



The Connecticut Thymes

Fall Edition

October-December 2003

Upcoming Events

October 4, 1-4 pm

Food as Medicine: Immune Health for Fall & Winter with Cynthia V. Baker

Tickets: \$10

Rockville United Methodist Church,
Rockville, CT

"Not to be missed!"

For more info call 860.665.0285 or see details on page 5

October 25, 1 pm

CHA Council Meeting

at Sattva Vital Health Center
in Southington, CT 860.276.3833.
Members Welcome!

November 14, 6:30 pm

Annual Open House Celebration at South River Herbals

140 South River Rd., Coventry, CT
For directions or more info, call 860.742.1258 or email: maynard7@mindspring.com

December - January

No CHA event - This is our time to relax, reflect & renew in the dark of the year. To stay in touch online, don't forget our CHA eGroup at: <http://groups.yahoo.com/group/CHA/>

February 20-22

Member Retreat & Celebration
at Killam's Point, Branford, CT

For more info call:

860.738.1608 or 860.665.0285

Green Blessings from CHA Council

2003. . . It's hard to believe that another calendar year is coming to a close. It's been an exciting one for CHA - a year of sharing new ideas and trying new things. HerbFest proved to be the anchor event yet again and it was a success despite the disagreeable weather. From the bottom of our hearts, we thank Pam Quayle for her dedication in leading her band of volunteers in making this event such a joy! It may not always seem like a joy for those pulling it all together, but even those loyal volunteers manage to have some fun and share a healthy dose of laughter. We owe gratitude to Deb Holtgren for leading our Programs Committee and for her efforts in replacing "meetings" with events, workshops and gatherings around the state. We would like to see this trend continue as it helps us all to get out and meet new faces and go to new places and see new things! We've had opportunities to share our love of all things green at Heath Fairs and events around the state and our affiliate membership with the Connecticut Holistic Health Association has opened doors for us to share our vision and mission of education with our community. We thank Paulla Duhaime for her continued role as Treasurer as well as Paulla's and Carole Miller's efforts in leading the Membership committee. And the newsletter - every quarter we manage to receive it and we have Sabre Duke to thank for pulling it all together and Deb Beaudoin for her support in getting it out to all of us.

To all our members, past, present and future - we thank you! We thank you for your interest, your enthusiasm, your support and your passion. Without these energies, CHA might wither and die like a seedling during drought. So, as we face the year ahead, complete with new challenges and old, consider what you can offer to this amazing organization - volunteer for/at HerbFest, support a committee, host a event or workshop, suggest a field trip, attend a council meeting, get a friend to join CHA or contribute an article or recipe to the newsletter. Take a look at the back of this newsletter and call anyone listed there - they will be so happy to hear from you and you'll feel good too!

Thanks, happy holidays & green blessings to all!

CHA Council Members

A Weed Walk on the Wild Side *contributed by Carol Joyce*

Community Herbalist Carol Joyce enjoys giving weed walks that border on the “wild side.” She tries to infuse her students with childlike wonder about the Green World, while showing them the humorous side of Mother Nature. One of the first plant walks she ever went on was also her first hike, up Mt Washington with her husband, woodsman Marty Vogt.

When Marty inveigled me to take a hike up Mt Washington, he explained that it would be fun, exciting, filled with extraordinary plants, phenomenal views, and a sense of personal accomplishment. Little did I know that this was recipe for a true “walk on the wild side” that would be a memorable and embarrassing adventure.

As we started out at dawn from the base parking lot on an 80 degree, mid-June weekday, I envisioned a moderately active stroll along wide, graveled woods paths, gently winding our way up to the summit that I should have read up on! Little did I know that this hike has a history of accidents & death! (Since that day I have read every morsel of information about Mt Washington & discovered the pitfalls that await unprepared or even seasoned hikers.) You need to know that I was a very out of shape -- Clerk-Magistrate & avid live-aboard sailor at the time. Though I skippered our 3-masted schooner every weekend, I was not used to true aerobic exercise. Marty was very fit and climbed mountains frequently. Ha! Little did I know what was in store for me.

After finding that the beginner’s trail was closed due to snow damage, we started up the Lions Head Trail & something should have registered in my soon to be oxygen starved brain, about the severity of this trail. We traveled for about an hour over increasingly difficult terrain when I realized this was no easy trip. Where were the graveled paths? Why did we have to climb up ledges & over boulders? When could I stop for a break? Soon a white haired elder came purposely striding up to us. He was a charming man who asked me if it was my first time (How did he guess, looking at my red, perspiring face?). He told us he had been hiking the mountain every weekend, with his wife, for over 40 years. She had recently passed away, so he was now doing it alone! He shuffled off ahead of us and I felt inspired & very humble.

