**ELTHAM AND AVERY HILL GARDENS SOCIETY**

Website: eahgs.org.uk

**NEWSLETTER- JUNE 2020**

We all know that regular gardening keeps you physically fit and flexible. You may not have thought about it (at least not until the next morning perhaps) but gardening offers a complete body workout – lifting pots works on strength in your arms and legs, pruning and clipping keeps hands and wrists flexible and planting out requires a complete repertoire of balance bends and twists across your knee, hip and ankle joints. Digging, raking and mowing are the energetic tasks that burn calories and boost your heart rate. But don’t forget the essential tea break! *(Taken from Coolings ‘Cuttings’ Spring 2020)*

**Covid-19**

We are very fortunate in this time of lockdown to be able to get out into the sunshine and enjoy working in our gardens and allotments. However we must continue to observe the current rules and the Council has set out guidance for working on allotments. The full guidance has been available for some time on the Pippenhall notice board and on our website. **Pat Middleton, our Site Rep,** draws your attention to some of the points in case you have missed it:

Keep hand sanitiser in your shed and wash your hands regularly

Use hand sanitiser before opening and closing any gate locks

DO NOT gather together for a chat even if you are 2 metres apart

Observe “Social Distancing” with each other 2-3 metres

If you take your children to the plot, ensure that they stay within its confines and DO NOT run around on communal paths and spaces.

Minimise the contact with each other for example no handshakes

DO NOT WASH YOUR HANDS IN THE WATER TROUGHS

Any plot-holder who is **[self isolating](https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection%22%20%5Ct%20%22_blank)** because a household member is ill with corona-virus SHOULD NOT be visiting the site.

Please DO NOT light bonfires, smoke can be harmful to those living nearby with health problems

**Committee News – Barbara Crowe, Chair**

It is with great sadness that I have to tell you that Iris Griffin passed away in May. Iris was a very efficient and tireless Committee Secretary, throwing herself into all our activities with great enthusiasm and energy. George and Iris had been plot holders since 1989 and were well known and loved by so many people. Iris will be greatly missed.

Sam Mckerrell, a former Chair, has resigned from the committee after many years of service. We thank her for her work in the past and wish her well in her future activities.

We now have two vacancies and would welcome volunteers both on the committee and on the shop rota.

**Site Shop – Pat and Dave Middleton**

The shop has had to remain closed but it will be opened again as soon as possible.

**Show Secretary – Mike Hill**

With the current rules of social distancing and the possible non-availability of the school hall, it is not possible to say yet whether we will be able to hold our Annual Show in September as usual. It would be a great pity not to be able to display our produce as we have spent so much extra time in our gardens and allotments this year.

**‘Here at Glenlea’**

Our special correspondent writes: I mentioned in the last Newsletter about my new MAXIBRIGHT Grow Lights. Here’s how the story developed.

Last July I went to a veg show at Hatfield Peverel in Essex which was attended by a number of top class veg growers. One thing stood out from a lot of veg entries. Only one person had been able to stage tomatoes. In my own case I didn’t get any tomatoes ripe until early August. On 27 December last I sowed Red Dragon for the medium class and on 14 January Apero for the small class.

These grew at an amazing rate under the Grow Lights and in fact proved that I had started them too early for that show in July this year. I have been eating home grown tomatoes since late April from the Apero and late May from the Red Dragon.

The show for which they were destined has been cancelled. But what a learning curve because I have also discovered during the period that onions and leeks do not like the Grow Lights. Duh!

**--oo0oo--**

**Ere at Pippenhall**

**MEMBERSHIP APPLICATION FORM**

I should like to join/re-join the Eltham and Avery Hill Gardens Society. (It is not necessary to be a plot holder to join the Society). Subscription to be sent to Roger Brown, 74 Crown Woods Way, Eltham, SE9 2NN, or come and join on a Sunday morning at the shop during opening hours, 10-12.

Herewith my membership fee for the next 12 months:

Mr/Mrs/Miss/Ms/Other…………………………………………………………………………………………

Address……………………………………………………………………………………………………………………

Post code…………………………………..

e-mail address…………………………………………………………………………………………………

I enclose a remittance of £4 (£2 for senior citizens), with cheques payable to Eltham and Avery Hill Gardens Society, together with an s.a.e for reply. I also wish to make a voluntary contribution towards the cost of the Newsletters and Show Schedule, and so enclose £………with my subscription. Please send me a membership card and arrange for delivery of Newsletters.

By completing this application form, I agree to receive digital communications from the Society, such as Newsletters.

*Please note that your personal details will be held on the Society Register, but in conformity with the General Data Protection Regulations 2018, we undertake never to pass these on to any third party, nor to use them for any purpose other than for legitimate Eltham and Avery Hill Gardens Society business*