



The Connecticut Thymes

Winter to Spring 2006

CHAI CALENDER

DECEMBER & JANUARY
Like the seeds, we rest . . .

FEBRUARY 18
**Seed Exchange/Movie/
Potluck Luncheon**
11:00 am - 2:00 pm
First Congregational Church
in South Windham, CT

MARCH
Member Retreat - Details
TBA

JUNE 3
HerbFest 2005
9:00 am - 4:00 pm Rain or
Shine at Topmost Herb Farm,
244 North School Rd in
Coventry, CT

SEPTEMBER 10
Taste!Organic Connecticut
10:00 am - 4:00 pm at Top-
most Herb Farm, 244 North
School Rd in Coventry, CT

SEPTEMBER 23
**5th Annual Women's Festi-
val**
10 am - 5 pm at the Litchfield
Community Center, 421
Bantam Rd (Rt 202) in
Litchfield, CT for more info
call 860.738.1608

Message from CHAI Board

by Michele Maclure

As we embark on the future of CHAI and its changes, let us reflect on the change.

There is technical change, like when a light bulb burns out, we replace it. Then there is adaptive change which is more complex because it can be a challenge.

We as a whole, CHAI, can forge ahead with this adaptive change from CHA to CHAI and embrace with it, the change and challenges, hopes and aspirations.

CHAI is comprised of members, a board of directors, HerbFest and Retreat committees, Promotion, Newsletter and Membership committees and other supportive people behind the scenes, all who have contributed to what we have become today and to what we will be in the future. Let us give ourselves a round of applause as we embrace one another and continue our work to make CHAI a growing organization that reaches out to our community and the green world in knowledge, respect and honor.

MEMBER MUSINGS

“Doesn't chai have nutmeg in it? And
doesn't CHAI have nutmeggers in it?”

Judy Conrad

CHAI Annual Meeting 2005

The Annual Meeting of Connecticut Herb Association, now known as CHAI since incorporation, was conducted on Thursday, November 10th at the Newington Senior Center. The meeting was well attended with over 25 of our members, some new and some who have been with the association since its inception. The meeting was opened by Susan Combs, chairperson and began with a history review by Kathy Mashiak, one of the founding members. The highlight of our history has been the HerbFest in June. This has been a well attended and highly successful festival held annually at the Top Most Herb Farm, the business of Carol Miller, another founding member. Carol has generously donated her home and business for this outstanding celebration of herbs and continues to do so for the future.

Treasurer, Liz Santamaria, reported on the new incorporation and its benefits to the association. The current balance in CHAI accounts is \$4,175.00. The new budget was discussed as well. The bulk of the budget funds the Herb Fest, Newsletter, Membership Committee and speakers.

New CHAI council members Lynn Murdock and Shirley Hales were unanimously elected by the members. Debra Hultgren will be stepping down from the council but will continue on the Herb Fest Committee. Council meetings are held quarterly and all members are welcome to attend.

The HerbFest Committee report was given by Pam Quayle and other committee members. There has been one meeting so far and the membership discussed and approved the recommendation to increase the entrance fee to \$10.00. Everyone agreed that this was a great deal in that it included all workshops and events in addition to admission. Individual younger than 14 and older than 65 will be able to attend for free.

The Membership Committee Report, given by Paulla Duhaime. She reports that the membership is currently at about 68 members. Members are reminded that they can renew at any point but that generally this should happen by June when HerbFest occurs. New members may join any time as well. Some new members attended this meeting.

Rosemari Roast, who has done an outstanding job editing our newsletter, will be stepping aside. C. J.Wong volunteered to take over this post. The newsletter is put together by Sabre Duke who may be looking for someone to assist or take over this role as well. Please contact Sue Coombs if you have any skill and interest in this role.

The Retreat Committee of Eva Maynard and Gayle Nogas made their report and continue to recommend returning to Killam's Point. They are attempting to secure this retreat center for the Spring Equinox weekend. More news will come about this. Those who attended last year had a super time and would encourage other members to come along for the fun this year. Cindy Baker, chef extraordinaire for her vigilance about high quality and nutritious food, has agreed to cook for us. This alone is worth coming. Thanks to Cindy.

