

Potpourri

May, 2006 Volume 13, Issue 10 www.austinherbsociety.org



Herbal Greetings!!

Two years. WOW! They go fast when you are having fun!! Yes, it has really been fun serving as your Co-Presidents for the past two years. We have made so many new friends along the way and we have become even closer friends ourselves. So many of you have taken ownership in your club by making suggestions, starting our first special interest group, creating a new herb garden, enhancing one of the original herb gardens, serving as a Board member, serving as a Committee Chair, decorating tables, creating delicious food, organizing an Herbfest, developing and delivering curriculum to school children, helping an organization find a speaker, writing an article, presenting a program, donating plants, organizing a field trip, donating a door prize, taking a picture, recording historical activities, purchasing books, and becoming a sponsor of AHS. Many of you will continue such fine service to our club.

To our current Board members and Committee Chairs - Thank You so much for all the work you have done. We have been a great team!

Now we pass the baton on to Cindy Phillips and Andra Millian. They will take you in new and different directions but AHS will continue to be an organization dedicated to providing education regarding the benefits of cultivating and using herbs to promote better health and well-being.

Herbally yours, Jan Bland and Cindy Boyle

Tuesday, May 2

General Meeting, 9:30am at Zilker Botanical Gardens Gayle Engels presents "Aphrodisiacs for the Central Texas Garden." For more info call 936-1190 or visit www.austinherbsociety.org. There is a \$3 donation for non-members.

Thursday, May 11

Study Group, 7pm-9pm at Zilker Botanical Gardens To be announced. For more info, contact Vee Fowler at 345-0719. There is a \$3 donation for non-members. www.austinherbsociety.org

May Field Trip, Member's Garden Tour

Contact Sandra Holland at 258-4643 or Sara Holland at 512/847-3335 for more info.

Tuesday, May 9 and 16

Zilker Park Herb Gardening Day is the 2nd and 3rd Tuesdays of the month starting at 10:30am.

Come join us for light gardening with herbs on Tuesdays in the Zilker Botanical Gardens. Judith Craft can be found on most Tuesdays around 10:30 am working on the herb garden so for those of you who would like to learn about herbs and gardening plan to spend an hour or so most Tuesdays with Judith and others at our herb garden. We are currently removing old plants that are overgrown and will be planting herbs for the spring. For more info call Judith Craft at 944-2787

Tuesday, May 23

Mayfield Park Gardening Day is the 4th Tuesday of each month starting at 9:30am. Bring your trowel and gloves and come enjoy this wonderful home and garden located off MOPAC & 35th St. Please contact Julie Crouch at 339-0193. Everyone is welcome!

VFHerb Garden Workdays, Sundays as announced Soon we will be planting native herbs in the new Vee Fowler Native Texas Herb Garden too. The garden walls are now up and work on the pathways is about to start. All are welcome. For more info please call Michelle Chaput at 343-7677.

Culinary Group, 3rd Friday of the month, May 18, 10:00am to Noon Please join the Culinary Group's monthly meeting at the American Botanical Council located at 6200 Manor Rd. There is a charge for this special interest group and every member will be asked to prepare a presentation and meal. For more info call 926-4900.

<p>New Member, Renewing members and updates Pam Bell, new email address: hbells@austin.rr.com Brenda Davis, new address/phone number: 201-B Bulian Lane, Austin 78746, cell: 497-2289 Ronda Dizney, new email: rondasgarden@webtv.net</p>
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**May Sponsor-of-the-Month:
Andra Millian, L.Ac., C.H.**



From acupuncture to wholistic Chinese medicine, Andra Millian L.Ac., C.H., provides you with services designed to refresh, rejuvenate, and restore you to yourself. Feel great, gain energy, improve your health, and become yourself once again!

Andra H. Millian M.S., L.Ac., C.H. is a Licensed Acupuncturist and National Board Certified Herbalist in private practice at BALCONES ACUPUNCTURE CLINIC in Austin, Texas. She combines her background in TCM (Chinese Internal Medicine), Qi Gong, Oriental Therapeutic Massage for children adults and athletes, Nutrition and most recently Adaptive Watsu as the basis for her treatment protocols.

Ms. Millian is a graduate of the prestigious Yo San University of Traditional Chinese Medicine in Santa Monica California. Her rigorous training included a working background in "Complementary" Medicine – TCM applied to a Western Biomedicine environment - culminating with postgraduate work at

UCLA Pediatric Pain Clinic in Los Angeles, California.

Ms. Millian is committed to sharing information about TCM as it applies to East/West Complementary Medicine and in demystifying the components of Chinese Medicine for people in the West. Her numerous public speaking events and workshops around Austin include: AUSTIN HERB SOCIETY, BARTON CREEK WOMEN'S ASSOCIATION, MOTHERS AND MORE, APPLE COMPUTER, AUSTIN BUSINESS WOMEN'S ASSOCIATION, BRIGHTON GARDENS ASSISTED LIVING, MENIERRE'S SYNDROME SUPPORT GROUP. Ms. Millian provides TCM support for BALLET AUSTIN, and has been included in THE CROSSINGS AUSTIN advisory committee.

Visit our Sponsor-of-the-Month, Andra Millian L.Ac., C.H., at the May Austin Herb Society meeting. And remember....Support our sponsors!!

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