

BRAIDWOOD GARDEN CLUB NEWSLETTER FEBRUARY 2024



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Thursday, March 14 2024

GOVERNMENT HOUSE GARDEN CRUISE

Meet at Ryrie Park at 9.45 to car pool to the Canberra Yacht Club. We will have a picnic lunch by Lake Burley Griffin, before boarding MV Southern Cross at 1pm to cruise Lake Burley Griffin to the Governor General's residence, where we will be given a tour of the grounds.

Places are limited and bookings need to be received by **29 February 2024**. Cost is \$24. Pay at Bendigo Bank in person or by direct transfer BSB 633 000 account number 118 346 444.

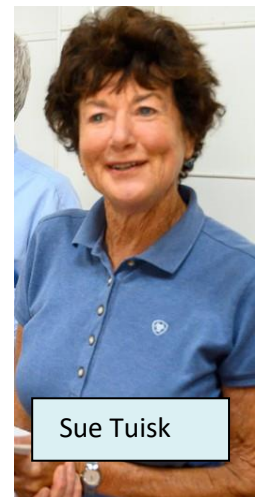
Please put GG trip for reference.

THE FEDERAL POLICE NEED THE FULL NAME AND DATE OF BIRTH OF EVERYONE VISITING THE RESIDENCE, PLEASE EMAIL braidwoodgardenclub@gmail.com or phone Jane Moore 0407 150 409 with these details.

REPORT ON THE STRETCHING CLASS FOR GARDENERS by Jane Moore

On Thursday 8th February retired physiotherapist Sue Tuisk led 19 of us through a full stretch of our bodies, relating these stretches to what our bodies do in the garden.

We started standing up, doing a series of stretches for our necks, then moving to our shoulders, then to our hands. Sue showed some hand stretches to do when we had been using secateurs for a while. We then did some side stretches and Sue spoke to us about ways to prevent injury while sweeping or shovelling into a wheel barrow.



Sue Tuisk

She then demonstrated ways to save our backs when lifting heavy objects. For example, when she puts on a backpack, she leaves it on a table and backs up to it so she can slide the straps over her shoulders without having to lift it.

We did several other stretches, then those who were able lay down on our mats, while others sat on a chair. We lay on our tummies for a couple of minutes, while Sue told us of the benefits of lying on your tummy.



We then stretched our toes, feet, ankles, calves, hamstrings and quadriceps, each exercise being adapted for floor or chair. We stretched on our backs, on our sides, and on our tummies. Sue then took us through how to get up off the floor. Unfortunately for those of us with knee replacements, this is not so easy, but those on the floor managed it in the end. Now on our feet again, we finished off with an exercise that used most of our larger muscles.

We all felt by then that we had earned our morning tea. Sue answered questions for us and several of us took photos of the exercise instructions she had brought with her.

Thank you Sue for a wonderful hour of stretches. We all felt better for it.



2024 Garden Club Plans

14 March 2024 – Government House Garden Cruise

11 April 2024 – Local Gardens

9 May 2024 - Local Gardens Visit

13 June 2024 – Speaker at the Servicemen’s Club

July 2024--- No Meeting

8 August ---- 2024 AGM

Tree Planting at Flood Creek

Date: Saturday 9 March Time: 9am-11am

Location: Judith Wright Gardens End of Garvey Street, Braidwood

Join us at Judith Wright Gardens to plant a few trees and get back into nature. A light morning tea will be provided, so come along, grab a thermos, a spade and get your hands dirty! Please wear long pants, enclosed shoes and sun protection. Join other BULG members in helping green up Braidwood.

(This project received funding from the Australian Government’s Planting Trees for the Queen’s Jubilee Program)

WHAT'S ON

BRAIDWOOD FARMERS MARKET The market is held in the National Theatre in the main street of Braidwood (opposite The Braidwood Bakery) on the first and third Saturday of each month in the morning.

MARCH Saturday 2, 2024 **Braidwood Show**
<https://www.agshowsnsw.org.au/shows/all-shows/79-braidwood-show>

MARCH Sunday 3, 2024 **Tarago Show** <https://www.tarago.org.au/show-society>

SEPTEMBER 11 – OCTOBER 13, 2024 **Tulip Top Gardens**
<https://www.tuliptopgardens.com.au>

OCTOBER Saturday 26 - Sunday 27 2024 **Bathurst Gardeners Club Spring Spectacular.**
<https://bathurstgardenclub.org.au/bathurst-spring-spectacular/>

OCTOBER Sunday 27, 2024 **Bungendore Show**
www.agshowsnsw.org.au/shows/all-shows/85-bungendore-show

AUTUMN FESTIVAL

Mayfield Garden's Autumn Festival will take place this year from Saturday 1 April to ANZAC Day 25 April.

The full 65-hectare garden - including the 50-hectare private family estate - will be open for the duration of the festival.

Of course, you will also get to see Australia's largest English Box Hedge Maze, the Mayfield Amphitheatre, Family Chapel, Water Garden, Cascade, Stumpery, and rowing on the Mayfield Lake.

You can bring a picnic lunch or book a table at our popular garden café.

<https://mayfieldgarden.com.au>

Braidwood Garden Club Committee

Are there any takers???

A number of committee members are retiring and we would welcome new members to join the committee so we can continue as a garden club.

The monthly meetings conclude with a lunch and joining us is a chance to learn about the area while visiting new gardens. Please let us know by email if you would like to share the duties of this vibrant club.

THE PLANT OF THE MONTH

By Kate Chinnick



Hosta

(Plantain Lily)

- Native to Japan and China
- Easily grown frost hardy perennials
- Valued for their decorative foliage
- All have wide handsome leaves, marked with white or yellow
- Do well in large pots and excellent ground cover
- Tall stems of blue, white, pink or purple flowers in summer
- Grows well in shade in rich moist soil
- Propagate in spring from division
- Both leaves and flowers are good for floral arrangements

What to do in the garden for April

- Trim evergreen shrubs so they recover before winter
- Choose trees for autumn colour
- Good time to plant or move Camellias, Rhodo's & Azaleas
- Look for Liliun, Hippeastrum & Sprekelia Bulbs
- Complete planting of spring bulbs
- Tidy leaves of Hellebores, Winter Iris & Aquilegias
- Sow Asian Greens, Broad Beans & Peas
- Plant all Brassicas (cover with fine netting against white butterflies, old lace curtains ideal!)
- Remove all old leaves from Strawberries (put in garbage)
- Remove 3 year old Strawberries & replace with new stock
- Repot herbs and pot plants with new potting mix
- Pick up any fallen fruit & dispose of if diseased