



# The Connecticut Thymes

Summer to Autumn 2005

## CHA CALENDER

*Renew your annual membership by July 10th to be in the next directory printing.*

JULY 24

**CHA Massachusetts Road Trip**  
to Magic Wings Butterfly Conservancy & Wilder Hill Gardens.  
Details inside this issue!

AUGUST 21

### **Family Field Day**

1 pm - 5 pm at Frostfire Farm in Goshen, CT. Contact Elaine Frost, 860-491-2272, [ecfrost@bestweb.net](mailto:ecfrost@bestweb.net)

SEPTEMBER 11

### **Taste! Organic Connecticut**

10 am - 4 pm at Topmost Herb Farm, 244 North School Rd in Coventry, CT  
**Be a Volunteer!** Contact Shandra Craig, 860-429-5390, [shandra\\_craig@hotmail.com](mailto:shandra_craig@hotmail.com)

SEPTEMBER 24

### **4th Annual Women's Festival - Celebrating Body, Mind, Heart & Spirit!**

9 am - 5 pm at the Litchfield Community Center, 421 Bantam Rd (Rt 202) in Litchfield, CT  
**Be a Volunteer!** Contact: 860.738.1608 or [walkinthewoods@5pillars.com](mailto:walkinthewoods@5pillars.com)

OCTOBER

### **Panel Discussion**

Watch for details in our next CT Thymes edition!

NOVEMBER

### **Annual CHA Meeting**

See details in the next CT Thymes!

DECEMBER & JANUARY

We rest . . .

### **Family Field Day**

*at Frostfire Farm in Goshen, Connecticut  
Sunday, August 21  
1:00 to 5:00 pm*

Frostfire Farm's "Family Field Day" will be Sunday, August 21, 1-5 p.m. this year. That's the day we all — sheep, hens, old and new friends and neighbors and our Jersey heifer — gather under and around the tent in the garden to celebrate high summer! Lavender cookies have become a tradition, as well as tours of the garden and samples of herbs, flowers and veggies. We would love to see you there. Please call or email for directions: Elaine Frost, 860-491-2272, [ecfrost@bestweb.net](mailto:ecfrost@bestweb.net)

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### **4th Annual Women's Festival**

#### **Celebrating Body, Mind, Heart & Spirit**

*at the Litchfield Community Center  
421 Bantam Rd. (Rt. 202) in Litchfield, CT  
presented by Shared Vision & The Connecticut Herb Association  
Saturday, September 24, 10:00 am to 5:00 pm  
Doors open at 9:30 am (fair events kick off at 10 am)  
\$5 suggested donation*

Please join CHA and our northwestern partners, Shared Vision, as we celebrate feminine energies, health and wellness! Free workshops will be taking place throughout the day and include presentations from many of our very own CHA members, including Sue Coombs, Michele Maclure and Rosemari Roast. Workshop offerings are diverse and will offer a bit of something for everyone, such as Kitchen Fairies-Fermenting Wellness, TCM & Acupuncture, Dreams, Making Herbal Salves, Crystal Healing, Herbal Tea and Treats, Writing and Dances of Universal Peace - just to name a few! You will also find CHA members sprinkled among our vendors, so bring some extra cash with so that you may take home a memento of this day of celebration! For more information, please contact [walkinthewoods@5pillars.com](mailto:walkinthewoods@5pillars.com) or 860.738.1608

*See you there!!*

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## Wildcrafting Tips to Remember

by Nathaniel Petley, Horticulturist and Herbalist

Gathering wild herbs for culinary and medicinal use is an age-old tradition that is still being carried out by today's herbalists. From the earliest spring leaves to the latest autumn roots, these herbs form the basis of western herbal medicine. Wildcrafting has become a lucrative business for those willing to traipse the countryside in search of useful herbs. Together with urban sprawl, deforestation, and pollution, wildcrafting is taking its toll on what once were widespread herbs. Populations of native plants such as goldenseal, American ginseng and trilliums are disappearing quickly. While regulatory measures are being taken to protect some species (land conservation and rare species laws), protection of our native medicinal plants rely on individuals and their wildcrafting techniques.

