

From: Jenny Cronan
Sent: Monday, 19 November 2018 1:41 PM
Cc: Adam Burrows
Subject: Council - Minutes Garden Meeting on 14 November

Dear gardeners

We are writing to thank you for coming along to the community garden and specialist garden meeting last Wednesday and to send all garden groups (whether you attended or not) the Agenda and Minutes from the meeting.

We enjoyed hearing about the topics you selected. One of the benefits of a meeting is the opportunity to reflect on what was discussed afterwards, We thought about how all of the groups bring people together to share common interests and form friendships, providing an opportunity to be in contact with the earth and to partake in; and encourage, sustainable practices.

Do you know that when we garden, and connect with specific soil bacteria, *Mycobacterium vaccae*, it triggers the release of serotonin in our brain. Serotonin is a happy chemical, a natural anti-depressant that also strengthens the immune system. When we harvest produce, we get flush of dopamine, which makes us feel good.

The Northern Beaches is fortunate to contain eight community gardens and five specialist gardens, each with its own unique features and character. Hopefully the groups who manage the gardens will flourish and provide enjoyment for many people now and into the future. One of the aims of the meetings is to work towards this vision.

We enjoyed the meeting so much that we are looking forward to the next.

Warm wishes

Jenny Cronan and Adam Burrows

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