# R()(il News

Inside this edition

Doors open at 6.15 so you can visit the library, stalls and seed tables or just have a chat before the festivities begin.

**Bayside Community Church** Macarthur St. ALEXANDRA HILLS

#### **REMEMBER to bring:**

- washed pots/punnets
- swap and share
- **ROGI Rewards contribution** (opt)
- your plates, cup, cutlery in a bag (to take home to wash up)
- your food contribution
- a basket/box/bag for your purchases

**NO Plant Clinic tonight** NO plant sales tonight Pay MEMBERSHIP DUES before 6.45 or <u>online</u> (we need form filled in please)

Booked members only.

#### Page V.P.s Message: Linda's Leafy Lines Christmas meeting. Seedsavers party Composting in bins: Linda Brennan 4-5 Bronze Orange Citrus Bug Garden Visit: Marissa 6-7 Where do you spend your money? Jerry Coleby-Williams overview Contact information 10 F-waste Collection Salvos Christmas Food Drive

For that someone you'd like to surprise with a gardening gift or encourage a friend to join our friendly garden club, how about a ROGI Gift Certificate?

TFAM APP: Feb newsletter deadline

Overview of Tilly's garden next time.

They'll be available to buy at our Christmas meetina. It's easy - just fill in an application and bring cash. If you wish to purchase one online, complete an application and then pay online.

It can be posted to you or the recipient. For details please phone me 0419 987 870 or email membership@roai.com.au

Have a wonderful and safe Christmas, Rhonda

These tiny tomatoes are arown by Jerry Coleby-Williams. They originate in Galapagos Islands, so are acclimatised to conditions fairly similar to ours in SFQ. He has found they do well in our summer when other tomatoes struggle.



Jerry grows them in these hanging baskets where they thrive. He has given us many of them to share with you at the December meeting so you can grow them vourselves and save the best seeds every year.

## **Linda's Leafy Lines**

As Christmas draws near and the year winds to a close, the subtropical garden enters a season of rewards and challenges. Our weather keeps giving—lush growth, bursts of colour, and fresh produce, along with heat, rain, hail, winds and humidity.

This year has been a tapestry of seasons that never has quite followed the rules. Citrus trees thrived in the warm winter sun, with the extra winter rain we all received, delivering bright, fragrant fruit that quickly was eaten or shared or it became marmalades, sorbets and curds.

Everything has had a head start this summer as our ground was moist, from mangoes swelling on the branches to new guinea bean (kobu) vines determined to take over the trellis and reach for the sky. The vegetable beds were equally generous. Heritage tomatoes

flourished under their netting and cherry tomatoes arrived uninvited but very welcome, basil bolted and returned again, and sweet potatoes quietly knitted themselves through the soil before offering up a hefty harvest. And I have not mentioned rosellas – so many from three plants!

The warmer months have brought the champions of the subtropical summer garden—chillis, jaboticaba, kobu, angled luffah, okra, snake beans, and eggplants.

Amid all this productivity, there's something deeper the garden gives us - space.
A retreat. A quiet escape from the pressures and busyness of the year. Whether it's a morning wander with a cup of tea, a few mindful minutes pulling weeds, or the simple breathing-in of warm, earthy air



after a summer storm, the garden offers a kind of therapy that no appointment is needed for. It grounds us, restores us, and reminds us that growth often happens slowly and quietly.

Of course, it hasn't been all smooth sailing. Early heat and humidity stretch even the toughest plants (and humans), and fruit fly and citrus bugs kept us on our toes. But with thick mulch, a bit of patience, and the water tank working overtime, the garden once again proved that resilience is woven into the subtropical landscape—and perhaps into us as well.

