

Uki Garden Club



Uki Garden Club Inc.
PO Box 580
Murwillumbah NSW 2484
ugcnews@gmail.com
<http://ukigarden.club/wp/>

Volume 22

Issue 10

December 2022

PRESIDENT'S PIECE

It's hard to believe that we have reached the end of another year. For many it has been fraught with problems and sadness. For others it has been a time of getting our lives back together after the pandemic.

On the bright side the Uki Garden Club has remained afloat and friendships endure. The Christmas party at Don and Sandra Capner's is testament to the strong bonds that hold us all together. Don and Sandra are always the most gracious hosts and this year they even arranged for cooler weather to enable us to sit and enjoy their superb garden.



Twenty-nine people attended which made the odds pretty good for winning one of the great raffle prizes. The first prize a Christmas hamper, put together by Lynn O'Hara, went to Jackie Balk (pictured far left with Lynn and Dawn).

The Kris Kringle

The second prize of a superb floral embroidery went to David Kidd (pictured below left, with wife Jenny). and the third prize esky went to Jenny Clark (pictured below middle). As usual the food table was groaning with festive delights (below right).



Photos: Lynn O'Hara and Julia Hancock

Our thoughts were with those members who were too unwell to attend – Anne Pryke, Dot Francis, Keith Heckenberg and Pamela Payne. We wish them all a healthier year in 2023. As usual our heartfelt thanks go to the Capners and our hard-working committee for all the effort they contribute to making the Club a success. And lastly (but by no means least) thank you to all the members who make it all worthwhile.

Julia Hancock

LIFE MEMBERSHIP

It was my very great pleasure to award life membership to Gillian Woodward after years of service on the garden club's committee. Born in Melbourne, Gillian and her husband John arrived in the Tweed in 2015, from Armidale, where Gillian had lived and worked in her own



practice as a dietician for 31 years. She also lectured in Nutrition and Biochemistry at the University of New England, then later for University of Newcastle teaching dietetic students while on practical placements in Armidale.

The Woodward's son Matthew also lives in the Tweed and some members may remember the enjoyable meeting we had at his place in Mt Burrell. He and his wife Mai have just had another child, Kaya, a sister for Mokuu. Gillian and John are both tireless volunteers for Tweed Palliative Support and they have also done some student mentoring in Murwillumbah since arriving here. Gillian can often be seen arriving at garden club gatherings on her bike – she usually likes to pedal around 100-200 km per week and is also a keen bush walker which is how she and John originally met. The Tweed is extremely fortunate to have such generous and caring people in our community, and especially in our club.

007 MAY HAVE TO SAVE THE WORLD AGAIN

In the classic bond movie *On Her Majesty's Secret Service* arch-villain Blofeld, threatens to hold the world to ransom by rendering all food plants and livestock infertile through the actions of a group of brainwashed "angels of death" – 12 gorgeous young women who are patients of his allergy clinic. Blofeld has implanted these women with subliminal audio instructions to distribute bacteriological warfare agents throughout the world. Sounds far-fetched? Anyone who loves a conspiracy theory might draw parallels with real-life 21st century events.

Nellmary and Julia were lucky enough to visit Jungfrauoch (pictured below right) in Switzerland in 2019 which was the stunning setting for Bond's downhill ski chase.



George Lazenby (above) played Bond in 1969



FAB FOOD FOR CHRISTMAS

SHORTBREAD

125g plain flour

100g rice flour

100g almond meal

Pinch of salt

225g butter (best used when soft)

100g caster sugar and extra for dredging.

Grease and base line a 30cm (12in) round/square baking tin Sift flours and salt add meal. Rub in the butter. Add sugar and knead lightly to mix Roll out mixture to fit tin and press evenly into tin. Bake at 170°-180° C (325°-350° F) for 1 to 1¼ hours, until coloured. Dredge with sugar. Cut into portions while still warm and leave to cool in tin on a wire rack

Trish and Alan Berry



A QUIZZING QUESTION

At the November Food Group gathering Julia emceed a quiz to test members' gardening knowledge. One of the questions was what is a hesperidium? The answer was a type of berry



that has a leathery outer skin such as citrus. Hesperidin is a flavanone glycoside found in citrus fruits. Its aglycone form is called hesperetin. Its name is derived from the word "hesperidium", for fruit produced by citrus trees. Hesperidin was first isolated in 1828 by French chemist M. Lebreton from the white inner layer of citrus peels. Hesperidin, alone or in combination with other citrus bioflavonoids (such as diosmin), is most commonly used for blood vessel conditions such as

hemorrhoids, varicose veins, and poor circulation (venous stasis).

MARVELLOUS MAROOCHY

While on a recent visit to the Sunshine Coast I was lucky enough to visit the Maroochy Regional Bushland Botanic Garden. Not only is it a stunning 82 hectare showcase for



eucalypt and riparian forest but it is also the home of 13 magnificent sculptures created during the Stone International Symposium hosted by the Sunshine Coast Council in 2005. This botanic garden is one of the inspirations for the Tweed Regional Botanic Garden at Eviron and is a good example of what can be achieved by volunteers.



A BONANZA FOR BIRDS

In the same region the Queensland Government in association with Noosa Council and Noosa Parks Association Bird Observers Group have created the Noosa Bird Trail, an impressive network of forests, national parks and public open spaces where a rich diversity of birdlife can be observed in their natural habitat. Wouldn't it be great to have a similar network in northern New South Wales?

Right: Tawny frogmouth chick



BALINESE BEAUTIES

Julia's nephew Marcus snapped these gorgeous orchids whilst on a trip to Bali.



Photos: Marcus Hancock

AND FINALLY...



Test your knowledge with this puzzle. Answers in the January newsletter.



Wishing you all the merriest Christmas and the safest, happiest and healthiest 2023 ever.

And thanks, as always, to our printer – Sandra Guthrie at Poster Paradise, Murwillumbah