Many herbs grow so abundantly that they can be freely harvested, such as red clover, dandelion and yarrow. These abundant plants are often found in fields, roadsides and backyards. Avoid harvesting from areas where the soil may be polluted, such as roadsides, waste areas and lawns (if pesticides and herbicides are used). Otherwise, they may be taken freely. When possible, these common herbs should be used in place of harder-to-find plants (such as using invasive barberry in place of endangered goldenseal).

Beginning wildcrafters often ask where and when to find less abundant herbs. However, the first question should be how to recognize the plant. Before heading out to find an herb, it is imperative to know how to correctly identify it. Botanical knowledge can be found in guidebooks such as the *Peterson Field Guides* and *Newcomb's Wildflower Guide*, but only experience can correctly identify certain plants. It is useful when wildcrafting an herb for the first time to go with an experienced herbalist, botanist or horticulturist. Collecting the wrong plant could wreak havoc! Not only could it be less

effective medicinally, it could be cause contact dermatitis if touched. Worse, it could be poisonous if eaten! Many plants that look similar have different uses. For instance, crampbark and black haw are in the same botanical family but are used for different purposes. It is important to know the differences in species before collecting.

Experienced collectors often keep their prized sites secrets, for fear that someone else will harvest first. However, after learning more about a certain plant, wildcrafters can make educated guesses as to where the plant might be growing. Does the plant require sun or shade, moist or dry conditions, acidic or alkaline soils? New England offers a wide range of habitats and driving to the mountains might be a waste of time if looking for a plant typically growing near coastal flood plains.

Once a population is found and identified, there are several guidelines to remember when wildcrafting. These guidelines are used to ensure future generations of plants.

*To prevent populations from decreasing, harvest only what will be needed during the year.*

1. First and foremost, great respect and care for all herbs should be given at all times. Plant protection is of utmost importance. A new term describing the method of wildcrafting is sustainable harvesting. The goal is to ensure future generations of the population and, therefore, continued harvesting for years to come. For some species, this means finding five different collecting sites and harvesting only a small amount from each.

2. To prevent populations from decreasing, harvest only what will be needed during the year. If the plan is to store a jar of dried herb for the year, stop picking when that amount is reached even if there seems to be an abundance of the plant. Many herbs on endangered and at-risk lists grow abundantly where they live but are rare because they grow in small patches of habitat isolated from each other by large distances. Collect no more than 10% of a rare plant population, which means collecting only 10 plants if the population contains 100. If the plant

### *Wildcrafting Tips continued this page*

is not threatened or endangered, acceptable collection rates are about 20-25%.

3. Try not to harm the plant when harvesting. Collect only the part needed and leave the rest. For example, rather than cut the whole plant of pipsissewa, select a leaf or two from many different plants. This will not inhibit the plant from flowering and dispersing seed. If bark is needed, try collecting young bark from stems rather than large sections of trunks, such as willow bark or oak bark.
4. Leave the collecting site in a better state than before harvesting. Try collecting evenly throughout the population while trying not to leave footprints or damage other plants. Tramping down the soil may inhibit seed germination or promote the growth of opportunistic weeds. Pick up any litter along the paths.
5. As an alternative to harvesting herbs from the wild, purchase seeds or plants from reputable sources (make sure the plants were always cultivated, not simply dug from the wild and resold), and plant them in your area. Certain habitats can be recreated in a garden setting and populations can be established that are large enough to supply your needs. If properly done, these gardens will flourish for years to come with little work.

Harvesting medicinal herbs can be a rewarding experience, and with everyone's help, these wild plants will remain in the landscape for generations to come. Just as our elders wildcrafted, so may our children's children if we protect current plant populations.