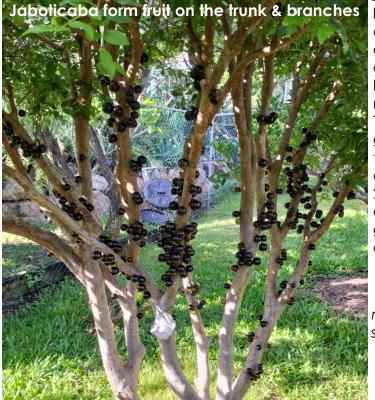
Now, as Christmas approaches, the garden becomes a place of celebration. Fresh herbs for roasts, salad greens picked moments before serving, home-grown jars of jam or pickles gifted with pride, a jug of iced herbal tea shared with family and friends. There's something deeply satisfying about knowing Christmas is flavoured by your own patch of earth.

As we look toward another year, there's joy in the planning: new

crops to try, lessons learned, and dreams of creating a garden that not only feeds the body but continues to nourish the spirit. The subtropical garden is a constant teacher, companion, and refuge—and 2026 promises another year of growth in every sense of the word.

Wishing you a greenfilled Christmas and may you always have seeds in your pockets.

Linda Barrett
ROGI Vice President



# Seedsavers Christmas Dinner & Seed Share

#### Monday 15th December 6:30pm

This event is for ROGI Seedsavers who have attended a seed saving meeting in 2025.

Each year we love to get together and celebrate our year of successful seed saving.

This is our Christmas 'thank you' to all of you who have joined in the fun this year.

- We'll have an easy dinner so please bring a plate of food suitable for sharing BYO cup, cutlery and plate etc
- We don't have enough chairs, so please bring a chair
- We'll be outside under the patio with the fans on, unless of course it rains
- Please bring any seeds you'd like to share from your garden. They can still be on the stems—just pop them in a big paper bag and label them with your name, the date collected and the plant that they come from.

Book on Team App or at December meeting or phone me 0416157470. Linda Brennan



### Thursday 11th December Meeting

### **ROGI Christmas Gathering**

Please note: The December meeting is not a regular ROGI meeting.

Please attend only if you have booked.

#### Please bring:

- Your food contribution as mentioned when you booked.
- Your own dinner plate, dessert plate/bowl, cup and cutlery (you'll take these home in a cloth bag to wash).
- Instead of exchanging gifts, we'd like you to give something to the Salvos Christmas Appeal, if you wish. See page 11 for ideas.
- E-Waste for SubStation 33 p 11.

There'll be some fun gardening-related quizzes (if you're competitive, swot up on articles from the last eleven newsletters!). It will involve table teams, so no pressure.

You may even learn something new.

We've heard that a strange character may pop up occasionally to amuse (or maybe annoy—we'll see) us.

There will be ROGI Rewards during the evening. Seeds and stalls and the library available before 6.50.



### Managing Compost Bins. Linda's Top Tips.

Last month, we published Linda Brennan's key ideas for composting in bays.

This month we follow up with her key tips for composting using compost bins. Next time we will have her tips for worm farms.

#### Before you start:

The black Dalek-type bins with a lid can be effective compost bins for a home gardener if managed properly. If set up and managed correctly the bin will compost your kitchen and garden scraps to a beautiful, friable material that will increase garden fertility.

#### Before starting the composting.

Line the base of the bin with aviary wire (12mm) to prevent vermin entering the bin. Linda also drills extra holes along the vertical ribs to increase oxygen levels in the bin. Linda uses a compost turner shaped like a screw to aerate the bin (from hardware stores.)

#### What to add to the bin:

Add a combination of green (nitrogen) and brown (carbon) materials. There should be more carbon than nitrogen to prevent a stinky heap. Make sure the pieces are small for easy breakdown. Because most food scraps are nitrogenous, you may need a pile of carbon next to the bin to add each time you add nitrogen items, to balance out the pile.

#### **Carbon Items**

Dry grass, dry leaves, fine chip bark or clippings, shredded paper or cardboard, egg cartons, dry coffee grounds, saw dust, wood chips, non-plasticised paper plates, bamboo cutlery, old pot-plant soil, etc.

