



Our Meeting on the 2<sup>nd</sup> July was well attended. For our Programme we had a Panel of Experts to answer Questions put to them from Members.

On the Panel was Chelsea, Merv, Craig and Paul. They answered questions on caring for plants, fertilisation and identifying plants.



After Q & A time Chelsea vacated her chair on the Panel and talked on her Products and Plants for sale this month.



PLANTS FOR SALE - there was an abundance of Plants for sale. Paul, Craig and Chelsea had a wonderful display of plants for Members to purchase. We also had our own Plant Stall with lots of plants from the Greenhouse. We were spoilt for choice.

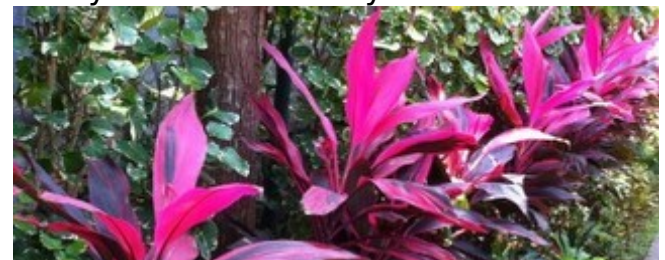


Paul's Plants and we thank him for his Donation of Plants for our Lucky Door Prize.



Craig also had some nice Plants for sale and we also thank him for his Donation of Cordylines for our Lucky Door Prize.

Tara Valley donated the John-Klass Red Cordyline for our Lucky Draw.



We had wonderful prizes this month and we

thank all our Sponsors - Tara Valley, Paul and Craig.

SHOW AND TELL - Mavis brought white flowers from her garden. She first spoke on the Eucharis Lily, which is flowering and looking lovely.



Her other plant was Beaumontia with wonderful large white flowers with a sweet perfume. It is a vigorous woody



climber and needs a strong support.



**LIBRARY** – since our Meeting we have received one new Book about Butterflies. This Book (Create more Butterflies) is now available for Members to borrow.



This Book on Butterflies was written by Frank Jordan and Helen Schwencke and recommended by the “Butterfly Lady” (Jo Hammond) from Butterfly Host Plants, Ferny Grove.

**GET WELL WISHES** – we send our Best Wishes for a speedy recovery to Good Health to all our Members who were absent because of illness.



**BIRTHDAY WISHES** – Happy Birthday to all Members having a Birthday this month. Your flower is the Delphinium, signalling a big heart, joy and fun. Have a good month.



**FRIENDSHIP DAYS** – Alan, Mavis and Tom attended the Floral Art Display Function on 27 June at Mt Cootha and enjoyed the demonstration by Fruit Artist, Tong. Here Tong is at work carving a Watermelon.



More carved items by Tong.

They also attended the QCGC Friendship Day on 29<sup>th</sup> June. A wonderful time with other Queensland Garden Clubs.



We thank our Members for attending these Functions to represent our Garden Club.



Some of our Members attended the Qld. Garden Expo at Nambour on the 9<sup>th</sup> July, 2016. It was a great day with so many Exhibits and talks by the Experts to fill the time, the day went quickly. The weather was perfect and we thank John from Highway Coaches for getting us to and from the Venue with a comfortable ride and lots of information on the way.



**Ornamental Kale** to brighten up your garden.



Great way to use a pair of old Gum Boots - Give them a coat of paint and plant your favourite plants in them and hang them

from a tree branch. Just a couple of ideas seen at the Expo on the day.

## Ipswich Home Gardener's Expo®

*Proudly presented by Glebe Garden Club (Ipswich)*



### **OUR GARDEN EXPO IS NEXT -**

preparations are well under way for our Garden Expo to be held on **SATURDAY 27<sup>th</sup> August, 2016**. We welcome more Volunteers to help on the day - many hands make light work! There will be lots of Stalls and talks by our Special Guests - something for everyone to enjoy.