The meeting schedule for the CHAI council is February 11, 2006, May 13, 2006, August 12, 2006 and November 9, 2006. The meeting opened and closed to good snacks and good contacts among people interested in herbs. Many thanks to Rollande Duhaime, our Honorary Member for bringing all the wonderful fudge again and for her unfailing support of our association.

*Regards,
Outgoing council member
Debra Hultgren*

Sprout & Bloom - Again

contributed by Rosemari Roast

2006 ~ A new calendar year. For most folks the new calendar year represents a blank slate, a fresh start, untapped possibilities and so much more. It is a time to review that which has served us well, that which nurtures us in positive ways so that we may continue to put those choices into action and even enhance them to harness greater potential for our holistic futures. It is also a time to recognize the energies that have not - or no longer - serve us well and allow them to flutter out of our lives like the seeds of dandelion and milkweed, to go elsewhere where they may offer lessons and positive change to others.

And so it is for our organization, CHAI. A new year, a new organization and a time for each and every one of us to ask ourselves how we can contribute to the wonder and joy, to the support and comradery as well as to the organizational growth of this herbal community. It is a time to get excited because, truly, the slate is blank and given the talent, wisdom and dedication of our membership - of YOU - the possibilities are seemingly endless.

So, I invite you to get excited, to cast off any reluctance or fears that have held you back and to jump with raw abandon into CHAI to help make 2006 a year of dazzling potential - for you, for our CT community and for the organization. It's time to sprout and bloom - again!

February Seed Exchange/movie/potluck luncheon will be February 18th at the First Congregational Church in South Windham, CT. from 11 a.m. to 2 p.m. Bring a potluck dish to share, seeds to exchange and a smile. C.J. Wong is providing the movie. People may RSVP to Michele Maclure at 860-456-1223 or michelemaclure@hotmail.com

Directions: 84 to rt 6/66 to Willimantic, take a right onto the Frog Bridge, stay in the left lane, at the light at the end of the bridge take a left onto Rt 32 south follow until the intersection of rt 32 and 203, take a right onto Main Street at the stop sign take a right, the church will be on your left. Parking is on the street, come to the door with the handicap ramp.

A poem, by melissa emma

Open folds
creases in memories
forgotten days
my mind an empty cup
a wooden chalice
soft curves, texture smooth
touchable
love nestles there between
the grains
A witness to the humming, buzzing, swaying
of the Earth

2006 Events!

Road trips to Gilbertie's Nursery, Pickety Place in New Hampshire, Second Annual Kinne Preserve Day, HerbFest on June 3rd in Coventry, and the 5th Annual Women's Festival on Sept 23rd in Litchfield, Taste!Organic on September 24th in Coventry and more to be announced! Do you have a passion, an idea or suggestion? Let us know!

BOOK REVIEW

Healing Lyme: Natural Healing and Prevention of Lyme Borreliosis and its related Co-infections

by Stephen Harrod Buhner
Raven Press, June 2005

Pam Quayle writes: I just finished reading the book cover to cover (except some research detail). It was totally fascinating learning about the ways the spirochetes interact with their hosts - frightening, but fascinating. These critters are 100 million years old (think that's right) and definitely very intelligent about survival. He breaks the disease down into its different chronic forms - muscular/skeletal, neurological, cardiac, etc and has come up with a different protocol for each based on research and experience of MDs and herbalists that are working with Lyme patients - many, many references to his extensive research. The protocols are mainly herbal and nutritional, however, some of the items recommended are standardized and isolated compounds. He explains how the spirochetes do their damage in each area and how the items in the protocol work. I think it is a book everyone in our area should read and all practitioners should have for reference.

