

December 2021

Delegate Doings



1.50
incl.
GST

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Volume 21, issue 1.

MPS Public Meeting

Despite the heaviest downfall in years and the flooding of creeks and culverts, a large number turned up for the Public meeting, including a number from over the border, to meet with the CEO of Great Southern Health Ms Margaret Bennett, General Manager of Monaro Health, Brian Bonham and Bombala Manager Mrs Rhonda Stewart. Ms Bennett assured the meeting that there was no intention to close either the Aged Care Section or the emergency, but the problem had been brought about by the inability to cover the Delegate staff roster after the 15th January. Every effort, she said was being made, including recruiting from within the Region for temporary staff. Trained staff from overseas was also on her agenda, but Covid has closed some of those avenues previously available. She went on to say, if you know any trained nurse who might like to help out until the crisis in staff is over, please encourage them to do so.

Chair of the Meeting Chops Guthrie, then called for questions from the floor, of which there were a number, including staffing questions, and the availability of accommodation, with many also expressing their strong feelings about retaining their local Health Services. A question was also asked re money raised two years ago for the purchase for an ISTAT machine to be used as a diagnostic tool in outpatients, but this had still not been obtained. Ms Bennett replied that the Emergency Department would be fully furnished with the necessary equipment and she would look into whether the purchasing of the ISTAT machine was necessary.

Although it was explained that if the worst situation occurred and staff could not be obtained, the patients move to Bombala would be a temporary measure, people in rural areas are rightly sceptical when it comes to losing services, as long experience has proved that once lost, they never return. The uncertainty and changing rumours has caused much unnecessary angst amongst carers, residents and staff and a public meeting earlier would have prevented much of this.

Various models are being considered for the future, including adding Nurse Assistants to the trained Staff. These would have to receive 12 week's Age Care training, and Brian Bonham said if there was interest in the area, he would guarantee to provide training. R: MPS from ambulance bay side.



Next Issue: 4th Feb

then: 11th March

and: 1st April

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Dates for your Calendar

16th. DPA Xmas party at Rural Transaction Centre.

Reserve The Date

- February Golf Tournament

Catholic Mass Times

Christmas Eve 5pm Delegate
6.30pm Bombala



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Phil Pope
0417 453 545
glenoracs@gmail.com
20 Corrowong Rd. Delegate NSW

THANKYOU

The family of David Cottrell thank you ALL for expressions of kindness at the time of David's death, with visits, phone calls, letters and cards.

Sincere thanks also to Heather and Staff at the Delegate MPS for their care, compassion and respect to David during his time as a patient.

We are very fortunate to have this much needed facility in Delegate and District.

Small country towns need Doctors and Nurses, hospitals and aged care homes,

The Delegate Progress Association would like to wish all our readers a very Merry Christmas and a Happy New Year.





Did you know bushfires kill from 200m away?

The flames of bushfires can reach temperatures of up to 1100°C. Long before the flames reach you, the wave of radiant heat can kill you from 200 metres away. Planning for bushfire is the only way to survive it.

How well do you know fire?

Plan. Act. Survive. Go to vic.gov.au/knowfire

Authorised by the Victorian Government, 1 Treasury Place, Melbourne



Armistice Day

Phil Pope from the Delegate RSL sub-branch presided over a moving Armistice day ceremony. Phil speak about WW1 Aboriginal Military Cross recipient Frederick Prentice at the opening of the Commemorative Service. The weather was favourable with lots of sun and just a mild breeze.

Lest We Forget.



FINALS OF TENNIS SPRING COMPETITION

The Delegate Tennis Club held a very successful spring comp with the finals held Tuesday 30th November. The tennis club run one of the very few organised sports in Delegate. The small but resilient group made up of vastly different ages and abilities continue to thoroughly enjoy their weekly night tennis which is split into a spring and autumn competition. The next competition will start first week of February, if anyone would like to play please search for the Delegate Tennis Club Facebook page (private group) and ask to join. Notices of competitions, draws etc are posted here.

Please note in the photo “runners up “ Zac Macgowen is absent, he played but had to leave early



Left: Winners: Toni McLeish, Sue-ann Teschke, Rob McLeish, Jeremy Clear.

