

September 2017

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GST

# Delegate Doings



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Volume 16, issue 9.

## INVITATION

### to participate in Delegates Candidates Forum RECEIVES GOOD RESPONSE FROM CANDIDATES

An invitation has been issued by the Delegate Progress Association to the Candidates for the forthcoming Snowy Monaro Council to meet with the people of Delegate. The proposed date is the 5th September at 5.30 – 6pm, with the venue being the School of Arts.

A number of prompt acceptances were received from throughout the Shire, so there will be a good roll up of prospective councillors.

It will be an opportunity for people to listen to what the candidates have to say before making their decision at the polling booth. With concern mounting that this end of the Shire will have little or no representation, it is important to get someone elected to represent us and to give preferences to those Councillors who have a vision for the whole Shire. Too often throughout all Councils, we have seen those who stand out of self interest and the parochial few who look no further than their own particular patch. It is mandatory to vote for at least six candidates and of course you can number all of the eleven of your choice.

It is hoped to see a good crowd turn up to the meet and greet, because as the smallest town in the previous smallest Shire it is doubly important that our needs are represented.

## WINTRY BLASTS BRING SNOW

Although the town had only a light dusting of snow on Saturday 19th August, Delegate Mountain received a good covering as can be seen from the following photos, taken by Gloria Cotterill.



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### Dates for your Calendar

- 5th September—Meet the Candidates
- 12th September—DPA Meeting
- 16th September—Sand green golf championships
- 19th September—Bendoc bus to Floriade
- 23rd. September—Tigers re-union
- 23rd September—Friends of Errinundra working bee on Mt Morris walking track. All Welcome.
- 7th- 8th October -Delegate Golf Tournament
- 7th October—Team Penning Events Delegate Sports ground
- 10th October—DPA Annual General Meeting.

## DELEGATE PROGRESS ASSOCIATION

Annual General Meeting

Tuesday 10th October at  
5.30pm.

Election of Office Bearers

### THANKYOU

The family of Noel Lewis would like to extend their thanks to family and friends who have been with Noel during his long illness. Thankyou all for your love, cards, flowers, phone calls and attendance at his funeral. We will miss him and always remember his huge smile and happy laugh.

May all good thoughts be with you.

Janice, Warren, Kym, Andrew Josh and Shaun

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GUESS WHO THESE TWO YOUNG LADS ARE. THE ANSWER AND MUCH LATER PHOTO WILL APPEAR IN OCTOBER DOINGS.

## Meet and Greet with Medical Students

Representatives from the DPA had a wonderful opportunity to meet with students from the Australian National University at a luncheon organised by the Snowy Monaro Regional Council. This event was part of the ANU Medical School Rural week. The students visited Bombala on Wednesday 6th August. The students had visited the Bombala MPS where they were addressed by Dr Emma Cunningham the president of the Rural Doctors association. They also went on a tour of the Dongwha mill.

At the luncheon locals had an opportunity to speak to these young people about the attractions (and pitfalls) of small community living. Dr Colin Pate gave a highly entertaining talk about his 30 year experience as a rural doctor in Bombala including anecdotes about tiger snakes. He ended his talk with the heartfelt comments about the unique experience he has gained and the advantages of living, especially with a young family, in the country.

The students were enthusiastic and asked many pertinent questions. It would be great if this inspires one of them to come and practise in Delegate!

Right: Students at Bombala Hospital with Dr. Emma Cunningham.

Below: The Students



# DELEGATE PONY CLUB NEWS

Delegate Pony Club held their August rally Saturday 5<sup>th</sup> and boy was it full of new fun exciting games for the younger riders.

They had the pleasure of having locals Bill and Julie Peadon of Bibbenluka come and instruct for the day. First up Bill spoke to the group about horsemanship and ensuring that the riders stretch their ponies properly. All the riders had a go at lunging their own ponies. The riders were then split into 2 groups, one group the riders that ride unassisted and one group assisted. The unassisted group worked on techniques for showing in a competition environment, practising leading, posture and terminology when asked to perform a lead pattern. Bill also ran the riders through their paces with Barrel Racing. Bill and Rowena finished the day with the riders performing jumping techniques.

