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## NEWSLETTER JANUARY 2021

### *From the President... Maureen Schmitt*

**Hello and Welcome to 2021** and the first BOGI Meeting for the year. How wonderful it is to have had some rain over Christmas followed by some cloudy days. It is very noticeable that everything responds to rain – you can water your garden and keep it alive, but everything springs to life after rain.

Our 29<sup>th</sup> November Christmas break-up last year was a great success with good music, good food, beautiful decorations, a great trivia quiz and a wonderful, happy atmosphere. I can still remember Sarah's singing and it was magnificent. Thanks to everyone for their hard work and time to make it so successful.

### **BOGI Meeting**

Most members are aware of the passing of Vicki Stuart in December, 2020. Vicki was a long-time member of BOGI, for a while our Treasurer and also our Meet and Greet person at the front desk. BOGI was well represented at Vicki's funeral and as a tribute to Vicki, Trevor will be showing a few photos at the beginning of the Meeting.

Trevor will be our speaker for the night and he will be looking to get to the nitty-gritty of good basic gardening. Please bring along any diseased, discoloured, malformed pieces of fruit or vegies from your garden so everyone can have a look at it and learn the causes and the cure from other members of the group.

Please remember that our Meeting night falls on Australia Day and there is no better time to remember and be grateful for living in such a wonderful country as Australia. As organic gardeners we are certainly helping protect our precious environment from poisonous chemicals that usually end up as runoff in our rivers and oceans.

Once again, we will be following a Covid designated protocol. You will be greeted with the now familiar squirt of sanitizer before doing your own registration. Please find your name on the list and sign in and drop your \$3 entry fee in the box provided. Important to bring the correct change as none will be provided. Visitors will be greeted

### **CLUB MEETING**

**Time: Doors open 6.30 pm For a 7 pm start**

**Venue: McNaught Hall (Uniting Church hall) Corner Barolin and Electra Street, Bundaberg**

**Attendance \$3-member, \$5 visitor, Tea Coffee avail**

**Tuesday 26<sup>th</sup> January**

**Speaker: Trevor Galletly**

***Please check your contact details are correct when you sign in to the Meeting***

# Ch Ch Ch Changes....

If there's one thing 2020 taught us – it was to adapt to change. Small changes to the way we operate could help us cater to a wider audience and help to make more happy organic gardeners.

- ❖ **March Meeting.** There will be no Tuesday night Meeting in March. Instead, we will trial combining the Meeting and a Workshop on Sunday, 14 March at Trevor's place from 2- 5 pm. The Meeting will take place first, followed by a workshop on wicking bed construction and use. Most of the usual Meeting format will occur. People will need to bring a chair, their own food and drinks for afternoon tea. The idea of combining a Meeting and Workshop is to give those members who can't attend night meetings an opportunity to participate in a meeting and stay for a workshop if they wish.
- ❖ **Meeting times.** Please have a think about changing the Meeting start time from 7 pm to 6 pm so people can get home a little earlier. Also consider having the occasional Meeting on a Saturday or Sunday from 10 – 3pm for those who are reluctant to drive at night.

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## From the November meeting...

At the November meeting, Paramedics Kylie Cook, Janelle White and Kevin Charteris talked about some of the nasties we share our world with and how to deal with an unfortunate meeting with these critters.



Let's start with the real baddies first – Make sure you print this out and keep the information handy.

## **FATAL BITES / STINGS - ON LAND**

<b>Animal</b>	<b>Snakes and Funnel Web Spiders</b>	
<b>Symptoms</b>	<div> <div> *Respiratory arrest within minutes/hours  *Droopy eyelids  *Difficulty speaking/swallowing  *Abdominal pain  *Headache  *Tingling/numbness around mouth  *Collapse </div> <div> * Painless bite  *Blurred vision  *Breathing difficulties  *Nausea vomiting  *Profuse sweating  *Copious salivation </div> </div>	
<b>Treatment</b>	<ul style="list-style-type: none"> <li>• DRSABCD</li> <li>• Rest and Reassure</li> <li>• Call 000</li> <li>• Pressure Immobilisation Technique</li> <li>• Resuscitation, if needed (takes priority over PIT)</li> </ul>	
<b><u>DO NOT</u></b>	*** wash snake bite (land animals) *** suck venom from bite site *** use a tourniquet *** cut or incise bite site *** try to kill the animal	