#### **SPECIAL GUEST SPEAKERS**



**Noel Burdette Claire Bickle Jerry Coleby-Williams**

*Plus other Specialist Speakers*

### **SPEAKERS PROGRAMME -**

**8.30 - GATES OPEN/EXPO BEGINS -**

**9.00/9.20 - OPENING BY IPSWICH MAYOR CR PAUL PISASALE**

**9.30/10.10 - DES WARNOCK - FIVE FACETS OF HEALTHY SOIL**

**10.20/11.00 - NOEL BURNETTE - GROWING & ENJOYING UNUSUAL PLANTS**

**11.10/12.00 - JERRY COLEBY-WILLIAMS - TEN THINGS YOU DIDN'T KNOW LAST WEEK**

**12.10/13.00 - CLAIRE BICKLE - FROM GARDEN TO GOURMET**

**13.10/14.00 - RUSSELL ZABEL - AUSTRALIAN NATIVE STINGLESS BEES**

**15.00 - GATES/EXPO CLOSURE**

### **OUR STALL HOLDERS ON THE DAY -**

African Violets - Annette Pears

Art 'n Bark - Barbara Parker

Assorted Plants - Bazo Adcock, Carol Kirkin, Choice Nursery, Craig Jurd, Gerard Gimpel, Glebe Garden Club, Lewis & Sandy Beard, Paul Smith, and Wanda Hirth.

Australian Natives - Heather Knowles, Peter Bevan.

Begonias - Barbara Blacka

Bromeliads - Carmel Cullen

Cactus & Succulents - Merv Whitehouse

Cliveas - John & Gail Cragie

Crafts & Cards (East Timor) - Karen Madders

Crochet, Lace Making - Madge McLennan

Cut Above Tools - Norma Ensor

Desert Rose & Cacti - Kevin Keidge

Dr Grow It All - Terry Stokes

Earthlife Soil Balances - Colin Purnell

Garden of Dreams Nursery - Steve Flood

Garden Ornaments - Tracey Jones

Geraniums & Pelargoniums - Jean Hookway

Gerberas - Ken & Linder Brooker

Greeting Cards - Noala Rothery

GRUC Craft Group - Faye Wright

Habitat for Humanity - Ken Fischer

Hoyas & Australian Natives - Ross Pedley

Hurst Garden Ornaments - Sharon Hurst

Ipswich Orchid Society - Ron Elliott

Jams & Pickles - Ipswich W/Special School, Pam Leckie

Just Geraniums - Wendy Skelton

Lavender Products & Plants - Nathan & Kathy Keogh

Native Bees - Russell Zabel

North Tivioli Nursery - Julie

Plants & Pot Hangers - Tony Moses



Society for growing Australian Plants - Rob Wenkler

Tallegalla Fruit Trees - Graham & Cathy Yeomen

Tropical Bulbs - Kevin & Coral Larsen

Unique Garden Pots - Geoff Moran

Watch Them Grow Nursery - Salvation Army

Watercrest Olive Farm - Bernie Mahon

Wool Spinning - Linda Flewell-Smith

**ENTERTAINMENT ALL DAY** - Fiddler's



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## HOW TO PUT MORE FIBRE

### INTO YOUR EATING

Because our metabolism slows down as we age, fibre is another important factor in remaining healthy. The suggested amount of fibre needed daily by men and women over 51 is 21 grams.

Here are some suggestions about how to increase the amount of fibre in your food intake.

\*Eat more beans – add them to soups or salads.



\*Keep the skin on fruits like apples, pears and grapes (unless hard for you to digest).

Also cook – and eat – potatoes with the skin on. Bake pumpkin in its skin.

\*Change to wholewheat bread or muffins, rice and pastas. These contain more fibre.

\*Add nuts/seeds/beans to green salads.



\*Choose vegies over salads – items like lettuce are lower in fibre than vegetables like cabbage, broccoli, brussels sprouts, carrots, beans and peas. But keep some variety in your diet.

\*Eat oats or other high-fibre cereals, for breakfast. Top with banana slices, strawberries or raisins, to increase fibre intake.



**REMEMBER:** If you have special dietary concerns or health problems, please check with your doctor - or health professionals – before making changes to your diet.

**HONEY** - we still have bottled Honey for sale from our Adopted Bee Hive.



Priced at \$4.00 a bottle.

With the Cold and Flu Season here this will be good in Lemon or Lime Drinks!

### **TARA VALLEY NURSERIES -**

There is nothing like the fresh zingy tastes of limes. The Tahitian Lime is easy to grow, and looks fantastic with its lush green foliage and zesty green fruit. The fruit of the Tahitian Lime is used in cooking or to add extra pizzazz to drinks. Squeeze the juice on some BBQ prawns or grilled fish for a slightly more delicate citrus burst. Limes are rich in Vitamin C, antioxidants and flavonoid compounds which help



promote a strong immune system and have anti-cancer properties. AVAILABLE AT BUNNINGS.

### **FLOWERING IN OUR AREA NOW -**



Orange Trumpet Vine - *Pyrostegia Venusta* is flowering now and looking magnificent providing Winter colour in many gardens.

