



# BUSHLAND NEWS

*KATANDRA BUSHLAND SANCTUARY NEWSLETTER*

*Winter 2010*

The 2010 Open Season is upon us. There has been a lot of work done in the Sanctuary to get the walking tracks cleared and ready. The recent rains have been welcomed, allowing the creeks to flow freely.

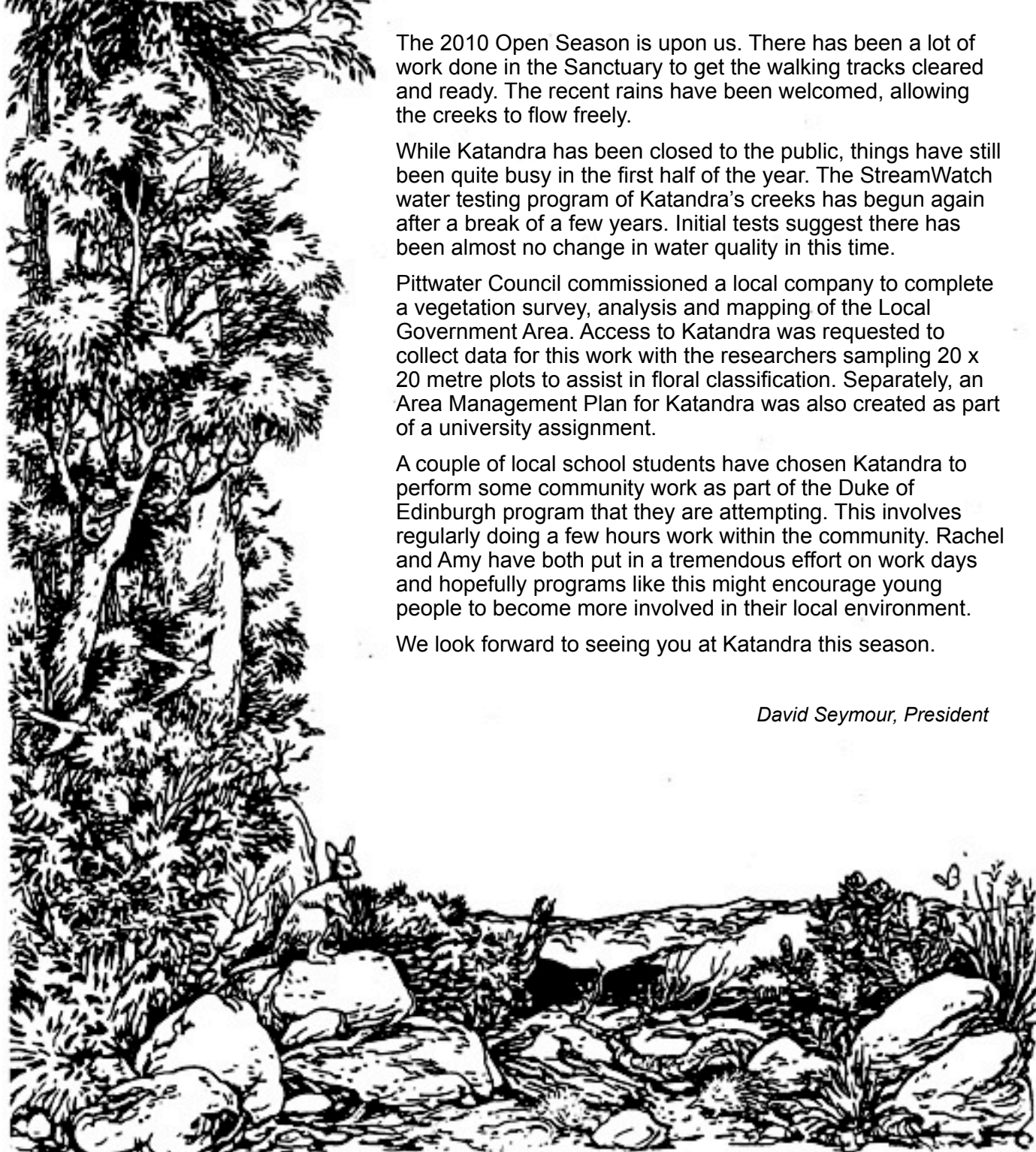
While Katandra has been closed to the public, things have still been quite busy in the first half of the year. The StreamWatch water testing program of Katandra's creeks has begun again after a break of a few years. Initial tests suggest there has been almost no change in water quality in this time.