Carole Miller writes: Many of us purchased this book at the International Herbal Symposium this past summer - and also attended his lecture. It was at the end of the last day of the conference and still the room was full to overflowing, with all chairs occupied, not an empty inch of floor space, people lurking in the doorway and spilling out into the hall. Not only was his presentation marvelous, and mind-boggling to hear about the depth of his research, but it was also interesting to have input from some of the knowledgeable attendees. I'd encourage everyone to get this book - I bought an extra copy to pass on to my granddaughter's homeopathic pediatrician in Colorado, knowing

she'd understand the clinical sections which were beyond me. Anyone having a chance to hear Stephen Buhner lecture should not pass up the opportunity. I was first hooked when I heard him lecture on herbal antibiotics some years ago (bought that book, too).

Staying Warm through the Cold of Winter

CHAI members offer their ideas and inspirations for warming our hearts, bodies, minds and spirits!

- Kat Conte uses Rosemary Gladstar's *Fire Cider* and says "a sip or two is all it takes."
- Elaine Frost says, "Ginger! In tea, stir-fry or baked goods, this is the warmest....." and she enjoys her warming ginger while searching, reading and enjoying seed catalogues as you prepare and plan for next year's plantings.
- Stacie Rydingsward says, "I take a bath with "peppermint essential oil"....aaaahhhh warms you right up!!!"
- Sue Coombs suggests for Winter months to keep warm, "good old fresh ginger root, cinnamon twig (warming to the extremities) are my favorites."
- Lynn Murdock writes, "Cayenne, generous amounts in food, even sprinkled in your socks & gloves to keep extremities warm. Keeps your heart healthy at the same time. Don't you feel warm already?"
- Rosemari Roast says, "Get outside and spend time in Nature! Visit our green friends in every season, as this will nurture a relationship with their spirit. When you return to the indoors, it will feel warm without turning the heat up and if you've planned well, you will have a tasty and nourishing herbal infusion to warm you further."

Pregnancy – What An Amazing Thing!

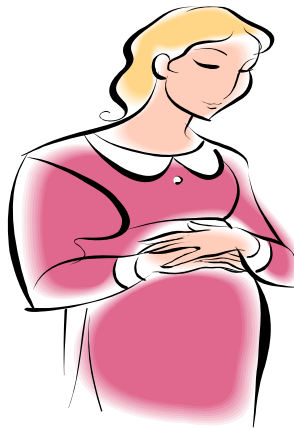
by Debra Hultgren, Acorn Herbals

Having just become a new grandmother to a healthy, alert and totally amazing baby boy, I have many thoughts about how this miracle occurs. Clearly there are many factors that go into a healthy pregnancy and delivery, not the least of which, are genetics and family history. However, without question the health and lifestyle of the woman can make a huge difference in the pregnancy, the delivery and health of the newborn. Good basic nutrition and some helping herbs have certainly helped many women and my step-daughter is no exception. She took great care of herself and was willing to take some great herbal helpers throughout her pregnancy.

The major herb in Sara's daily routine during her pregnancy was Red Raspberry (*Rhus Idaeus*) leaf in tea form. She drank it both alone as a tea and in formula with some other wonderful herbal buddies. Raspberry leaf is a uterine tonic that is a rich source of vitamins and minerals, including calcium, iron, phosphorus, potassium and vitamins, B, C and E. It contains an alkaloid, fragarine, that tones and nourishes the uterus and pelvic region. If Sara was an example of the effect of Raspberry it clearly led her to a very easy early labor and a relatively short active labor with a trauma free delivery. She continued to drink the tea in combination with other herbs after delivery to help her uterus adjust back to its pre-pregnancy condition.

The other major herb in all pregnancy formulas is our ever-versatile *Urtica Dioica* (Stinging Nettle). Stinging Nettle, among

other things, is considered one of the best all around herbs in women's formulas for many reasons. It is a very rich source of vitamins and minerals, especially calcium and iron. During pregnancy it is used to enrich and increase the flow of milk and to reduce water retention. Sara had only one day of puffy ankles after a long day of work. She drank her Nettles and Dandelion (*Taraxacum Officinale*) leaf tea with her Raspberry leaf and that was the end of the puffy ankles for the entire pregnancy. Dandelion leaf is a mild diuretic, safe in pregnancy.