Within 40 minutes, I was nearly expiring from exertion and needed to rest frequently. Along comes this very same man, headed downhill past us. He stopped with a wink and said, “Oh dear! I just realized I am wearing my bedroom slippers and need to go back down to put my boots on!” Not even breathing hard, he smiled and quickly shuffled back down the arduous path we had just traversed. Now I was feeling very bad for myself. I better buck up and get up that mountain. If he could do it in bedroom slippers, then I better not complain.

Another hour of cursory glances at incredible plant life and fog bound vistas passed and I found myself prostrate in a snow bank, thankful that it snows in June on the mountain. As I cooled my sore body and savored a few drops of my treasured water bottle, I looked up. I thought I was now beyond the mortification of being the only hiker who couldn’t seem to briskly zip up the mountain. As the Mt Washington cog-wheel train whistle blew, I cried out, “They’re playing my song!” and slumped back into the snow bank. Why, oh why, didn’t we take the train? What ever possessed me to think I could climb this thing? Who should come up behind us now, whistling and striding happily toward the summit? Yep, my slipper friend, now decked in seasoned hiking boots, he stopped by to give me some encouragement. “You’re almost there now, just a little more. You’ll love the view.” Sure, I thought. Just get me off this mountain. He soon returned on his descent & gave me more kind words, that fueled me for our final ascent.

As we reached the very top, my rubbery legs gave out & I slid into a rocky nook to stare at the scenery. We had almost 2 minutes of stunning view before the 38-degree howling wind blew clouds over us. Was it worth the blisters, cramps, sweat, and embarrassment? Of course it was.

~ Carol Joyce, of White Buffalo Herbs, is a Community Herbalist, organic farmer & creative facilitator who weaves her love of Herbalism and healing into every facet of her personal and professional life.

The Spiral Garden CHA's August Event *contributed by Rosemari Roast*

Eleanore Milardo opened her heart and her garden to CHA in August. This was no ordinary garden tour. Eleanor has created a 60-foot wide, 250-foot spiraled path garden in her suburban back yard that walks us through the sacred story of the life of the universe and how all life is connected.

I, like each CHA member was guided to the center of the spiral where the path begins and spirals outward. I immediately sensed the metaphor all around me and honored the passion and commitment to create and maintain such a sacred space. Spiraling outward through the garden I paused, with bees gently buzzing, to read small placards reminding me of the cosmic story of the universe beginning some 15 billion year ago. Other placards displayed spiritual inspirations and others offered practical, everyday guidance for living in greater balance with the earth and all life. All this wisdom woven between echinacea, verbena, bee balm, alliums, lilies and much more. By the time I completed my spiral path and other garden wanderings that day, I felt renewed and inspired despite the heat and I realized what a truly blessed gift we have in the center of our little state.

Eleanor lives, with her husband, in a passive solar house resplendent with outdoor plantings that support healthy ecology, feed the birds, the spirit and the deer! She hopes to "inspire people to reverence and protect the earth thereby saving the children of all the species." Her garden reflects her inspiration that we may "live in communion with the earth aware of our connection through our new story, the Sacred Story of the Universe." **Visitors are welcome to the garden. To arrange a walk of the Spiral Garden, please contact Eleanore at 860.346.0897.**

~Rosemari is a Holistic Herbalist & Energy Healer happily grooving to the galaxy in her corner of the universe with her artist-spouse, Richard, and large dog, Karma, in sunny Winsted, CT.

Help Wanted

Looking for volunteer to assist with putting out the quarterly CHA newsletter, "The Connecticut Thymes." Responsibilities include proofing/editing articles and newsletter layout. Please contact Rosemari Roast or Sabre Duke if interested.

Welcome to New CHA Members!

Jamie L. Birchall
Susan Coombs
Pati Curtis
Dorothy Leach
Barb Porlides
Liz Satamaria
Mary-Ellen Scherbner



Member's Classes

To have your classes included in the newsletter, email Rosemari Roast at walkinthewoods@5pillars.com.

Following is a listing of upcoming classes at South River Herbals. For more information, contact Eva Maynard at 860-742-1258.

Sunday, October 12, 1-4pm **Introduction to Herbal Medicine** Explore traditional Western Herbalism, including quality and safety issues, proper harvesting and drying techniques, ways to obtain, organize and use information, and more. \$25.