Below: Runners up: Janice Lewis, Ian Sellers and James McMillan



Below 3rd place: Lana Jamieson, Andrea Mitchel, Michelle Ingram and Archie Horton.



Right 4th place: Will Horton, Lily Sato, Racheal Greet and Mandy Horton



Delegate Café

64 Bombala St Delegate

DINE IN - TAKE AWAY

OPEN 7 DAYS

Fruit & Veg - Groceries

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Tel (02) 6458 8171

Pizza available most Friday & Saturday Nights

New Trading Hours for

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Your host: Paul Herringe

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Fax: (02) 6458 8055

locally. This idea would alleviate some of the staff shortages in rural hospitals, but would be conditional on Union and other approvals.

A virtual health room where patients could converse with a Doctor through Telehealth in the company of trained staff, was another idea put forward. The Emergency Department would have a change of name and would cater for a limited number of procedures. This would not really be a change as this has already been happening, with a downgrade in emergency services taking place a number of years ago. A reliable outpatients Department, where clients would have full knowledge of what services were available would be a big improvement on what we have now.

All rural hospitals over the years have from time to time experienced staff shortages and the Australia wide shortage has been exacerbated by border closures caused by Covid, and the losses caused by staff refusing to be vaccinated. In the past some creative thinking was used to obtain nurses, when the local hospital board president appealed to Sydney newspapers asking for trained nurses to come to Delegate, where they would be guaranteed to find a husband. It worked and many of those who came, married and stayed in the district.

It appears that with recruitment of staff priority is given to the larger hospital, for instance, Delegate MPS has been relying on Agency Nurses for a considerable time, whereas Bombala MPS mostly remains fully staffed.

We have also heard that some Nurses working at Bombala MPS have indicated their willingness to help out by doing some shifts at Delegate, but we do not know if this will happen.

SANTA ARRIVES AT THE COUNTRY CLUB

Santa arrived at the Country Club on Sunday the 12th December in a local fire truck and was greeted by a number of excited children. Soft drinks and lots of eats were offered to all by the Club, including those who had previously attended the Carol Service.





Delegate

Tel: 6458 8004

Livestock— Tony Brady,

Sam Platts

Agronomy— Milly Arnold

0488281253

Merchandise

Insurance - Wool

Finance - Fertilizer

*Delegate
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Bombala Candidate Speak Out a great success

Around 20 candidates attend in person with 3 on zoom for the Speak Out held last Sunday at the Community Centre Bombala.

The Speak Out was an initiative of the Bombala Chamber of Commerce and the Delegate Progress Association. Mr Brad Bannister was the MC for the gathering and each candidate was given two minutes to Speak Out on their platform for the upcoming council elections.

The session was recorded and streamed live with the assistance of Mr Harry Longworth. A large video screen was used with zoom to connect the online candidates.

After their initial two minutes the candidates were then allowed a further minute to respond to questions raised by the public.

Roads, finances, community engagement and the rail trail were common themes in the presentations.

It was also noted that voters need to be careful to vote either above the line or below the line. Ballot papers marked above and below the line will not be counted. The inclusion of grouped candidates for the first time has led to some confusion.



DELEGATE AND DISTRICT PRESCHOOL

Taking expressions of interest for 2022 enrolment

**Currently open from 8:30am – 4pm Monday,
Tuesday and Wednesday**

We cater for children aged from 6 weeks to 5 years old.

We operate in school terms, closed school holidays.

A great place for your children to socialise, learn lifelong skills and be prepared for primary school. Our program is largely play-based learning and with so many wonderful changes happening with our backyard these experiences are very exciting and enjoyable.

For more information or to discuss enrolling your child, please call the preschool mobile on 0403033332 or email us, admin@delegatepreschool.com

Delegate

Agricultural Show - Young Judges Workshop

Learn the basic skills to be a competitive junior judge in beef cattle, merino sheep, merino wool and cereal grains/oilseeds

This is a fun, educational workshop for young people looking to learn the skills of being a junior judge with the opportunity to participate at a competitive level. Workshop leaders Tim Woodham and David Abraham, both with competition experience will focus on the fundamental skills to help develop and educate young people to be capable and knowledgeable judges for the future. This workshop is in conjunction with Monaro Station Hand Challenge being held 5 March 2022 at the Delegate Show where you can compete for great cash and product prizes.

