



# The CHA Herbal Thymes

Connecticut Herb Association [www.etherb.org](http://www.etherb.org) Winter 2023

## CHA Upcoming Events

Many events, road trips etc. are difficult to plan a specific date and time in advance. We will have some "Pop-Up" events posted on Facebook and email. I know they may be last minute, but hopefully people can attend. For all events and more details will be posted to website or event notices on Facebook. If anyone has ideas or places to visit please let me or Terry know so we can post them.

## Some Spring and Summer event ideas

Mystic Village  
Book Barn, Niantic  
Garden Party  
Afternoon Tea Party  
Botanical Garden NY  
Mystic CT  
Litchfield White Memorial  
Conservation Center.  
Little Pond 1.5-mile boardwalk  
Mount Tom Tower  
Trailhead walk  
Paul Cusson mushroom walk  
Permanent Culture conference,  
Westerly RI.

*More events will be planned.  
See Gayle or Terri for more info or  
further details. Events will be posted  
on website, Facebook and Email.*

## CHA is Going Electronic

This newsletter is being by E-Mail. Printing cost and postage rates keep rising and we work with a limited budget. Electronically you get see the enhanced version and more vivid graphics. If you still prefer a mailed copy please let me know I will be happy to send one.

## \*Mark Your Calendar\*

### The Misty Meadow's Women's Herbal Conference August 23-25 2024

Misty Meadows Women's Herbal Conference At Misty Meadows  
183 Wednesday Hill Rd, Lee, NH. The goal is to have a fabulous and affordable celebration of women and the healing plants! If you have skills, connections, are excited about this, and/or have a volunteering spirit, please email Wendy Fogg at [mistyoffice@comcast.net](mailto:mistyoffice@comcast.net).

#### Please note :

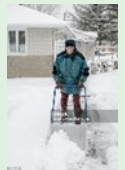
This is NOT the same WHC we remember, run by the beloved Rosemary Gladstar. But it is modeled after those amazing times so many of us have cherished for 35 years! Some new things and some old things, but always in honor and celebration of women and the healing plants!

## My Take on Winter Blues by Gayle Nogas

The long dark and cold days have a way of getting what is called the "Winter Blues". You know the feeling, not getting dressed, being lazy, putting off doing things. I can procrastinate very easily. So, here are some of the things I do or recommend may help you.

Getting outside daily, even for a few minutes a day, can have a huge impact on your mood. Every morning wrapped in a blanket, I go out on the porch with my coffee, even if it is only for a few minutes. Take a couple of deep breaths, feel the air, yes feel it. Look at the birds fluttering around. Feel the morning sun shine on your face. Take it all in, and then run in the house because you are freezing.

Bring out your inner child. Go out when it is snowing. Remember as a child going out in the dark and feeling the snowflakes falling on your face and trying to catch them on your tongue. Make a snowball, or a snowman, dance around (if you can, lol). Who cares if the neighbors see you. Maybe they will join you.



Take a Break from the news, turn that TV off. If you need an update on the news keep it brief and only once a day. Minimize stress, sadness, and despair from the news. When you watch tv for entertainment watch a funny movie or something like a game show stay away from Christmas movies sometimes they make people feel lonely.

Physical activity helps boost mood and reduce stress. Walk, slowly and build up to 30 to 60 minutes, aerobic exercise, chair exercise, strength training, yoga, or other fitness activities. (I need to do it)

Use your support system, friends, family, co-workers, and sponsors. Human contact and socialization are important to our mental health. Find a way to spend time with supportive people. This may include walks outdoors, talking on the phone, or coffee dates virtual or in person. Plan an event, maybe invite some friends over for a tea party. It can give you incentive to motivate yourself. Ask a friend to go to a movie or just meet for coffee or lunch.

Consider the food you eat, protein with breakfast, lunch, and dinner can enhance mood and prevent sugar and carb cravings later in the day. Include foods like; fish, fish oil, vitamin D. fortified foods, milk, orange juice, breakfast cereal, and yogurt. **You can't beat winter, join it and have fun!**

## Seasonal affective disorder (SAD)

Seasonal affective disorder (SAD) is a type of depression that's related to changes in seasons begins and ends at about the same times every year. If you're like most people with SAD, your symptoms start in the fall and continue into the winter months, sapping your energy and making you feel moody. These symptoms often resolve during the spring and summer months.

Treatment for SAD may include light therapy (phototherapy), psychotherapy and medications.

Don't brush off that yearly feeling as simply a case of the "winter blues" or a seasonal funk that you have to "tough out" on your own. Take steps to keep your mood and motivation steady throughout the year.