Pittwater Council commissioned a local company to complete a vegetation survey, analysis and mapping of the Local Government Area. Access to Katandra was requested to collect data for this work with the researchers sampling 20 x 20 metre plots to assist in floral classification. Separately, an Area Management Plan for Katandra was also created as part of a university assignment.

A couple of local school students have chosen Katandra to perform some community work as part of the Duke of Edinburgh program that they are attempting. This involves regularly doing a few hours work within the community. Rachel and Amy have both put in a tremendous effort on work days and hopefully programs like this might encourage young people to become more involved in their local environment.

We look forward to seeing you at Katandra this season.

*David Seymour, President*





### HAPPY 103<sup>rd</sup> BIRTHDAY HELEN VEITCH

One of Katandra's most loyal supporters celebrated her 103<sup>rd</sup> birthday 21 May, with her family, at Bayview Gardens Nursing Home.

Helen Veitch, with her late husband George, was one of the founding members of Katandra Bushland Club, which supported Harold Seymour in establishing the Sanctuary. Helen and George worked enthusiastically and energetically in Katandra for many decades.

Helen, born in Devonport UK 1907, migrated to Australia with her parents in 1924. The family settled on a farm near Inverell, NSW.

During the depression years, Helen's family was visited by young migrants looking for work. One of those young men, George Veitch, married Helen in 1934. At first they settled in Southport, Qld, then set out to discover more of Australia.

They reached Sydney where their first son, Chris, was born. They settled in Frenchs Forest in 1940, where Helen organised the building of their cottage while George was away during World War II. George was a POW in Changi, Singapore for more than 3 years, where he cultivated vegetables in the hospital garden, and wrote a diary of life as a POW. George returned home to Helen and his two sons in 1945.

Helen's son Chris described her as one of the earliest greenies on The Peninsular. Anyone who has visited Helen's unique, wonderful garden will know that she loved to cultivate and learn about the native flora of Australia. George created a very productive vegetable garden, using his home-made compost — they did not have space for a lawn.

### THE ANNUAL SAUSAGE SIZZLE

It was a lovely sunny day in May when Katandra volunteers gathered around the yurt to enjoy the company of other Katandra friends. Sausages and onions were expertly cooked by Ruth Seymour on our BBQs, and delicious sweets were enjoyed afterwards.

Don't miss the next one in May 2011!

### YOU ARE INVITED TO FOUNDERS DAY

**Sunday 15 August, 12 noon, at Katandra**

Bring your lunch to cook on our BBQs. The trust will provide sweet food to follow, and drinks e.g. tea and coffee.

Come early to enjoy a walk before lunch. August–September is the best time to see flowers.

### KATANDRA IS OPEN JULY TO OCTOBER

Sundays 10am to 4pm

### Flowers you could see in July–August

*Acacia ulicifolia*, Prickly Moses

*Boronia ledifolia*, best flowering is after fire

*Acianthus fornicatus*, a tiny terrestrial orchid

*Correa reflexa*, red tubular flowers

*Dillwynia retorta*, a pea flower

*Monotoca elliptica*, in the epacrid family

*Pimelia linifolia*, Rice Flower

*Styphelia longifolia*, greenish tubular flowers

*Epacris longiflora*, epacrid with white flowers

*Woolfsia pungens*, epacrid with white flowers

*Boronia mollis*, Hairy Boronia

*Cassytha glabella*, Devil's Twine

*Drosera binata*, carnivorous with white flower

*Eriostemon australasius*, large pink wax-flower

*Grevillea buxifolia*, grey flowers

*Hardenbergia violacea*, climber, purple flower

*Hibbertia denticulata*, yellow flowers

*Lasiopetalum ferrugineum*, Rusty Petals

*Logania albiflora*, fragrant white flowers

### VALE

Helen Veitch died late this week. She will be remembered with love and great respect by all who knew her. An inspirational lady.

The funeral will be held at Northern Suburbs Crematorium on Wednesday 14 July. See SMH for details.

**SOUP RECIPE from ABC Health & Wellbeing**

<http://www.abc.net.au/health/default.htm>

**Creamy pumpkin and red lentil soup**

Vivi Riches 30/6/2010

A warm, hearty, lightly spiced and creamy soup that is great for lunch or dinner.