*Nathaniel Petley is an herbalist and horticulturist, and owner of Acadia Herbals in Northampton, MA. He has a Master's degree from the University of Connecticut in Plant Science, and teaches classes through his shop on wildcrafting, plant identification and plant usage. Visit his website at <http://www.acadiaherbals.com/>.*

### **CHA Council Minutes:**

April 9th CHA council met at the home of Michele Maclure. Items discussed were incorporating as a Non Profit and the legalities and issues of that venture and where it will take CHA; software for the newsletter and the process of how the newsletter is put together; the great work done by Sabre, Rose and Deb to put out each publication; upcoming events i.e. Kinney Preserve Potluck and Planting on May 21st in Canterbury, CT.; HerbFest; Medicinal Herb Walk June 11th at Lynn Murdock's, rain date June 12th; July 24th Magic Wings Butterfly Conservancy and a visit to Wilder Hill Gardens; and upcoming Fairs where CHA can promote our presence. We have decided to have an Annual CHA meeting in November and an October program is being discussed, more info to follow. We are donating a silent auction basket filled with items such as a CHA mug and one year membership, teas, soaps, herb plants etc to the FFA State Convention Silent Auction table. Their convention is the same day as HerbFest at E.O. Smith High School in Storrs, CT. We thought this would be an interesting way to support FFA and also promote CHA as well. More info about how donations can be made will be on the CHA e-group.



You won't want to miss this!!  
CHA Road Trip to

***Magic Wings Butterfly Conservancy and  
Wilder Hill Gardens in Mass.***

July 24th

R.S.V.P. by July 2nd to Michele Maclure, 860.456.1223, [MicheleMaclure@hotmail.com](mailto:MicheleMaclure@hotmail.com). Plan to carpool and arrive at Magic Wings in Deerfield, MA for 10:00 a.m. - Admission to Magic Wings is \$7.50 or \$6.50 for Seniors. Bring a bag lunch or purchase lunch at the little eatery there. We will continue on to Wilder Hill Gardens for a 1:00 p.m. tour there - rain or shine. Directions provided with RSVP.

## CHA 2<sup>nd</sup> Annual Retreat *by Judy Conrad*

*Originally, I was going to put these thoughts in chronological order. I changed my mind, because the weekend was so relaxing, thus should be this collection of thoughts and quotes and an observation or two. Judy*

The phone calls: we don't have any heat! But then the repairmen came to our rescue. We were plenty warm!

During the movie about the Nearings: Daughter: "Hey Ma, Somebody older than you!" Mother: "It happens."

CHA marble cake: the breakfast of champions! Yummy!

Some of us worked with our lumps of clay. I saw a beautiful bird and several other very wonderful creations.

Tai Chi exercise...I think those who participated with always remember the Bear posture.

Someone fell asleep on the rocks on Saturday and nearly missed the welcome spring gathering. Speaking of the Spring gathering, it was supposed to be held Sunday, but it seemed the weather would not cooperate on Sunday. In other words, there was a nasty rumor of the possibility of s\*\*w arriving. Instead, we held the ritual during a breezy time. The breeze helped with the smudging and had all sorts of fun with the flames.

Friday night, someone mentioned virtual versus real conversations. She related how we in that room were having "real" conversation and fellowship....as opposed to those not of our minds having superficial, or virtual, conversations. She said it felt good. She was right.

We saw movies about the Nearings and Forest Farm and The Butchart Gardens of Victoria, BC. Was that Eleanor Roosevelt we saw at the Gardens??

Saturday night, "Waking Ned Devine" was too much fun! Such poetic justice! And *Slainte!* to Ned's spirit, to Jack and to Michael, and especially the Tullymore nasty lady. I raise my (medicine) glass to them!

Speaking of medicine, it was great to learn about other people's medicines and how they make them, and better yet to sample these medicines.