**Symptoms:** In most cases, seasonal affective disorder symptoms appear during late fall or early winter and go away during the sunnier days of spring and summer. Symptoms may start out mild and become more severe as the season progresses. Signs and symptoms of SAD may include:

- Feeling listless, sad or down most of the day, nearly every day
- Losing interest in activities you once enjoyed
- Having low energy and feeling sluggish
- Having problems with sleeping too much
- Experiencing carbohydrate cravings, overeating and weight gain
- Having difficulty concentrating
- Feeling hopeless, worthless, or guilty
- Having thoughts of not wanting to live

### Fall and winter SAD

Symptoms specific to winter-onset SAD, sometimes called winter depression, may include:

- Oversleeping
- Appetite changes, especially a craving for foods high in carbohydrates
- Weight gain
- Tiredness or low energy

### When to see a doctor

**It's normal to have some days when you feel down. If you feel down for days at a time and you can't get motivated to do activities you normally enjoy, see your health care provider. This is especially important if your sleep patterns and appetite have changed, if you turn to alcohol for comfort or relaxation, you feel hopeless or think about suicide. There's no known way to prevent the development of seasonal affective disorder. However, if you take steps early on to manage symptoms, you may be able to prevent them from getting worse over time. You may be able to head off serious changes in mood, appetite and energy levels, as you can predict the time of the year in which these symptoms may start. Treatment can help prevent complications, especially if SAD is diagnosed and treated before symptoms worsen. Some people find it helpful to begin treatment before symptoms start in the fall or winter, and then continue treatment past the time symptoms would go away. Other people need continuous treatment to prevent symptoms from returning.**

*From Mayo Clinic*



## 10 Best Natural Treatments for Seasonal Affective Disorder

1. Good Digestion = Healthy Brain Cells. When you improve your digestion, your health and well-being naturally improve. Digestion is the process of taking the intelligence of food and transforming it into you. If you are eating and digesting well, the result is healthy brain cells and body tissue.

2. Nutritional Solutions for Seasonal Affective Disorder. Omega-3 and 6 Fatty acids will help to support the nervous system, cognitive function, and hormonal balance. Plenty of B Vitamins to help the nervous system function at its best and produce healthy hormones. Probiotics for healthy gut flora. An anti-inflammatory or alkaline diet is important.

CBD products – Many studies support the fact that CBD helps address symptoms of SAD. Insomnia and anxiety are the two major symptoms you can treat effectively with CBD.

3. Restorative, restful sleep is essential for health and happiness. Don't ever resign yourself to insomnia. Sleep is one of the three pillars of health and happiness and could be weakened unless you get adequate restorative sleep.

4. Exercise is vital for mental health. You may not feel like exercising when you don't feel well, but if you want to be healthy, happy, and mentally fit, exercise is vital. Feeling unmotivated is part of the illness, so it makes sense that exercising is a part of the cure. When you are active, you increase the chemicals in the brain that make you feel good, easing up on the depressive feelings and brain fog. Just walking on a treadmill can significantly reduce your feelings of depression. Research shows too, that it's the consistency of doing exercises regularly that is more beneficial for you.

5. Meditation stimulates serotonin. Meditation stimulates the pineal gland. One of the theories about SAD is the disturbance of this gland. The pineal gland is involved in the regulation of serotonin and melatonin responsible for happy feelings and relaxation. Try to find the time to meditate.

6. Get outside in sunshine. Try and sleep with your curtains open to get the sunshine in. When you see the rays of the sunshine, your body and brain will thank you for this natural tonic. It will be even better if you can do your exercises outside as well.

7. Yoga for the deepest relaxation. Yoga accesses your deepest, slowest brain waves, allowing your nervous system to recalibrate itself. If you are feeling restless or anxious in your body or mind, try Yoga to find peace in a short period of time.

8. Massage increases endorphins. Every system of your body can benefit from massage. Not only does it relax muscles, but massage also lowers heart rate and blood pressure and increases the output of endorphins to make you feel happy.

9. The lightbox or happy lamp. Light therapy gives you exposure to artificial light that is bright enough for you to enjoy during the winter months. SAD patients can use light therapy every day, from the start of their symptoms until the spring when often, the SAD resolves. Most SAD patients need this light therapy every day and notice an improvement in the way they feel after 2-4 days already. It is recommended that patients stay consistent with their treatment during the winter months. It is often recommended that lightbox treatments occur in the morning because if it is used in the evening, people might find it difficult to fall asleep.

