and garden notes written by the owners can be found on the Gardens SA website: <http://opengardensa.org.au>

### OCTOBER 24—25

The Gates, Coffin Bay: 32 Flinders Avenue

Carabella, **Clare**: 5 March Court

Lelant, **Clare**: 1 Waller Drive

Possum Park, **Mount Barker**: Native Avenue

Buccleuch, **Mount Barker**: 28 Burbank Way

Maurjoy, **Gawler East**: 36 Berrett Road **25**

(Sunday only)

Cork Cottage, **Gawler**: 27 Seventh Street

### 31 October & 1 November

Ashgrove Iris Garden, **Gumeracha**: 53 Albert Street

Kurralt, **Beaumont**: 23 Kurralt Drive

### 31 October—4 November

Aberfoyle, **Kongorong (Mt Gambier)** 213 School Rd

### NOVEMBER

#### 7—8

Narrinyeri, **Crafers**: 32 Old Mount Barker Road

#### 14—15

St Mary's Vineyard, **Penola**: V & A Lane

Garden of Excentrix, **Crafers**: 1 Shurdington Road

Gate Cottage, **Mylor**: 66 Leslie Street Flats,

**Birdwood**: 2891 Onkaparinga Valley Road

#### 21—22

Wyndbourne Park, **Forest Range**: 258 Mawson Road

#### 28—29

Kinclaven, **Crafers**: 56 Waverley Ridge Road



OPEN  
GARDENS  
SOUTH AUSTRALIA

## GARDEN CLUB END OF YEAR LUNCH

Friday 27th November

11.45am for a 12.30 start.

At Strathalbyn Bowling Club

\$25 per person, partners welcome (Drinks extra)

Numbers, names and payment due to the Treasurer by October 23rd meeting. Special dietary needs should also be provided to the Treasurer.



## WHAT'S ON IN NOVEMBER

### Sunday November 1

The Heritage Garden Open Day.

Walter and Kay Duncan's beautiful garden is opening once again supporting the Royal Flying Doctor Service and the Women's and Children's Hospital.

Stalls, refreshments and live music throughout the day. 9am-5pm.

The Heritage Garden, McCord Lane, Sevenhill.

### Sunday November 1

Herb Day Sunday.

Over 20 stalls featuring a wide range of potted herbs and salvias, herbal crafts and cosmetics, seeds and books.

Food and refreshments and a flower display.

10am-4pm - free admission.

Fullarton Park Centre, corner Fisher Street and Fullarton Road, Fullarton.

### Saturday November 7 and Sunday November 8

Cactus and Succulent Society of SA Spring Show.

10am-4pm daily - admission \$3.

Felixstow Library Complex, corner Turner Street and O.G. Road, Felixstow.

### Sunday November 15

Gamble Cottage and Garden Open Day.

The Friends of the Garden will have many plants for sale from their nursery while the National Trust will be serving afternoon tea.

2pm-4pm.

Gamble Cottage, 296 Main Road, Hawthorndene.

## WE BOUGHT A LAPTOP

At a recent Garden Club Committee meeting we approved the purchase of a laptop to be used by the Treasurer to assist in the task of keeping our membership and financial records in good order.

Our Treasurer Mary Golden researched suitable machines and suppliers and finally settled on an HP 8GB/1TB HDD/DVDRW/WIN 8.1 plus all the necessary accessories and software. It was decided to purchase locally so that support and backup could be easily accessed when needed.

Gary at Strath Computer Gurus on Callington Road has been incredibly helpful and we can recommend him should you need computer support.



## THE DONATIONS TABLE

The Garden Club derives the majority of its working funds from the sale of raffle tickets and the income from the Donations and Sellers table.

May we suggest that if you bring more than one item for the raffle table that you split your contributions between the raffle table and the Donations Table?

Jackie Chapman will be delighted to have something on her table to sell.

Items should be garden related and of acceptable quality.



### STRATH COMPUTER GURUS Building the Best and Fixing the Rest Is your computer slow?

Does your internet connection seem slower than it used to be?  
Bring it in for a Computer Tune up and Service.

Includes- Registry Clean, Spyware Scan, System & Internet speed optimization.

**DUE TO POPULAR DEMAND WE ARE STILL OFFERING THIS  
AT ONLY\$ 69.00!!**

We also sell refurbished second hand computers – all with a 3 month warranty !

NEED US TO COME TO YOUR HOME ? WE CAN COME TO YOU !!  
Shop 9B Callington Rd, Strathalbyn - Open 9.00 till 5.00 Monday to Friday

Phone (08) 85362835 or A/H Mobile - Gary on 0411708269

## COMPOSTED PIG MANURE

\$7.00 per 27 litre bag

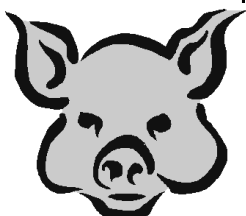
Free delivery in Strathalbyn

Phone 8536 2628

Ros 0428 362 628

Brian 0438 362 628

Practically odourless!