#### Nitrogen Items

Kitchen scraps; tea bags; eggshells (finely crushed); fresh coffee grounds; manure pellets; water from fish tanks; fresh grass clippings; human urine, comfrey leaves; citrus and onion pieces (not too much and in small bits); fresh leaves; vegetable oils and dairy in small amounts; manures (cow, sheep, horse, goat, alpaca).



#### Don't add:

Water (it will be wet enough). No lime or gypsum, plastics, bones (bones take many years to break down), nutgrass and other noxious weeds.

You can start the bin with a small amount of materials and keep adding to the bin. Remember to add a layer of carbon every time you add nitrogen materials and turn the contents with the compost screw 3-5 times every addition. This turns the top items to the bottom and keeps the bin smell free.



#### Making Compost in Bins cont'd

#### Problem solver:

If flies are spiralling out of the bin when you open the lid, there is fermentation happening. Add more carbon and turn the contents of the bin daily.

If the contents are stinky and wet, add more carbon daily turning each time, until an equilibrium is achieved. The contents should be hot and steamy as they break down and be moist but not wet.

Cockroaches? They are perfectly normal in a bin and, together with many other insects, consume and convert scraps to plant food.

Stop adding materials to the bin when it's full. But keep turning it a few times a week until the compost is completely broken down and the pH is 6.5-7.5. It will then be ready to use.

P.S you will need to start another compost bin while this first one goes through its bacterial and fungal finishing cycle.

#### Linda Brennan



You may notice these maggots in your compost at various stages. They are black soldier fly larvae and are excellent at converting food scraps into compost. Chooks love easting them - feeding frenzy!

Next time: article on Composting using worm farms.

#### **Bronze Orange Citrus Bug**

The deluge of stink bugs has eased off for now, thank goodness, but we know they'll be back next year, possibly with a vengeance.



We have a lemon myrtle tree which was growing beside a mandarin (since removed—the fruit wasn't very nice).

On 18 November, I picked several myrtle leaves to dehydrate for tea, and noticed this perfect cluster of eggs on the underside of a leaf. They're stink bug eggs. I put the leaf in a lidded plastic container. Today, two weeks later, there are second instar nymphs inside the box (below left).



Musgraveia sulciventris



As you can see (*left*), some eggs haven't hatched as yet.

I tried to find out if it's common for this Australian native creature (whose original hosts were Australian native finger lime and round lime, until imported citrus became available to them) to use non-

citrus leaves as hosts. It seems not.
I found this scholarly article interesting.

As they say in science 'more research is needed' if we want to find safe controls for these pests. The bugs are already in preparation for their onslaught in spring next year.

Jill Nixon

I love the camera on my new phone—does great macro shots



# Garden Visit Marissa Hughes in Capalaba

There is lots to show and tell about Marissa's garden

Golden Cane palm: to remove it, Marissa put a compost bin over the stump – a technique she uses a few more times in her garden to remove unwanted tree stumps. She also adds microbes, humates and fulvic acid to speed up the decomposition process. It's been two months and no new sprouts so far.



Large **dragon fruit** and very healthy-looking **banana** with permanent compost bin right next to the plant – makes for good, direct nutrient transfer.

There are **two worm farms** – fed by waste food from local church food bank weekly —and enough food for chickens and dogs. **Stinging Nettle** *Urtica dioica* can be used similar to Tiger Balm – localized heat.

Marissa grows **Shamanic herbs** for spiritual purposes and also has beehives - honey bees and stingless native bees - for pollination purposes.



Aztec Sweet Herb – nicer 'sweet' taste than Stevia.

Herb Robert: is all across the garden. Look up its medicinal uses. It selfseeds and spreads very easily.



#### **True Dandelion:**

all parts are edible, nutritious. Coffee substitute! To id - hollow stem with single flower; deeply-cut leaves.













The borrowed landscape gives a sense of spaciousness, courtesy of the park over the back fence.