If you have an eye for detail and an interest in discovering how to sharpen your skills or just looking for a fun day out, come along to Delegate Showground.

Time: 9.30am - 4.30pm

Date: Wednesday 19 January 2022

Where: Delegate Showgrounds

Itinerary:

9.30am Meet at Delegate Showground

10am Beef Cattle

11.30am Merino Sheep

1pm Lunch

1.45pm Merino Wool

3pm Grains

Lunch: BBQ provided

Age: 10 - 24, parents welcome

Cost: Free

RSVP Essential: by Friday 14 January 2022

RSVP to:

communityyouth@snowymonaro.nsw.gov.au

0437 135 092

For more information contact,

Ian Sellers 0428 984 485

JOHN BARILARO VISITS RE DELEGATE MPS.

John Barilaro visited the Delegate Progress Association on Monday 29th November, in response to the Multi Purpose Service situation. The meeting was well attended with representatives from over the border, carers of residents, members of the Community Consultative Committee and public. He gave assurances to the meeting that the MPS would not close and that he would make sure that representatives from Southern Area Health would be present at the public meeting which has been called for the 9th December at the Delegate School of Arts at 6pm. Members of Parliament from both sides of the border have been invited.

John was accompanied by staff members and the National's candidate for the coming State election, Nicole Overall. Nicole is the wife of Queanbeyan/Palarang Council Mayor Tim Overall, who will not be standing for re-election this year.

FOR SALE

Jumbuck BBQ

4 Burner with extra side Grill

Trolley cabinet and gas Bottle

BBQ Hood and vinyl Cover

Hardly Used

(picture shown is newer model)

\$150.00

Ring RTC 64588388 or email

dpaoffice@bigpond.com



Delegate Multi Purpose Service
Craigie St, Delegate 6459 8000

Wellness Clinic

Monday 9am-10am

Every week except Public Holidays

No Appointments necessary.

A clinic where well people come for health monitoring and a variety of nursing procedures such as:

- Wound care
- Blood pressure readings
- Blood sugar readings
- Suture or clip removal
- Injections with Doctors written order
- Other procedures that do not require a Doctor

Pathology clinic (conducted by Pathology West)

Wednesday 9.30am – 10.30 am.

No appointment necessary.

Every week except public holidays.

Women's Health Clinic

4th Thursday of the Month

Phone 1800999880 for appointments

Other Community Health Services

- Dietician
- Diabetes Educator
- Immunisations
- Podiatry
- Child and Family Health Nurse
- Generalist Community Health Nurse

To refer to any of the above please ring Community Health Central Intake team on 1800999880

Victorian Visits

Community Nurse visits Victorian Clients every fortnight. For referral or info ring Orbest Regional Health 03 5154 6666 or Delegate Community Health Nurse on 6459 8000

OLD DELEGATE POST OFFICE

Home of the

Healing Hub and Creative

Hub

And Retailing

Homewares

Gourmet Foods

Handcrafted Gifts & Toys

Thursday to Saturday

10am to 4pm

40 Bombala St Delegate

02 64585289

Thursday afternoon Creative

Hub Workshops

12.30 to 2.30pm

Small charge for materials

Serendipitous Markets last

Saturday of the month.

Barista Coffee, Hot chocolate and Tea
now available at the old post office.



DELEGATE SCHOOL NEWS

Magical Mystery Tour

Last week was a week of amazement for all our Stage 3 students, Miss. Buckley and I as we embarked on our Magical Mystery Tour. The students enjoyed Monday and Wednesday at Jindabyne Sport and Recreation Camp, undertaking such activities as Archery, Slider Trikes, Survival Skills, Canoeing on beautiful Lake Jindabyne, Rogaining and Circus Skills. The staff at Jindabyne Sport and Rec looked after us in magnificent fashion and the kids thoroughly enjoyed the experience and learnt a wide range of new skills to take them forward in their lives.

Thursday saw us make the trip to Narooma to embark on a journey with Narooma Charters to the simply awe inspiring Barunguba Island (Montague Island). The 7km boat ride off the coast challenged students and once on the island we were met by a guide from NSW National Parks and Wildlife who gave us an informative tour of the island during one of its most interesting times of the year. During November, the island is where penguins, crested terns, shearwaters and grey gulls' nest. This was quite a spectacle for our students as well as the magnificence of the seal colony of the island. Our students engaged beautifully with our guide to learn a great deal about this place of significance and we were even treated to a visit to the

top of the lighthouse.