Julie ran the assisted riders through a lead class activity, which involved holding their reins correctly and how to lead their ponies. These riders also ran through bending, western pole bending and flag racing, this was a lot of fun with the group split into 2 groups and racing against each other as a team. The riders all encouraged each other well and had great team spirit. The group then played Bowling off their ponies, this was a bit of fun for the riders and allowed them to feel comfortable on their ponies. Lastly they finished the day with a lolly race, the riders raced up dismounted their ponies and ran to their plate which had a lolly buried in icing sugar, they had to find their lolly without touching the plate, the riders had so much fun as you can see in the picture.

At the end of the day all the riders thanked Bill and Julie for coming along and Bill gave a very good speech to the riders that will stay with them forever.

A very big thank you to Bill and Julie Peadon for giving up their time to run the riders through their paces. Also thanks to Sinead Cameron and Rowena Butterworth for instructing and always making the day run smoothly.

Next Rally date Sunday 3<sup>rd</sup> September 2017, 9:30am gear check for a 10:00am start. Please ensure you check our Facebook page for any changes to rallies or contact the secretary 0411 612 027.

Below: Anna Cameron with Christie Clarke proudly showing her encouragement award. R: Lydia Jamieson on "Bart" displays her encouragement awarded.



# *Delegate Café*

**64 Bombala St Delegate**

**DINE IN - TAKE AWAY**

**OPEN 7 DAYS**

**Fruit & Veg - Groceries**

**DVD Hire - Eftpos**

**Tel (02) 6458 8171**

**Pizza available most Friday & Saturday Nights**

***ELGAS Distributor***

***Pickup Only (Sorry no Delivery)***

## **DELEGATE HOTEL**

*Your host: Graeme Payten*

**Accommodation  
Counter Lunches**

**14th Oct Music by Ricky Bloomfield**

**21st Oct Bombala Races**

**Bus leaves Delegate at 12 noon**

**Names to Hotel**

**Sky Channel & Pub Tab,  
ATM and Eftpos**

**Ph: 6458 8091**

## ***TALBOT TRANSPORT***



### **LIVESTOCK & GENERAL**

***1 Hensleigh Street, DELEGATE 2633***

**Mobile: 0418 516 076**

**Phone: (02) 6458 8085**

**Fax: (02) 6458 8055**

# DELEGATE SCHOOL NEWS

Delegate Public School joined with Bombala to participate in our annual Science Fair. Working in fourteen cross age groups, students were able to explore many aspects of science involving chemical and physical changes. Students made music machines using metal nuts and balloons and designed a coat hanger gong, created bouncy balls and edible flubber, whipped up dish soap slime and sudsy slime, made clouds and fireworks in a jar, made geometric bubble films, a Newton colour wheel and a 'Skittle' rainbow. The day was topped off with edible science investigations as students made great tasting honeycomb, flavoured sherbet and toffee. We are now looking forward to next year's Science Fair.

This morning we were delighted to host Dr Graham Walker and his amazing mind blowing show – 'Science in the Snowies' with lots of laughs and audience participation. ""

Below: Graham Walker with Erin Farran taking aim



Mackenzie Dunn and Nathan Baxter sharing the sherbet (SLSO Jan from BS)



Freddie McKenna getting into the mix

## Delegate School Swim Excursion to Pambula

A three day Swimming and Coastal excursion has become an annual event for Years 2-6 students at Delegate Public School. Students are given intensive swimming instruction in a small group setting in the wonderful facilities at Pambula Aquatic Centre. The heated pool and friendly instructors provided an ideal environment for non-swimmers and swimmers alike. The two lessons per day saw great improvement in swimming abilities, enthusiasm and confidence and in the water.

Students, staff and parent helpers all stayed in cabins at the friendly Pambula Discovery Park, Pambula. Even though our students are accustomed to kangaroos, they encountered the very friendly, curious kind at the caravan park. The three day program also included a visit to the Panboola where a tour guide kept them well informed on the fauna and flora plus the heritage of this unique estuarine and freshwater wetland. Our students made good use of the milder coastal weather and made sandcastles and even attempted to bury their teacher Mr Farran. It was a very successful excursion very well catered for by Delegate P&C members and transport made possible by volunteers and the Delegate Golf Club bus. Thank you to all staff and volunteers - looking forward to next year.



