



## The Gentle Gardening Guide

*"A conversation with anyone who loves a garden"* Janet Stone

The benefits of gardens and gardening to our physical, mental, spiritual and intellectual well-being have been known for as long as gardens have been cultivated. The smallest of gardens provides steady exercise. Much of the movement required of gardening improves balance, co-ordination and the use of both small and large muscles. Then there is the anticipation of things to come when planning a garden and the excitement of watching seeds sprout, cuttings thrive and plants flourish. And nothing beats the blues better than digging out weeds in the pleasant company of birds that sit and wait for worms or insects to get turned up.

**Healing Gardens:** Gardens in earlier centuries were planted for medicinal purposes to heal the body, mind and spirit, but declined when medical technology shifted emphasis from healing the whole body to treating specific symptoms. There are no specific plans for a healing garden, but ambience, plant selection and sensory stimulation all play an important role in the overall design. When designing a healing garden or outdoor meditation spaces the following principles can help create a satisfying design.

**Space:** select a sunny area with some shaded places in which to rest, such as a tree, trellis or gazebo, and use the natural features of the land as much as possible to create an accessible, organic flow to the garden.

**Pathway:** add a path with material that is comfortable underfoot. Scented wood chips such as cedar or pine, and robust aromatic border plants like herbs will add a pleasant scent when touched as you walk through the garden.

**Seating:** include a comfortable seat, stone or wooden benches, or large flat rocks where you can rest and enjoy the garden. On a slope, wide steps can provide casual seating or a resting place to take in the garden vista.

**Focal points:** sculptures, birdbaths, water features, interesting pieces of wood, colourful rocks and stones, or decorative artwork add to the overall garden effect.

**Plant selection:** choose plants with varying scents, colors, sizes and textures avoiding anything with spines, shrubs with thorns or pungent odours, or which release excess pollen. Flowers in pastel purples and blues enhance relaxation while green, grey and blue coloured foliage will create a peaceful setting. Perennial flowers and plants native to the area are more resistant to pests and disease and require less care, making the garden easier to maintain and reducing the need to replant. A special garden with favourite or familiar plants, scents and flowers can invoke memories and associations with people, places and events of happy times. Flowers that attract bees, butterflies and birds add movement and beauty to a healing garden.

**Fun:** include edible berry plants in patches through the garden beside the path, and tuck bulbs into spaces for pocket-sized splashes of seasonal colour. A large piece of slate left beside a comfortable seat can be drawn on for simple games such as noughts and crosses.

**Medicinal and sensory healing gardens:** gardens can be tailored to meet the particular needs of family members who may benefit from spending time in, or helping create a healing garden – those who need calm or stimulating spaces to focus their attention, those with halting memories who can enjoy favourite flowers and scents, and those with disabilities who benefit from the stimulation of sound, scent and texture.

**Remember:** Gardening adds years to your life and life to your years. (Author Unknown)



# TAMBORINE MOUNTAIN GARDEN CLUB INC.

PO Box 63, North Tamborine, 4272 ABN 281 058 436 76 [www.tmbotanicgardens.org.au](http://www.tmbotanicgardens.org.au)

## NEWSLETTER

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April 2015

### The Ron Miller Award

The Tamborine Mountain Garden Club has instigated an award for members who, over the years, support the garden club in the spirit of the late Ron Miller. Ron Miller was Vice-President (1983) and President from 1984-1987 and a passionate gardener of some merit particularly roses and hibiscus. Ron was an energetic, "down-to-earth" character whose involvement with the Botanic Gardens development in its infancy was immense. He was an outback man from Tambo. He shared his passion for the outback by organising garden club bus trips to country areas which were often a week long. Ron had a large shed on his property in Lahey Road where he would hold propagating workshops for club members. He also started bulk buying fertilizers and potting mix for purchase at a good price in smaller quantities by members.

At the March Meeting the 2015 award was presented to Dawn Hooper. Dawn is a vital and much loved club member of long standing and has always been a willing helper where ever needed. She is passionate about our Botanic Gardens, is a Potty Potter and has been a dedicated Thursday morning volunteer for close to 20 years. Currently Dawn looks after the rose gardens and carries the great responsibility of ringing the 'smoko' gong! Her arrival at the gardens is always heralded by her distinctive hearty laugh. Dawn is a popular and most worthy recipient of this special award.