There was a beautiful fire on the beach. Somehow, it became portable.... Do you hear sirens? I see fire

engines! And all the house lights are blazing! Oh nooooo!! Grab the plastic 3 ounce cup and put out the fire! I'm not going to mention that there is sand on the beach.... I rather like the image of the 3-oz cup of water, and one other person cupping her hands together to carry water from the Sound.

A woman was sitting on the rock, keeping a lookout for a ship with a certain man in it.... Alas for all of us, Johnny Depp never appeared. I'm sure if he did, we could put our herbs and medicines to good use!

From what I could see, the logistics (the set-up, cooking, cleaning), all went quite smoothly. There was enjoyable "oh, pick me!" when it was time to use the "ghostbuster" vacuum machine.

*OOH! AHHH!* Bet you can't keep a straight face.....

Harry Potter Toe Socks

How many times must I bonk my head on the top bunk before I get some sense knocked into me?

Egg Hunt! And pretty shells and nature's gifts found at the same time.

Sunday morning I was hearing a song in my head: Emerald Rose's "Freya Shakti". They sing homage to various goddesses. The tune is catchy, with lots of energy. The song, to me, epitomized the whole weekend. The wholeness I felt just being there. The fellowship, the real conversations, the warm energies. Yes, I'm including the men in this, too.

My coat still smells a bit of campfire. I love that smell, it holds such great happy memories from my childhood and recent times.

My thanks to the committee, to those who brought and prepared food, to those who set up before the rest of us got there, to those who cleaned, and to the entire CHA for offering this great weekend.

The sun is glinting off the water, shining brightly into the room. The room is full of warmth and light and love.

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## East West Herb School Intensives

by Sue Coombs

I just got back from the weeklong intensive that the East West Herb School offers. I purchased the correspondence course some two years ago and had been doing the lessons. I thought that this school was perfect for me. Do the lessons at your own pace. Mail them in for grading. No time limit to finish. Very cost effective (about \$600). It also covered a more comprehensive approach of herbalism (not just western, or ayurvedic, or Traditional Chinese, or Native American, but a compilation of all of these into a working 'planetary' herbal approach.) I looked into a lot of schools and programs two years ago. Clayton College wanted tons of money and seemed to cover a lot less material. Australasian College was too expensive. I also looked at others and all seemed to just not offer as broad a perspective as East West. Rosemary Gladstar offered some great courses, but again seemed very expensive to me. Susan Weed offered events, but I wasn't sure that I wanted this to be my foundation learning experience. So, the first year I worked on lessons and then stumbled across our wonderful Cindy Baker (an East West graduate from some 5 years ago), a CHA member (and prior CHA council member) and Registered Herbalist (RH) of the American Herbalists Guild (AHG). She mentioned that I really should go out for the weeklong intensives that they offer. As she stated, "It is the best bang for the buck." So, I went out last year for the foundation track. I had already mailed in the first thirty lessons and gotten most of them back. I have to admit that I learned so much in one week's time--much more than what is just read in the lessons. It was a wonderful addition to what I was reading and my closest relatives said that I came back a changed person.

I started occasionally jumping in on the chat room case study sessions offered weekly. The last five lessons are the longest. It took me six months to find five clients that were willing to do intakes and follow-ups (which is a part of Lesson 33). I got the final lessons in and went out for the weeklong intensive, this time the intermediate track. The amount of learning, fun, and friends that you gain from going out there is just priceless. The days are filled with so much. You start at 7AM with Qi Gong for an hour and then go to breakfast. Next is the morning lecture, which to me doesn't feel like a lecture because it is on subjects that you are passionate about. Go to lunch and then to a class in the afternoon. Have dinner and go to an evening lecture or event. Candis Canton is one of the wonderful teachers that are there. Some of you had a chance to meet her last year when she came out here and offered a weekend intensive hosted at Cindy Baker's place. Her stories and enthusiasm will keep you entertained for hours, and you learn Ayurvedic medicine at the same time--great combination in my mind. Last year, there was a panel discussion by Roy Upton, Chris Hobbs, Michael Tierra and one

other (I forget who). This year there was a nice presentation done by Roy. Last year, there was an herbal products contest. This year there was an herbal skit show.

