



The Connecticut Thymes

Rest of Darkness

Winter to Spring 2005

CHA Calendar

JANUARY

Stay in touch at <http://groups.yahoo.com/group/CHA/>

FEBRUARY 19

**Seed Exchange/GMO movie/
Potluck Luncheon**

11 am - 2 pm at Rockville United Methodist Church, Rockville, CT
See details inside this issue!

MARCH 18-20

**2nd Annual Member Retreat &
Celebration**

at Killam's Point, Branford, CT
For more info contact any Retreat Committee member - see back page!

APRIL 21

**Earth Day Open House and Plant
Swap**

6:30 pm at Gayle's Thyme Herbal Apothecary, 316 Hazard Avenue in Enfield, CT

MAY 21

**Kinne Preserve Potluck Lunch/
Nature Walk**

10 am - 2 pm Canterbury Community Center and Kinne Preserve in Canterbury, CT

See details inside this issue or contact 860.546.2076 or herbalheaven@msn.com

JUNE 4

HerbFest 2005

9:00 am - 4:00 pm Rain or Shine at Topmost Herb Farm, 244 North School Rd in Coventry, CT

Be a Volunteer! See story for details.

A Message from Council *by Rosemary Roast*

We start 2005 celebrating our new CHA Council and Ten Years as an organization supporting the Herbal Citizenry and providing herbal education, awareness and inspiration to our Connecticut Community. Noble vision for noble goals for noble work for noble folk! Poor grammar, perhaps, but a Truth nonetheless.

So, welcome new noble council members - Sue Coombs, Michele Maclure and Liz Santamaria! May your two-year term offer you inspiration, camaraderie and joy! And welcome back, Debra Hultgren and Kimberly Ruddy, as you drive the final year of your term on council toward our goals of education and professional growth.

In ten short years this organization has sprouted uncountable seeds of opportunity, training, vision, partnership and so much more. What started with monthly meetings in a centralized place has blossomed into uplifting events happening every month all over the state. We have our longstanding cornerstone spring event, HerbFest in Coventry and more recent autumn anchor events, Taste!Organic CT, also in Coventry and Shared Vision's Women's Health Fair in Litchfield. We have nurtured an alliance with The Connecticut Holistic Health Association and the New England Herbal Association. We are working to foster relationships of educational opportunity with our CT Girl Scouts, 4H and the Future Farmers of America (FFA). We appreciate the efforts of every CHA member who contributes their energies to nourishing these efforts and we encourage you, kind reader, to continue in any way that adds value to your herbal world and community!

We even have an annual event to celebrate ourselves. What joy! Our Annual Retreat and Celebration where we give honor and offer gratitude for our many noble efforts and members. Where we rest, relax and renew our selves and our ideas for nurturing our noble CHA gardens all over the state.

As I wave farewell to a term-and-half on CHA council, I must express my joy in having been a part of the core of this organization. I am thankful to be part of such nobility. Corny, perhaps, but a truth nonetheless.

Green blessings.

CHA's Journey of Ten Years of Growth and Success *by Maureen Ericson*

In August of 1995 Kathy Mashiak and I traveled to the Women's Herbal Gathering in New Hampshire anticipating learning new herbal ideas, recipes and making new herbal friends. Little did we know that we would be inspired to establish a little home grown state herb association that would become the CT Herb Association. During that drive home from the Herbal Gathering Kathy and I decided that it was time for CT to have a voice in the growing herbal communities throughout the country. With a bit of hard work and networking we believed that our vision would grow into an amazing group of herbalists that would contribute to our country's healthcare and well being. It was an exciting adventure, but we both had many things happening in our life. . . Kathy was just opening her store *Kassandra's Herbs Unlimited*. . . and my new baby son had just arrived. When would we find the time? Well as fate would have it many willing hands stepped forward with help and wonderful ideas. That was ten years ago and look at what it has become today!!