## **BITES / STINGS – ON LAND**

<b>Animal</b>	<b>Red back spiders /others</b>	<b>Bees</b>	<b>Wasps, Ants, Scorpions</b>	<b>Ticks</b>	<b>Leeches</b>
<b>Symptoms</b>	*Intense local pain at bite site	*Localised pain at site	*Localised pain at site	*Localised pain at site	*Localised pain at site
<b>Treatment</b>	*Not life threatening *Move casualty to safe area *Apply cold pack	*Move casualty to safe area *remove sting by scraping along skin *apply cold pack	*Move casualty to safe area *apply cold pack	*Move casualty to safe area *remove tick *tweezers down near head *yank it out *apply cold pack  *Paralysis tick may affect young children and older adults more severely – <b>seek Medical assistance</b>	*Move casualty to safe area *Salty water/table salt *put fingernail under mouth part and flick it off *apply pressure to stop bleeding *apply cold pack
<b><u>DO NOT</u></b>		***Squeeze venom sack		***Remove tick if casualty is anaphylactic to ticks	
<b>***If a casualty has a bleeding/anticoagulant disorder or blood thinning medication – seek medical attention.</b>					

**DRSABCD =**

**D** = Danger (survey the scene – are there any dangers to yourself and others?)

**R** = Response – talk and touch – ask the casualty --- **Can you hear me** – **Open your eyes** –

**What's your name** - **Squeeze my hands**

**S** = Send for help – send someone else to call for Ambulance (000) (112 on mobiles)

If alone, you do it, **NOW!!!**

**A** = check the airway for any foreign material (loose teeth, vomit) – tilt head back, use chin lift to

open the airway. (If foreign matter is present roll casualty onto the side and clear using

finger sweep method away from the casualty)

\*\*\* Infants and suspected spinal injury --- keep head in a neutral position.

**B** = check casualty is breathing – **LOOK** for rise and fall of chest – **LISTEN** for breath sounds

and -- **FEEL** for movement of chest and escape of air from mouth

**C** = Abnormal or no breathing??? – commence chest compressions

30 chest compressions + 2 rescue breaths (pinch casualty's nostrils, breathe into mouth,

turn head after each rescue breath to listen and feel air exhaled from mouth)

DEPTH = 5cm     RATE = sing Staying Alive by The Beatles (100-120 per minute)

**DO NOT OVER-INFLATE THE LUNGS – CAN CAUSE REGURGITATION.**

**FOR CHILDREN – INFLATE THE LUNGS WITH PUFF OF AIR FROM CHEEKS ONLY.**

**D** = Defibrillation – an AED (Automated External Defibrillator) delivers electric shock to reverse

abnormal heart rhythms. (Many shopping centres and clubs have AEDs – follow the voice

prompts of the AED.

### **PRESSURE IMMOBILISATION TECHNIQUE**

#### **STEP 1.**

\*\*Apply a pressure bandage over the bite area (firm enough NOT to easily slide a finger between bandage and skin)

**DO NOT** wash bite site

\*\*Mark an "X" over the bite site

#### **STEP 2.**

**\*\*If only one bandage available** – start from fingers/toes and wind as far up the limb as possible covering the bite.

**\*\*If more than one bandage** – apply a second bandage from fingers/toes extending upwards covering as much of the limb as possible (covering approx. ½ the bandage each time)

(bandage over the top of pants/shirts – undressing causes unnecessary movement) \*\*Mark an "X" over the bite site.

### **STEP 3.**

**\*\*Splint the bandaged limb, including joints either side of the bite site (cardboard, newspaper, a towel) to prevent moving.**

**\*\*Rest casualty and limb – keep as still as possible.**

**\*\*Bring transport to the casualty.**

**\*\*Check circulation (Squeeze fingernail/toenail until nail turns white. Colour should return within a few seconds)**

**DO NOT elevate the limb.**

**DO NOT remove the bandage and splint once it has been applied.**

**PIT (Pressure Immobilisation Technique)** slows the lymph flow and inactivates certain venoms by trapping them in the tissues.