The location of this wonderful gathering is in the redwood forest at a Quaker Retreat Center. Talk about some beautiful trees. There are trails all over that can be hiked. One goes to the labyrinth, another to a waterfall and others to interesting little places. The cottages are cozy. The town of Mendon has fun things to do. I never did find time to go into town except on the last day when I am leaving. This year, on the last day, we had the opportunity to go into town with Michael and Leslie Tierra to one of their favorite restaurants for canolies. A nice end to a wonderful week. Just like Candis said last year, "Be real, not ideal." I forgot to mention that Ben, another teacher, does all of the cooking for the week. One never goes hungry and the meals are highly nutritious. There is lots of variety, and vegetarian dishes are available.

I just wanted to share some of my experience with you all. I know that there are a few CHA members that have purchased Michael's East West Herb Course books. These are good in and of themselves. But, even if you never mail in a single lesson (which doesn't make sense to me because to me it is like throwing away your money, but that is just me), you really should think about attending one of the intensives. You don't even need to be an East West student, but I'll tell you that it complements the teachings 100%. There were two acupuncture gals from the DC area that came out and took part in the intermediate track to brush up on herbal applications for their practice (not students). Last year a doctor and his wife from Israel joined the foundation track to further broaden his medical practice. We also had a gentleman from Singapore come out to attend. This year, we had a woman from Kazikstan attend. If you are looking for an herb school that teaches what Michael calls 'the planetary approach' to herbalism, then look at East West. He is not getting rich off of this school. His goal is genuine in wanting to get working clinical herbalists into American communities.

Also on a side note, I've recently finished the correspondence course and finished the last test. I will go back next year for the advanced track. I now am working toward becoming a registered herbalist of the American Herbalist Guild. Requirements for this are at least 200 case client workups within two years. I now have mentors, which will further help me refine my diagnosis and formulation skills. If anyone is looking to try an alternative 'planetary' herbal approach to any sort of problem and want to let an herbalist work on your case, please contact me @ [herbalheaven@msn.com](mailto:herbalheaven@msn.com). You can also view some of the products I make on my web site [www.suesherbalheaven.com](http://www.suesherbalheaven.com). It will also help me to work towards my goal of Registered Herbalist.

## Embrace Change

by Paulla Duhaime

Change may very well be the single most profound contributor to personal growth. If it were not for change, we would all go along doing the same old thing, never challenging ourselves, never digging down deep to discover what other talents we might have, never experiencing the adventure of developing another facet of our personalities.

When we are born, we know we will grow older and then die. What we don't know is what we will become as we grow older. That becoming, that growth, is all up to each individual and it is a very creative endeavor. Many times it requires giving up one thing in favor of another. You always have to make room for new growth.

Sometimes life sends us hardships and obstacles that are very difficult to overcome. We moan and groan and whine as we are stubborn people and naturally resist what we perceive to be negative change. Sometimes we make ourselves so busy that there is no time left to think about the unpleasant things that haunt us. We eventually become so overburdened with responsibilities we have created that we start to lose our perspective and functionality.

At some point, we must take time to clear our plate and make time to sit and rest and reflect and eventually come to an understanding with ourselves that it is all okay and that our individual life will go on as long and in whatever condition it is meant to regardless of how we think it should be.

So we should embrace the change when the hardships and obstacles come to us and we should embrace the change when we choose to make ourselves very busy in order to dull the pain and we should embrace the change when we take a deep breath and clear the plate and sit and rest and reflect. Only then do we truly grow.

We should all take this opportunity to embrace change and grow; the one stepping aside to rest and reflect, the one picking up the ball to continue the journey and the organization, CHA, to receive the burst of energy and perspective from the new personality.

