



From our Chairperson

Edition 3 of 2017 – officially the Spring Edition – but we seemed to have bypassed spring and have moved straight into summer!

We are hopeful that we'll receive rain soon to water in the lawn dressing in the common areas and transform our lawns to a beautiful emerald green.

Officially we do still have water restrictions in place. Watering is only permitted between 6 p.m. (18:00 for the army types) and 6 a.m. (06:00) – that is, watering is not allowed during the daytime. Thanks to the efforts of Martin Lockwood, Mr. Cele, our Ward Councillor, has given us 1 extra hour per day to water common area gardens and lawns. He kindly agreed to this when we told him that our garden staff only arrive at work at 7 a.m. and leave at 4 p.m. We are allowed to water common areas with hoses and sprinklers up to 8 a.m. On Tuesdays and Wednesdays (bin days) they may use this 1 hour concession in the late afternoon before they leave. For the rest of the day, the gardeners will use watering cans / buckets

and a wheelie bin full of water which they drag with them to fill the watering cans / buckets. This concession only applies to COMMON AREA lawns and gardens in the Village.

We do appeal to residents for their assistance here – if you are able to, please assist us by watering the common area lawns and gardens near your unit. This can be done after you have finished watering your own garden. You could even arrange with one or two of your neighbours to take turns to water these common areas so that you don't have to do it every time you water your own garden. We appeal to all residents for your assistance and cooperation in this regard. Should we not get good rains, water restrictions are likely to become more stringent, so it is in our interest to appreciate that water is a scarce resource and to use it sparingly. Please remember to collect the cold water in your shower while you wait for the hot water to come through the system. You could also use a large jug in your kitchen and bathroom basins to collect that initial cold water as

well. The Randburg Sun of 7 September had information on official watering times and water tariffs. This information is also on the notice board at the entrance to the Service Centre. Please read the notice board if you did not get a copy of the Randburg Sun.

The application of lawn dressing on common area lawns is proceeding smoothly. This is a very labour intensive task and we carefully select sites on common areas where the 5-cubic meter load can be dumped. These sites are chosen to be close to the area where the dressing must be applied and also such that, wherever possible, the garden staff push wheelbarrows full of dressing, downhill. We intend to cover all common area lawns, so please bear with us. We are not doing the inside of the attenuation dams on the Eastern boundary.

Our talk on fertilisers will happen at some future time. Sonja, from Efekto, is only available on Thursday or Friday mornings. Unfortunately, the hall has for some weeks been booked by the Procurement

Committee and exercise classes are held on Friday mornings – this has made it difficult for us to schedule this talk during the past weeks.

As always, my sincere thanks and appreciation to our dedicated and hardworking Garden Committee.

Happy Spring gardening!

Doreen

Meet the committee

Doreen Dennehy	Unit 41	5243
Louise (Lu) Penberthy	Unit 163	5389
Margie Lockwood	Unit 133	5451
Beryl Taylor	Unit 161	5388
Jim Taylor	Unit 161	5388
Thersia Tait	Unit 47	5227
Monica Hall	Unit 436	5209



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Sun & Shade

In all suburban gardens, trees, buildings and perimeter fences create shifting patterns of shade creating challenging conditions that require careful plant selections. Plants on the south side of walls receive no sun at all during the winter and may then be scorched by the midday sun at the height of summer. Many shade plants will tolerate morning sun but areas receiving hot afternoon sun require plants from the following indigenous plant palette for sun and shade. This palette is dedicated to those adaptable plants that will cope with extremes and flourish in both sun and shade.



Duvernoia adhatodoides (*Pistol bush or Pistolbos*) 3.5m x 3m – A large fast growing evergreen shrub with clusters of fragrant white flowers that appear in summer. The seed pods burst open with a loud crack when ripe, hence the name pistol bush. A useful screening and attractive container plant, if fed pruned and watered regularly.

Carissa bispinosa

(*Forest num-num or Bosnoem-noem*) 2m x 2m

A thorny shrub with glossy dark green foliage and clusters of sweetly scented white flowers in sum-



mer followed by small red berries in autumn. This plant is drought tolerant but will thrive if fed and watered regularly. This species responds well to pruning and makes a good bonsai subject for balconies.

Ocimum labiatum

1.5m x 1.5m

A semi-deciduous rounded shrub with soft aromatic leaves and spikes of delicate pink or mauve flowers.



This water-wise plant will flower from summer to winter and will benefit from annual composting and or mulching.

Clerodendrum ugandense

(*Blue butterfly bush*) 1.8m x 1.2m –

An attractive semi-deciduous shrub with lush foliage and blue butterfly-like flowers from spring to late



summer. Feed with slow release or organic fertilizer and water regularly for more flowers.