# LANDMARK

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## Delegate

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**Livestock— Tony Brady,**

**Sam Platts**

**Agronomy— Kathryn**

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**0409032019**

**Merchandise**

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## Delegate Hair Boutique



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Delegate School  
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Call in on the day  
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## MICHAEL LEWIS APPRENTICE OF THE YEAR

Michael Lewis who has just finished his apprenticeship at Delegate Motors, was surprised when he attended the Automotive and Metal Fabrication awards night recently, to find he was awarded the apprentice of the year.

Well done to Michael who is apprenticed to his father Craig at Lewis' Motors, Delegate.



## JUNIOR TIGERS REUNION

Plans are in hand for the 50 years re-union of the Junior Tigers and celebration of their 1967 Grand Final win. On Saturday 23rd September guests will sit down at 1pm for a luncheon provided by the local Hospital Auxiliary. Acceptances officially closed on 1st September and at the time of writing they had received acceptances from the majority of the former players and were waiting on replies from four locals. The photo below shows the team after their hard fought win which went into extra time.

Missing from the team were Tony Callaghan who had a broken arm and Philip Reed who was away at school.

*Back row L to R: Brendon Crawford, Paul Collins, John Reed, John Callaghan, Bill Nichol,  
Middle row, some partly obscured: Max Walker,, Stan O'Hare, Peter Ryan, Ken Talbot, Ray Callaway  
Front: Glen Callaway, Norman Guthrie, Eddie Sellers, Peter Guthrie, John Ratcliffe,, Dennis Callaway*



## SNOWY MONARO COUNCIL CANDIDATE VISITS DELEGATE

Maria Linkenbagh, candidate in the upcoming Council elections visited the Delegate Progress Association on Thursday 24th July. Maria lives at Cooma and spoke of the fact that with such a large and widespread electorate 15,158 hectares with diverse economies it is important to balance the interests of all stakeholders. She has left pamphlets at the Rural Transaction Centre and can be contacted on 0457234099. Maria will also be visiting Delegate on the 5th September with the rest of the candidates.

## **Delegate Multi Purpose Service**

**Wellness Clinic** is held at the MPS, in Craigie Street Delegate. People come to the clinic for procedures and assessment by nursing staff.

The clinic is open

Mon, Tue, Thur, Fri 1pm to 2pm

Every week except public holidays.

No Appointments necessary.

A variety of procedures are available.

- Wound care
- Blood pressure readings
- Blood sugar readings
- Non-urgent ECG's
- Suture or clip removal
- Injections – with Dr's written order
- Other procedures that do not require a Dr.

### **Pathology clinic**

Wednesday 9.30am – 10.30 am. No appointment necessary. Closed public holidays.

### **Other Services**

Women's Health Nurse

3<sup>rd</sup> Wed of the month

Dietician and Diabetes Educator

2<sup>nd</sup> Thur of the month

Immunisations – 4<sup>th</sup> Fri of the month

Podiatry – for HACC clients – monthly

Ring the MPS for appointments for the dietician, diabetes, immunisation, podiatry and women's health 6459 8000

**Child and Family Health** – visits Delegate MPS on a regular basis ring Kirsty on 6458 5777 for an appointment.

## **DELEGATE'S HERITAGE PHOTOS AND INFORMATION WANTED**

Plans to emphasise the Heritage value of the Century old buildings in the main street were discussed at a recent Delegate Progress Association meeting which was attended by Karen Cash of the Snowy Monaro Council. It was decided to start a project exploring the history of former buildings, including garages and hotels, former shops and businesses. The DPA has a collection of historic photos of the main street, but there are gaps and the timeline is difficult to ascertain. We would be grateful for any information and photos which people may have.

