



# LEURA GARDEN CLUB INC

friendship through gardens since 1955

FEBRUARY 2024

[leuragardenclub.org.au](http://leuragardenclub.org.au)

**President** Lorraine McMiles 0447 437 715

[lormcmiles@westnet.com.au](mailto:lormcmiles@westnet.com.au)

**Secretary** Neil Sing 0418 773 998

Mail to: 19 Spencer Street, Leura 2780

**Membership Secretary** Margaret Kristiansson

0411 578 464 [amkris@optusnet.com.au](mailto:amkris@optusnet.com.au)

**Treasurer** Marian Haire 0411 658 562

**Bendigo Bank: BSB 633 000 A/c 198 427 734**

**Newsletter editor** Roz Sing [roz.sing@protonmail.com](mailto:roz.sing@protonmail.com)

Meetings are held on the third Tuesday of each month at

St Alban's Hall, Megalong St, Leura from 9.45am

**PRESIDENT'S REPORT** With New Year greetings over and our gardens well-watered, we turn our energies to doing some much-needed weeding, dead heading and pruning. It was a shame we had to cancel our garden ramble to Joan Browns once again, hopefully in February sunshine will bless us and we will finally get to enjoy Joan's garden.

Notification is given for the Annual General Meeting to be held on Tuesday 20 February, 2024 from 9:45am at St Alban's Hall in Megalong Street, Leura. Please fill in nomination forms for executive and committee member positions for 2024 and pass them to the Returning Officer, **Daniel Murphy**.

A reminder that your Annual Fee of \$20 is now due to be paid to our treasurer at the February meeting or by EFT to Bendigo Bank BSB 633 000 A/c 198 427 734. Please use your name + subscription as the narration.

Anne and Frances from Katoomba Native Wild Plant Rescue explained how they collect endangered species of plants, propagate using various methods and, with success, reintroduce them to the Nursery for sale or for bush regeneration.

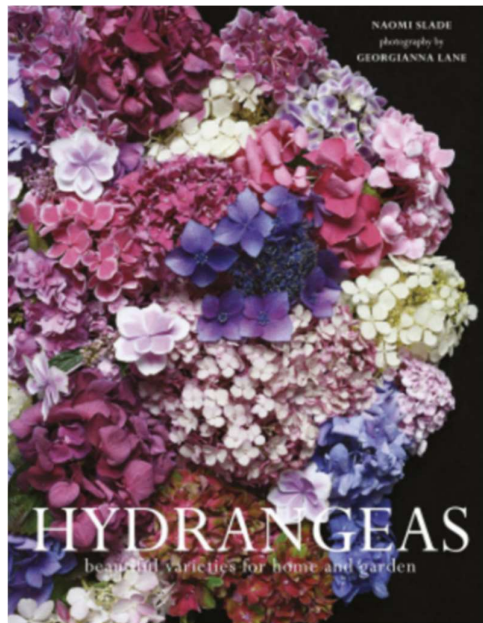
LGC has introduced a 5-minute garden segment with **Bryn Hutchinson** speaking about plant families. Bryn spoke about the Asteraceae family in January.

At the February meeting **Neil Sing** will provide details for a bus trip to the popular biennial Kandos Gardens Fair on Saturday, 23 March. The theme is "Tapestries of Colour". A diverse range of wonderful gardens will be open representing the Kandos / Rylstone area ranging from iconic pastoral properties, to town gardens and even a Convent. Different gardens, different locations, different styles.

Happy summer gardening... **Lorraine**



FEBRUARY GUEST SPEAKER	FEBRUARY GARDEN RAMBLE
<p>Manu (Emmanuela Prigioni) from 'Earthising Lawson' a low-tech mushroom farm, growing gourmet and medicinal mushrooms and kits for home use. Manu is a founding member for the Farm it Forward Movement.</p>	<p>Ramble through Joan and Kevin Brown's home, Queen Street Leura followed by lunch at The Alexandra Hotel, Leura.</p>
RAFFLE WINNERS	WELFARE
<p><b>Margaret Brown</b> and <b>Murray Bailey</b> each won a coleus plant.</p>	<p>If you know of someone who needs a card please contact <b>Kerrie Lee</b> 4757 3176</p>



## FROM THE LIBRARY

**HYDRANGEAS** by Naomi Slade celebrates the history and main varieties of the hydrangea, from its origins in China, Japan and Korea, to how they have taken over most gardens in the world.

This book is a special treat. It starts with the history of hydrangeas and what makes these plants so versatile, how colour can be manipulated by changing soil acidity / alkaline levels, and gives hints and tips about using hydrangeas to design and decorate the home and garden. From a simple freshly cut flower to yet more colour changes as the flower petals dry out. This plant really is a performer.

The book then goes on to feature over 50 hydrangeas under four chapter headings: Elegant and Airy, Pale and Interesting, Cool and Crazy, Brilliant and Bolt. The final

chapter covers what you need to know about growing and care. This book has everything you need to fall in love with and learn to care for these plants that grow so beautifully in the upper mountains.

## YOUR GARDEN SUPPORTS YOUR WELL BEING - it's good for your body, soul and pocket

**Fitness Factor** Gardening is a great work out. According to a study by the University of Scranton in USA "prolonged light exercise such as gardening can burn more calories than a gym session, despite feeling much easier to do." The distraction, decision-making and outdoor stimuli takes our focus away from the physical discomfort so we are happy to do it for longer.

**Stress Relief** Gardening can promote recovery from stress, enhance self-esteem and reduce feelings of depression and fatigue. Ask any gardener and almost all will insist that they feel better after getting their hands dirty. Any activity that helps minimize stress-related symptoms is bound to be beneficial.

**Mood Enhancing** Having flowers in and around your home not only looks beautiful, they have amazing health benefits such as reducing stress and depression. Flowers increase positive energies and soothe and relax the soul.

**Immunity Boost** We are obsessed with keeping our hands clean but there are health benefits to be gained from exposure to soil. We need to be 100 per cent hygienic but we don't need to be 100 per cent dirt or germ-free because our immune system needs something to spar with. Gardening can strengthen our immune system. Bacteria commonly found in soil can have a positive effect on mood. In human tests, recipients reported an increased sense of vitality, improved sleep quality and cognitive function.

**Air Quality** Plants have been shown to absorb and degrade all types of urban air pollutants. Humans have a vital need for constant connections with plants for cleaner air, so gardening time is vital. Spending just 15 to 20 minutes each day in the garden can also improve sleep quality because breathing fresh air stimulates the parasympathetic nervous system in the brain, which is responsible for relaxation.

Thanks go to **Kerry Lee** for this excellent information. What a great motivation to get out and do some gardening. It's a win-win for you and for the passers-by who will also enjoy your efforts.