10. Dawn Simulators are devices to help people with Seasonal affective disorder. Rather than waking you up with a chime or music, they gradually release the intensity of light, just like the sun.

There are many models of dawn simulators, but the best ones have full-spectrum light, which is the closest to natural sunlight. The Journal of Affective Disorders published a study stating that Russian researchers found dawn simulators were as effective as light therapy for those with mild SAD.

[www.motherofhealth.com](http://www.motherofhealth.com)

*"Winter is the time for comfort,  
for good food and warmth,  
for the touch of a friendly hand  
for a talk beside the fire:  
it is the time for home."*



Dame Edith Louisa Sitwell (9/7/1887 – 12/9 /1964) was a British poet and critic and the eldest of the three literary Sitwells and a friend of T.S. Eliot.

She wrote experimental and Baroque poems that explore sound, color, and reality.

Keep your self healthy during the winter season. Don't forget your fire cider, elderberry syrup, bone broth



## Itch-Soother Chamomile + Oatmeal Bath



1 cup uncooked  
old fashioned oats,  
½ cup chamomile  
dried.

*Instructions*  
Combine the  
ingredients in a bowl.

Transfer to a cloth sachet, or make a sachet  
Cut one leg of a clean pair of old pantyhose  
at the calf. Fill the sachet with whole oats and  
chamomile, tie it closed. Drop the sachet into  
warm bath water and squeeze to release the  
milky oat liquid. Relax in the bath for no  
more than 30 minutes and then generously  
apply a healing moisturizer like aloe or  
coconut oil, or calendula oil.



## Winter brings on dry skin from dry heat sources in our homes.

Combine that  
with aging skin  
and the creams/  
oils used in the  
past just don't  
cut it.



I've always used  
olive oil on my  
skin but it doesn't protect the outer layer,  
skin barrier like the following recipe does.  
This recipe also helps dry aging skin

### Calendula oil

Infuse dried calendula flowers in Sunflower  
oil in a warm place for several weeks.  
Strain and pour into a pretty & useful  
container. This could also be made into a  
salve which is less messy especially if  
traveling.

If a salve is desired, melt 2 Tbs. beeswax  
for 4 oz. oil & pour into a salve jar or tin.  
Apply this oil each day to dry skin and  
watch the magic begin

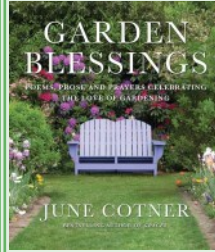
*Submitted by Lynn Murock,  
herbalady30@gmail.com*



*"The Book Collector"*  
Pamela Brooke, Madison CT

*You must try this book with soothing poems.  
Great to read when sitting by the winter fire.*

Garden Blessings is an eloquent tribute to the  
wonders of the garden, a place where our souls are  
nourished, and memories grown.  
This book is a moving collection of poems, prayers,  
and reflections that reminds us of what really  
matters -- making and sharing memories.



Our gardens grow us, and this  
collection of readings takes us  
down a path of pleasure.  
The intention of this book  
is to provide a heartwarming,  
spiritually focused collection of  
uplifting prayers, prose, and poems  
that share a common joy and  
appreciation for the love of gardening and the  
many blessings that gardens bring to our lives.  
June Cotner, a best-selling inspirational author, has  
gathered a bounty of garden blessings here, offering  
gems of wisdom that remind the reader and  
gardener just how much we learn from our gardens.

Tea Time

## Polish Winter Tea Recipe



### Ingredients

- 1 cup of hot black tea
- 1 shot (2 Tbs) of raspberry syrup
- 1 shot of vodka (optionally)
- 1 tsp of lemon juice
- 1 tsp of honey

### Instructions

1. Mix all the ingredients in a cup.
- Drink warm.

## Cooks Corner by Michele Maclure

Recipe for Cranberry Wassail in a Cup  
In a small bowl measure 1 teaspoon  
loose black tea, 1/2 teaspoon all spice  
berries,

1/4 teaspoon cinnamon chips, 1 teaspoon hibiscus,  
2 teaspoons dried cranberries. Mix all together.  
Use your own fill tea bags, add a teaspoon and a  
half, seal. Add to a cup of warmed cranberry juice  
and steep 5-8 minutes. Enjoy.



## Connecticut Herb Association Annual Meeting Minutes

Wethersfield Library 11/12/23

Call to Order. By Gayle Nogas. Time: 1:30pm.

Officers present: Vice President: Terri Cusson,

Treasurer: Gayle Nogas,

Secretary: Catherine Sherwood.