Other herbs safe in pregnancy and for nursing include Peppermint (*Mentha Piperita*), Lemon Balm (*Melissa Officinalis*) and milky oats or oat straw (*Avena Sativa*). The peppermint can help with digestive issues, the lemon balm and oats in combination are very calming and both are nourishing to the nervous system.

Many herbs are contraindicated in pregnancy. It is important to have a good reference for this. I use the book of Rosemary Gladstar, Deb Soule, Susun Weed and Amanda McQuade Crawford as references for formulas. I always cross reference my herbs with the Botanical Safety Handbook by the American Herbal Products Association, edited by Michael McGuffin, Christopher Hobbs, Roy Upton and Alicia Goldberg. This book gives very clear, research based information, on herb safety in pregnancy and lactation.

American Herbalist Guild Annual Symposium

by Sue Coombs

I had the pleasure of attending this year's 16th annual AHG symposium. This year, the event occurred in downtown Portland, Oregon. The Benson Hotel was the historic building that was used as ground zero to host the event. By the way, it rained nearly the whole time. There were many familiar names in the herbal community present. My teachers, Michael and Leslie Tierra from the East West Herb School were present. Donnie Yance, Chanchal Cabrera, Roy Upton, Chris Hobbs, David Winston, and Richo Cech, to name a few, all did various talks. One that I do not recall seeing last year was Isla Burgess of New Zealand. I attended two of her lectures.

This year, I attended the set of lectures termed as the Women's track for CEU's. I have to admit that I was not sure which lectures I was going to attend, and did not have a set focused plan. I ran into a few other East West students that I had spent the last two seasons at the week long intensives with offered by East West, and decided to do the women's track along with them. I did actually get more out of the lectures than I had expected.

To better understand my perspective, I had not intended on going to this year's event. I did not want to spend the money to go all the way to Portland, plus hotel, food and expenses. The fates must have really wanted me to attend this year. I am also on the Council of Students for AHG representing the East West Herb School. We had one phone conference meeting in July and the next meeting was scheduled to take place at the conference. Aviva had waived the registration fee for those students on the Council in order to attend the meeting. So, this was my main purpose for being there. I then

started looking for accommodations and the rates on those hotel rooms were insane. My sister just so happened to have a friend that moved back to Oregon and she emailed her regarding us crashing at her place. Like I said, the fates had then lined up a cheap place for us to stay (my sister went out to visit with her friend and do all the touristy things while I attended the symposium). We also were then able to purchase food from the grocery store and did crock pot meals for the next few days. To top it off, the airfare could not have been any cheaper (low \$200's).

There were some things that I was really happy to see this year. The overall tone, in my opinion, was very positive. If any of you recall my article on last year's symposium, I had mentioned that there seemed to be dissension. I did not have that sense at all this year. I came away from the symposium feeling like we were all on the same page and all wanting the art and spirit of herbalism to thrive. One thing that I really think is worth knowing is that the Guild has founded an herbalist's health trust. To quote 'Its function is to help provide financial support to those within the herbalist community, not limited to AHG members, who are facing a health care crisis and may otherwise not get the care that is needed.' Anyway, this year two people were assisted with this health fund (I am sorry but I did not know the names that were mentioned). Neither of these herbalists were members of the Guild, which to me shows that the Guild truly wants to support all herbalists. I was also overjoyed to see that Rosemary Gladstar is on the Board of trustees for the health trust. I was overjoyed to see this because from my perspective, before this, there seemed to be a definite split in the herbal community. There were those that were for the Guild and those that completely were against any forms of certification. Now, this is coming from the perspective of some-

one only in the herbal community for a few years. But, for the last few years, this was the message I was getting. I only use Rosemary as an example because she was the most vocal person I know of against licensure. (I had the honor of meeting Rosemary this Summer at the International Symposium, and what a wonderful woman! I will definitely have to take some of her classes some time in the future.) This is not to say that I disagree with her or anyone's convictions. I try to respect everyone's convictions. And perhaps, my perspective is incomplete. But, being on the East Coast, where many in our area have attended Rosemary's School (Sage Mountain) also carry the same convictions as their teacher. Thus, why I would call it, a splintering of herbalists. The symbol of her presence in this, gives me the feeling that whatever our convictions are, we truly need to stand as a united front in order to keep the art of herbalism alive.