CHA held its first Herb Harvest Fest on Sunday, October 15, 1995, at *Kassandra Herbs Unlimited*, in Somers to help establish the membership of CHA. We had a wonderful turn out of over twenty-five people who were excited to join our endeavors. We sat back and listened to the ideas that were discussed such as bi-monthly meetings, encouraging Legislation liaisons, a directory with a bio on each member, lectures on sharing herbal info on Eastern and Western herbs, CT's own Herb Harvest Fest, advertising and the future goals of the association. After a great lunch exchange and some socializing, our quest speaker Alison Birks gave a presentation on Ecological Herbal Guidelines and their effects on all of us, who use herbs. The beginnings of CHA took off that day ten years ago in that barn and I am so proud of what it has become.

It has been exciting to see CHA grow into the wonderful strong organization that you have all helped to create. We all have watched new friendships blossom and networking connect us all throughout the state, and we are no longer strange names to each other. It has helped us all to gather our insights and knowledge to come together to share with each other and help one another. You have all helped to create this wonderful expression of herbal sister and brotherhood and should be very proud of your visions and creation. As Cofounder I would like to thank all of you for your dedication and commitment to helping CHA become this shining star in our herbal and healthcare communities, along with the well being of Earth. CHA has surpassed all of my original visions of its future. I never dreamed that it would become such a strong organization and contribute so much to our communities and state as it does today. But then again the dream is only one or two people's ideas that grow into blessing beyond our comprehension. The pebble thrown into the pond ripples out beyond our awareness at that time. It has been amazing to see those ripples become reality.

I am looking forward to our continued growth and success as the years go on and anticipate the insights and ideas of the next generations to take on CHA's mantle into the future. Hopefully, throughout the years, herbalism will be given the respect and honor of the age-old tradition of herbal healing and knowledge that it deserves. All of our efforts will make this happen. Keep up the great work!

Fascinating Friendships *from Paulla Duhaime*

I feel like we are walking along the path of life, through the woods, holding hands

... and sometimes You are in the lead pulling me along showing me the way

... and sometimes I am in the lead pulling you along showing you the way

... and sometimes You are behind me pushing me in the direction I already know I have to go but just can't seem get there on my own

... and sometimes I am behind you pushing you along in the direction you already know you have to go but just can't seem to get there on your own.



Kinne Preserve Potluck Lunch & Nature Walk by Sue Coombs

Kinne Preserve will be host to the first of hopefully many more beautiful outings. This event is to be done as a dual project by the Connecticut Herb Association (CHA) and Kinne Preserve Town Committee. The date is to be Saturday May 21, 2005 from 10AM to 2PM. All CHA members are invited to come and share in the day. The event will also be open to the public, so the more the merrier. Cost to the event will be your choice of a potluck lunch item or a native medical plant to be donated to the preserve to continue its efforts.

We will start by meeting at the Town Hall Community Center in Canterbury (located on Rt. 14 behind the Post Office and the mini mall) where there will be a United Plant Savers (UpS) slide show. The slide show will be presented by Debra Hultgren and will last about 40-45 minutes. This will lead into an explanation of exactly what is trying to be accomplished by Kinne Preserve as a small botanical sanctuary for endangered native medicinal herbs. During the slide show, I thought it would be a great time to enjoy a small potluck lunch together. Anyone interested in bringing something can contact me. Contact info is listed below. While the community center does have a kitchen, we are encouraged NOT to use it. Instead, it is preferred that you bring a dish that can be warmed via crock-pot or does not need heating.

Then, we shall all proceed about 1 mile away to Kinne Preserve where we will be doing a nature walk/ weed walk/ plant ID walk. As per going with the planting

season, anyone that has any shade loving and some sun loving native medicinal plants that they wish to donate to Kinne Preserve is welcome to bring them and get them into the Preserve. Any donated items shall have a small sign added listing the donator (thus your perfect chance to immortalize yourself or your business). Thus far, there have been Wild Ginger and Black Cohosh planted in the Preserve in the fall, which was purchased by Pam Quayle, The Herb Gatherer. Also, Pam Brundage graciously donated some Wild Ginger plants and some other seeds for the Preserve. The Wild Ginger has been added to the Preserve, and the seeds shall be planted in the spring. With any luck, some of these wonderful gems will have taken hold and come back in the spring. Holly Coombs has been working diligently to get the entrance sign made. The sign shall be presented to the Town in late November 2004. It is hoped that the sign will be put up either in early December or early Spring. If you have any questions please contact me at 860 546-2076 or can email herbalheaven@msn.com. It is a wonderful opportunity to share in such a wonderful space.