Members Present: Robert Cusson, Kathy Mashiak, Michelle Maclure, Jean Zakrzewski, Tim Garcia, Dori Garcia, Robin Henrie, Pam B, Paul Cusson, George Hoffman, Debra Hultgren.

- Keynote Speaker was John C Lorusso, he is the Master Gardener Program Coordinator, for UConn's Windham County Extension Center. He spoke on climate changes and how it relates to our gardening practice.
- Membership Report: 24 members. Membership down by 14 from last year.  
Treasurer report: Gayle Nogas, Banking Summary report 2023, \$2143.50.
- Annual dues report: Dues closed for the year with income of \$565.00.
- Newsletter: Gayle requested articles for December - January newsletter theme: *Seasonal Disorders and Winter Wellness* Re-visited the possibility of a cookbook in the future send recipes to Gayle Nogas.
- Zoom meetings will continue the first Tuesday of the month at 6:30 pm.
- Thanks to George Hoffman for another cash scholarship donation and the donation of some of Thea's jewelry. Jewelry sales proceeds went to the Thea Pastore scholarship fund.
- Joan Zakrzewski volunteered to become a recruiting/advertising Spokesperson.
- Webinar or zoom classes to increase popular interest subjects.
- Instagram account discussed.
- Address for sending cards to Carol Miller
- Programs/Future Outings and Events. Mystic CT, Book Barn Niantic, Litchfield White Memorial Conservation Center. Little Pond 1.5-mile boardwalk, Mount Tom Tower Litchfield CT and Trailhead walk, Paul Cusson mushroom walk, Westerly RI. Permanent Culture conference.
- August 2024, Wendy Fogg's Women's
- Conference at Misty Meadow,
- CHA Holiday Party. Jeannie Wild host.
- December 10, 2023, 1pm.
- Meeting Adjourned. 3:15p.

## Pet Care Corner



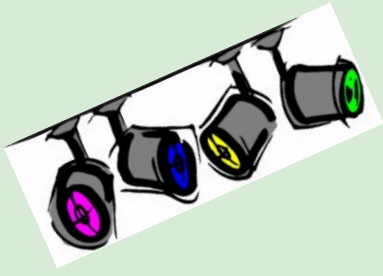
### Winter Dry Skin on Dogs

Not all dogs with dry skin will show the same symptoms. The conditions can be caused by various factors, environmental allergies, lack of essential fatty acids in the diet. Symptoms of dry skin can also vary from dog to dog, based on factors such as age, breed, and overall health. However, there are several signs of dry skin in dogs, itchiness, dandruff, flaking,

### 6 solutions that may help.

1. A Well-Balanced Diet: A complete and balanced diet that includes proteins, fats, carbohydrates, vitamins, minerals, and water for hydration.
2. Coconut Oil: Makes a natural moisturizer, it has potent antibacterial, antiviral, antifungal properties. Warm up the oil in your hands and apply it to your dog's dry skin to moisturize and soothe. Dogs may want to lick it off, but with coconut oil, if your dog licks it the fatty acids in the oil also moisturize your dog's skin from the inside out!
3. Vitamin E Oil: Is an antioxidant and can be administered orally to help relieve inflammation or apply directly to dry patches of skin to moisturize and promote healing.
4. Chamomile or Green Tea bath help soothe irritated and inflamed skin  
Brew a single tea bag in an 8-ounce of water, then let the tea bag cool. The tea bag can then be applied to hot spots or itchy, dry patches as needed. adding the tea to a warm bath let your dog soak for 5-10 minutes.
- 5 Oatmeal baths help relieve and protect the skin from irritation. It contains avenanthramides and phenols, anti-inflammatory components that help form a protective barrier on your dog's skin to keep the moisture in.
6. Olive Oil is another moisturizing oil that helps to soothe and protect dry skin. As with other oils, it can be used topically to moisturize your dog's skin. Olive oil is most commonly added to your dog's daily meals.  
Adding 1 tablespoon of olive oil to your dog's meals 2-3 times per week is a way to moisturize their skin and leave them with a shiny, healthy coat.  
***\*\*The home remedies listed above can provide quick relief for mild cases of itchy or dry skin. But it's important to consult your veterinarian if the problem persists or symptoms worsen. There are many potential causes of dry skin and only a veterinarian can correctly diagnose the problem and prescribe the appropriate treatment.***





# Spotlight on an Herbalist

By Jeanie Wild

Hannelore Devlin is a new member who I am blessed to have called a friend for several years. Coming from a European background in a town in southern Germany, herbs were a way of everyday life for her and her family.

