

THE MANDURAH
GARDEN CLUB INC.



May, 2025

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CLUB PRESIDENT



Hope you all keep very well. Was pleased to see a few older members return to the meeting in April. I really hope to see more of you again, it's always good to catch up with old friends.

Don't forget the **Benara visit on May 8th.** Either meet at Dudley Park Bowling Club if car pooling, or go directly to Benara and meet in the carpark at 10am.

Best Regards
Sue Lansdown

Flowers are restful to look at, they have neither emotions or conflict.

NEWS FROM THE GARDEN

AUTUMN IN THE GARDEN WHAT IS FLOWERING?

Anise Hyssop

Antibacterial, Antiviral, Antioxidant! This plant is also useful topically made into a poultice for treating burns, bites and wounds



Salvia Leucantha (Mexican Sage)

the beautiful velvety flowers are a real feature from late Summer right through till the heavy frost arrives in Winter, making this a long lasting display



Swamp Sunflower

Stems are covered in narrow green leaves. Peak blooms in late summer and early autumn.



DID YOU KNOW?

FIG LEAVES ARE EDIBLE!

They give a nutty Coconut flavour to food. Young leaves are best.

DAHLIAS *not only produce stunning flowers, but the leaves are also edible, along with the root.*

GARDENING PROGRAMMES ON TV, RADIO & PRINT



ABC IView: Monty Don's Paradise Garden

Gardening Australia Series 36, Episode 7:

- *Indoor Stunners*
- *How to use Dried Flowers inside Resin.*

Episode 8: Rainforest - History of Cacao & Vanilla

PODCASTS:

- *Gardening show - talkback Radio*
- *The Australian Lawn & Garden Podcast*

YOU TUBE: - CLICK ON THE LINKS BELOW:

How to bring back a Dying Impatiens to Life

https://www.youtube.com/watch?v=LEt_sutlac

Propagation of Impatiens

<https://www.youtube.com/watch?v=hWmSHrSIRTY>

A GREAT RECIPE

PINEAPPLE GREEK YOGURT ICE CREAM

Ingredients:

- 2 cups frozen pineapple chunks
- 1/2 cup unsweetened almond milk
- 1/2 cup non-fat Greek yogurt
- 1 tablespoon honey or your favorite sugar substitute (optional)
- 1/2 teaspoon vanilla extract

Directions:

Step 1: Blend The Ingredients

- In a blender or food processor, combine the frozen pineapple chunks, unsweetened almond milk, non-fat Greek yogurt, honey (if using), and vanilla extract.

Step 2: Process Until Smooth

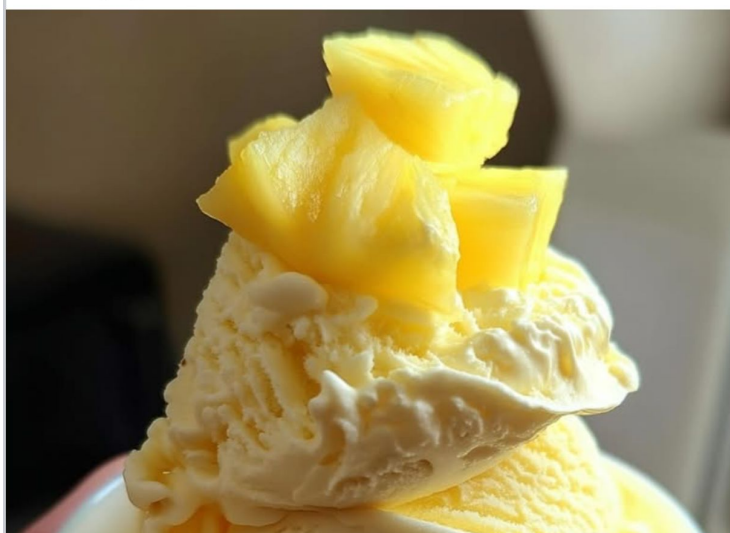
- Blend the mixture until it reaches a smooth and creamy consistency. You may need to stop and scrape down the sides of the blender or processor to ensure everything is well combined.

Step 3: Serve Immediately

- Once blended, serve the ice cream immediately for a soft-serve texture. If you prefer a firmer ice cream, transfer the mixture to an airtight container and freeze for about 1-2 hours before serving.

Step 4: Enjoy

- Scoop into bowls and enjoy your homemade pineapple Greek yogurt ice cream!