I opted not to attend the banquet dinner to hear the keynote speaker, Simon Mills. From the chatter I am hearing on the East West public and private forum, it sounds as though I did not miss anything. There was also a silent auction to raise funds for the health trust and I was also really pleased to see some of the items on the table. There were books from Donnie, Michael, Leslie, and many others. There were correspondence course packs from David Winston and Rosemary Gladstar's schools. Also, there were weekend classes on site that were listed on the auction. I did not get a chance to take part in that either, but was pleased to hear that they raised more than \$6,000 for the health trust. I had a chance to check out the vendors. There was a really cool tincture press that I would love to get someday. The product lines such as Donnie's, David's and Michael's were all present, amongst others. Just working from memory here.

Overall, I left the symposium with the feeling that the lectures exceeded my expectations. The tone was one of a more united front to keep the art and spirit of herbalism alive for all to partake in. The Guild is truly trying to grow and work with all herbalists on as many levels as members feel are needed. I still feel that they are our voice when it comes to government and the practice of herbal medicine. They have also added downloadable informed consent/ full disclosure generic forms for anyone to acquire. I want to also add that they will be updating the Guild web site in the near future. As part of Council of Students, we are trying to open up all avenues to anyone viewing themselves as a student of herbalism (whether self taught or affiliated with any school). There is presently a public forum yahoo site: <http://health.groups.yahoo.com/group/ahgcoc/>, which anyone viewing themselves as students of herbal healing can join. This group presently has more than 100 members and 7Song is acting as moderator. The discussions on this site are good. I don't post a lot, but try to keep up with the chatter. Next year, the Guild Symposium will be in Maryland, and I hope to attend that one, being much closer to home. I also purchase the abstracts, and if anyone is interested in getting copies of any of the lectures, can feel free to contact me herbalheaven@msn.com. You can see the list of speakers and topics on the Guild web site. I love to share any knowledge gained in our travels through life.



The Continuing Journey of Herbal Kat by Kat Conte

My Herbal journey has already given me many rich experiences.

The journey began long ago, that is true but in the short time I have been a member of CHAI there has been a multitude of wonderful experiences one right after the other.

From Herb Fest where it all began to Taste!Organic and the Women's Festival, which was absolutely enlightening, empowering and energy filled! I thought there couldn't be much more. Wow, was I ever wrong.

One of the best things has been meeting many people of like mind in addition to the other members of CHAI. It seems everywhere I go I find someone with my interest in herbs, health, healing and nature. All these people have been so nice, helpful and filled with the love instilled in us all by Mother Earth.

An evening with CHAI members at the "Bewitching Potluck and Fun Night" was warm, cozy and fun even during all that awful rain we had. And the food, did I mention the food? MMMMMM! The Food!

Another magical experience I had recently was meeting Rosemary Gladstar. I felt my beloved Mother was walking there with me in Rosemary's gardens. I will save that story for another time. I feel I will never run out of stories to tell. Each event I am able to attend and each person I meet (CHAI member or others) who has the same love of nature as I do just ensures me I am on the right path. (Like I should ever doubt that.)

I look forward to attending everything I can and meeting more people. CHAI has made a wonderful difference in my life and is a big part of filling my soul. The journey continues and the adventures will never end...

WELCOME NEW CHAI MEMBERS!