Her history with nature and plants goes back decades as she remembers her mother sewing square pockets of fabric filled with chamomile and heating them up on the wood stove when needed.

Hannelore has a close connection to nature. She has a relationship with the trees and will get support from them to answer questions or help with issues and naturally enjoys what nature gives her.

Hannelore is a practitioner of Jin Shin Jyutsu, which for those who have not experienced her sharing with us at the Northeast Herbal Association retreats for the last 2 years, is powerful movement of energy to promote healing. She has a spiritually lead practice with herbal support located in Pennsylvania where she works hands-on, remotely and teaching SELF-HELP via zoom class 2x a month. She feels focusing on healing our emotional hurts is the most powerful way to heal.



In her practice, she promotes energy flow and healing, she doesn't force it. Hannelore feels attitude is everything and has learned to have joyful and peaceful healing events. She is very aware of the serious damage that can happen with traditional medicine and feels we need to do whatever we can to heal ourselves and others naturally, but also works with traditional medicine to support needed healing.

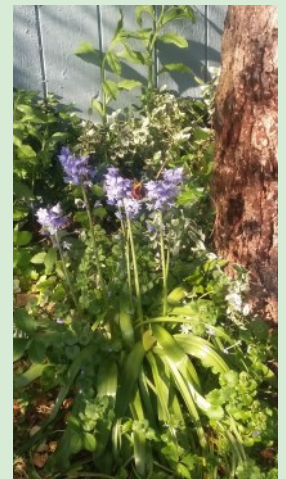
Some of her favorite herbs to use are Lavender for calming and burns, Self-Heal for COVID, and Meadowsweet tincture for pain.

Hannelore's contact information is:

[www.hannelorehealing.com](http://www.hannelorehealing.com)

Hannelore Devlin 215-622-7622

[hannelore.devlin@gmail.com](mailto:hannelore.devlin@gmail.com)



### \*IMPORTANT INFORMATION\*

**Disclaimer: The articles in this newsletter are for informational purposes only. It does not provide medical advice and is not intended to be a substitute for professional medical judgment, diagnosis advice, or treatment. You should always seek the advice of your physician or other qualified health provider with any questions or concerns you may have regarding your health.**

Photos taken at the November 2023 Annual Northeast Herbal Association (NEHA)  
At the Blue Deer Center Located in the New York Catskills, Blue Deer Center is situated on 93 acres of sacred land in Margaretville, New York. Blue Deer as a social benefit 501 (c) (3) organization, operates thanks to the generosity of our volunteers, donors, staff and community. The center is made up of two houses that include a small dining room, sitting room, simple dorm style accommodations for 33 guests, commercial kitchen, an outdoor porch. two gathering spaces: a Fire Tent and a Yurt.

Special thanks to Barbara Aspland-Wolf for the great pictures.





Connecticut Herb Association  
P.O. Box 310491  
Newington, CT 06131



## *For the Love of Herbs*

### April is Membership / Renewal Time

Don't miss out on all the great events we have planned for the year. Renew and get a friend to join, the more the merrier! Lets see if we can double membership in 2024. \$15.00 student, \$25.00 for individual, \$35.00 for family or business.

We always appreciate a little extra to add to our scholarship fund. CHA members have the advantage of utilizing the Theas K Pastore Scholarship Fund to help offset the cost of taking herbal related classes, workshops, herb symposium, or herbal conference. To apply for Scholarship contact any of the board members for an application.

**Please up-date your membership of any changes email, address, phone numbers and bio's so the member directory and mailing list can be updated.**

checks payable to **CT Herb Association**  
Send to Gayle Nogas / CHA  
35 Dale Road  
Enfield CT 06082



Jeanie Wild, President & Web: [jeanieber@gmail.com](mailto:jeanieber@gmail.com),  
Terri Cusson, Vice President: [terricusson@gmail.com](mailto:terricusson@gmail.com)  
Michele Maclure, Sec: Catherine Sherwood, [catrn4@yahoo.com](mailto:catrn4@yahoo.com)

Gayle Nogas, Treasure/Membership/Newsletter: [sagewand2@aol.com](mailto:sagewand2@aol.com)

**Newsletter can be mailed if you prefer Email me [sagewand2@aol.com](mailto:sagewand2@aol.com)**

### **CHA Medical Herbalism Study Group**

If you are interested in joining the group contact Terri Cusson  
860-870-1681, [terricusson@gmail.com](mailto:terricusson@gmail.com)