Serves 8

- 250g red lentils washed and sorted
- 1 large onion, diced coarsely
- 4 cloves fresh garlic, grated
- 2 cm piece of fresh ginger, peeled & grated
- 1 tsp turmeric
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp ground cinnamon
- Pepper to taste
- 2 tbsp olive oil
- 500g pumpkin, peeled & seeded & chopped
- 1 litre low salt vegetable stock or water
- 200ml light coconut milk (optional) plus  
200ml water if required
- Fresh coriander, finely chopped for garnish
- 200g tub natural low fat yoghurt

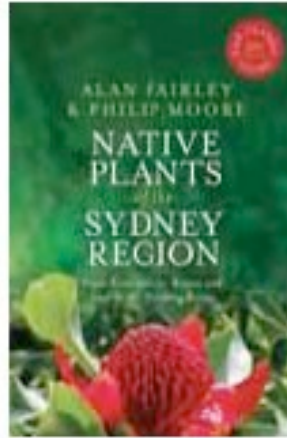
**Method**

Pour olive oil into a large heavy based saucepan. Add the onions, garlic and ginger and sweat until transparent. Add the dried spices and stir for 1 minute until fragrant.

Add diced pumpkin pieces and stir and coat thoroughly. Turn down the heat and place a lid on and cook until the pumpkin begins to sweat. Add the cleaned and washed red lentils and pour in the stock/water until all the ingredients are covered. Simmer gently.

Check and stir frequently as more stock/water may be needed. When the pumpkin is really soft and lentils are cooked completely. Blend with hand held blender until smooth. Add coconut cream and fresh coriander leaves.

Serve with a dollop of yoghurt on the top and a slice of wholemeal bread (to make this a gluten-free meal use gluten-free bread).



**New expanded and updated edition of a guide to native plants in our bushland**

**RRP: \$59.99**

**Native Plants of the Sydney Region**

**by Alan Fairley and Philip Moore**

This book is a detailed guide to 1400 native plants in the bushland from Nowra to Newcastle and west to the Great Dividing Range.

Environmentalists, botanists, bushwalkers and gardeners will find this a useful reference, with photographs of all the plants and an index to scientific names as well as common names. This updated edition includes the most recent taxonomic changes.

Published by Allen & Unwin, 2010.

**LOOKING FOR A BIRD BOOK?**

Lloyd Nielsen:

[www.birdingaustralia.com.au/index.html](http://www.birdingaustralia.com.au/index.html)

Michael Morcombe:

[www.michaelmorcombe.com.au/](http://www.michaelmorcombe.com.au/)

**EXPLORING AUSTRALIA?**

Trip-planning website: ExplorOz

[www.exploroz.com/Default.aspx](http://www.exploroz.com/Default.aspx)

**PHOTOS OF AUSTRALIAN NATIVE PLANTS**

Australian Native Plants Society (Australia):  
(more than 700 photos)

<http://asgap.org.au/gallery.html>

Royal Botanic Gardens, Sydney; PlantNet:

<http://plantnet.rbgsyd.nsw.gov.au/search/simple.htm>

**KATANDRA BUSHLAND SANCTUARY**

Foley's Hill, Lane Cove Rd, Ingleside NSW  
 Department of Lands Reserve No 86487  
 Founder: the late Harold Alfred Seymour  
 Managed by Katandra Bushland Sanctuary Trust. Phone:  
 9979 8077

OPEN: Every Sunday: July, August, September, October  
 HOURS: 10 am — 4 pm  
 ADMISSION: \$3 donation

**KATANDRA BUSHLAND SANCTUARY TRUST  
 PO Box 365 Mona Vale NSW 1660**

President: David Seymour  
 Vice-President: David James  
 Secretary: (acting) David Seymour  
 Treasurer: Jenny Talbot  
 Minutes Secretary: Lachlan Laurie  
 Maintenance co-ordinator: Tim Thurston  
 Bushland News Editor: Lyn McDougall  
 (Cover Design by the late Walter Cunningham)

**Enquiries: phone 9979 8077**

**Volunteers are needed**

If you can assist with weeding  
 or welcoming visitors to Katandra on open days  
 please phone 9979 8077

Katandra website:

**[www.katandra.org](http://www.katandra.org)**

**DIARY DATES 2010****FOUNDER'S DAY**

**Sunday 15 August, 12 noon**

Bring your lunch to cook on our new  
 BBQs. The trust will provide sweet  
 food to follow, and drinks e.g. tea  
 and coffee.

**CHRISTMAS PARTY**

**Sunday 5 December, 4.30 pm**

**SANCTUARY  
 MAINTENANCE 2010**

(3rd Sunday March–November)

9 am Sunday 18 July  
 9 am Sunday 19 September  
 9 am Sunday 17 October  
 9 am Sunday 21 November

**PUBLIC OPEN DAYS 2010**

Each Sunday of July–October  
 10 am – 4 pm