This information comes from the 2018 edition of 'ABC of First Aid, Asthma and Anaphylaxis' by Dr Audrey Sisman, MBChB, published by ABC Publications, Mapleton, Qld. 4650

## **Member profile: Kay de Gunst**



I have spent most of my life in Bundaberg. I grew up in the Kepnock area where most back yards consisted of a vegetable garden with chickens or duck pens to supply us with eggs. Met and married Les in Bundaberg and after a few years away, we settled back in Bundaberg. Les was always an organic gardener and until we settled in the Kalkie area, he always had a veggie garden on the go. We joined the Bundaberg Organic Gardeners Club in 2005 and could be one of the longest attending members. Organic gardening is working with nature. Sometimes we have success and sometimes not; but mostly we do enjoy the produce we get from our garden. The garden thrives with the contents of our compost box. Since joining the club we have tried a lot of different crops we have been encouraged by members to try and enjoy this new produce. Seed-saving happens and we usually produce a better crop the second time around. The weather can be cruel to gardeners, so we grow what is in season. I am presently a member of the BOGI Committee.



# Workshops and Garden Visits

Workshops will be firing up again next month. What would you like to learn or share with our club this year?

**What:** How to build a frog hotel  
**When:** Sunday, 14 February from 2-5 pm  
**Where:** Maureen to give information at Meeting.

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**What:** Grafting Workshop  
**When:** "Rescheduled for 2021"  
**Where:** Rose & Michael's property on the town side of Sharon.

Lenzie will be demonstrating and participants will be grafting so bring your grafting knife and potted plants to graft.

Please register your interest at the next meeting.

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## BOGI Tips

A tip regarding germination that won't always be found in gardening books, is the use of Epsom Salts. This is another form of magnesium sulphate. The magnesium activates the enzymes in the seed which break down the inbuilt food supply so the plant will germinate and establish much more quickly. Simply add a teaspoon of Epsom Salt to a watering can and water the newly sown seeds. This only needs to be done once.

*(source: Colin Campbell – for those who can remember him)*

The seeds of all types of marrows, pumpkins and cucumbers have a higher nutritional value than the flesh of the fruit. Cucumber seeds are routinely eaten but marrows are often consumed prior to formation of the seeds, and pumpkins generally have the seeds removed before cooking and eating.

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## Discussion topics...

We always enjoy great discussion at the end of each meeting, with 'silly questions' always encouraged.

Maureen brought an example of peaches stung by fruit fly.

Karyn had us all stumped as to what the mystery root system was growing through her garden soil.

There was mention of Bug identifying apps that could be used for mystery cockroach type beetle eating seedlings.

Joan was wondering why her passionfruit vine flowers then the flowers die off. It was noted that the plants that are facing East West are the ones that died, while the plants with the North/South flowers were fine.

How to plant a garden beneath large trees? Use wicking beds of course. Large trees will take all of the nutrients from the soil, wicking beds are contained and will keep your veggies nourished and watered.

Lara showed us her home grown celeriac

Austin and Olive showed us their frog hotels made from scrap pieces of pipe.

Tony had a great question of when to fertilise a mulberry cutting? The answer is don't fertilise anything until the roots have established.

## What will farming look like by 2050?

I found this report by the [Food, Farming and Countryside Commission](https://www.foodfarmingandcountryside.com/) charity in the United Kingdom. It says :

“The analysis assessed agroecology, a type of agriculture that includes organic farming and aims to work with nature and ensure fairness to farmers, citizens and future generations. The scenario the analysis produced would see no pesticides or synthetic fertilisers in use in 2050 and almost 10% of today’s farmland freed-up for nature. Net greenhouse gas emissions would fall by about 75%, meaning the remainder would have to be removed by other means to reach the UK’s net zero target.”

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I think we are in for some good changes.

<https://www.theguardian.com/environment/2021/jan/07/uks-beef-herds-could-be-key-to-sustainable-farming-says-report>

Trevor Galletly

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## What's Happening In our Members Back Yards?

From Peter Van Beek

What is happening at my place? At the moment very little vegetable growing but a lot of adapting to the future. There is again no water in the dam of Kookaburra Park on which we rely, so there are no vegetables in my boxes and beds, as shown in photo 2.

Normally the area in photo 1 would be under 3- 4m of water, right up to and beyond the distant tree line. But we started 2020 with a dam that was less than half full, had no winter-rain to speak of, and have not had any summer runoff as yet.