There are few main streets which have such a slice of history on display, with little changes made to the facades of buildings in 100 years and it is seen as a unique opportunity to boost the tourism potential of the town. We are calling on anyone interested to come on board in what could be a game changer for Delegate which has weathered a series of setbacks in recent years.

### **19th hole.**

A great roll up for the working B to prepare for the Sandgreen championships. Big thanks to all helpers.

Great to see the young ones playing Pool, Quoits and Darts on a Friday night and making the most of Sophie's tasty meals. Reminds me of when I first came to Delegate with the games nights following the Tigers football game on a Sunday, table tennis was always a go too and hotly contested!

Sprig bar girls are organising the Christmas Raffle this year, any donations will be appreciated, so look out for your tickets soon.

## EPITAPH KEITH BECK.

We hear of the death on the 5<sup>th</sup> July at Wauchope of a former Delegate GP, Dr. Keith Beck. The eulogy in the Wauchope Gazette was kindly passed on to us by Marilyn Pope of Craigie, who has a brother living in Wauchope. It is included in part below:

Keith was born to a baker's wife at the Matraville Private Hospital in Sydney. He loved to play the piano and at the age of 12 gained his Masters of Music from the London Conservatory of Music. He graduated from Sydney University in 1950 with a Bachelors of Medicine and Surgery and later worked at Lewisham Hospital. It was there he met and later married his best mate and wife, Shirlee on January 5, 1952.

They honeymooned in Melbourne and afterwards commenced working life in a cottage hospital in Delegate on the Victorian border. During the winter months, he would travel out in the cold and snow, using the Sydney Morning Herald wrapped around his body under his suit to keep warm. Other times, on house calls, he would be met at the farm gate and be taken to the patient on the hay tray of a tractor.

After six years of running a dispensing practice and being the town and shire doctor, he moved the family, Paul, Damien, Anthony and Denise along with Shirlee to Crookwell. In Crookwell, Keith was awarded the Ambulance Medal, and attracted the very first Ford Galaxy ambulance and fundraised by doing chocolate wheels. During the early years, Keith accepted payment for his services by means of potatoes, pumpkins, eggs and other essentials such as firewood, knitted gloves and beanies. Paying for quality medical care was tough in the early years.

After 15 years in Crookwell, the family moved to Goulburn and stayed from 1972 to 1991. Keith was the first-ever known practice manager in Australia, managing a big group practice of 19 doctors and at the time, it was the biggest group practice in Australia.

18 years later, Keith and Shirlee went on a holiday to Port Macquarie and discovered Wauchope, and in 1991, up and moved on the basis of retirement. It wasn't meant to happen, but he found himself doing locums for nearly every medical practice from Kempsey to Taree.

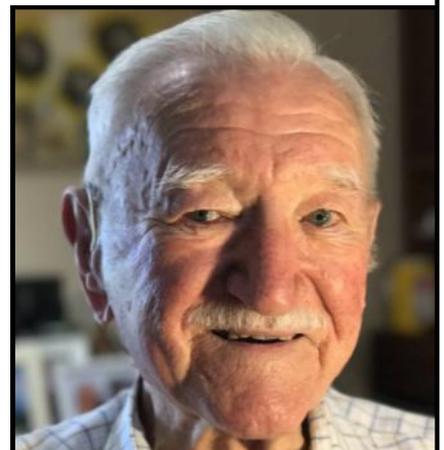
Keith was a man of high integrity, upholding Christian values. He gave his time without complaint to country communities where he provided counselling, maternity advice and delivery and being there for them as a dedicated country GP for over 60 years.

Keith hung up his stethoscope at the age of 85, in 2012, the year Shirlee, his rock, died. This year on the 23rd January he turned 90.

The trust country put in Keith was beyond reproach, in his non-assuming humble way, he was their hero and to his sons and daughter, son-in-law, grandchildren and great-grandchildren, he will always be their hero.

In an interview with the Gazette, Keith said with a smile that he had composed his epitaph. "I was bred to a baker's wife. I took up medicine because the dough was better, and that is what I lived by.

Dr. Beck passed away on July 5th 2017.



### A comment from John Sykes

I read the newsletter online quite often and always find some interesting news.