Book Review & Recommendation by C.J. Wong

Title: *Politically Incorrect Nutrition: Finding Reality in the Mire of Food Industry Propaganda*

Author: Michael Barbee, C.D.C.

ISBN: 1-890612-34-0

It seems like so much of the information we internalize is gathered from news snippets and commercials. We hear things like: eggs are bad; drink lots of milk and green tea. The problem is that we are not sure why

these things are true. How many of us hear the snippet and then spend the time reading all the opposing scientific papers to determine why the statement was made so we can make informed decisions about making a change in our diet? Michael Barbee has done the research for us in his book *Politically Incorrect Nutrition: Finding Reality in the Mire of Food Industry Propaganda*.

The book covers a variety of nutritional topics and challenges conventional thinking citing historical sources as to why we believe certain things. For example, the conventional thinking on eating eggs is that we shouldn't eat too many as they are high in fat and cholesterol or that we should throw out the yolk and only eat the white. The author takes us through the history of why eggs were originally found to be unhealthy—a study conducted on dried egg yolk powder, not whole, fresh, organic, free-range chicken eggs. Since 1945 egg consumption has dropped by almost 50%, yet there has not been a subsequent drop in heart disease. The author says that eggs are nutrient dense and that “eggs have the best nutrient package of any food we can eat.” He ties in the politics of cholesterol paranoia by making the connection with greedy corporate America. The emphasis placed on cholesterol being bad is misguided and has led the drug companies to earn mega-bucks by selling cholesterol lowering drugs (statins) to unsuspecting citizens.

Assumptions made about eggs are just one topic covered in this book. There are also chapters on green tea, soy, cholesterol, conjugated linoleic acid, fluoridation, aspartame, osteoporosis, bovine growth hormone, plastics and microwaves, vitamin C, food irradiation, and vegetarianism. The book concludes with a chapter on whether or not there is indeed a perfect “best diet” for everybody.

BE A VOLUNTEER for our **CHA/ Shared Vision 3rd Annual Women's Health Fair** this autumn in Litchfield! Call 860.738.1608 to get involved now!

HerbFest Saturday, June 4, 2005

Always the First Saturday in June
As with new growth in the gardens, our very own HerbFest has become a rite of Spring. What better way to welcome the growing season than to provide the seeds of learning through our workshops! The public response has been so gratifying, even in the rainy years when people can be overheard saying proudly "I went to HerbFest!" Townspeople often stop me throughout the year to ask if it will happen again. During a discussion of invasive plants at my garden club, one person told another that the best education was going on a weedwalk at HerbFest.

The committee has already had its first planning meeting and is well on its way with most of the core planning. One new addition – we are planning a panel discussion to address health care from the perspectives of several disciplines. Hopefully, all of our tentative presenters will be able to lecture that day to provide an exciting and well-rounded program, for the beginner as well as the advanced herbalist.

Our plan, as before, is to have all vendors and presenters secured by February. Pam Brundage has once again agreed to be our Vendor Queen, assisted by Marylou Amenta. If you have been a vendor in the past you will

receive a contract; first-time vendors may contact Pam at pambrundage@juno.com. It is important to have your paperwork completed and returned in a timely fashion in order to be listed in the program. The magic number of vendors is 30 - when we reach that goal we have to decline applications.

Deb Pouech is in the process of contacting presenters. It is exciting to see how many talents we have in our own CHA, and we hope that everyone who is asked to facilitate a workshop will agree to be a presenter on that day.

The printed program will have a different look this year. It remains our policy to avoid paying for print ads; our advertisements are through Calendars of Events and listings that are free. Our major advertisement expenditure is the 6,000 programs which are printed and ready by early March. These are distributed to our members and vendors, herb shops, natural food stores and restaurants, libraries, visitor's centers, conferences, farmers' markets and such. Contact Carole Miller at topmost@worldnet.att.net for a supply. Interesting to note that 5 years ago it was a selling job to ask stores to take a few, and now all one has to do is say HerbFest and storekeepers grab

them and make room for them, as well as calling when they need a new supply!

