

AHS President's Letter
November 2008

Dear AHS Members,

Our Austin air is FINALLY nippy, and Fall has indeed fallen! AHS is gearing up for an exciting November meeting and December AHS Annual Holiday Bazaar so, read on!

Nicole Telkes is our guest speaker in November. Nicole will talk to us about "Working with Nutritive Herbs". Co Prez. Andra Millian will present a slideshow on the recent trip to Provence attended by many AHS members. So, to say the least, this will be a really fun and memorable November meeting. Do come, feel free to bring a pal, and a dish to share!

A Big shout out of thanks thanks thanks to all the volunteers, sponsors, and shoppers who made 2008 HerbFest a success, and extra special thanks to Cindy Boyle, Diana Hyland, Robin Carter, and May Somerville, who were so instrumental in organizing this wonderful, informative and fun filled event, Norise Jastillana for great publicity, Molly Ogorzaly with her phantasmagorical Plant Mobile, and Jan Bland for tirelessly emailing members about volunteering and attending.

Thank you to Jetske Jackson, Judith Craft, Cindy Phillips, and Robin Carter for providing refreshments for the October AAGC meeting. All was much appreciated.

REMINDER: AHS December 2 meeting will be our AHS Annual Holiday Bazaar! It was super fun and a great success last year. Members and sponsor members are invited to participate as vendors, for FREE. One table per member, first come, first served on that morning for table selection, so stay tuned and get there early! If you wish to participate as a vendor, please contact Cindy Phillips <http://us.mc356.mail.yahoo.com/mc/compose?to=cphillips78669@yahoo.comcphillips78669@yahoo.com> to register for your AHS Holiday Bazaar table. Our December meeting is also a time when we share with each other by bringing our very tastiest holiday foods to the meeting! We would love for everyone to please participate by bringing some of your most favorite holiday treats to the Bazaar.

Cindy P's November herbal tip: "My sister is recovering from knee replacement surgery. Arnica cream really helped calm the bruising that resulted from that surgery. Arnica is a flowering herb that grows in the US and Canada in mountainous areas (not in Texas). Traditionally used as a cream for bruises, wounds, and irritations, it is very strong and can be an irritant unless used in a very dilute solution". Some examples of this would be as Traumeal cream, and homeopathic formulas.

Andra M's Autumn Aromatherapy tip: Put all ingredients in a glass spray bottle: 4 oz. distilled water, 6 drops each of EUCALYPTUS, FIR & LAVENDER OIL, plus 3 drops each of PEPPERMINT, & PINE OIL. This formula is said to keep your lungs healthy and strong during the Fall season. Spray as you wish and INHALE - ahhhh...

TIME TO PAY YOUR DUES, AHS MEMBERS! AHS is heading into our third meeting of our 2008/2009 season and it appears that several of our members and even some Board Members (oops!) have not updated their membership. Please continue to support your wonderful organization by updating your dues TODAY, if you haven't already. Go to <http://www.austinherbsociety.org/www.AustinHerbSociety.org> for instructions.

AHS Sponsor News for you to use:

- a) Our November speaker Nicole Telkes of the Wildflower School and Wild Spirit Botanicals is sponsoring a well known herbalist to speak on herbs for cancer support. See <http://www.nicoletelkes.com/www.nicoletelkes.com> for more info
- b) Gastronomic Sponsor, Chez Zee has a secret Zee list! Sign up at their website to receive special offers and event listings. You KNOW these will involve something mouthwatering and festive! Click on <http://www.chez-zee.com/www.chez-zee.com>
- c) GO GREEN: Natural Gardener recycles batteries - PLEASE reduce your carbon footprint and participate by logging on to - <http://www.naturalgardeneraustin.com/www.naturalgardeneraustin.com>

AHS BOARD NEWS:

- 1) November board meeting Thursday November 6, 4-6 p.m. Board members who have items for the agenda should email them to Andra Millian Co President at <http://us.mc356.mail.yahoo.com/mc/compose?to=AHSpresident@yahoo.comAHSpresident@yahoo.com>, and cc to <http://us.mc356.mail.yahoo.com/mc/compose?to=tcmamillian@austin.rr.comtcmamillian@austin.rr.com>.
- 2) Due to popular demand, Rosemary cookbooks have been reprinted and will be available for sale at regular meetings and club events.

Have an Herbal Autumn!

Andra Millian and Cindy Phillips Co Presidents, AHS