In your July issue you had a report of a busload of seniors having a day out at Eden.

They visited the Whale Museum at Eden, which is managed by my youngest brother, Robert Sykes, who was born in Delegate in 1957. My father, Bill, was the Postmaster at Delegate from mid 1954 until December 1963.

Amazing where you run into people either from Delegate, were born in Delegate, or lived part of their lives there.

And not one of them have complained about the township, the people, or the fact that we were so far away from anywhere (better these days I suppose). Nothing but good. Loved my life growing up there.

## The Role of Country Doctors has Changed

Anyone reading the Dr Becks epitaph will be struck by the different roles of those early GP's, and how they were prepared, as in Dr. Beck's case to branch out into the unknown as a young and relatively inexperienced Doctors. They served their communities well, attending to house calls and patients in the local Hospitals. Sadly for rural Australia all that has changed, with many towns being without a Doctor, while big cities have an over supply.

Back then every small town had a doctor and home visits were the norm. Doctors expected to be called out at all hours and responded to all emergencies. Nowadays, home visits are a thing of the past and many small towns are without a Doctor or a Hospital, while the big cities are over supplied with GP'S, most of whom are not required to work long hours. It is a big responsibility of being the only Doctor in a town and appears to be one which many are not prepared to take on.



## WIN A CAR! GREAT ODDS!

Delegate Preschool is holding a raffle  
with some wonderful prizes.

1st Prize: 2018 Toyota Yaris with rego.

2nd Prize: \$500 Cash

3rd Prize: Two loads of wood

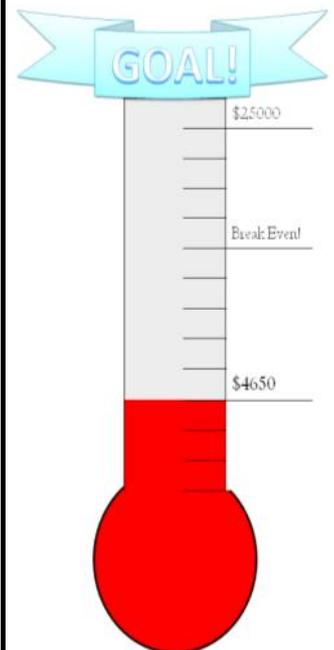
Book Buyers Draw: \$500 Cash

Only 500 tickets are being sold, so they are great odds for winning. Tickets are \$50 each, with a book consisting of 5 tickets. Why not form a syndicate to purchase a book and be entered into the additional draw?

All proceeds go directly into our community preschool, creating quality early childhood education for Delegate.

Drop into the preschool, order online <http://www.delegate.nsw.au/business/preschool/> or see Jen Jeffries or Bec Kading for more info or to purchase.

Cottrell Toyota



# HERE & THERE

Many Happy Returns , all September birthdays, including Russel and Allen Buckman, Chelsea Kimber, Renee Crawford, Helen Crawford, Kyden Reed, Neil Curry.



Congratulations to the Bombala High Heelers who won their League Tag Grand Final in a hard fought match against Moruya at the Bega Sports Ground on Sunday. Unfortunately the Bombala first grade side were beaten by the Cooma Stallions in the main match. Bombala, have done well this year and are to be congratulated for making the Grand Final. Cooma with a strong team who had gone through the year undefeated were always going to be a big challenge. Rugby League has played an important role throughout the Monaro District, but shifting population has seen the demise of some teams. The Monaro once had it's own competition, but now has just two teams in the South Coast Group 16 competition. The teams in Monaro comprised Delegate, Bombala, Bibbenluke, two Cooma teams, Jindabyne, and in the days of the Snowy Mountain Scheme there was a Utah/Island Bend team.



The Delegate Tigers re-union on the 23rd September at the Delegate Country Club will be in the form of a luncheon at 1pm. Most of the players involved will be returning for the occasion

The local golf pennant team recently were presented with their pennants at the Delegate Country Club. Plenty of activities coming up for the Country club with the sand green championships followed by the football re-union. The Annual Tournament will be held in October.



