

The Garden Clubs of Australia Inc



ABN 74 058 867744

www.gardenclubs.org.au

'Friendship through Gardens'

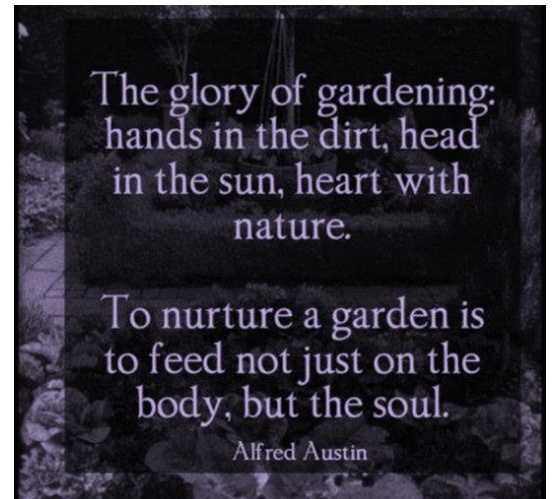
Secretaries: Please email this directly to your members.

Welcome to 2020

With such a tumultuous start to the year, we are ready for everything. Nothing can stop us from embracing another great gardening experience and enjoying the companionship of our fellow gardeners. Our mental health relies on our ability to look to the future, plan what to grow with the result of nurturing our soul.

INSURANCE CERTIFICATE

This year your club Insurance Certificate will be **emailed to you**. Ensure all **contact information** is up to date and when the certificate arrives **save and print it**. For more information contact David Gemmell insurance@gardenclubs.org.au



Facebook

Over the past two months the GCA Facebook site has evolved into a vibrant sharing gardening community. We have read stories of hope and growth, activities and shows, shared by other gardening enthusiasts in clubs far and wide across Australia.

We welcomed 54 clubs from Bathurst, Coonabarabran, Werris, Twin Towns, Hobart and many more to the Facebook **'Club Activities'** and **'Your Garden Gossip'** Groups with people from across Australia



Coffs Harbour Garden Club meets at the Botanic Garden Display Room the third Saturday at 1:30pm.

commenting and sharing their stories, club activities and photos. Look out for the new **'Community Garden'** Group.

A few of the Clubs have shared the following:

Bathurst Spring Spectacular is 24/25 October.

Bourke Spring Flower Show in September, Rose show October.

Festival of Country Gardens is the 1st weekend in November.

Coonabarabran Garden Club Camellia Spring Flower Show the 1st Friday in September.

Royal Horticultural Society Spring Show 26-27 September.

Twin Towns & District Garden Club Flower Show, 5th September.

The GCA Facebook **'News'** page posed a few polls to get a better understanding of the nature of our Facebook gardening community. We now know that there is a 50/50 split between whether clubs have a spring show, how people access their Facebook account with computer or phone and if clubs have a January club activity. Also, that two thirds of the members grow plants in the ground as opposed to pots and that Australian parks have different uses to other countries.

The Facebook 'News' page has 1½ years' worth of monthly meetings, conversation starters and activities from the GCA club activities booklet, to help you keep club meetings dynamic. Here is one of them.

Horticulture /gardening used as therapy

- *Specialist organisations to assist e.g. people with Alzheimer's, dementia, Arthritis, strokes, AD/HD, Autism, cancer, Tourette's, chronic fatigue, anxiety conditions, blind, visually impaired.*
- *Horticulture therapy used in prisons, aged care facilities, mental illness facilities, accident rehabilitation.*
- *How can these people be involved with gardening?*
- *Will need or could need assistance to begin gardens.*
- *Garden Clubs could initiate or set up a garden service.*
- *'Easy care gardening' What does this mean?*
- *Building the correct height gardens.*
- *Specialised tools and designs of garden.*
- *Sensory gardens- how to construct and suitable plants.*
- *It is generally believed that gardening can assist in the medical, physiological, occupational and rehabilitation aspects of a person's health.*
- *Gardening can also lower levels of dangerous blood fats, glucose and insulin.*
- *Gardening may reduce a gardener's diabetes rate.*
- *Gardeners are generally less obese than the average community member.*



Zone Coordinators

The GCA is made up of some 50 000 members, involved in around 730 garden related clubs, over 52 Zones throughout Australia. Each Zone has a GCA representative or Zone Coordinator who is the link between you and the GCA committee. **Do you know who they are or what they can do for you?**

We encourage you to reach out to your Zone Coordinator and share your club's events, activities, meetings, celebrations and stories. They are available to chair your AGM, be a guest speaker or take an active role in developing Friendship Days. Invite them along to your next meeting and help build "Friendship through Gardens".

