

# TIMANDRA'S INAUGURAL MINI GARDEN EXPO

SATURDAY 11<sup>TH</sup> NOVEMBER – THE SITE VISITS

## Timandra by the Sea Garden-

This award winning garden, designed and owned by a multi award winning landscape designer, is unique. With a strong focus on sustainability, Timandra Garden is Ecotourism accredited, with Alison's Guided Tours also Ecotourism accredited. Timandra won the Landscaping Victoria award for 'The Sustainable Landscape' in 2014.

The Guided Tour revolves around Timandra Garden – the sustainable approach from the outset post purchase of the property in 2008; the plants used within the design over the large garden; the importance of sustainable gardens vs constructed gardens for the environment – these are all considered sustainable foci.

With towering, majestic trees through much of the inner sanctum of the garden, various design ideas are used throughout the space, the trees just one area of discussion.

Timandra has a reason for being. It is a powerful tool as an advocate for change in how we design and subsequently manage our gardens. Questions are invited from all throughout the guided tour.



## Narrawong Lavender Farm –

The Lavender Farm started in 1999, and is still evolving with more lavender plants being planted. The most important variety is Miss Donnington, an intermedia cultivar said to have come from Scotland around 1915. This is used for oil, cut and dried flowers and is used in all Narrawong Lavender Farm products.

The oil is distilled with a wood fired furnace. Clyde will be giving a dry run demonstration of this at his on-site distillery.

Some lavender products will be available for testing including the Lavender Oil, Lotion, Spritz and others, with all of the products available for sale.

Dry lavender and hand-made lavender soap make ideal gifts, with Christmas not far away. Plants of Miss Donnington, allardii, dentata candicans and angustifolia Bosisto will be available to purchase. All prices will be farm gate and GST free. EFTPOS is available.



## Nature's Way Eco Sanctuary –

The vision of the owner-builders was to create a more environmentally friendly, self-sufficient and sustainable lifestyle.. Arthur a retired Engineer and Tina an environmentalist wanted a healthier lifestyle, so the journey continues.....

To build this house of straw took 5 years and 746 bales of rice straw, a dream, blood sweat and tears..

**Natures Way Eco Sanctuary** is placed on 6 organic acres in Rosebrook Victoria, West Country...

**NWES** is home to Merlin and friends, the Alpacas - they are the guardians for the Boar goats ...The Bees are busy and food is grown in our chemical free gardens with plenty of eggs from the girls. The house and property is off grid and powered by 12kw solar panels..



## SUNDAY 12<sup>TH</sup> NOVEMBER – THE GIFT OF THE GAB!

### Speakers discussing and workshopping their individual passions relating to sustainability:

#### Ruth Czermak -

Ruth Czermak founded Botanical Traditions in 1996, while she was completing a Bachelor of Science in Horticulture at Burnley. In 2006 she completed a Masters in Landscape Architecture.

Over the next few years she was fortunate to complete some work with Melbourne Water and their Raingardens in Schools program, running garden themed workshops, kids planting days and creating designs for the Raingardens with the Children.

It was during this work that she began to become very interested in the interaction and relationship that children have with the landscape. It was clear that many children had never planted a seed or plant. Most knew very little about the natural systems that exist within a garden, pollination or seasonal influences, very few had visited natural forests. Probably the most unexpected observation was that children don't have the vocabulary to actually discuss the natural world, their knowledge seemed to stop at the basic tree, grass, dirt and bird. For the majority of children, their only interaction with the outdoors was at playtime during school hours. In many cases these outdoor play areas consist of concrete or rubber surfaces, devoid of plants and interest.

While many studies highlight that Outdoor play has clear physical benefits for developing children including helping children to acquire gross motor skills, eye-hand coordination and helping to prevent obesity. Ruth believes that this is a very limiting view.

Sensory stimulation derived from interacting with natural environments allows children to learn with all of their senses. However, benefits are far more wide-ranging than this as a recent study by the University of WA confirmed. Children who play on a regular basis in natural settings are more likely to have well-formed immune systems, be more resilient to stress, have lower incidence of behaviour disorders, and are better at assessing risks.

So, with the rise of the addictive 'device', ever reducing the size of the traditional backgarden and access to 'bush' like settings what are some ways that we can encourage interactions with plants and nature?

#### Kevin Sparrow –

##### Volunteer Roles:

Joined Australian Plants Society Warrnambool and District Group in 1989, Elected to committee in May 1991.

Served as Treasurer 1993 - 1996, 2002 - 2005, 2010 - 2013

Elected President in 1996 - 1999. 2015- current day

Newsletter Editor in 1997 to 2001, 2014 to current day. Has served 22 years on committee.

Co authored "Plants of the Great South West" book in 2004 funded by Envirofund grant.

Co authored "Environmental Weeds of Warrnambool"

Facilitated Glenelg Hopkins CMA grant "Protection of Biodiversity at Maam Water Reserve" in 2010-2011

Authored "Plants of the Great South West, Fully Revised and Expanded Edition" book in 2013.