Hypoestes aristata

(*Ribbon bush or Lintbos*) 1.5m x 1m

– A rounded evergreen shrub with masses of purple or white flowers



in autumn and early winter. Bees and insectivores such as robins, barbets and thrushes visit the flowers. The ribbon bush is water-wise, hardy and tends to self-seed but not excessively.

Pelargonium zonale

(*Horseshoe pelargonium or Wilde malva*) 1.5m x 1.5m –

A lush-looking shrub with large round leaves and clusters of bright pink flowers



on and off all year, peaking in early summer. This fast growing shrub will thrive in full sun to full shade. Feed with

slow release fertilizer in spring and summer and trim to shape.

Dyschoriste thunbergiifolia

(*Purple bells or Persklokkies*) 1.6m x 1.6m – A shrub with soft green leaves and large purple trumpet-shaped flow-



ers in summer. This fast growing colourful plant loves water but is also fairly drought tolerant.

Stachys aethiopica

(*Kattekruid*) 40cm x 50cm –



A creeping groundcover with small toothed leaves and dainty white flowers in spring. This plant will thrive in sandy soils in semi-shade but needs regular watering when planted in full sun. Use as a groundcover under trees, edging for borders or in hanging baskets. Trim and feed regularly.

Asystasia gangetica

(*creeping foxglove*) 30cm x 80cm. A fast growing



groundcover with dark green leaves and creamy white tubular flowers (like min-

ature foxgloves). The self-seeding habit makes it ideal to cover embankments and retaining walls. Keep the



plant in check as it grows like a weed and will overgrow other plants.

Plectranthus madagascariensis

30cm x 50cm – A spreading groundcover with green or variegated semi-succulent leaves and sprays of white

flowers in autumn. This plant is hardy and water-wise and can be planted in retaining walls and in low maintenance areas of the garden.

Use in containers and hanging baskets as the variegated leaves brighten any planting. This plant requires far less feeding and pruning than most other plectranthus species.

Crassula spathulata

10cm and spreading – A succulent groundcover with small bright green leaves.

The star shaped white to pink flowers are carried in clusters at the tips of the branches. This plant is the ideal groundcover as it remains flat and needs little maintenance.





Feverfew

Tanacetum Parthenium

ting medicinal uses as far back as 1633. With frequent use, feverfew reduces the frequency, duration and severity of migraine headaches and the symptoms associated with them. It is most effective when used as a preventative. It works by inhibiting serotonin and histamine which dilate cranial blood vessels. It helps to prevent the spasms in these blood vessels that trigger migraines.

Feverfew is a flowering plant in the daisy family Asteraceae. Originally native to Asia Minor and the Balkans, it is now common throughout the world.

Feverfew is a composite perennial with a large number of small daisy-like yellow flowers. The delicate feathery pale green leaves form a dense mat from which the stalks, bearing the flowers, appear.

The whole plant has a strong, almost bitter smell which acts as a natural insecticide.

There are three methods of propagation - seed, root division and cuttings. They will establish themselves quickly in a sunny position and will give, year after year, an abundant supply of blooms with very little care.

Feverfew leaves and flowers have been used medicinally for centuries. The British herbalist Gerard recorded its star-

contain sufficient quantities of the active ingredient to be effective. Migraine sufferers are rather advised to chew three or four fresh leaves daily. Over time, this has been proved to be medicinally effective. A precautionary note. People on prescribed blood thinning medication should not ingest Feverfew, as it may interfere with the rate of blood-clotting.

Besides the curative abilities of this amazing little plant, it really is a must in any small garden. The delightful foliage and sunny little flowers bobbing in the spring breeze is enough to make your day, and a huge plus is that a few plants will keep all the bugs and aphids away.

References:

The Internet; Better health through natural healing and The Fragrant Pharmacy.



Planting herbs as natural insecticides

Use herb plants in your flower or vegetable garden as natural repellents for insects and pests.

Plant mint plants from the family Mentha Labiatae (Peppermint, Spearmint, Pennyroyal) or Nasturtium to keep aphids at bay.



Nasturtiums has been observed to repel whiteflies, squash bugs, and striped pumpkin beetles and as an extra bonus use the Nasturtium flowers in your salads and as garnish on other dishes.

For healthy pest free vegetables consider inter-planting with Rosemary, Sage, Thyme, Calendula or Wormwood.



Keep containers planted with Lemon grass on balconies and patios as a natural mosquito repellent.

Our TREES

In this issue we continue to showcase the trees that we plant with the money raised by the committee.

From Trees of Southern Africa by Keith Coates Palgrave and Field Guide to Trees of Southern Africa by Braam van Wyk and Piet van Wyk.

