

PIONEER PATHS

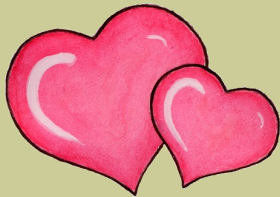
Newsletter of the Herb Society of America
Pioneer Unit

February 2024

Volume 31, Number 6

February 2
Ground Hog Day

February 14
Valentine's Day



February 19
Presidents' Day

February 24
Snow Full Moon



MONTHLY UNIT MEETING

Date: February 8, 2024

Time: 9:30 a.m. Meet and Greet
10:00 Presentation

Location: St. John's United Church of Christ
516 North Colorado Street, Burton

Directions: [from the east] Exit Highway 290 onto Texas Spur 125 north into Burton. At North Brazos Street, turn right and continue to East Texas Street. Turn right and go one block to North Colorado Street. The church will be on your left.

[from the west] Exit Highway 290 onto Texas 390 going northeast into Burton. At the intersection of 390 (Washington Street) and Main Street, continue straight into Burton on East Washington Street. At North Colorado Street, the church will be on your right.

Program: Ayurvedic Medicine and Herbs

Speaker: Ramin Baranpourian
Greenhouse Manager of the Temple of Compassion, Burton

Angel: Rob Lake

Host Team: Cindy Nash, Susan Bame, Pat Cox, Ginger Heath, and Diana Reed



MESSAGE FROM THE CHAIR

Cheers! The rain has stopped, and the sun is out as I write this on January 27, Saturday. The roses are gone but the dandelions strive on.

Thank you to all those Volunteers with a capital V.

For those with an Instagram account, I suggest you look at both the reels for our Christmas meeting and the Pharmacy Garden cleanup. They are quite good! Thank you, Julie Johnson.

The Pioneer Unit will have a presentation at the Brenham Library on February 21 at 2:30. You can join Susan Bame and Phoebe Lake to help with this. It will be similar to the one at the Round Top Library with the addition of showing how to make herbal tea bags and one other use of herbs.

I am looking forward to the Ayurvedic talk as there is so much depth in that philosophy and diet. The Ayurvedic principles include balancing the energies of the body.

All from me currently. See you soon.

Kathe Forrest
Pioneer Unit Chair



FROM THE PROGRAMS CHAIR

The Pioneer Unit certainly must be an excellent influence on me, because now when I travel, I immediately find myself looking at plants. Because nothing is blooming in my garden right now, I want to share one of the beauties from my vacation in southern California. My phone could not ID this interesting plant: I got several guesses, but nothing seems to match the leaves. Please let me know if you can solve this mystery.

Our speaker for February is Ramin Baranpourian, who will discuss Ayurvedic herbs and their properties. Ayurveda originated over 3,000 years ago, and many of the herbs will grow well in our area. This summer I saw Ramin teach ten-year-old children for three hours, so I know he is an interesting and engaging speaker! Please join us in Burton on February 8th at St. John's Church of Christ for our meeting.

Tess Hartman
Programs Chair



MEMBERSHIP INFORMATION

I love cold rainy days. I always believe those days give me permission to indulge in being lazy, sitting around drinking nice warm beverages and reading good books. However, after 7 days of low clouds and drizzling, I was overjoyed to see the sun come out Saturday even if the wind was blowing hard and it was freezzzzzing. Today I sat out in the glorious sunshine and soaked up some wonderful Vitamin D. Felt great. I also inspected my plants to see how they did with the below freezing temps. My Greek oregano from four Horticulture Study Group studies ago didn't miss a beat. It seems to thrive on freezing. I didn't even have it covered up.

Celebrating Our Members – Neither Mary Reeves nor Euphanel Goad was able to attend the January meeting so we weren't able to celebrate their accomplishments. Let's hope everything will work out for them to attend in February. As you may recall from the January newsletter article, Mary Reeves joined the Herb Society of America 50 years ago in 1974. She will receive the Golden Sage Recognition Pin this year. In addition, another Super-Star is Euphanel Goad. She will be celebrating her 30-year membership with HSA. Please plan to attend the February meeting and join us in congratulating Mary and Euphanel.