John Kitt prepared a document outlining the **Zone Coordinator's role**:

"There should be no doubt that the GCA Committee regards Zone Coordinators as the most important group within our Association.

The role of the Zone Coordinator will vary according to your location, the number of affiliates in your zone and the nature of those affiliates – the traditional garden clubs needs will differ from specialist species groups, from community garden groups and from various "friends" groups. Hence the following can only be suggestions which you will need to interpret to fit your circumstances.

- Developing cooperative contact between yourself and all the affiliates in your Zone is a primary role.
- Encouraging contact among your affiliates and sharing information on activities and events being organised by those affiliates will create a gardening community in your Zone.

If you would like to take on the responsibility of a Zone Coordinator, the following zones are in immediate need. Contact Director of Zones, Glenys Bruun, zones@gardenclubs.org.au.

Country Western Districts Vic

Hume Border Vic & NSW

Tasmania North West

Geelong/Belarine Peninsula Vic

Hume Ovens Vic

Tasmanian North East Zone

Central West NSW

Snowy Mountains NSW

Adelaide Southern

Sydney Sth West NSW

Hunter North NSW

CONSTITUTION



For the past two years the committee have been working on the governance 'paperwork', reviewing the all-important Policy and Procedures, which includes up-dating of the Constitution, to ensure best practices for the GCA. At the Special General Meeting the new constitution was passed and will come into effect at the AGM in September. Thank you for taking the time to vote on this vital document.

Clubs asked whether anything will change for their club. The GCA constitution relates to the way the GCA operates. It is a legal document which explicitly states the operational procedures or rules we must abide by.

Your club has its own Constitution or 'set of rules' which tells you how to conduct your club affairs. It is important for you to regularly revisit this document to bring it into line with the latest state regulations.

Find your constitution and read it cover to cover. If you are unsure of its validity, contact Fair Trading in your state. Make sure you and your members have the full protection of the law.

1000 TREES OR SHRUBS

This year's National Gardening Week (NGW) has set the challenge for your club to help green the nation. If every GCA affiliate plants three trees under the NGW umbrella we will more than double our objective. We have it on good authority that **Coal River Valley Garden Club Inc** from the Southern Zone of Tasmania have already 'planted a significant street tree'.

Consider planting in a public garden, roundabout, down your street, at an aged care facility, behind the community hall or a pot in the local shopping centre. The possibilities are endless. Get planning now!

Bush Fires & Drought

R U OK? How is your neighbour? What can we do to help?

These are some of the many questions the nation is asking. The answer is far from straight forward, as we have all come to acknowledge, with many "We should...." comments flying around.

At its February meeting, the GCA committee discussed at length the bushfire crisis, it's effect on gardeners across the country and in particular its effect on affiliate clubs and their members. We discussed a number of avenues of response from the GCA, but also felt it important to hear from the affiliates, the grassroot members, those most effected – what measures would you like us to take.

One suggestion was for affiliates to 'buddy up' with another club – be it a neighbouring club or in another state. Swap seeds, strike cuttings, swap stories and maybe even visit one another. You can get the information off the website <https://gardenclubs.org.au/locate-a-club/> or contact President George Hoad for assistance president@gardenclubs.org.au.

Our Gardens Magazine

Share your garden with Australia! Tell the story of the journey it took to get there. Don't wait to be asked! We want to hear from you.

The latest magazine cover features a native frog photograph taken by magazine subscriber Lorraine Wilson, from Raymond Terrace NSW. This photo was entered in the 2019 Photo Competition and won a Highly Commended Award.

You will also find:

- Mary Moody's lifetime love affair with her gardens.
- Chris's garden and her mosaic work are her great escapes.
- Judy Vanrenen's love of gardens led her into a world of travel.
- Fiona Ogilvie tells us of the amazing plant hunters.
- Acacia cognata – in its many forms – is Kim's favourite plant.
- An albuca with a twist is the latest 'it' plant.
- Sonja Cameron searches the world for new plants.
- Jenny shares her passion for saving seeds.
- Peta writes about an unusual sunflower.
- Was Captain Bligh as bad as history paints him?
- Gardens bring 'Releaf' in all ways.

Our Gardens

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Look out for our Autumn Edition

Then there are Seasonal Tips, Diary Dates, Club News and a report from our 2019 convention on Norfolk Island.

And this year GCA is celebrating its 70th birthday!

Kind regards,

Suzanne Bushell

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GCA Bulletin