

SNIPPETS

From here and there



Autumn 2021

President
Jan McGuire
5499 9010

Hon. Secretary
Wendy Reilly
0421 129 039

Hon. Treasurer
Susan Myring
5494 3062

Editor
Margaret Owens
5429 6789

Mailing Address: The Secretary, P.O. Box 563, Maleny Qld 4552

Website www.malenygardenclub.org

The Maleny Garden Club extends a warm invitation to all members and visitors to attend the monthly general meetings held on the last Tuesday of each month, as per program for the year.

From the Editor;

Apologies for the lateness of this Autumn's Snippets, but I wanted to wait until after the AGM on 13th April when we would know of any changes to the names of MCG committee members. So the new names on this header now reveal these changes and their contact details.

I would like to thank the people who have generously contributed to this season's Snippets edition; Gail and John Gyzemyter and Peter Owens.

If any of you have any articles or photos that might be of interest to us, please forward them onto me and I will do my best to add them to Snippets.

Quick Quiz:

1. Which flowers were once known as Gillyflowers?
2. True or false, Gnomes are banned at the Chelsea Flower Show?
3. Which flowering plant takes its name from the Greek word for rainbow?
4. What colour is a Welsh poppy?

(Answers on back page).

Christmas in Doha, Qatar.

In 2019 when our daughter was working as a midwife clinical supervisor in Qatar we had an

opportunity to visit her and the three grandchildren for Christmas. After a long 15 hour flight our daughter collected us and we were immediately introduced to the Doha traffic. Stopping at stop signs and direction indicating are purely optional, or so it seems. Speed limits are rarely adhered to. Only traffic lights are recognized as they all have cameras. Traffic is rather chaotic with few drivers abiding by the rules. Yet traffic flows smoothly and everyone anticipates the other driver with the liberal use of the car horn and road rage is nonexistent.. All drivers give and take in equal measure. When our daughter returned from Doha she was driving Doha style and on more than a few occasions I had to remind her that in Qld we did need to stick to the rules.

We visited her local shopping Mall, the Villaggio. It is based on a Venetian theme complete with an indoor canal and gondolas. There are supermarkets, department stores e.g. M&S and Debenhams, lots of restaurants and coffee shops. There is also a Gokart Track, and Imax Theatre and an Ice Skating Rink. All the world famous fashion brands are represented where if you need to know the price you can't afford it.

We also went to the Souq Waqif and spent time exploring all the different alley ways and little shops. It is best visited in the evening when it is cool and all the lights give the place a wonderful atmosphere.

Although an Islamic country, Qatar is very tolerant of other religions and many of the shops in the plaza were decked out in Christmas decorations. Well known UK stores were represented stocking all the usual Christmas items. I don't understand why in

Australia we have to apologise to our Muslim immigrants for celebrating Christmas.

We ordered a full takeaway English Christmas dinner complete with turkey and Brussels sprouts from one of the restaurants to have back at our daughter's unit.

Most of the expats live in a secure walled compound. One of the things to get used to is the "Call to Prayer" five times a day with blaring loudspeakers starting as early as 5.00 am and finishing at 9.00 pm.

Our grandchildren attended a Canadian International school. They were reluctant to move to Doha having to leave their Australian school friends behind but in the end they did not want to leave Doha leaving their Qatari friends behind.

There is no strict dress requirement as there is in Saudi Arabia. Women can wear normal western style clothing but should avoid bare shoulders and shorts while in public. Although pork and alcohol; are forbidden under Islamic law, our daughter could obtain a permit to buy pork and alcohol for home consumption from a special store. If expats get caught driving under the influence of alcohol it is immediate deportation within 72 hrs, no ifs or buts. Security is very strict. There are CCTV cameras everywhere but as a result our daughter and the children felt very secure walking out after dark, being the coolest part of the day. One time in a shopping mall our granddaughters felt uncomfortable being followed by some of the local boys. They contacted one of the Mall security officers who immediately rounded up the boys and escorted them out of the Mall.

Amongst the Muslims social occasions are strictly segregated. Men and women don't mix socially outside the immediate family circle. Our daughter was invited to a party. As soon as the women arrived and were behind closed doors off come the abayas and head scarves and reveal the most expensive fashion Australian women can only dream of.

Qatar was a fascinating place and thoroughly enjoyed our visit.

Gail & John Gyzemyter

Water Treatments That Really Work.

They are also called "Hydrotherapy". When you go to a health retreat or spa many of the treatments are water treatments Water treatments are very successful way of healing.

The broad principle of many of the treatments are by using hot and cold water to stimulate blood flow to the affected areas, thereby increasingly allowing the body to heal at a significantly faster rate. By making an area warmer - it will draw fresh blood, and making it cold will push it away.

Your fresh blood is ultimately what will heal you. Often the best way to heal a part of your body is to give it the right conditions and let it heal itself.

Fortunately you do not need to go to an expensive health retreat to enjoy the amazing benefits of water treatments, you can do many at home with instant and risk-free results!

Here is a list of some that my wife and I do regularly if we have a minor ailment. They are all different techniques of getting blood to different areas of the body. Note the times below are very approximate and a guide only, but will give you a good starting point.

Also it is important to note here that if you have some significant problems or if you have serious existing issues a health professional should be consulted. This is general lifestyle advice only.