Co-edited "Indigenous Plants & Environmental Weeds of Moyne Shire" book in 2014.

Formed Friends of Swan Reserve Inc. in 2010, served as President from 2010 to current day

Worked with Warrnambool City Council to design the upgrade to Swan Reserve in Warrnambool 2012 - 2014, upgrade included new playground, new garden beds and aboriginal recognition and meeting place. Worked with tribal elder on meeting place and message poles designs.

#### Doug Phillips –

##### Biochar Manufacturer and Advocate - Portland

Before joining Greening Australia in 2002 Doug worked in the fertiliser industry for the best part of 25 years. He is currently a Senior Project Officer based at the South West Seedbank located in Portland, Victoria. He has been involved in various community advisory roles with the Glenelg Hopkins CMA as well as being a past board director. He is also a member of the International Biochar Initiative.

Doug has a passion for moving toward more sustainable land use systems. He believes that biochar and the technologies that produce it have a strong potential to become enabling mechanisms to achieve positive outcomes within regional agricultural landscapes. Doug's long-term links to the conservation community are highlighted through his membership of the Portland Field Naturalists Club, and he was a key driver in that organisation's campaign for the creation of the Cobboboonee National Park.

## Alison Aplin –

Alison's passion is trees, evident through most of the Timandra by the Sea Garden. Her discussion will highlight how to use trees within gardens for insulation properties within the home, getting the scale right when choosing which tree to buy, how trees minimise drainage problems, and the importance of trees to the ecology of a site. A Q&A session will follow.

Alison is a partner within the Timandra Brand – a business that focusses solidly on sustainable landscapes and practices more broadly. She is the designer for Timandra Design & Landscaping, winning many prestigious awards for her designs; she is also a professional Horticulturist, essential to good sustainable landscape design.

Alison's design skills have been put to good use in Timandra Garden which is evident throughout the whole garden. Timandra Garden didn't just happen. It has been carefully planned and executed with sustainability a key factor throughout.

Alison has multi-life experiences, plus an Advanced Dip of Business and Diploma of Horticulture, both from accredited sources. She has won many industry awards for her businesses under the Timandra Brand, denoting a high level of professionalism and passion.



The fee for the bus tour/ site visits is \$100 per person, which includes GST. Tickets can be purchased by calling Alison on 0418 825 625. The price includes

- 1) Entry and professional guided tour of Timandra Garden
- 2) Morning Tea in the garden
- 3) Bus price
- 4) Entry to Narrawong Lavender Farm
- 5) Entry and guided tour of Nature's Way Eco Sanctuary.

Vehicles can be left at the rear of Timandra Garden – entered off Clarke Street so follow the signs, or across the road in Bridge Street. Entry is by both front and rear access for this tour for ease of parking.

Any dietary issues need to be mentioned at the time of booking – diabetic and gluten free can be catered for. Since it is the inaugural event, numbers are limited for the bus tour, so booking is essential. **The RSVP date is Monday, 30<sup>th</sup> October** for the bus tour.

# TIMANDRA'S MINI GARDEN EXPO

## The Theme: Sustainability

### ITINERARY FOR SATURDAY 11<sup>TH</sup> November, 2017

9.30am – Start Timandra by the Sea Garden:

- Guided tour of an award winning Ecotourism certified garden designed by a multi-award-winning landscape designer
- Morning tea

11am – Travel to Narrawong Lavender Farm

11.15am -

- Guided tour of Lavender Farm with Clyde

12.15pm – Travel to Port Fairy

1pm – Destination Port Fairy

- Toilet stop
- Lunch wherever in town – patrons can get their lunch at any of the food places in Port Fairy.
- Browse the shops

2.30pm – Travel to Rosebrook to Nature's Way Eco Sanctuary

2.45pm -

- Guided tour of this 'living the life' sustainable home at Nature's Way Eco Sanctuary

3.45pm – Travel back to Timandra with toilet stop in Port Fairy

4.30 to 5pm – End of sustainability tour.

### ITINERARY FOR SUNDAY 12<sup>TH</sup> NOVEMBER, 2017.

#### FREE TIMANDRA GARDEN ENTRY ON THIS DAY WHERE THE MINI EXPO IS BEING HELD

10am – Welcome by Alison

10.05am – Ruth Czermak – Award winning Sustainable Landscape Architect talking about 'Children and Nature'. Includes Q&A at 10.45

11am – Workshop with Kevin Sparrow about seed harvesting of Banksias

12 noon – Lunch and self-guided tour of Timandra Garden, market stalls to peruse

1.30pm – Workshop with Kevin Sparrow about propagating Banksias

2.30 am – Discussion about Biochar by local producer Doug Phillips

3pm – Alison Aplin – owner and designer of Timandra Garden discussing the value of trees in domestic and commercial sites. Includes Q&A at 3.45pm

4pm – Close of Mini Expo

**The Narrawong Produce & Wares Market will be held on the Sunday also, contributing to the sustainable picture of the day. Lunch and refreshments will be available from market stall-holders.**