



The Connecticut Thymes

Fall/Winter 2007

www.ctherb.org

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CHAI Calendar

See further details in the body of the Newsletter.

SUNDAY, OCTOBER 14 – Wildcrafting at Frost Fire Farm. A harvest, plant seed, medicine swap was mentioned as an idea to add to the event. See details on Page 2.

THURSDAY, NOVEMBER 8, 7-9 PM – Annual meeting – Vice-President Lynn Murdock will preside over the meeting. Bring a dish to share, review the year, and help plan next year. Newington Senior Center, 120 Cedar Street, Newington, CT. All CHAI members are welcome!

Message From President

I just wanted to send another quick note to all the members of CHAI that I have stepped down as President of CHAI (effective immediately) due to family things that I must attend to (birth of our twins). I do not feel that it is fair to remain President as I am not sure that I would effectively be able to perform my duties. This was brought up at the August meeting, and at the May quarterly meeting. I realize that this now leaves four of the five spots on the Board open for nominations and voting at the annual meeting and for CHAI members to step up and fill these positions. I have enjoyed being President over the last three years and do feel that I fulfilled my duties to the best of my ability. While I have

remained a general member, I am not sure that I will be getting out much until I have acclimated to parenthood. I wish you all the best and hope that you continue to keep CHAI moving forward in whatever direction you all feel is best for the group.

Much love,
Sue Coombs



New Directors Needed

This is to remind you that there will be an election for new Board Members at the Annual Meeting on Thursday, November 8. The descriptions of the position and duties are available in the last newsletter, which is also available on our website: <http://www.ctherb.org/Newsletters/2Q2007CHAINewsletter.pdf>

If you are interested in running for one of these positions, or in nominating another member for one of these positions and have not already done so, please contact Lupo Connell at plantessence@aol.com.



CHAI Questionnaire

This is to remind you that, as with the last issue, there is a copy of the CHAI Questionnaire available both at the end of this issue and also on the website. One difference: the completed questionnaires should be mailed or emailed to Lupo Connell at plantessence@aol.com.



Another Departure

As some of you already know, I have had to resign as Membership Secretary for CHAI due to some health and housing issues. I've sadly come to the conclusion that I must also resign as editor/publisher of *The Connecticut Thymes*, the CHAI Newsletter. If you are interested in serving as editor/publisher, please let Lynn Murdock know: herbalady@sbcglobal.net. I will be happy to work with you during the transition, to send you the Microsoft Word template that I have set up (or coach you through setting up another format).

I've immensely enjoyed working on the newsletter, learning something new with each issue, and I am sorry to have to give it up. I hope that my successor will have as much fun with it as I did!

All the best to my green friends!

Gale Pollen



Barberry and Herb Swap at Frostfire Farm

Back in January I went to a CHAI meeting and offered my place for an October barberry-gathering (and tincture-making?) Sunday afternoon, October 14, from 2-5pm. I am new to using herbs, so is there someone who can manage the tincture-making part of this event?!

The same day, we can have an "herbswap." Bring any amount of herbs (dried, in products, fresh cut, herb plant, etc.) that you grow and would like to swap for another herb that you didn't get to or that just didn't grow well this year.

Let me know if you plan to come to the Land of Goshen for this event!! I'll send directions to all who RSVP: 860-491-2272

Elaine Frost, Frostfire Farm. Goshen, CT

And, on another, but similar, note:

Events in YOUR corner of CT

Would you like to attend some fun CHAI events rather than just meetings? An herb swap is just one idea to think about. We could meet at different members' homes, or at public places and change the location around CT so the drive wouldn't be far for the same people all the time. We could have something a few times a year, once a month etc-- whenever someone has a good idea!

Food for thought..... come up with your own suggestions for meaningful hands-on get togethers like CHA did "in the beginning." Think of what you would like to do, and put it in the newsletter or on the Yahoo e-group. **[Editor's Note: Or in the Questionnaire!!!]** See you soon, I hope.

Elaine Frost



CHAI Quarterly Meeting 8/10/07

The Meeting was held in Newington, CT. The following people were present: Lupo Connell, Kat Conte, Holly Coombs, Sue Coombs, Richard DeJohn, Carole Miller, Lynn Murdock, Gayle Nogas, and Pam Quayle.

Events

2007:

October 7: Wildcrafting at Frostfire farm

November 8: Annual meeting

2008:

David Winston: Marlene McKenzie will look into co-sponsorship with Quinnipiac.

Continued on next page

Quarterly Meeting, continued

Treasurer Gayle Nogas reported that our current balance is \$8,386.47. A detailed report of costs and income from HerbFest will soon be available on the CHAI website.

Gayle Nogas also did preliminary research on possible sites for a CHAI Retreat. She found that the locations she looked at are quite pricey; the cost of the Retreat will be discussed at the Annual Meeting in November.