I embrace the change and pass the Treasurer's job on to the next financial organizer, Liz Santamaira. I hope she has much fun with these dirt ladies.

*Fondly, Paulla*

## WELCOME NEW CHA MEMBERS!

*Alice Porter Flagg  
Elaine Frost*

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### ***Are you looking to connect with other moms who share your perspective?***

The New Haven County Chapter of the Holistic Moms Network meets on the third Thursday of the month at St. Paul's Church in Wallingford. We cover a variety of topics at our meetings. Recent meetings were on toddler nutrition and ways to save money and still eat organic by supporting local farmers. Please e-mail co-leader C.J. Wong [sciencelibrarian@hotmail.com](mailto:sciencelibrarian@hotmail.com) if you have questions or need directions.

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### **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).

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*Would you like to serve on CHA Council or do you know someone who would? Nominations are due August 15th. Just contact any current council member for details*

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It's New... It's about your health....It's **TOUCHSTONES. An Eclectic Guide to Health.** New Haven Cable TV, Channel 28, Thursday and Sunday at 7 p.m., Hosted by CHHA's Don Levy. Learn more at 203-789-2124.

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## CHA CLASSIFIEDS

**Help Wanted: CT Thymes Position - Contribution Coordinator.** Do you like meeting CHA members? Do you enjoy learning more about them and what they do? Then you might be a prime candidate for Contribution Coordinator! Responsibilities include collecting articles and contributions for our quarterly publication. Contact Rosemari at 860.738.1608 or [walkinthewoods@5pillars.com](mailto:walkinthewoods@5pillars.com) for more info.

**Volunteers Wanted** - for our CHA/ Shared Vision 3rd Annual Women's Festival, September 24th in Litchfield, CT - Call 860.738.1608 to get involved now! All efforts, no matter how small, are GREATLY appreciated!

**Custom Signs** - If you are in need of an affordable sign maker contact Holly Coombs at 860 546-2076. Examples of her work include Cindy Baker's Sattva Vital Health signs, Sue's Herbal Heaven signs, and Kinne Preserve's entrance sign. Holly also offers web design support.

**Walk in the Woods - School of Herbal Wellness** - New course cycle beginning in September! A flexible course of study designed to meet the desires and needs of each student, allowing for flexibility of schedule, commitment and financial considerations. Classes take place "at home" in Winsted, CT or "in the field." For more info or a schedule of upcoming classes, please visit <http://walkinthewoods.byregion.net/> or call 860.738.1608.



## MEMBER EVENTS, CLASSES & WORKSHOPS

*Also see our classified listing for ongoing classes, courses and other member opportunities!*

### JULY

1st - **Wood & Hilltop Weedwalk & Meditation** - \$10  
7 pm a Norfolk Land Trust  
To register, contact Rosemari Roast, 860-738-1608, <http://walkinthewoods.byregion.net/>

6th - **Goddess Chants** - \$20  
6:30 to 8 pm at The Purple Rose in Canton, CT  
To register, call 860-693-9345, [www.thepurplerose.net](http://www.thepurplerose.net)

9th - **Making Your Own Flower Essences** - \$40  
1 pm to 5 pm at Walk in the Woods in Winsted, CT  
To register, contact Rosemari Roast, 860-738-1608, <http://walkinthewoods.byregion.net/>

16th **3rd Annual Northeast Aromatherapy Conference** - \$130  
8 am to 5 pm at Blazing Star Herbal School in Ashfield, MA  
To register, contact Tony(a) Lemos, 413.625.6875, [www.BlazingStarHerbalSchool.org](http://www.BlazingStarHerbalSchool.org)

17th **Aromatic Therapies for Women w/ Mindy Green**  
10 am to 5 pm at Blazing Star Herbal School in Ashfield, MA  
To register, contact Tony(a) Lemos, 413.625.6875, [www.BlazingStarHerbalSchool.org](http://www.BlazingStarHerbalSchool.org)