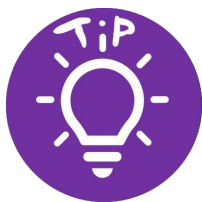


A GOOD JOKE

A man joined a Monastery & one of the rules was you could only talk to the head honcho every 10 years & say 2 words. So after 10 years, he went to the head honcho & said **“BED HARD”**, after another 10 years he went again & said **“FOOD BAD”**. Each time there was no comment, After another 10 years he went again & said **“I’M LEAVING”**. The reply was **“I’M NOT SURPRISED. YOU’VE DONE NOTHING BUT COMPLAIN SINCE YOU’VE BEEN HERE”**

When you finally pay
all your debts and start
enjoying your youth





TOO MANY SLATERS IN THE GARDEN?



- Place Rind of $\frac{1}{2}$ an Orange amongst fresh seedlings to distract slaters.
- Cut bottoms out of plastic pots & place over seedlings to protect.

MEET SOME OF OUR MEMBERS WHO HAVE BEEN ATTENDING REGULAR MEETINGS FOR OVER 25 YEARS !!



Cynthia Mahony



Laurel Bingham



Ingrid Brighton



Pat Johnston



Val Rayner



Brenda King



Sunday 11th May

The first Australian Mother's Day happened after WWI.

In 1924, Janet Heyden, a woman from Sydney, started the tradition to assist lonely mums she encountered at Newington State Hospital during a visit to a friend. Heyden requested that schools and businesses donate gifts to the women who lost their husbands and sons in the First World War.

DID YOU KNOW?

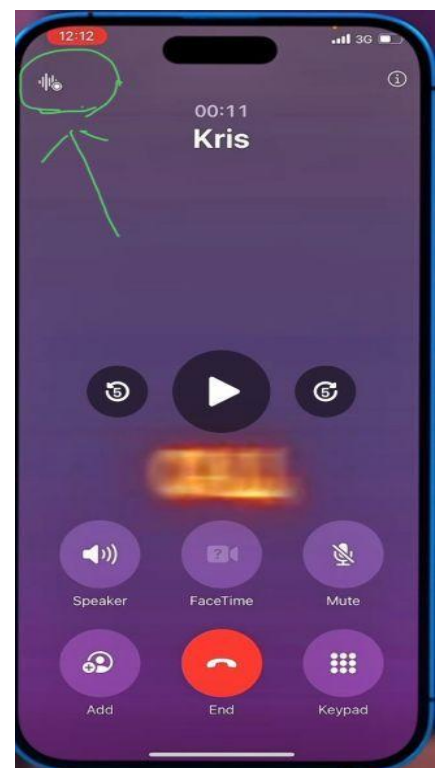
Mother's Day was originally a protest against war.

Social activist, Julia Ward Howe, introduced Mother's Day to the United States following the Civil War. But her concept of the holiday was different from the one we know today. Howe's vision of Mother's Day was a day dedicated to promoting peace, where women would rally against war. Some people continued to celebrate the holiday as a means of protest, one of them being a group of women who rallied against nuclear weapons in 1982.

TIPS FROM THE TECH DESK

**Record Important Phone Calls
Direct to your I-PHONE**

- Go to **SETTINGS** - scroll down to **APPS**
- Scroll down to **PHONE**
- **You will see "CALL RECORDING"**
- **CLICK ON IT & TURN ON**
- **When you are on a Phone Call**
Click on **sound icon - Top LHS**
& your entire call will be recorded directly to your Notes! You can go back & listen to the entire conversation.



PATRON & OFFICE BEARERS

PATRON:	David Templeman Dip Tch B.Ed	
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	Cassandra Perry	Glenys Billing
	Margaret Hovland	
WEB PAGE & NEWSLETTER EDITOR:	Sheryl-Lee Moroni:	

CLUB DIRECT BANK PAYMENTS: **BSB: 036-157**
ACCOUNT: 208-453
REFERENCE: Your Name

NEXT MEETING WEDNESDAY 14th MAY 2025



GUEST SPEAKER
From
BEGONIA SOCIETY

Venue is - Mandurah RSL Club
Unit 5/20-22 Rouse Rd, Greenfields - Opposite Gilberts
To facilitate setting up by the Committee, **doors will not open until 1.30 pm**

Meetings are 1.30pm for a 2pm start
As parking is in short supply, please park
across the road.



PLEASE BRING YOUR OWN CUP
FOR AFTERNOON TEA!

COMING UP..

2 -4 May	Perth Garden Show - McCallum Park
4th May	Northern Districts Orchid Society Autumn Show
8th May	Benara Nursery - Club visit.
10th May	WA Chrysanthemum Society State Championship
11th May	Mothers Day
25th May	Friends of Kings Park Plant Sale - 9.00 - 12.30
	Poolgala Parkland Kings Park



MAY

Marijka Davet
Jan Hudson
Barbara Randall
Laurel Duffield
Alison Evans
Susan Lansdown

GUEST SPEAKER FOR JUNE STUART TINDALE FROM



GUEST SPEAKER FOR JULY



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