Friday became our biggest day when we visited both the National Capital Exhibition Centre and the National Zoo and Aquarium of Australia in Canberra. Both venues gave our students great insight into how Canberra came to being and the great variety of wildlife that our planet possesses. I would like to thank all parents for their patience on Friday evening as we experienced significant delays returning due to the highway being closed in both directions for over twelve hours. I would also like to extend a great deal of thanks to Ty Outram and Archie French from NSW Police for the support and communication throughout to work with police at the scene to help us arrive home safely. The students were amazing throughout the whole delay and enjoyed their trip to McDonalds, the city by night and a sneaky gelato before the long trip home. Once again, the students from Delegate Public School proved what wonderful ambassadors they are for not only their school, but for also their families and the town of Delegate.



CHRISTMAS CAROLS IN DELEGATE

Songs of Christmas rang out in the historic old Presbyterian church on Sunday 12th. December, with the Reverend John Kuruvilla conducting the service and local children doing the readings. Complete with a manger and newly painted, the old church was a delightful venue for the occasion and the congregation was comprised of visitors from both Bombala and Delegate. The readings were done by Lily Kading, Lola Tonissen, Amelia Jeffrey, Elouisa Brady, Bella Tonissen, Georgie Jeffrey and the Reverend Kuruvilla. This promises to be an annual occasion with the next taking place at the There was afternoon for all to follow and the Country Club, where Santa was due to arrive at 3.30

Below: The Manger took pride of place in front of the altar.



Above: The Rev. Kuruvilla, Pam Roberts, Hazel Rodwell, Sue Walcott, Rev. Judy Holdsworth and Doug Cameron.

Closures and changed hours at Council facilities over Christmas and the New Year

Over the Christmas and New Year holiday period, there will be closures and changes to opening hours across Council's facilities. Help, service and information will still be available during this time on our 24/7 phone line – if you need to reach us, call 1300 345 345 anytime.

Council Offices

Council offices in Berridale, Bombala, Cooma and Jindabyne will be closed from 12pm Friday 24 December 2021, reopening as normal from Tuesday 4 January 2022.

Bin Collections

All bin collections will occur on their regularly scheduled day across the region.

Landfills/Tips

- *Bombala Landfill*
 - Open: Friday 24 December, Monday 27 December, Friday 31 December, Sunday 2 January, and Friday 7 January
 - Closed all other days
 - Normal hours and days resume from Saturday 8 January 2022

Transfer Stations

- Delegate – Closed from Saturday 25 December 2021, reopens as normal from Tuesday 4 January 2022

Swimming Pools

- *Adaminaby, Berridale and Bombala*
 - Closed: Saturday 25 and Sunday 26 December 2021, Tuesday 28 December 2021, Saturday 1 January 2022
 - Open: all other days

Visitors Centres

- Bombala
 - Closed from 12pm Friday 24 December and all day Saturday 25 and Sunday 26 December 2021, closed on Sunday 2 January 2022
 - Open as normal all other days

Libraries

- Bombala and Cooma libraries will be closed from 12pm Friday 24 December 2021, reopening as normal from Tuesday 4 January 2022
- Mobile Library will be closed from 12pm Friday 24 December 2021, resuming its normal schedule from Monday 17 January 2022

Community Service

- Berridale and Bombala
 - Closed from Friday 24 December 2021
 - Reopening as normal from Monday 10 January 2022

On-call services are available from Friday 24 December 2021 until Monday 10 January 2022.

HERE & THERE

Happy birthday to all those born in December, including, Raymond Jamieson, Megan Downey, Nerida Reed, Denis Reed, Alma Reed, Heather Jones, David Jones.



Local women are invited to a Rural women's Day to be held in Bombala on December the 17th, in the Showground Pavilion from 11am till 3pm. There is a very big lineup of interesting speakers, including Guest Speaker, NSW Minister for mental health and local member Kristy McBain. RSVP by December 13th.