Kathleen Stuke ~ from FFA

Alison Birks ~ Botanical Medicine and Holistic Nutrition

Marlene McKenzie ~ Plant Body Products

Evelyn Melendy ~Natural Bath and Body Products

CHAI CLASSIFIEDS

Custom Signs - For affordable quality signage, contact Holly Coombs at 860 546-2076. Examples of her work include Sattva Vital Health signs, Sue's Herbal Heaven signs, and Kinne Preserve's entrance sign. Web design support also offered.

Reiki Classes - Liz Santamaria RMT is teaching on-going Reiki classes at Curious Goods, 415 Campbell Ave, West Haven, CT. Level's 1,2 & 3 are \$150.00 each, Level 4 Master/Teacher is \$300.00. For dates, times or more information call: Curious Goods at 203-932-1193, or Liz at 203-715-2005.

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. Different topics every month. Recent topics: Toddler nutrition, ways to save money and still eat organic by supporting local farmers. Please e-mail co-leader C.J. Wong (sciencelibrarian@hotmail.com) for more info or directions.

ATTENTION CHAI MEMBERS! Are you interested in representing CHAI 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).

MEMBER EVENTS, CLASSES & WORKSHOPS

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

JANUARY

16th

Tea Tasting and Class - 6:30pm at South River Herbals, 140 South River Rd. in Coventry, CT, Contact 860-742-1258 or info@southernriverherbals.com

20th

Cooking with Herbs - Soups and Breads with Mchele Maclure. 6:30pm at South River Herbals, 140 South River Rd. in Coventry, CT, Contact 860-742-1258 or info@southernriverherbals.com

22nd

Soapmaking - \$60 -1pm at South River Herbals, 140 South River Rd. Coventry, CT. 860-742-1258 or info@southernriverherbals.com

27th

Aphrodisiacs - Holistic & Herbal Approaches with Rosemari - \$30 - 6:30pm at The Purple Rose, 163 Albany Tpk (Rt. 44) in Canton, CT, Contact 860.693.9345 to pre-register.

28th

Introduction to Essential Oils and Aromatherapy - \$35 - 6:30pm at South River Herbals, 140 South River Rd. Coventry, CT. 860-742-1258 or info@southernriverherbals.com

FEBRUARY

4th

Lotions and Cream Workshop - \$35 - 6:30pm at South River Herbals, 140 South River Rd. Coventry, CT. 860-742-1258 or info@southernriverherbals.com

11th

Soapmaking - \$60 -1pm at South River Herbals, 140 South River Rd. Coventry, CT. 860-742-1258 or info@southernriverherbals.com

17th

Essential Oil Applications with Rosemari ~ \$30 - at The Purple Rose, 163 Albany Tpk (Rt. 44) in Canton, CT, Contact 860.693.9345 to pre-register.

17th

Fun Things to Make with Your Daughter (or other special young woman in your life) - \$40 for 2 - 6:30pm at South River Herbals, 140 South River Rd. Coventry, CT. 860-742-1258 or info@southernriverherbals.com

24th

Herbs and Chocolate - \$25 - with Michele Maclure , 6:30pm at South River Herbals, 140 South River Rd. Coventry, CT. 860-742-1258 or info@southernriverherbals.com

25th – **Reiki 1 class** ~ \$120 –CHAI member discount \$115 - at Forest Spirit Healing in East Hartford, CT. To register contact Richard DeJohn, 860.568.6373.

MARCH

10th

Wellness & The Wheel of the Year: *Spring!* with Rosemari ~ \$30 - at The Purple Rose, 163 Albany Tpk (Rt. 44) in Canton, CT, Contact 860.693.9345 to pre-register.

25th – **Reiki 1 class** ~ \$120 –CHAI member discount \$115 - at Forest Spirit Healing in East Hartford, CT. To register contact Richard DeJohn, 860.568.6373.

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Recycle this issue!

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

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



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Please submit your contributions for our next issue of ***The Connecticut Thymes*** (April, May, June 2006) to walkinthewoods@5pillars.com no later than **February 15, 2005.**