Since its inception, the following members have received the award: 2006 Jackie Miller, 2007 Pat & Margaret Brennan, 2008 Nola Woodward, 2009 Sandy Silabon, 2010 Pam Franklin, 2011 Neil & Elwyn Paton, John & Marj Simonsen, 2013 Chris Davison, 2014 Ann Edie



**Australia's Biggest Morning Tea**

At the May meeting we will participate in the Cancer Council's Biggest Morning Tea. Please bring a plate to share for morning tea. A gold coin donation when signing in will help raise money for this vital organisation.

### What's on today!

Guest Speaker  
Richard Bull on the Richmond Birdwing butterfly  
*Jan Rozanski on Horticultural Therapy postponed until June*  
Plant sales, books, raffles

**CONTACTS:** President - Margaret Bell 5545 0797 | Vice President - Di Howard 5545 2628  
Secretary - Robin Pope - 5545 2205 | Treasurer- Di Fenton - 5545 026 | Springtime Convener - Margaret Pile - 5545 0869 | Patron - Mary Wallace

## May 2015 Meeting

**Tuesday 12th at 9:30 AM**

Vonda Youngman Community Centre Main Street, North Tamborine

### Guest Speaker

Leonie Kearney—Heritage roses in a country garden

### Competition table

A flowering native  
An exotic tree or shrub  
A flowering bulb or corm  
A vegetable / fruit  
A spray of autumn leaves  
A camellia flower  
A potted plant

### Specimen Table

Bring along a specimen; unusual, interesting, beautiful, unknown. Include a question if you like.

### Question and Answer Segment

Get the answers you need to all your gardening questions. Use your experience to help with someone else's problems.

### May Morning Tea

Lorraine Millar & Leonie Rowe

### April Garden Visit

Wyn Keats  
40 Sierra Drive  
Tuesday 21 April 10 Am  
BYO morning tea

### Welcome to new and returning members

Hank & Joyce Van Lieshout, Sue Simpson, Elizabeth Humphries, Maureen Bjornsson, Margaret Joyce

## From the President

I do hope everyone had a very happy and healthy Easter despite the 'wetness'. The year is flying by and I now understand what my grandmother meant when she said 'time moves faster when you're old'!

As Roger and I were away for a few days, Di Howard and Margaret Pile stood in for me at the Queensland Council of Garden Clubs President's Morning Tea in late March at the Brisbane Botanic Gardens Cafe. It's an annual event and is always excellent for 'networking'. Margaret was able to distribute the 2015 Springtime brochure and Di has already spoken to the guest speaker in the hope of engaging her for next year.

Sincere thanks to Di Howard for hosting yet another successful Fashion Parade. It was very well attended, the weather kind, the models and fashions terrific and Di's scones are to die for.

It's wonderful to hear that so many of you are taking advantage of our new website's Pay Pal facility to pay membership etc. It has been a mammoth undertaking for Lorraine and Margaret P and just the job of keeping it up to date is very time consuming too. How many of you have tried the current recipes using seasonal produce?

Roger and I are hooking up the van and heading off tomorrow for the three southern peninsulas of South Australia. I will be away for the next meeting but Di Howard, Vice President, will be holding the fort and I'll be back for the June meeting. See you then. Margaret

### Upcoming Events—details on notice board

Wondai Autumn Garden Expo, Wondai Sportsground, 18 & 19 April  
Coucals Garden opening 2 and 3 May  
Ormeau and District Garden Club Friendship Day  
Garden Party 9 May 2015 10am morning tea  
12.30pm lunch Guest Speaker Gary Hands – Moon Planting.  
Qld Garden Expo, Nambour, 10 – 12 July

## Fashion Parade

Many thanks to Di Howard and her many assistants who provided us with a delicious morning tea and a very entertaining fashion parade last month. It was a wonderful opportunity to chat with other club members while sitting in Di's beautiful garden. The event was a great success.



## Introductions and thanks from the March AGM.



Above—the 2015 garden club committee- Margret Bell, Bernadette Stacey, Annie Brennan, Di Fenton, Di Howard, Bev Kitching, Roger Lenehan, Robert McCathie, Glenda Sullivan, Margaret Pile, Robin Pope, Lorraine Bilbie,



Above—thanks to previous committee members Pam Warrell, David Somerville, Margaret Pile & Michael Leahy,

Left—Margaret Bell hands appreciation certificates to Joan Peak, Heather Hislop, Sharon Ackerman and Di Woods