## Thank You!



Thank you to Ruth Anderson, Rex and Shirley Fountain, Caroline and Ced Huxter, Jackie and Frank Chapman and Tania Richardson for their generosity in sharing their gardens in the Cavalcade of Gardens.

Their efforts were appreciated and enjoyed by many members of the Garden Club and their families and friends.

Thank you also to Jenny Thomas who organised the event this year.

With the enjoyment of the day fresh in your mind why not consider sharing your garden next year? Keep the thought in mind.

"A garden is a friend you can visit anytime"

## 2015/16 COMMITTEE

PRESIDENT	NORMA KEILY
SECRETARY	JENNY THOMAS
TREASURER	MARY GOLDEN
HOSTESS & TRIPS	MARIA MAXWELL
NEWSLETTER & TABLES	JACKIE CHAPMAN
GUEST SPEAKERS	PAT SIMPSON
COMMITTEE MEMBER	HEATHER MCMURTRIE

### SUPPORT

RAFFLE	REN TREMAYNE
MORNING TEA	YVETTE HOLDSWORTH & ANNELIE DALY
BLOOM COMPETITION	ROB FOX

**THANK YOU FOR YOUR COMMITMENT TO THE CLUB.**

## GREG THE WORM MAN 0438 808 066

Kilo packs of composting worms

Vermicast for soil improvement

Worm Farms to order

Worm Wee 3 litre & 20 litre containers

Catch me at the Strathalbyn Garden Club meetings!

### SHEEP MANURE for Sale

\$5 / bag (delivered to Strath)

\$4 / bag (collected from farm)

\$20 / collected in trailer, i.e. 6'.4'

Tania & John Richardson

Woodchester

85375011

We're happy to make your garden happy! Spread the word.



# GARDENING AND HEALTH CONCERNS.

## POTTING MIXES AND MULCHES

While gardening is a beneficial and therapeutic activity it also has its dangers as some of our members can confirm with regard to the dangers of soil borne diseases. Pat Simpson has provided the following information from the State Government of Victoria Department of Health.

Ideally a quality respirator should be worn, not just a paper mask, when dealing with mulches and potting mixes.

### What is legionnaire's disease?

Legionnaires' disease (Legionellosis) is a serious and sometimes fatal form of pneumonia caused by the bacteria *Legionella*. Although not all cases of Legionnaires' disease are severe, up to ten per cent of cases can be fatal.

There are over forty strains of *Legionella* bacteria but only a few cause disease in humans. The strains that are most commonly cause human disease are *pneumophila* and *longbeachae*.

### What are the symptoms of Legionnaires' disease?

Symptoms are usually similar to a severe flu infection and include fever, headache (often severe), shortness of breath, muscle aches and pains, and sometimes a dry cough.

From the time of infection with *Legionella* bacteria, it takes between two and 10 days for symptoms to appear. In most cases symptoms begin after five or six days.

### How do you get Legionnaires' disease?

*Legionella* bacteria are found naturally in the environment and thrive in warm water and warm damp places. They are commonly found in bodies of water, soil and potting mix.

People usually get Legionnaires' disease by breathing in *Legionella* bacteria in very fine droplets of water called aerosols.

Man-made water systems sometimes provide environments that let *Legionella* bacteria increase to large numbers. These man-made systems include showers, spa pools, fountains, and also cooling towers associated with air conditioning and industrial cooling processes.

The evaporative units sometimes used in home air conditioning have not been known to cause Legionnaires' disease. You cannot catch Legionnaires' disease from another person, or from drinking water contaminated by *Legionella* bacteria.

### Who is at risk for Legionnaires' disease?

Most people exposed to *Legionella* bacteria do not become infected. The risk of disease increases with age, especially amongst smokers. People with long term medical conditions that weaken the body's immune system (such as cancer, lung disease, diabetes, and transplant recipients) may be at increased risk of Legionnaires' disease.

Young people, especially children, rarely get Legionnaires' disease.

### How is the disease diagnosed?

For people who have symptoms there are three main tests for diagnosing Legionnaires' disease. These are sputum tests, blood tests (two tests more than four weeks apart), and a urine test. There is no value in being tested unless you are ill.

### Can it be treated?

Yes, most people with Legionnaires' disease need to be treated in hospital and for some, this will be in an intensive care unit. Legionnaires' disease is treated with antibiotics and the earlier that treatment is begun, the better the outcome.

### Can Legionnaires' disease be prevented?

There is no vaccine currently available for the prevention of Legionnaires' disease, however, the risk of transmission can be reduced. Owners of premises that have cooling towers, public spa pools, or warm water systems (for example in hospitals) are required by law to conduct regular maintenance to reduce the risk of *Legionella* contamination and spread.

Smokers are more likely to get Legionnaires' disease and can reduce their risk by quitting.

Because *Legionella* bacteria are commonly found in soils and potting mix, gardeners should:

- Always wear a face mask and gloves when using compost and potting mix, including while opening the bag.
- Moisten the contents of potting mix bags to avoid creating dust.
- Always wash hands after handling potting mix.