- **FOOT OR ARM BATH.** This is great for a sprained ankle, foot, hand or wrist. Also may give great relief for other ailments in these areas. Get a long bucket and in one put very hot water, and in the other put cold water with some ice. Put your ankle/arm in the warm one to four minutes, then the cold one for 1 minute. Repeat for 1 hour. Ensure that areas either side of the injury are covered as well, as you want water to the whole area. Have a jug with boiling water and more ice on hand to top up (be very careful when handling boiling water!). As you progress the water temperatures will get less extreme and also your body's ability to handle the different temperatures will strengthen. The treatment will work best if you are comfortably on the edge of what you can handle - but it should not be painful.
- **WATER PACKS.** These are useful when you cannot fit the part of your body into a bucket like knees, elbows, stomach, back etc. Have you ever tried to fit your knee into a bucket of water? Simply get some plastic zip lock bags and fill one with hot water and another with ice cold water. Alternate as per the bath above. You may wish to double bag to decrease risk of leakage.
- **HOT AND COLD SHOWER.** I love these. If you have any sign of flu or a cold have one of these. Have a very hot shower for

around 10 minutes, and then turn to full cold for 30 seconds, alternating 30 seconds very hot and cold for around 6 times, and finish on cold. Dry quickly and get into bed. It will invigorate you.

- **HOT BATH.** Have a hot bath as hot and full as you can handle and just sweat in it for 20 minutes. When finished have a very cold shower, dry quickly and jump into bed. Also try some oils like lavender or eucalyptus.
- **THROAT COMPRESS.** These are great for when you have a sore throat coming on. Get a head scarf and run under the hot tap and wring out well. Fold it up and wrap around your neck, followed by some plastic wrap and a scarf or sock to secure it. Overnight it will get cold and your body will keep sending fresh warm blood to the area which will help healing.
- **DRINKING PURE WATER.** Water internally is such a great cleanser. If you have a cold or flu, drink twice as much water as usual. If you drink warm water the body can use it easily as it does not have to use energy to heat it up.

www.revive.co.nz

The Common Koel or Eastern Koel.

Scientific name: *Eudynamys orientalis*

The Common or Eastern Koel is a migratory bird arriving in Queensland and down the eastern sea-board during mid-September from South-East Asia to breed in spring. These birds range from 39 cm to 46 cm in length.

“The male Eastern Koel is easily identified by its entirely glossy black plumage, tinged with blue and green, and striking red eye. The female has glossed brown upperparts, heavily spotted with white, and a black crown. The underparts are generally buff-cream with numerous fine black bars. Young birds resemble the adult female, but have considerably more buff and a dark eye. The Eastern Koel is a member of the cuckoo family. Adults are rather shy and they are heard much more than seen. In contrast to the adults, fledglings can be very

conspicuous as they beg loudly for food from their foster parents. Eastern Koels are found in tall forests and are common in suburban areas.” .Ref. Australian Museum

The Koel is well known to many Australians for its loud, far carrying, repetitive distinctive call which sounds like “koowell”, this call is used to attract females and warn off other males from his territory.

Koels are noisy birds and very excitable when they get together, engaging in noisy duets and chases.

The Common Koel like the cookoo lays its eggs in the nests of other birds such as the magpie, miners, and fig birds.

The male surveys the victim host’s activity then cunningly attracts the nesting bird to chase it whilst the Common Koel’s mate sneaks in and removes a single egg before depositing her own single egg in the nest to keep the number of eggs the same in the victims nest.

The Koel chick when it is born pushes the other chicks out of the nest to eat all the food provided by the host birds, consequently it grows rapidly and huge with all the insects provided by its foster parents until it gets too big, and the worn out foster parents desert it to escape from its incessant demands.

Contributed by Peter Owens

The Magic Middle aged Pill.

I’ve been and had a mammogram
I’m set for H.R.T*
I wonder what that magic pill
will do for aging me.

Oh, will my hair grow thick and wild,
with streaks of burnished gold:
covering up those greying roots
that look so blooming old.

And shall I grow new slinky hips
that neither strain or bulge.
Shall I lose those extra kilos
that I’m too coy to divulge

And shall I lose my cellulite,

watch it fade away;
dissolving in a puddle
as I shout out "Ole"!

Farewell to furrows in my cheeks
and lines around my eyes;
folk will think that it's my daughter
dressed as me in some disguise.

And I shall lose that hacking cough
stop leaking when I sneeze.
Shall I sprint across the beach at dawn
hair flying in the breeze.

"Oh, come to me, Sweet Bird of Youth',
I'm now on H.R.T.,
For a woman facing sixty
It's the only way to be.

Poem by Lisa Gerhard-Plucknett from
"Return of the Fruity Old Tart".

.....
New World Order

Blame who? Not Me
NOT! NOT! NOT! RESPONSIBLE!
BLAME
How the world works lately...



**If a man cuts his finger off while
slicing salami at work,
he blames the restaurant.**

**If you smoke 3 packs a day
for 40 years & die of lung cancer,
your family blames the tobacco
company.**

If your grandchildren are



**Brats without manners,
You blame television.**

**If your neighbour crashes
into a tree while driving home drunk,
He blames the bartender.**

**I must have lived too long to
understand the world
as it is anymore.**

**So, if I die while parked in front of this
computer,
I want all of you
Computer Manufacturers to**

Have a nice day!

Anon.

Answers to Quick Quiz

- 1, Carnations.
- 2, True.
- 3, Iris.
- 4, Yellow.

How did you go?

The Club's Objectives are: – To further knowledge and enjoyment of horticulture. – To raise awareness in the club and community of local environment and to encourage planting of local indigenous species. – To enjoy social interaction between members of this and similar clubs.

All contributions to: Margaret Owens email:
margaret.owens@bigpond.com

Disclaimer Articles contributed to this newsletter are published as a service to members and do not necessarily reflect the opinion or policy of the club