There is a 100 million grant on offer from the NSW Government for new and existing sports facilities. The fund is now open for applications. There are a number of local facilities to whom extra funding would come in handy.



The wintry blast which brought snow to the area reminded us that winter is not giving up without what we hope, will be it's last hurrah. The daffodils are in bloom so we know spring is not far away even if it does not feel like it.



We have a copy of a page from the Bombala Times dated June 11, 1926, and were amused by this article

“The electric light will serve one good purpose, it will enable night walkers to avoid the cows lying about the streets and dodge the many remarks they make for the ornamentation of the footpaths.”

Sympathy is extended to Megan Downey and family, on the recent death of her father Noel Ready. He is survived by Megan, husband Michael, and grandchildren, Jack and Kate.. The wake was held at Windsor, where Noel had a long association with the Football Club.

The big Country Club wood raffle winners were 1st Corey Nicholl, 2nd David Hamilton, 3rd Logan Nicholl. Wood raffles are always a welcome prize, especially in our climate.

Two golfers ventured out in the snow, wind and rain last week, Jordon had a 4 over par, well done, Jordo, but according to Capt. Coopy ‘B ... Idiots’ !

Just a reminder it will soon be Magpie swooping season so beware of any aggressive birds that may be on the attack!

# LOOKING BACK



The above photo circa 1920/30 is one of the buildings in Delegate's main street with Heritage value. The present day owners are Craig and Janice Lewis.



*Peter Joseph's Store sold everything. The original building now stands empty and neglected, several owners ran it as a general store and it's final business was a hardware and nursery.*

# Community Information

**EMERGENCY / AMBULANCE: 000**

**FIRE: 000**

**POLICE**

Delegate: 6458 8044

Bombala : 64583444

Cooma: 6452 0099

Bendoc: 6458 1523

**HOSPITAL: 6459 8000**

**DOCTOR: 64951369**

**CHURCHES**

**Catholic:** Father Mick McAndrew 64522062

Sister Teresa Keane: 6458 3045

Services: Delegate Saturday 6:00pm

Liturgy of the word and Holy Communion

Bombala Sunday 9:00am

Liturgy of the word and Holy Communion

**Anglican:** Rev. Robert Lindeck 6241557 Mob.

0408531544

Rev Judy Holdsworth—64583513

Services: 11am every Sunday..

**COMMUNITY HEALTH (3 days per week)**

Generalist Community Nurse –Monday, Thursday, Friday

Wellness Clinic—Monday , Tuesday, Thursday and Friday 1pm to 2pm

Pathology—Wednesdays 0930-1-3- hours

Immunisation Clinic—Fourth Thursday from 1100hours.

Podiatry Clinic

**Victorian Visits Tuesdays**

**Call MPS 64598000**

**Healthdirect and GP helpline 1800022222**

**MONARO FAMILY SUPPORT SERVICE**

Bombala Office: 6458 4888

open Tues to Thurs - 9:00am to 5:00pm

**COUNCIL CHAMBERS: 6458 3555**

**DELEGATE PRE-SCHOOL: 6458 8196**

**DELEGATE PUBLIC SCHOOL: 6458 8183**

**DELEGATE PROGRESS ASSOCIATION**

RTCT Centre - 6458 8388— dpaoffice@bigpond.com

**Newspaper: delegateprogress@exemail.com.au**

**NRMA/RACV: Jack Stewart: 64588047**

**TUBBUT ACCESS CENTRE: 6458 0295**

**DELEGATE CARAVAN PARK: 64584047**

**Delegate Progress Association Inc.**

**66A Bombala Street**

**DELEGATE NSW 2633**

**PH 6458 8388 Fax 64588 374**

**E-mail dpaoffice@bigpond.com**

**delegateprogress@exemail.com.au**

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<b>Back Page</b>	<b>\$80.00</b>		
<b>Full Page Insert</b>	<b>\$90.00</b>		

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# Promoting Robust Plant Growth

At the time of writing we are enduring some very cold weather which makes Spring still feel a long way off, yet there are some signs that it is really underway. Daffodils and jonquils are moving along, violets are flowering and many fruit trees are showing some colour in their flower buds. There is even the odd bee gathering pollen from the sparse array of flowers.