The program will be expanded to include another page, to provide the opportunity for more descriptions and information, and perhaps keep the type large enough to read without a magnifying glass. We hope to offset the additional cost by making advertising available to members only for a charge of \$20 each. This will be the only advertising in the program, and will be by business card only. Send your business card and payment to Carole at 244 North School Road, Coventry 06238 by January 15.

Members will be solicited for bake table donations, as this sale has proved to be very popular in the past – we have many talented cooks in CHA. Please remember also, that the success of HerbFest is in direct proportion to the support of the whole membership. No job is too humble and there are many aspects of making HerbFest work. The committee meets throughout the year, oversees setup and cleanup, and is present for the whole day of the Fest, but we need lots of additional help beginning on Friday, throughout the day of the Fest and at the end, and we hope that you will be generous with your time. Contact Pamela Quayle at herbgatherer@hotmail.com with suggestions and your burning desire to help.

Earth Day Open House & Plant Swap

April 21st at 6:30 p.m. at Gayle's Thyme Herbal Apothecary, 316 Hazard Avenue in Enfield, CT

www.Gaylesthyme.com

Come for spring time fun and celebrate EARTH DAY! Hope to see you all there. For more info please call 860.763.5206 or email sagewand1@aol.com.

MANY THANKS to all my friends in CHA who were so supportive in my recent illness and hospitalization. The many phone calls, emails, offers of help and visits were all an important part of my recuperation, not to mention all the wonderful herbal and dietary advice. The meals and treats that appeared at my door were the greatest - no one cooks as well as an herbalist! Regardless of the prevailing medical opinions, I still believe I had second stage Lyme Disease, so next summer I encourage everyone to take precautions. Margi Flint had great advice, including sprays made with essential oils, especially rose geranium.

Love and good health, Carole Miller

Welcome New CHA Members!

Susan DiCorpo

Rollande Duhaime

Sam Kumar

Tony(a)Lemos

Lynn Murdock

Joan Palmer Matthias

Andrea Reisen

Marjorie J. Thompson

Mary R. Thompson

CHA CLASSIFIEDS

Anyone in need of an affordable sign maker can contact Holly Coombs at 860 546-2076. Some examples of her work are Cindy Baker's Sattva Vital Health signs, Sue's Herbal Heaven signs, and now, Kinne Preserve's entrance sign. She used to work at Killington Mountain in Vermont as a sign painter in years' past, and has rekindled the old artist energies. Holly also has web design experience if you are in need.

Vending Space Wanted: For anyone hosting events where crafters may be allowed to be present, please contact Sue Coombs, Sue's Herbal Heaven (www.suesherbalheaven.com) at herbalheaven@msn.com. Check out the web site to see if my items are appropriate for your event.



Rollande Duhaime - Honorary Lifetime Member

In the herb growing world it is often said that the herbs you need will come to you. To our great delight, Paulla Duhaime, our Treasurer and tireless member of the Promotion and Membership committees, brought her mother, Rollande, to an HerbFest planning meeting one winter evening, and the rest is history.

As she felt it might be intrusive to sit in on our meeting, she retired to the living room and sat quietly knitting. At refreshment time she opted to join us and shared her ever-present smile and good nature with us, and then produced homemade fudge! That was just a few short years ago, and she has since become such an integral part of our organization, it would seem that she has always been a part of us.

During those years she has become a heartfelt advocate for CHA, and served countless hours as a volunteer. She is a familiar face at health fairs, handing out literature and promoting the benefits of CHA membership. Always present at the hospitality booth at HerbFest and the information table at Taste! Organic Connecticut, she cheerfully gives us her whole day.

Invariably she compliments the rest of us on our hard work, then produces homemade treats for us at the end of the day.

It is a small token of our appreciation and affection to present Rollande with the very first CHA Honorary Membership in the hope that it reflects our gratitude for countless volunteer hours, pleasant company and a gracious and cheerful spirit.

Thank you Paulla, for sharing your mother with us; moreover, thank you Rollande.



Seed Exchange/GMO movie/Potluck Luncheon at Rockville United Methodist Church, Route 31 in Rockville, CT on February 19th 2005 11:00 a.m. - 2:00 p.m.

Please bring seeds to exchange, your favorite potluck food to share and a winter smile! Tea, Mulled Cider, Mulled Cranberry Juice will be provided.