Halleria lucida

(*Tree-fuchsia* or *Notsung*) – This large shrub or small evergreen tree with a spreading drooping crown is easily grown in the garden. The thin leathery leaves are shiny and bright green without hairs. Orange to brick-red tubular flowers, rich in nectar, appear in clusters during the winter and last well into the summer months. The fruit is edible but has a rather sickly sweet taste and is only used in times of food-shortages. The tree is attractive to a large variety of birds and thus has additional value in a small urban garden.



Heteropyxis canescens

(*Bastard lavender tree* or *Basterlaventelboom*)

A small tree with grey bark and narrow elliptical leaves with the lower surface covered in greyish hairs. The tree is semi-deciduous and bears greenish-yellow flowers from September to March. The fruit is pale brown capsules appearing from March to July. The leaves and roots of the tree are used medicinally.

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Millettia grandis

(*Umzimbeet* or *Omsambeet*)

A medium sized well shaped, shady, decorative, fast growing tree with a somewhat flattened crown. The new leaves are dark to bluish green above with reddish brown hairs below. Beautiful purple to mauve pea shaped flowers are borne on upright spikes during summer. The fruit is a large woody flat pod, splitting and spiraling when mature during June to September.

The wood is heavy, hard and strong and makes beautiful and durable walking sticks and furniture.



Galpinia transvaalica

(*Wild pride-of-India* or *Transvaal-liguster*)

A small to medium sized evergreen tree with glossy dark green leathery leaves. Small white flowers with crinkly petals cover the tree from November to May. The fruit is small spherical capsules pink to reddish brown and appear in dense clusters during the winter.

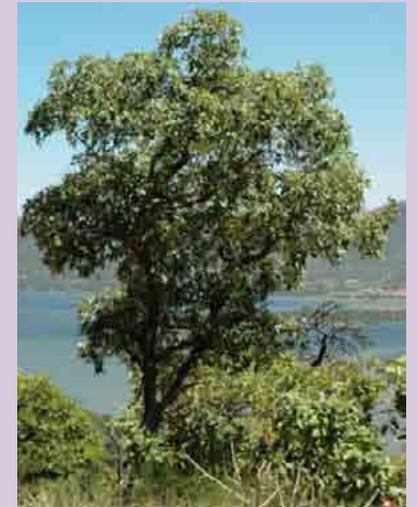


Croton gratissimus

(*Lavender fever-berry* or *Laventel koorsbessie*)

A shrub or small ornamental tree often associated with rocky outcrops. The name means ‘most pleasant’ and this tree would be well worth introducing into more gardens. The leaves are bright green above and silvery white and hairy below.

The flower buds are on the tree for months before the long slender drooping spikes of cream to yellow flowers open in spring. The San use the aromatic leaves in dried or powdered form as perfume, and the powdered bark to treat bleeding gums.



Our Little Garden



The small piece of grass leading off the main passage directly behind the Hall, has always been a bit of an eye sore. Various ideas have been put forward for some time now trying to come up with a plan to transform this small area into something that is more pleasing to the eye.

So, when Antionette Dreyer donated plants and features from her previous home in Pretoria, the Garden Committee decided that this was the ideal opportunity to do something that would benefit all of us. With the help of Clement and his team, members of the Garden Committee set to work.

The result of their labours is now a most pleasing garden that has transformed this once barren section of the Apartments into a garden that can be enjoyed by all.



Nine shade loving succulents



Agave Attenuata

(Lion's Tail, Fox Tail, Swan's Neck Agave)

Agave attenuata are extremely easy to grow. Unless you intend to prune, leave space for these plants, which can grow up to 1.5m tall and wide. Rosettes can grow up to 1.2m wide and mature plants can send up a 1m - 3m flower stalk. These hearty plants like both sun and shade.



Haworthia

Native to South Africa, Haworthia is a group of 144 listed succulents that actually prefer shade or filtered sun, with a handful of exceptions. They vary in size (usually small), color and shape with some having attractively-patterned leaves. Use Haworthia for container planting, however, make sure to use deep pots as their root structures are long.

Sansevieria Trifasciata

(Mother-In-Law's Tongue, Snake Plant)

This succulent can take neglect as it can handle less fertile soil and infrequent watering. In fact, too much water and cold is one of the things that can kill the plant so make sure to protect it from extensive rain. Sansevieria trifasciata is a common houseplant known for its sword-like leaves, but it grows well outdoors in shade (preferred) or semi-sun.

Agave Bracetosa

(Spider Agave, Squid Agave)



Slow-growing to 0.5m tall and up to 1m wide, Agave bracetosa is one of the smallest agave plants. After about 10-15 years, the mother plant sends up a spectacular white flower spike before dying. The young suckers below the rosette will perpetuate the plant. Agave bracetosa has no spines and can also be grown indoors.