**Above: Kookaburra Park Dam as good as Empty, No Water No Vegetables.**

What we do have is very high evaporation and high demand for water and hey presto: no water. (Well, we can pump, but is almost pure mud. And that clogs up filters in minutes and will wear out our expensive pumps in no time. So, the water that you see on the photo 1 is for the wildlife. How generous!)

This is the second summer in a row this has happened.

So, we are going to make ourselves independent from dam-water and rely on what falls on our roofs. Even at minimum annual rainfall, our roof area is large enough to provide sufficient water to do that. At least on paper, based on past rainfall records going back to 1900. It is anyone's guess how relevant they still are. More about that in the next Newsletter, once we have installed and tested the new system.

Cheers, Peter Van Beek



Kay has sent through a picture of some great Lebanese Cucumber growing in her back yard.

**What is growing at your place?**

Please send through pictures and stories to

[newsletter.bundyorgard@gmail.com](mailto:newsletter.bundyorgard@gmail.com)

or you can send directly to my phone 0403 430 969, Cathy.

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The BOGI raffle was drawn 29<sup>th</sup> November 2020 at the Christmas Break-up. Prizes of Ryobi electric Mulcher donated by Malcolm & Marlene Fuller; and Worm Farm donated by Maureen Schmitt.

Winners were:

Green C 028 Cheryl Mickam (bought by Sue Jackson)

Green C 024 Cheryl Dorron (bought by Sue Jackson) (Not sure yet who took which prize)

Thanks to everyone who bought tickets and the donors of prizes.

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## Local Info

- ❖ Buy organic seeds locally at Woodgate, Claudia and Charlie who have a business Simply Organic Farming@gmail.com 0407699283.
- ❖ Sign the petition against Coal Mining at [https://www.plantogrow.org.au/protect?utm\\_campaign=plan\\_to\\_grow\\_petition\\_qld&utm\\_medium=email&utm\\_source=lockthegate](https://www.plantogrow.org.au/protect?utm_campaign=plan_to_grow_petition_qld&utm_medium=email&utm_source=lockthegate)
- ❖ **Local honey suppliers** Bundy Honey, 5 Banks Court, Bargara 0438 882 220 Bundy Honey, 89 Honors Rd, Bundaberg 0409 921 600

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### Bundaberg Organic Gardeners Club

**President** - Maureen Schmitt, **Vice President** - Joan Smart, **Secretary** - Karyn Ennor, **Treasurer** - Lara Hawker.

**Ordinary members**- Kay de Gunst, Chris Jeffrey, Pam Biden, Marlene Fuller.

**Non-Committee members**- Membership secretaries- Ross and Ramona Lane, Kitchen- Pam Biden.

Other jobs are not yet allocated as we are all helping with reduced numbers, help with set up and cleaning is always appreciated before and after meetings.

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*A very patient patient. Showing us what it's like to have a snake bite bandage applied. With paramedic Kylie Cooke pointing to the area that has been marked with an X showing where the 'bite' is. Also demonstrating the recovery position.*

Please be sure to check out our WEBSITE and see the new information added under  
INFORMATION and then INFORMATION SHEETS  
<https://www.bundaberg-organic-gardeners.com/>

**We want your feedback - is this the type of info / articles you want?  
Do you want to discuss this info at meetings, garden visits?**

Give your feedback to Maureen or Trevor

Support the club by purchasing some products from our shop which is always open on meeting nights, or pick up can be arranged at other times.

#### **Deadline for February Newsletter**

**Please send through information to the editor by  
the second Friday of each month.**

We would love FEEDBACK from club members on  
anything and everything.

**Tell us about your success and your failures in the  
garden and help others learn along the way.**

Let us know about community events or what's up  
and coming in the area.

To include notices and details of Club activities  
email: [newsletter.bundyorgard@gmail.com](mailto:newsletter.bundyorgard@gmail.com)

Or ph Cathy 0403 430 969

#### **BOGI SHOP**

Products available are:

- Liquid Lime
- Liquid Kelp
- Liquid Fish
- Mineral Granules
- Microlife
- Organibor and
- Katex Organic Super Growth.

They are available for sale at our meetings,  
but please contact  
Bruce McKay on 41544405 for collection  
from his address in Walkervale.

**This is the official monthly newsletter published by and distributed to the members of Bundaberg Organic Gardeners Inc. Whilst every effort is made to publish accurate information, the Club accepts no responsibility for statements made or opinions expressed, or any consequence arising from them. For further information, contact the Secretary.**