January Meeting Attendance – Forty-two members and two guests attended the January meeting, which I think was amazing considering the super foggy conditions. I could barely see the road as I drove from Round Top to Brenham. Our guests were Leslie Conrads and Margaret Billingsley (guest of Belinda Weatherly). Phoebe Lake led us in a competitive but very fun Plant Trivia game. The trivia questions were very interesting.

Pioneer Unit Volunteers Busily at Work – Two events occurred over the weekend at which Pioneer Unit members volunteered and had great fun. The first happened Friday morning at the Festival Hill Pharmacy Garden. Eleven members spent the morning weeding and trimming and making plans for replanting with new plants later in the Spring. The second event occurred Saturday at the Round Top Library where six members manned a booth and talked with people interested in learning about the Pioneer Unit. I don't know the exact number of volunteer hours achieved but I'm thinking somewhere around 50-60.

Speaking of volunteer hours, it's almost February which means we are 7 months into our year (July 1 – June 30). There are many easy and fun ways to complete your 20 volunteer hours for the year. There is an event coming up at the Brenham Library which doesn't involve much more than visiting with people interested in learning more about who we are. Also, the March Forum will be here soon, and there are always lots of volunteer hours available before, during, and after. See next paragraph for more.

March Forum, Plant Sale, and Thyme Well Spent Shoppe – March will be here before you know it, and there is much to be done to prepare. Please keep bringing me your seeds. Also, continue bringing any books and magazines that you would like to donate to the sale. We would like any books and/or magazines having to do with herbs, plants, gardening in general, and cooking. FYI - the books that shoppers particularly seemed to want at the last sale were small books that could be given to friends and family as thank-you gifts. Shoppers were also interested in fiction books that had something to do with herbs. Also needed are jams, lotions, dried herb packets, and handmade items. You earn volunteer hours while preparing any of these items. You need 20 volunteer hours to maintain your active membership status, and this is a **perfect** way to obtain those hours. Contact Cathy Nitsch for more information.

Herbally yours,
Diana Sellers
Membership

OUR VOLUNTEERS AT WORK



Festival Hill Pharmacy Garden Work Day
Friday, January 26



Round Top Family Library Health Fair
Saturday, January 27

MINUTES OF UNIT MEETING HERB SOCIETY OF AMERICA PIONEER UNIT January 11, 2024

The Unit meeting was held at Brenham Presbyterian Church, Brenham, Texas. Kathe Forrest, Chair, asked for a moment of silence for Madeline Johnson and her family in the loss of her husband, Wes. Tess Hartman, Vice Chair Programs, introduced Phoebe Lake of the Horticulture Study Group of the Pioneer Unit who lead the "Plant Trivia" program. Prizes were given to the table of six with the most correct answers.

Kathe notified everyone that sign-up sheets to work at the Plant Sale and Thyme Well Spent Shop and Board Job Descriptions were at the sign-in table. Julie Johnson announced a set-up day before the Plant Sale and noted that there would be help to set up the tables. A discussion on placing the basils closer to the building followed. More volunteers are needed for Friday afternoon at the Plant Sale. The plant sale needs more ticket writers for all shifts and volunteers for the holding area. Kathe has four speakers for the Forum. One will speak on yarrow, two on the culinary use of herbs, and one on dyeing with herbs. Kathe presented a prototype of the Plant Sale and Herbal Forum poster which will be available for distribution in a couple of weeks. The Unit will have an ad in the Texas Gardener. Last year's 119 attendees to the Forum will be sent an invitation to this year's Forum.

Cathy Nitsch has jars for jams and jellies with her for those who need them. She is willing to deliver jars to your home. If anyone needs guidance in making jams or jellies, Carla Lessard and Belinda Weatherly have experience and can be called on for questions. Cathy has sign-up sheets to work in the TWSS. This is Cathy's last year as committee chair of the TWSS and someone is needed to fill the position. Cathy thanked Belinda for the 50 mustards the culinary group made. Kathe is making pot holders from recycled t-shirts and will show anyone interested how to make them.

Belinda Weatherly announced this is her last year to oversee handcrafts for the TWSS and asked anyone interested to notify her. Joanna Hagler volunteered to take that position.