An interest in **herbal medicine** and unusual plants is reflected in her garden; Yacon, Gingko Biloba, Comfrey, Crown Daisy, Cayenne pepper, Plantain, Gumbi Gumbi, Ashwagandha, Valerian, Wormwood; Burdock, Chicory.

The **chooks** are let out for a few hours a day—certain areas protected by mesh.



Most plants are in pots or raised beds as the soil is poor. This frame made from hose is cheap, easy and handy for when you want to throw some shadecloth over it.

#### Queries, problems, suggestions etc

**Pomegranate** tree – no fruit yet. Wrong climate or position? Male variety?

**Feijoa** trees (Pineapple Guava) with lots of fruit – usually half the fruit goes to pests. It's a fruit fly magnet! Net the entire tree!

**Fun fact:** after hand-pollinating feijoa flowers, you can eat them. Fairy floss, melt in the mouth texture.

Blueberry bush is fruiting but leaves are yellowing. This shows high pH which affects nutrient uptake - it should be about 4.5. The plant is in the



ground; better in a pot so pH can be controlled. Use azalea/camellia potting mix.

Rats eating through papaw tree (not fruit!), bats and possums eating produce: Marissa leaves 'decoys' or 'bribes' out for to lure them away from other fruits. Not traps!

Tropical Anna Apple tree; Tropical Peach tree – both growing well with plenty of fruit. Fruit needs to be protected from Qld Fruit Fly. Bag individual fruit or make long and wide tunnel mesh bags to feed over the whole branch and tie off at each end.



Lemonade tree: sweet lemon - prolific fruiter, all year round, recommended.

Cosmos flowers: appear to be overpowering the garden, however they attract beneficial insects so they're worthwhile.

Marissa has night-flowering Jasmine and Lemon Balm growing outside her bedroom window – sweet dreams!

Miracle Fruit – a small tropical and sub-tropical bush producing berries with very interesting properties.



And a whole lot more to see ...

#### Summary

A very varied, interesting garden with a strong focus on medicinal herbs and fruit trees.

Great use of various micro climates of the block to suit different plants' needs for heat, sunlight and shade.

Clever application of 'unusual' or not so well-known techniques. I also liked the self-worming chooks!

This is not a neat, tidy, manicured garden. It is a garden that celebrates nature and provides habitats for all creatures.

Marissa's love for plants and gardening is present everywhere.

Report and photos by Mike Qualmann, Jill Nixon

### Food for Thought

from Jerry Coleby-Williams

(on choosing where you spend your money)

#### **FACT:**

By 2009, the Qld government had spent \$2 billion on just the **preplanning** for <u>Traveston Dam</u>, which didn't go ahead.

#### **FACT:**

It cost under \$42,000 to retrofit Bellis in 2004.

Based on my statistics, if invested in retrofitting, this \$2 billion could have been used to:

- retrofit 47,619 homes, more than exist in the Shire of Gympie.
- generate solar energy to power an extra 95,238 homes;
- save one Traveston Dam-worth of mains water each year, saving CO<sup>2</sup> generated by pumping this water to homes;
- recycled over 3 billion litres sewage each year, saving CO<sup>2</sup> whilst recycling nutrients that would otherwise end up in the ocean;
- sequester CO<sup>2</sup> in garden soil, aiding climate repair
- mitigate stormwater and sediment flow, aiding riparian zone and marine health

... and create local jobs, thus making everyday living CHEAPER...

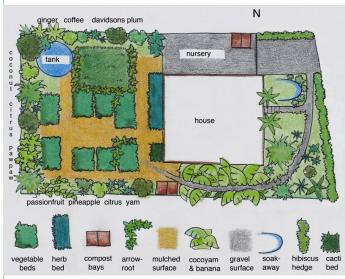
# Jerry Coleby-Williams The 21st Century Cottage Garden

Jerry was exceedingly generous with his time and knowledge telling us of his gardening journey and his property Bellis in Wynnum. See <a href="https://jerry-coleby-williams.net/bellis/">https://jerry-coleby-williams.net/bellis/</a>

Small spaces can be extremely powerful. Through good planning, preparation and following organic principles we can all have high production in a small area.