Join us for special showing of the new documentary "The Future of Food," as well as a potluck and seed exchange on February 19th, 2005 starting at 11:00 am at the Rockville United Methodist Church in Rockville, CT. Cynthia Baker from Sattva Vital Health and C.J. Wong, editor of Organic Family Magazine will lead a discussion after viewing the documentary. If you have any questions please contact CHA members, Michele Maclure or C.J. Wong.

15th Annual AHG Symposium Review by Sue Coombs

This year's American Herbalists Guild (AHG) symposium was held in Waterville Valley, NH during peak fall foliage season. I usually only go to Waterville Valley strictly during ski season, but made an exception to learn more about herbs and how others are doing things in their place of business. I am a student member of the guild (since I am taking Michael Tierra's home correspondence course). Michael is one of the founding members of the Guild and I find he is still very passionate about its purpose. The Guild is also comprised of general members, professional members, and supporting members. As with every group of herb lovers (many of which are rebels at heart) there are different views of how the Guild should be run. Despite the splitting hairs, I believe the Guild to be an important group. I want to support the folks that have the most direct impact and accurate accounting of proper herbal usage that communicates directly with the FDA and regulatory parties, which can affect our livelihood. I admit that this group is still limited in its ability to impact what is actually passed in Washington, but I feel they are the closest allies that we have to the powers that be.

I had the opportunity to speak with Roy Upton, another founder of the Guild, and questioned why the guild seemed so scientific. He explained that there was the need for a group in the US that contributes to the validity of herbal medicine as a viable and respected choice of healing. He stated that it is meant to be a means for herbalists to have some way to validate their skills and knowledge. There is still debate over the actual thought of whether there should be licensure for herbalists. I'm still too new to know if there is any benefit to being either an actual registered herbalist or a respected herbalist in the community with no formal title after the name. Nevertheless, I like to use the analogy of religion. There are Catholics, Baptists, Lutherans, Presbyterians, Seventh Day Adventists, etc... They all have their own views. BUT, they all believe in the higher being. I look at the guild and its differences exactly the same. There are differences in the little details, but the big picture is the same for all interested

parties. We all want herbs to remain a part of our life and not be told by other non-educated groups as to what we can and cannot practice.

Okay, tangent over, I thought that most of the lectures during the conference were very informative. There was something to be gained for just about everyone, unless you slept throughout the entire conference from partying too much in the evenings. I had the pleasure of seeing a few fellow CHA members there. I ran into Pam Quayle during the pre-conference intensive Field Botany with Chris Hobbs. I spent the remainder of the conference with Cynthia Baker.

Prominent folks such as Susun Weed, Margi Flint, Roy Upton, and Keynote speaker Jim Duke were all present. I attended the pre-conference Botany in the morning and TCM principles with Roy Upton in the afternoon. I also purchased the lecture of Inflammatory Process and Natural Substance Modulators by Robert Roundtree because I heard it was so good.

The actual conference started on Friday with the annual membership meeting. This is where you can see the wheels of government at work. I found it entertaining to watch the egos pressing their points. I took advantage of my right to vote in new council members for which I thought would do the most good for the group. Then, for afternoon sessions I attended a talk by Kevin Spielman on Cytokines and Botanical Immunomodulators. This one, I could have skipped. More science than I would have liked, and less on the herbal gems (Botanical Immunomodulators). The second lecture of the day I attended Michael Tierra's talk on Shen. I really think that Michael brings very good balance to the amount of science talk going on. He reminds everyone that there are other factors besides science that must not be ignored. I felt that he was a gem to have at the symposium. The next few mornings I had the pleasure of doing Qi Gong class before breakfast.

Cindy and I split up for most of the conference to get the most coverage and find which ones were noteworthy. I purchased Chanchal Cabrera's talk on Holistic Approaches to Managing Breast

Cancer. Deb Soule had a few lectures on Medicinal Herb Gardening for those more interested in the planting and growing aspect of herbalism. I spent Saturday AM listening to Roy Upton on Herbal Toxicology and Donnie Yance on Beyond Statins: Treating Cardiovascular disease w/ Botanical & Nutritional Medicine. I enjoyed Donnie's approach to treatment. I felt that he had a very good balance of TCM (Traditional Chinese Medicine) and science in treating his clients. The talk was very insightful. There were also a few weed walks done by various folks such as 7Song, Chris Hobbs, and Betzy Bancroft.