Congratulations to Joy Douch who was the 2021 Ladies Golf Champion presented at the recent awards day of the Bombala Gold Club.

Corrowong residents have been inconvenienced of late by the closure of the Rossy Creek bridge, with a time consuming by-pass through Brown's Camp. Some who live nearby have been leaving a car on the Delegate side of the creek. According to council the bridge is now fixed and reopened.

The Lawn mowers have been kept very busy this year, with lawns growing overnight. Not to mention the weeds, which are out of control with all the rain-fall.

Damage has been reported to a number of causeways and crossings, following the torrential downpour on Friday. A new cement crossing at Tombong remains in tacked but the entrances have been washed away. The causeway on Victoria Pde was well and truly covered. Many residences of outlying farms couldn't get in or out with creeks flooding and cutting roads. More rain is expected over the whole of the summer.



The Delegate Progress Association Dinner planned for Saturday night at the Country Club was cancelled because one of the ladies doing the catering, Lesley who lives down the Balgownie road was unable to leave her property. As she had the food for the dinner, there was nothing to do but cancel. It will now be New Year dinner on a date to be decided.



We are looking forward to seeing a new exhibition in the Bundian Way Gallery, this week. As it is some time since we have had a new display, it will be an attraction for both visitors and locals during the holidays.

Visitors are slowly returning to the town as Covid restrictions on travel are being relaxed. However the new variant Omicron is making it's presence felt in most States, so mask wearing and social distancing will continue to be the best form of prevention for some time, it seems.

We all know how difficult it is to keep lawns and verges under control this year, but although Council have been mowing various areas around the town, there has not been any priority given to the main street. With so many unoccupied homes the street is looking very untidy. It is such a shame with the improvements made by the streetscape. Also the weeds are getting out of control around the tree plantings.



Community Information

EMERGENCY / AMBULANCE: 000

FIRE: 000

POLICE

Delegate: 6450 3360

Bombala: 6458 3444

Cooma: 6452 0099

Bendoc: 6458 1523

CHURCHES

CATHOLIC

Father Mick McAndrew 02 8331 7609

Sister Teresa Keane: 6458 3045

1st 5th Sundays Mass Delegate Sat
5pm and Bombala Sunday 8am

2nd & 4th Sunday –Liturgy Del.Sat 6pm

Bombala Sun. 9am

3rd Sun. Mass Del. Sun 8am Bom. 10am

Mass Delegate MPS 2nd Wed. 10.30am

Website www.cg.org.au/bombala

Email: joeysdelegate@gmail.com

ANGLICAN

Rev. Judy Holdsworth 04 0853 1544

Rev. John Kuruvilla 0406765443

Services: 11am every Sunday.

DELEGATE MPS 6459 8000

BOMBALA MPS 6458 5777

Community Health Central intake team on 1800 999880

Victorian Visits—Community Nurse visits Victorian Clients every fortnight. For referral or info ring Orbest Regional Health 03 5154

6666 or

Delegate Community Health Nurse on 6459 8000

Bombala Medical Practice 6458 3022

Healthdirect and GP helpline 1800 022 222

(See advert in paper for detailed information)

MONARO FAMILY SUPPORT SERVICE

Bombala Office: 6458 4888

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

Delegate Pre School: 6458 8196

Delegate Public school: 6458 8183

DELEGATE PROGRESS ASSOCIATION

RTCT Centre - 6458 8388— dpaooffice@bigpond.com

Newspaper: delegateprogress@exemail.com.au

Tubbut Access Centre 6458 0295

NRMA/RACV: John Stewart: 6458 8047

DELEGATE CARAVAN PARK: 0447151228

Delegate Progress Association Inc.

66A Bombala Street

DELEGATE NSW 2633

PH 6458 8388 Fax 64588 374

E-mail dpaooffice@bigpond.com

delegateprogress@exemail.com.au

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ADVERTISING IN THE “DELEGATE DOINGS”

Spot Ad:	1	6	11
\$5 cash—\$7.50 a/c	Issue	Issues	Issues
1/4 Page	\$17.50	\$87.50	\$157.50
1/2 Page	\$35.00	\$175.00	\$315.00
Full Page	\$70.00	\$350.00	\$630.00
Back Page	\$80.00		
Full Page Insert	\$90.00		

Colour advertising: prices on application

LOOKING BACK



This wonderful picture depicts Edward and Flora Clark in Delegate with their young family.