Sunday, October 26, 1-4 **Herbal Preparation** A follow up to the 10/26 class, appropriate for anyone with a basic knowledge of traditional uses of herbs. In this intensive, hands-on class you will learn how to make your own tinctures, oils, salves, capsules and more. Participants in this class will have the opportunity to be part of more intensive study groups/classes which will take a more in-depth look at Western Herbalism. \$25.

Thursday, October 30, 7-9pm **Sleep Tight, Dream Well!** Join us as we explore the sometimes elusive topic of sleep, and learn ways to improve our own as we make sleep or dream pillows, dream catchers, soothing tea, and dream balm. \$20.

Saturday, November 1, 7-9 pm **Herbal Liqueurs** Learn how to use the bounty of your garden or grocery shelves to make fun and delicious liqueurs for yourself or holiday gifts. \$20

Friday, November 7, 7-9 pm **Intro to Aromatherapy** Learn the basics of quality, safety, blending, and applications for enhancing health & housecleaning in this hands on class. Make your own personal blend, and take home a gift. \$20.

Sunday, November 16, 1-4pm **Herbs for Children's Health** (at Acadia Herbals, Northampton) keep your School-aged children healthy this year! What herbs have been traditionally and safely used with children to enhance health and deal with common childhood complaints. \$20.

Friday, November 21, 7-9pm **Natural Skin Care** Make your own lotion, facial cleansing grains, facial steam formula and more as you learn about ways to keep your skin healthy and radiant. Lots of recipes and samples that you make in class. \$20.

Sunday, November 30 1-4 **Soapmaking – Decorative Techniques** Basic cold-process soapmaking, with a focus on decorative technique, just in time for holiday gifts. \$60, with Winter & Sarah.

OPEN HOUSE December 6 & 7, 13 & 14 Refreshments, discounts, door prizes. Shop in a relaxing, peaceful country atmosphere – no traffic, crowds, rush, or hassles.

See you at upcoming CHA events! Don't know what they are?
Look at the front page!

CHA invites you to attend a very special October Event & tasting party!

***Food as Medicine:
Immune Health for Fall & Winter***

Watch Cynthia V. Baker, Integrative Herbalist, create tasty delights to keep your immune system strong during the cold, hectic season ahead!



**Saturday, October 4th
1-4 pm
Rockville United Methodist Church
in Rockville, CT
Tickets: \$10**



Tickets may be purchased at the door or in advance by calling 860.665.0285
Reserve your place early ~ Space is limited!

Member Retreat & Celebration!

*CHA thanks you with a Member Retreat and Celebration
A weekend of relaxation, pampering and fun!*

Watch for your invitation in the mail as 2003 turns to 2004. Be sure to register early as space is limited. During the weekend, we will pass the talking stick and get to know one another like we've never done before. You will drum, sing and dance. You will enjoy meditation time, Tai Chi, a pampering session, nature walks, yoga, delicious healthy meals and a "night at the movies." You will even have time to wander the woodlands, salt marsh and rocky grounds if you wish before our closing ceremonies.

**Member Retreat & Celebration
Friday, 2/20/2004 to Sunday, 2/22/ 2004
at Killam's Point Conference Ctr in Branford, CT
only \$25**

**Cast your vote for CHA Council!
We have 2 open Council seats this year:**

2003-2004 Nominees:

Kim Ruddy

Deb Hultgren

Write in nominee: _____

All members in good standing are eligible to serve on Council. If you are interested, please feel free to write yourself in as a nominee or contact any current CHA Council member for more information (see back page for contact info).

Please complete this ballot and return by 10/1/2003 to: CHA, c/o Paulla Duhaime, PO Box310491, Newington, CT 06131.

CHA Committees

Council

Cynthia Baker, 860-276-3833, sattvahealth@hotmail.com
Eva Maynard, 860-742-1258, maynard7@mindspring.com
Paulla Duhaime, 860-665-0285, ladybugpia@aol.com
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Thea Pastore, 860-742-5892, thea@silverbirds.com

HerbFest

Pamela Quayle, 860-345-2631, herbgatherer@hotmail.com

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Please contact any of the above CHA members with your questions, concerns, ideas and inspirations!



Connecticut Herb Association
PO Box 310491
Newington, CT 06131



**Mark your calendars
for the weekend of
Feb 20th 2004!**

**You won't want to miss our
Member Retreat & Celebration!**

*Please submit your contribution for our next issue of **The Connecticut Thymes** to Rosemari Roast no later than December, 1, 2003.*