Farmers on large farms plant, tend, and then harvest the entire crop to get it to market. Small spaces allow intensive management including **successive plantings** to ensure an edible supply over the whole season, with sharing and/or storage of surplus.

Researcher Catherine Pickering studied 27 community gardens and found they contained an average of 248 plant varieties.



Plan of Jerry's garden, taken from his PowerPoint slide.

Jerry's garden and seed bank has 360 varieties. **Diversity** is his not-so-secret weapon; he saves seeds from his best plants, and over five years of saving seed these grow into plants that have acclimatised to his location. This wide plant diversity supports a stable ecology with predators and pests both present – food for pests, food for beneficial predators and food for humans.

Remember that, to have good predators in the garden, you need to have the pests that are their food source – creating an equilibrium.

Flowers change the garden's look and smell so that pests have a harder time identifying and finding the food crops planted underneath. Also, they attract helpful insects which are then nearby to predate on the pests. Jerry spoke of the 'bigger picture', and that many speakers/writers have influenced him.

Part of the bigger picture is: councils need to understand that **households can assist in flood mitigation and can sequester CO<sup>2</sup>**. By building soil with lots of organic matter, gardeners are reducing CO<sup>2</sup> emissions, storing carbon in the ground. This soil will also hold and store more water, helping reduce overland flow of water.

Using his own property as an example, he said that during a 800mm rain event, no water left his property. The soil and gravel driveway allowed water to soak into the ground and was held. Also, the roof harvested tank water.

When Jerry was growing up in London, his grandmothers (who lived through WW2) were influential, instilling a love of gardening, and helping him develop knowledge and skills early

in life. For example, his grandmother grew land cress as a capture crop to reduce pests on brassicas. She used nicotine soap spray (now unavailable) as a deterrent for aphids and caterpillars on plants, where now many reach for commercial non-organic 'solutions' such as Confidor.

Some commercial products used to spray for pests and diseases can **switch off genes** in the plants that form part of their natural protection, actually making them more vulnerable.

All of this shows that 'we' as a culture are losing traditional knowledge and skills.

#### ROGI's mission is to help turn that around.

(Jerry remarked that ROGI members would be asked to lead gardeners during any future disaster (as per Dig for Victory)! Keep practising, everyone!)

Responses to audience questions:

Glyphosate (Round Up/Zero) depresses soil fungus. To ameliorate this, inoculate your soil with quality compost. Coffee as a pesticide - Active ingredient is tannin - good snail and slug killer. 1:10 espresso:water and spray soil. Tannin can affect germination of some seeds Soft bodied insects— sugar soap or Natra soap spray Erinose mites on Longan tree is a seasonal warm weather issue. This mite is host specific. Prune affected growth, then spray with wettable sulphur or lime sulphur three time a week/three weeks apart.

**Asparagus** -cow manure, seaweed. Unsuitable climate. **Mango anthracnose** – spray with wettable sulphur, prune after fruiting and open up the tree to allow air flow, remove mulch from base in autumn as mite breed in mulch.

Unfortunately we ran out of time for more questions. I hope these were answered by Jerry privately after the meeting.

Reported by many and various members.

# Jerry Coleby-Williams Gail's take-home messages

#### What do you hold sacred?

United Nations recognises that the benefits of a functioning ecology are a fundamental human right: clean air, healthy soil, fresh water and nourishing food.

# How to influence how we use and share resources on this planet.

- Grow some food, buy local produce. The power of small – small spaces can be extremely productive eg a 100 sq metre food garden can feed an adult all year round with surplus.
- Aim for an affordable and sustainable house and garden – solar power, rainwater tanks.
- Invest in water saving infrastructure by using rooves as water catchment areas and solar powered generators.
- Instead of running air-conditioning, use fans and windows in summer and curtains and blinds (and warm clothes) in winter.