The above photo is of Edward and Flora Clark who lived in Delegate in the late 1800's and early 1900's. Flora and Edward and some of their family moved to Sydney, but four boys remained in Delegate, where they married and raised their families. Two of them, Richard and Frederick were part of the Men From snowy River March, with their brother Arthur having already joined the army, and serving in France. Pictured above at the back are Edward, eldest daughter Hannah and Flora. Richard holding rifle on the right, Arthur holding rifle on the left, Henry seated on left, Frederick in middle of front row.

Richard's great grand-daughter-in-law Eileen Webster has sent some of the family history, which will be included in the book which is being written at the moment. We have already gathered information of over 30 families, who lived in the area last century and are still seeking more.

We would also love to have photos such as the above to add to our collection.

Too much of a good thing?

The Spring of 2021 will go down in memory as ‘The year that it rained and rained’. If you garden where there is a little elevation the soil will have drained a bit between rain events restoring the air spaces a little but if you garden on the flat soil conditions will remain soggy and compacted.

When soil is very wet the overriding effect is loss of air space and therefore oxygen. Roots need oxygen for the ordinary processes of respiration that maintain life. When oxygen is lacking as in saturated conditions the root hairs that extract water are the first to die and then the fine roots. Dead material allows entry of the recycling fungi which is a normal process. However, lots of dead material increases the chances of problem fungi or pathogenic bacteria entering which may progress to root rot and loss of the plant. These nasty organisms proliferate in anaerobic conditions.



You can't often see root hairs with the naked eye as they are very fine and confined to the pale tips of active roots. Their role is to explore the spaces between soil particles for water and soluble nutrients. They can however be seen easily in tomato plants - they have well developed root hairs that are especially visible in seedlings whose roots have escaped a pot into moist conditions. Root hairs are especially important to germinating seeds that have to collect water to maintain the push to the light above ground. In this phase any drying out will cause death of the seed

and this is why plants with small seeds produce so many to counteract the high death rate. Gardening is the effort to improve on natural processes – think how hard it is to germinate carrot seed compared to a slightly larger seed like radish or even a larger seed like pumpkin where sowing just one you can be reasonably sure of having a plant emerge.

Garden plants with compromised roots present first as wilted and then with dropping leaves. These are the same signs as plants drying out in hot times which at first is counterintuitive, but, on a closer look makes sense since both scenarios represent the aerial parts of a plant running out of water. Once root rot is established there is little to be done to save a plant. The best option is to practise garden hygiene and remove it and especially its roots. Do not compost – burning is the best option.

After a period of overcast days when the sun does come out it seems fiercely hot. The leaves on a plant that have formed under low light are soft and thin and they may droop or even wither. This can be differentiated from root rot as only the tips are affected and new leaves and shoots will soon emerge.

Many leaf diseases get a go-on under cloudy and wet conditions. The best solution is to thin vegetation to increase air flow although there are a number of fungicides for specific diseases. A spray of bicarb soda or diluted milk will create conditions on leaves that minimise further fungal germination but these are not curative. Often removing badly affected leaves will reduce spread. Remember to clean hands and tools between plants!

So then, we have enough moisture why then is growth so slow this year?

Growth is primarily controlled by soil temperature. Soil warms up with incident light falling on it.

Bare and dark soil heats fastest, pale soil reflects a lot of light and soil covered with vegetation maintains a more moderate temperature variation. There is also a sweet spot that varies for each species e.g tomatoes respond to a lower soil temperature than corn requires. Once again gardening technique must correlate to what you are trying to grow.

The second control of growth is night temperature. Plants work on two cycles – a day and a night one. Warm nights allow the carbon captured by plant to be efficiently converted into plant tissues. However, both cycles have to be in synch for maximum growth. If the days are too hot or water has been limiting the plant cannot collect enough energy for maximum night conversion.

Plants are usually able to collect enough energy on cloudy days to maintain growth. We think sunny days help but it is really because sunny days lead to warm nights where all the action takes place. All chemical processes happen faster as the temperature rises. Think along the lines of kitchen experience-boiling vegetables – simmer or boil, or oven baking -slow roast or quick.