Interpreting Herbal Studies by Suzie Zick was dry on the best note. Michael's second lecture on Shirodhara and the Ayurvedic use of medicated oils was again very balanced in showing how centuries of experience still counts for something next to science. Jim Duke's keynote talk was entertaining. This was my first meeting with the man. I commend his works to using herbs in his medical practice all these years. The strong Southern accent made it hard for me to understand, but I got the idea of what he was saying. I finished up Sunday with more of Donnie Yance on Nutritional Medicine for Age-related Diseases and Chanchal Cabrera's talk on the Therapeutic Uses of Resins. I finished the day with Margi Flint's talk on Face, Tongue and Nail Diagnosis.

Needless to say, my brain was fried by the end of the conference, but looking back a few weeks later has shown me that the money put into attending the symposium was worth it. I came away with a broader and deeper perspective on many aspects. I believe that it is very important to share knowledge with anyone that wants to learn. I have purchased a few lecture tapes, and I also purchased the book of abstracts of various non PowerPoint lectures. Anyone can purchase any of the Guild's symposium lectures from Tree Farm Communications Inc. (www.treefarmtapes.com). You can also see a complete listing of all taped lectures there, as I didn't cover everything (who could?). You can also contact me at herbalheaven@msn.com for any more information or whatever on the symposium.

Member Events, Classes & Workshops

JANUARY

7th - **Herbal Spirit Circle** - \$10, 6:30 - 8:00 p.m. at Walk in the Woods in Winsted, CT. To register, contact Rosemari Roast, 860-738-1608, walkinthewoods@5pillars.com

12th - **Introduction to Herbs** with Rosemari - \$20, 7:00 - 8:30 p.m. Camp Cochipianee Lodge in West Goshen, CT. To register, call 860-491-2249

9th - **Tea Party** - \$25, 2:00 - 4:00 p.m. at South River Herbals in Coventry, CT. To register, contact Eva Maynard 860-742-1258 info@southeriverherbals.com

15th **Wellness & The Wheel of the Year ~ Winter** - \$30, 10:30 a.m. to 12:00 noon. To register, contact Rosemari Roast, 860-738-1608, walkinthewoods@5pillars.com

16th - **Soap Making** - \$60, 1:00 - 4:00 p.m. at South River Herbals in Coventry, CT. To register, contact Eva Maynard 860-742-1258 info@southeriverherbals.com

20th - **Planning Your Spring Garden** - \$20, 1:00 - 3:00 p.m. at Topmost Herb Farm in Coventry, CT. To register contact Carole Miller 860-742-8239, topmost@worldnet.att.net

21st - **Natural Skin Care** - \$30, 6:30 - 9:00 p.m. at South River Herbals in Coventry, CT. To register, contact Eva Maynard 860-742-1258, info@southeriverherbals.com

29th - **Intro to Essential Oils** - \$25, 6:30 - 9:00 p.m. at South River Herbals in Coventry, CT. To register, contact Eva Maynard 860-742-1258, info@southeriverherbals.com

22nd - **Planning Your Spring Garden** - \$20, 1:00 - 3:00 p.m. at Topmost Herb Farm, 244 North School Rd. in Coventry, CT. To register, contact Carole Miller 860-742-8239, topmost@worldnet.att.net

29th - **REIKI 1** - regular-\$120, CHA member discount-\$115, 9:00a.m. - 5:00 p.m. at Forest Spirit Healing in East Hartford, CT. To register, contact Richard A. DeJohn, 860-568-6373

FEBRUARY

4th - **Herbal Spirit Circle** - \$10, 6:30 - 8:00 p.m. at Walk in the Woods in Winsted, CT. To register, contact Rosemari Roast, 860-738-1608, walkinthewoods@5pillars.com

5th - **Soap Making** - \$60, 6:30 - 9:00 p.m. at South River Herbals in Coventry, CT. To register, contact Eva Maynard 860-742-