30th - **Plant Spirit Quest Workshop** - \$40  
1 pm to 4pm at Platt Hill State Park in Winchester, CT  
To register, contact Rosemari Roast, 860-738-1608, <http://walkinthewoods.byregion.net/>



### AUGUST

5th - **New Moon Weed Walk & Meditation** - \$10  
7 pm at Platt Hill State Park in Winchester, CT  
To register, contact Rosemari Roast, 860-738-1608, <http://walkinthewoods.byregion.net/>

6th - **Second Degree Usui Reiki** - \$111  
12 noon to 4 pm at Walk in the Woods in Winsted, CT  
To register, contact Rosemari Roast, 860-738-1608, <http://walkinthewoods.byregion.net/>

17th - **Waking Dreams Workshop** - \$20  
6:30 to 8 pm at The Purple Rose in Canton, CT  
To register, call 860-693-9345, [www.thepurplerose.net](http://www.thepurplerose.net)

### SEPTEMBER

5th - **New Moon Weed Walk & Meditation** - \$10  
7 pm at Platt Hill State Park in Winchester, CT  
To register, contact Rosemari Roast, 860-738-1608, <http://walkinthewoods.byregion.net/>



## CHA COUNCIL

Susan Coombs, 860.546.2076, [herbalheaven@msn.com](mailto:herbalheaven@msn.com)  
Debra Hultgren, 860.487.6604, [dhultgren@mindspring.com](mailto:dhultgren@mindspring.com)  
Michele Maclure, 860.456.1223, [MicheleMaclure@hotmail.com](mailto:MicheleMaclure@hotmail.com)  
Kimberly Ruddy 860.379.9155, [yarrowviolet@yahoo.com](mailto:yarrowviolet@yahoo.com)  
Liz Santamaria, 203.284.0754, [lsmaria@snet.net](mailto:lsmaria@snet.net)

## CHA COMMITTEES

### HerbFest

Pam Quayle, 860.345.2631, [herbgatherer@hotmail.com](mailto:herbgatherer@hotmail.com)

### Membership

Paulla Duhaime, 860.665.0285, [LadyBugPia@aol.com](mailto:LadyBugPia@aol.com)  
Rosemari Roast, 860.738.1608, [walkinthewoods@5pillars.com](mailto:walkinthewoods@5pillars.com)

### Newsletter

Deb Beaudoin, 860.649.4878, [Beaudoin@aol.com](mailto:Beaudoin@aol.com)  
Sabre Duke, 860.870.1162, [Jd420@aol.com](mailto:Jd420@aol.com)  
Rosemari Roast, 860.738.1608, [walkinthewoods@5pillars.com](mailto:walkinthewoods@5pillars.com)

### Promotion

Cynthia V. Baker, 860.276.3833, [sattvahealth@hotmail.com](mailto:sattvahealth@hotmail.com)  
Paulla Duhaime, 860.665.0285, [LadyBugPia@aol.com](mailto:LadyBugPia@aol.com)

### Retreat

Terri Cusson, 860.214.2069, [r.cusson@snet.net](mailto:r.cusson@snet.net)  
Michele Maclure, 860.456.1223, [MicheleMaclure@hotmail.com](mailto:MicheleMaclure@hotmail.com)  
Gayle Nogas, 860.763.5206, [sagewand1@aol.com](mailto:sagewand1@aol.com)  
Eva Maynard, 860.742.1258, [info@southeriverherbals.com](mailto:info@southeriverherbals.com)

*Please contact any of the above CHA members with your questions, concerns, ideas & inspirations.*



*Recycle this issue!*

*Share it with a friend,  
associate, student,  
client or stranger!*



Connecticut Herb Association  
PO Box 310491  
Newington, CT 06131

Please submit your contributions for our next issue of *The Connecticut Thymes* (October, November, December 2005) to Rosemari Roast ([walkinthewoods@5pillars.com](mailto:walkinthewoods@5pillars.com)) no later than **August 15, 2005**.