#### Genes are important

Grow from seed, saving seed from the best plants every year.

It takes about 5 years for a plant to become locally adapted to local soils and conditions.

Spraying insecticides turns off the genes, making plants unable to combat disease naturally.

Seed-saving builds your confidence, multitudes can be harvested for microgreens.

#### No time for gardening?

Vote for the system you want by buying mostly organic produce to make meals.

#### No room for gardening?

Experiment with sprouting. Grow something

#### The power of building community.

There are more people on earth than ever before.

The choices people make every day can have a profound influence.

You, the gardeners, are the people who can make change; you can't wait for politicians.

As Jerry has shown, a simple 815 m<sup>2</sup> block with a garden can be a form of localised flood mitigation, also of climate repair.

- Improve soil mostly by adding compost, a little bit of contouring, raised garden beds, mulch surfaces and footpaths, gravel driveways, no concrete.
- To maintain sustainable lawns, adjust soil pH, feed the grass and mow high.
- Grow food you want to eat; consider trading with neighbours, community.
   Start with a good fruit tree – one that will enable jam making.
- Grow intensively using intercropping and companion planting to provide a regular turnover.

Don't forget how we got where we are

today; the simple old-fashioned remedies really worked.



Advise your friends and neighbours about the least toxic solutions.

Ensure food culture is not forgotten. Seize opportunities to show off your produce.

#### Jerry's recipe for an ideal cottage garden

A predator border of Basil, Amaranth and Cleome Spider flowers provides food for predators and pests while enabling food plants to secretly grow.

Aim for at least two types of flowers in bloom at all times.



#### ROGI MANAGEMENT COMMITTEE

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COMMITTEE MEMBERS Rhonda Binns, Tom Bohl, vacancy

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CLUB EVENTS Linda Barrett

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The views expressed in **ROGI News** and at ROGI meetings are those of the editors and submitters, and guest speakers, not necessarily those of Redland Organic Growers Inc

info@rogi.com.au group@rogi.com.au www.rogi.com.au https://www.facebook.com/groups/redland.organic.growers

Other gardening groups using organic methods:

Brisbane Organic Growers Inc (BOGI)— 1st Thurs each month. 6.30. Albion Peace Hall, McDonald Rd, Windsor, 0438 254 673 <a href="http://bogi.org.au">http://bogi.org.au</a>

**Qld Herb Society**—1st Tues each month, Albion Peace Hall. 7.30pm. 0458 798 663 <a href="https://qldherbsociety.org.au">https://qldherbsociety.org.au</a>

Oaklands Street Community Gardens—Mon, Wed, Fri 9-12.

Alexandra Hills. 0410 974 458

https://www.oaklandsstcommunitygardenqld.org

Bethania St Community Garden—Wed mornings, Cox Park,

Lota. 0439 048 585 <a href="https://">https://</a>

www.bethaniastreetcommunitygarden.org

#### **General Information**

Please consider contributing to any of these at various times:

#### **ROGI REWARDS:**

Good quality plants and other garden-related items brought along by members. Everyone who attends and signs in is eligible for a Reward. Please label plant with its name and some growing details before placing it on the table.

#### **MEMBERS' SALES:**

Items you've produced surplus to your requirements that **you wish to sell** to other members – seedlings, eggs, honey, lemons, jam, sustainable craft items – things that have cost you time, money, and effort to produce. Please make sure items are labelled, named and priced. It is preferable that you staff the stall yourself or time-share with a friend.

#### FREE SWAP/SHARE/GIVE- on table outside

For items you don't want payment for— empty pots, cuttings, unwanted plants (named), surplus produce, shredded paper, strawberry runners and so on. Maybe arrange with other members to do some swapping outside meetings. Take home what's left after meeting.