Aloe Maculata

(Soap Aloe)

Soap aloe is a highly-adaptable succulent that grows natively in Southern Africa. When planted in the shade, the leaves turn more blue-green versus pink-red in full sun. Plants grow approximately 0.5m tall and 0.6m wide with year-round, up to 1m flower spikes.

Crassula Ovata

(Jade Plant, Friendship Tree, Lucky Plant or Money Plant)

This plant is also featured on Page 2. This popular plant is native to South Africa and sprouts pretty white and pink flowers around jade green, fleshy, round leaves. Avoid



extreme heat as this shade-tolerant succulent prefers light shade though it can do well in full coastal sunlight. Crassula ovata is a popular choice for bonsai and benefits from pruning as the leaves can make the plant top-heavy. These plants can grow to 1m - 2m tall and come in varieties that include variegated or orange leaves.

Sedum Ternatum

(Woodland Sedum)

A pretty groundcover, this versatile sedum can grow in full sun or full



shade. It is a popular addition to container plants and zen gardens, because it is not as sensitive to moisture as other succulent groundcovers.

Aeonium Kiwi

This shade-tolerant succulent grows well in either partial or full shade, with margins a cream color in the shade that become pinker with in-



creased sun exposure. Aeonium kiwi grows slowly to about 60cm tall and wide. It's monocarpic, which means it will die after flowering, somewhere in the neighborhood of 5 years.

Agave Celsii

(Agave Mitis)

Agave celsii is native to Mexico and blue-green leaves that gracefully arch upward. Rosettes and can grow up to 1m, tall and wide. This clumping succulent can tolerate shade or sun and humidity.



From the Garden Couch



Taking a gamble

As the hostess at the casino buffet showed me to my table, I asked her to keep an eye out for my husband, who would be joining me momentarily. I started to describe him: "He has gray hair, wears glasses, has a potbelly ..." She stopped me there. "Honey," she said, "today is senior day. They all look like that."

Fishing

"Poor Old fool," thought the well-dressed gentleman as he watched an old man fish in a puddle outside a pub. So he invited the old man inside for a drink. As they sipped their whiskeys, the gentleman thought he'd humor the old man and asked, "So how many have you caught today?" The old man replied, "You're the eighth."

It's the season – My mother was rushed to the hospital following a serious tumble. There the staff placed a band around her wrist with large letters warning: Fall Risk. Unimpressed, Mom said to me, "I'll have them know I'm a winter, spring, and summer risk too."

Expanding – I spotted several pairs of men's Levi's at a garage sale. They were sizes 30, 31, and 32, but I was looking for size 33. So I asked the owner if he had a pair. He shook his head. "I'm still wearing the 33s," he said. "Come back next year."

Super Powers – The sight of my mother cleaning her dentures fascinated my young son. He sat riveted as she carefully took them out, brushed and rinsed them, and then popped them back in. "Cool, Grandma!" he said. "Now take off your arm."

Last Laugh – Wandering inside a pet store, I stopped in front of a birdcage to admire a parakeet. We watched each other for a few minutes before it asked, "Can't you talk?"

Spring has sprung and Summer is here



There once were folk who allowed their gardens to grow
And sprinkled seeds for their flowers to grow
The birds then arrived with their sweet song
And the insects and bees joined them in the throng
Residents do watch your gardens as the beauty unfolds
From your labours, the colours from purples to golds.
Continue to work through a season so warm
And you will be rewarded by beauty from dawn through to dusk

Summer is here and rains are a'coming
Be prepared to enjoy the bees and their humming
The birds will join them with songs that are pure
And the insects will make our Summer just so easy to endure.



Be thankful for our gardens so colourful and green
To be surrounded by flowers and trees which can be seen
From windows and doors as we go about our day
Find the beauty which surrounds us in every single way

Thank you to the following residents who donated plants, equipment etc. for use in the common area gardens:

Maureen Adams	-	Unit 51	Val Pearse	-	Unit 22
Antoinette Dreyer	-	Unit 360	June Caunter	-	Unit 432
Lu Penberthy	-	Unit 163	Mandy Green	-	Unit 303
Doreen Dennehy	-	Unit 41	Rynette Spray	-	Unit 549
Derek Saunderson	-	Unit 344	Connie Commin	-	Unit 321
Rita Coetzee	-	Unit 102	Lien Mostert	-	Unit 149

A special thank you to **Malcolm Fox** of Unit 23. Malcolm spends a lot of time on our irrigation system. He fixes leaks and keeps the whole system in good working order. Thanks also to the many residents who anonymously donate plants for the common area gardens and to the growing and committed team of residents who are always willing to assist us with watering these gardens. Your help and interest in the Village is much appreciated.