Gale Pollen was not available for the meeting, so there were no numbers of current members. Gayle Nogas has created a database and will be collecting more information from members. Close communication between Treasurer and Membership is encouraged for the future. The question of sending out reminder postcards rather than email reminders was discussed, with many people thinking that the postcards are more personal.

The E-forum, which continues to have about 100 members, has been very quiet lately.

Open Positions: Gayle Nogas will continue to serve as Treasurer; Pam Quayle volunteered to serve as Membership Secretary. Lupo Connell will run for Vice President.

The CHAI tee-shirts will be available for purchase on line when the website is configured for it.

A huge Thank You to Sue Coombs our retiring President who has worked so hard and diligently over the past few years on behalf of CHAI. We are all grateful for your time, energy, love and support. We wish you and Holly many blessings and much love on the birth of your new family. Good Luck!

Detailed Minutes submitted by Lupo Connell
Paraphrased minutes written by Gale Pollen



The Fall is a time of harvest and celebration for many religions and cultures, but especially for the Children of Israel. Rosh HaShanah, on September 13, is the celebration of the Jewish New Year, a day when the creation of the

world is celebrated. It is also a day of remembrance, of recounting the deeds done during the year to prepare for Yom Kippur (September 22). This solemn fast day is when Jews ask God for forgiveness, and they atone for their sins during the year just past. Sukkot, which begins at sundown on September 26, is the beginning of a seven-day festival – a celebration of the abundance with which God has blessed the world. Meals throughout Sukkot include generous portions of fruit and vegetables, highlighting the importance of an abundant harvest. The High Holy Days conclude with Atzeret-Simchat Torah on October 4-5. This Holiday celebrates the renewal of the Torah readings, when Deuteronomy is completed and Genesis begins again. Children who are beginning their formal religious education are Consecrated on this Holiday, as well. So, gather your harvest of fruits, grains, and vegetables. Remember to thank the Earth for providing us with this bounty (and remember to share your recipes!). Who says we just give thanks on November 22?!



CHAI Board of Directors

LUPO CONNELL, plantessence@aol.com, Sec.
SHIRLEY HALES, shirleyhales@sbcglobal.net
LYNN MURDOCK, herbalady@sbcglobal.net
GAYLE NOGAS, sagewand1@aol.com, Treas.

CHAI Committees

HerbFest

PAT LAVERY, galavery@snet.net

Membership

Pamela Quayle, herbgatherer@hotmail.com

E-newsletter

SANDY GALLUP, sandychai@earthlink.net
LYNN MURDOCK, herbalady@sbcglobal.net
CJ WONG, cjwong8@hotmail.com

Website

DEB POUÉCH, deb@herbsnhoney.com

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

Please contact Pamela Quayle, herbgatherer@hotmail.com, if you have any changes in address or email address!

Please see the
Following Page
for an
**IMPORTANT
MEMBERSHIP
QUESTION-
NAIRE**

Connecticut Herb Association Questionnaire



Dear CHAI Members,

We are writing to ask for your advice about scheduling activities. Some of the events we've scheduled for this year have been fairly well-attended and enjoyed, but others have not garnered much interest. In an attempt to discover what it is that you, the members, want us to do, we have prepared this questionnaire. Please complete it and return it to us by November 1, 2007, so that we can better serve the entire group.

Thank you,

CHAI Board of Directors

Name: _____

Telephone: _____ Email: _____

INTERESTS (please check all that apply):

I am interested in programs on

- Cosmetic Uses of Herbs
- Culinary Uses of Herbs
- Medicinal Herbs
- Practical Issues Regarding Herbs
 - Identification
 - Growing
 - Preparing: Drying/tincturing
- Practitioner Issues
 - Please list names of some practitioners you would like to hear:

SCHEDULING (please check all that apply):

I am interested in having events scheduled

- Monthly
- Bi-monthly
- Quarterly
 - Monday evening
 - Tuesday evening
 - Wednesday evening
 - Thursday evening
 - Friday evening

SCHEDULING, continued

- Saturday morning
- Saturday afternoon
- Saturday evening

- Sunday morning
- Sunday afternoon
- Sunday evening

LOCATION (please check all that apply).

I am interested in events meeting in the following locations:

- Newington (center of the state)
- Northeastern corner
- Southeastern corner

- North Central
- South Central

- Northwestern corner
- Southwestern corner

PRESENTING:

Would you be interested in making a presentation to the membership? If so, please indicate below a possible topic, length of the program, time frame (in 2008), and preferred location.

Please email to Pamela Quayle, herbgatherer@hotmail.com

Or send by US Mail to

Connecticut Herb Association, Inc.

P O Box 30149

Newington, CT 06131