#### **PLANT CLINIC:**

Bring along your plant problems—insect/plant/weed (as many parts as you can - fruit, leaf, root) in a sealed plastic bag. Fill in form on the Plant Clinic table (just inside the door to the main hall) before the meeting starts. Someone will look and may be able to answer your questions. Any solutions will be given on the night and published in the newsletter. Please be aware that, although we do our best, there may not be anyone present who can solve your problem or identify your plant, especially if it is not related to organic gardening.

Also, the **ROGI WEBSITE:** Under RESOURCES tab, you'll find:

- ROGI's month-by-month Seed Sowing Guide
- Seed viability Chart
- Good Bugs
- No-dig gardening ideas
- Permaculture
- Copies of all newsletters since September 2014.
  - ... and lots more. Have a browse.

#### Salvos Christmas Food Appeal

Christmas time is hard to celebrate **DONATE** when you're doing it tough. We ask ROGI members to donate an item or items from the list for the Christmas Appeal at our December meeting.



Please help struggling Redlands families.

#### Here are some suggestions:

Christmas puddings or cakes Long life milk/cream/ custard Tinned biscuits Chips Chocolates and Iollies Bonbons Bamboo plates and cutlery Tablecloths and paper napkins Tinned vegetables Packet and tinned soups Savoury biscuits e.g. Tinned spaghetti and baked beans Tinned tuna and salmon Tinned ham Muesli bars

Instant noodles

Pasta and pasta sauces

Rice and rice sauces

Jelly packets or cups

Tea, coffee, sugar Milo, Quik Cordial, soft drink Long life fruit juices Cake mixes Pancake mix Flours Breakfast cereal, oats. muesli Nuts **Pretzels** Popcorn Sweet biscuits Shapes/Jatz/Ritz Environmental shopping bags **Deodorants** Toothpaste and brush Combs and hairbrushes Antiseptic wipes Shampoo, conditioner

NOTE: Please ensure foods item/s have expiry dates well into next year.

Bath towels

People will be receiving these packages as a gift. Help battling Aussies feel a little extra special at Christmas by purchasing a brand name (not 'no name' brands please).

#### e-waste collection at December meeting.

"We accept anything with (or that had) a power cord or battery ...

Yes, anything! From fridges, to beard trimmers, mobile phones to dvd players, stereos to desktop computers, printers of all sizes to electric scooters, vacuums to electronic whiteboards, medical machinery to electric toothbrushes, CPAP machines to microwaves ... & the list goes on. We also love retro electronics." \$\$33



The volunteers at SubStation 33 (above) deconstruct and sort the e-waste into all the components such as metals, glass, plastics, wires, batteries and circuit boards. The recyclable materials are sold to keep our doors open.

Some materials are repurposed for other new projects and products that our volunteers, trainees and staff manufacture.

Let your friends, neighbours—everyone know so they can clear out their stashes. There'll be a trailer outside the hall for you to put your stuff in.

More information about Substation 33 is here.

### **TEAM APP**



#### With TEAM APP, you can:

- keep up to date with club events in real time
- not wait till the meeting to book your place for Garden Visits, Workshops, Field Trips.
- make bookings as soon as they are posted on TEAM APP.
- Cancel your booking if needed to free up a spot for someone on the waiting list

If you haven't already registered for TEAM APP, here's how to get TEAM APP on your phone or computer.

#### On your smart phone or tablet.

- Go to the App store (apple smart phones) or Playstore (Android smart phones)
- Look for the TEAM APP logo. (above)
- If you need assistance to set up your TEAM APP account on a phone or tablet, Diana can help you at the next meeting.

#### On your computer.

- Go to https://www.teamapp.com
- SIGN UP using your email address and a password. Click on MY TEAMS and select your team as ROGI.

#### February 2026 newsletter deadline

Thursday 22nd January 2026 Send contributions to newsletter@rogi.com.au