1258 info@southeriverherbals.com

9th - **Uplifting Herbs** with Rosemari - \$20, 7:00 - 8:30 p.m. at Camp Cochipianee Lodge in West Goshen, CT. To register, call 860-491-2249

11th - **The Romance of Herbs** - \$25, 7:00 - 9:00 p.m. at South River Herbals in Coventry, CT. To register, contact Eva Maynard 860-742-1258, info@southeriverherbals.com

18th - **Spa Products** - \$25, 6:30 - 9:00 p.m. at South River Herbals in Coventry, CT. To register, contact Eva Maynard 860-742-1258, info@southeriverherbals.com

12th - **Uplifting Herbs!** - \$30, 10:00 a.m. to 12:00 noon. To register, contact Rosemari Roast, 860-738-1608, walkinthewoods@5pillars.com

23rd - **Maiden, Mother & Crone - Nourishing Transformations** with Rosemari - \$20, 6:30 - 8:00 p.m. at The Purple Rose in Canton, CT. To register, call 860-693-9345, laurapurplerose@aol.com

26th - **REIKI 1** - regular-\$120, CHA member discount-\$115, 9:00a.m. - 5:00 p.m. at Forest Spirit Healing in East Hartford, CT. To register, contact Richard A. DeJohn, 860-568-6373

MARCH

4th - **Herbal Spirit Circle** - \$10, 6:30 - 8:00 p.m. at Walk in the Woods in Winsted, CT. To register, contact Rosemari Roast, 860.738.1608, walkinthewoods@5pillars.com

9th - **Everyday Herbalism** with Rosemari - \$20, 7:00 - 8:30 p.m. Camp Cochipianee Lodge in West Goshen, CT. To register, call 860.491.2249

16th - **Intuitive Herbs** with Rosemari - \$20, 6:30 - 8:00 p.m. at The Purple Rose in Canton, CT. To register, call 860.693.9345, laurapurplerose@aol.com

19th - **REIKI 1** - regular-\$120, CHA member discount-\$115, 9:00a.m. - 5:00 p.m. at Forest Spirit Healing in East Hartford, CT.

To register, contact Richard A. DeJohn, 860-568-6373

ATTENTION CHA MEMBERS!

Are you interested in representing CHA as a speaker at the Health Fairs we attend? If you are and you have a topic or presentation to propose, please contact any member of the Promotions Committee (see back cover).

2nd Annual CHA Retreat

Join us March 18,19 & 20, 2005 at Killam Point, Branford CT on the beautiful Long Island Sound. Cost is \$50 for the weekend or \$30 for Saturday only with your paid CHA dues.

Come for the whole weekend or for the day on Saturday. Send your registration form, along with payment no later than January 30th, 2005! More information will follow with your paid registration. We had a great time last year. Come and join the fun.

Overnight space is limited to 25 people, so register early!

Find your copy of the CHA 10-Year Celebration Retreat Registration Form in the last issue of the *CT Thymes*.



"If it is true that one of the greatest pleasures of gardening lies in looking forward, then the planning of next year's beds and borders must be one of the most agreeable occupations in the gardener's calendar." ~ Vita Sackville-West

CHA COMMITTEES

HerbFest

Pam Quayle, 860.345.2631, herbgatherer@hotmail.com

Membership

Paulla Duhaime, 860.665.0285, LadyBugPia@aol.com

Rosemari Roast, 860.738.1608, walkinthewoods@5pillars.com

Newsletter

Deb Beaudoin, 860.649.4878, Beaudoin@aol.com

Sabre Duke, 860.870.1162, Jd420@aol.com

Sandy Gallup, 860.870.7849, sandra.gallup@uconn.edu

Rosemari Roast, 860.738.1608, walkinthewoods@5pillars.com

Promotion

Cynthia V. Baker, 860.276.3833, sattvahealth@hotmail.com

Paulla Duhaime, 860.665.0285, LadyBugPia@aol.com

Rosemari Roast, 860.738.1608, walkinthewoods@5pillars.com

Retreat

Terri Cusson, 860.214.2069, r.cusson@snet.net

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



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Please submit your contributions for our next issue of *The Connecticut Thymes* (April, May, June 2005) to Rosemari Roast (walkinthewoods@5pillars.com) no later than **February 15, 2004.**