The principal feature controlling growth at the moment is that the ground remains very cold which makes it hard for plant roots to function efficiently. This means that, especially in windy conditions, water is stripped away from the foliage faster than the roots can maintain water supply. Flowers in particular can develop a parched appearance and this has been evident on many daffodils that happened to bloom on a windy day.

When cold restrains root function it is not only water that is in short supply but also the mineral uptake that the leafy parts rely on to produce new growth. Watering (or rain) in these circumstances compounds the effect because the applied water takes the place of air in the soil pores additionally starving the roots of the oxygen even further reducing their ability to function.

In short the foliage is not receiving the nutrition it needs to maximise the potential of the increasing daylength, sunlight intensity and air temperatures. In these circumstances a foliar feed can be helpful as nutrients are directly absorbed by the leaves without watering the roots. The trick is not to overdo by encouraging lush growth which is always cold sensitive. When leaves become a dark green colour they are better able to capture sunlight for photosynthesis.

It became usual to give a boost to plant growth by spreading a complete formulation of a chemical fertiliser. This is the equivalent for soil to people using sugar as an energy boost – quick and of short duration. To extend release these salts are packaged up into slow release formulations. However, they do not release uniformly over time as there is a complex interplay of temperature and amount of moisture moving through the soil. This gives maximum release when conditions are either very wet or hot which is exactly when the plant is struggling to maintain water balance. This stop/start regime of nutrient release may lead to accumulation of salt either at the surface (white deposits) or at the depth that water habitually travels under the watering pattern of your garden.

The most successful way of feeding plants is to feed the soil organisms- those teeming microscopic creatures that convert organic matter into exactly the right form of readily available plant nutrition. The higher the soil carbon the greater the storage capacity of the soil for these nutrient forms and therefore the greater the soil's ability to supply nutrition in line with plant's seasonal needs and rapid growth spurts. It is a bit like having plenty of money in the bank to pay bills that arrive irregularly but constantly.

There is a difference in the quality of organic matter provided to the soil. The carbon material derived from plant debris supports a different suite of organisms than the material supplied from animal manure. In the past it was easier to maintain this balance in the garden soil because everyone had a horse, pig, goat or chooks that automatically converted plant matter to manure. Even though it is hard to get animal manure building soil carbon by adding compost is a critical step that fulfils much more than half the task if it is alive with worms and other micro-fauna that create manure soil on a smaller scale.

Straight chemicals do have a place if the soil is chronically short of a particular element due to the parent material from which it originally weathered. An example is iron, potassium or calcium. Calcium plays a role in adjusting pH which controls the availability of the elements. The compromise position lies between 6.5 and 7.5. Remember the mnemonic LADS – lime in Autumn and dolomite in Spring. Dolomite provides another important element, magnesium, which is central to the green chlorophyll molecule that fuels plant growth just as iron is central to the red haemoglobin carrying oxygen in our blood.

Increasing carbon in the soil not only supports better soil chemistry it improves the physical structure. This means that the soil is fluffed up containing more pores that store water for longer and provides much more air increasing oxygen availability. It also means that it is a pleasure to dig and weed – garden jobs that never go away.

If you are a vegetable gardener there is a lot that can be sown now, Asian Greens, beetroot, cabbage, carrot, lettuce, parsnip, peas, radish, rhubarb, rocket, silverbeet, turnip. Those underlined suffer from white butterfly so require netting or spraying with the killed bacterium *Bacillus thuringiensis* sold as a bT preparation. It is a common myth that white eggshells or moth cutouts will repel the white butterfly. This insect functions on smell sensed by their antennae, not sight and their sensitivity to detecting other individuals is so great that they will not even lay eggs on a plant that has already had a full complement of eggs laid on it by a previous visitor.

October is too late to sow more peas and still too early for the main summer crops such as tomatoes and pumpkin. Late October is ideal for potatoes as there is a risk of them rotting if the soil remains wet and cold before then. Pansies are the annual of choice for this month and the hardy petunia can be started in October.