Cathy Kietlinski has a sign-up sheet for those who want to make jams and jellies.

Kathe asked members what they felt they needed when they first became a member. She informed the members that the Board discussed orientation for new members at the January 8th board meeting. Some ideas from the meeting are to have an "Herb Buddy" or a folder with information on the Unit and volunteer opportunities. Someone pointed out that most members started with an "herb buddy," but Kathe said we sometimes have walk-ins who hear about us on Facebook or some other way. Workshops are a good way to meet other members and learn. A workshop for hypertufas was mentioned, but it is best to do hypertufas in the spring or summer so they can set. Kathe then asked if anyone has some hypertufas they no longer want that can be sold at the plant sale.

Continued on next page

Kathe announced the Unit will have a table at the Round Top Family Library Health Fair on January 27, from 10:00 a.m. – 2:00 p.m. There is a sign-up sheet for working 2-hour shifts to hand out information about HSA and the Pioneer Unit. Members met after lunch to make tea bags to hand out at the Health Fair. On February 7 or 14 the Unit will have a table at the Brenham library and there is a sign-up sheet for volunteers to hand out information on the Unit, talk about the activities the Unit has, and to help make a craft.

Diana Sellers, Membership Chair, announced 40 members attended and two guests, Margaret Billingsley and Leslie Conrads who is working towards membership. Diana also requested seeds from members to sell at the Plant Sale. A cake had been ordered to celebrate Mary Reeves' 50th and Euphanel Goad's 30th anniversary with HSA. Both were unable to attend due to illness, but the members can enjoy the cake and take home any leftover. Next, names were drawn for door prizes.

Julie Johnson announced a meeting after lunch of the Plant Sale team. Julie has received numerous ideas from Caroll Edwards for the Potting Shed. Tuesday, January 23, from 9:00 a.m. to lunch will be a clean-up day at the Pharmacy Garden. After that, the first Tuesday of each month Julie will meet with volunteers from 9:00 a.m. – noon to work in the Pharmacy Garden and will have drinks and snacks available.

The hostess team was Debi Meschwitz, Royceanna Kendall, Joann Reichle, and Patty Royal.

Debi Meschwitz announced she has tickets for Brenham's Garden Club Flower Show. The show is titled "For the Love of Flowers." Tickets are \$15 and the show is from noon to 5:00 p.m., March 7.

Respectfully submitted,
Louise Rice, Secretary



IN MEMORIAM

William S. Nichols, III (Nick), husband of our member Becky Nichols, died peacefully in his home in Bellville, Texas, on January 29, 2024.

The funeral will be Saturday, February 10, 2024, at 10:30 a.m. at Schmidt Funeral Home in Bellville, followed by a celebration luncheon at St. Mary's Episcopal Church in Bellville.

You can read Nick's obituary at [legacy.com](https://www.legacy.com).

PIONEER UNIT BOARD MEETING SUMMARY

January 8, 2024
on Zoom

Present: Kathe Forrest, Tess Hartman, Diana Sellers, Louise Rice, Debi Thomas, Linda Rowlett, Patty Mills, Cathy Kietlinski, Ann Lugg, and Cathy Nitsch.

Minutes of the Meeting of October 9 2023: No changes to the minutes. Linda Rowlett made a motion to accept minutes, Cathy Nitsch seconded the motion, and the Board approved unanimously.

Treasurer, Debi Thomas: There was little activity in spending and income over the past quarter. The bank balance is down about \$10,000 from 2023 because plant sales were down in 2023 due to the weather. Basil plants were lost due to damage by the wind and cold, and they are a big seller at the Plant Sale. A discussion followed on changing the location of basil plants and other things to be done to protect the basil plants when it is cold or windy. Money budgeted to publicize the Plant Sale comes under "Plant Sale – Other Expense" and \$2,000 is budgeted.

Programs Chair, Tess Hartman: Discussion on possible new meeting locations: Methodist Church in La Grange, Winedale, and Industry Methodist Church.

Hospitality Chair, Patty Mills: The Unit will have a cake at the January meeting to celebrate Mary Reeves' 50th and Euphanel Goad's 30th anniversary with HSA.

Membership Chair, Diana Sellers: Wendy Matthews became an affiliate in October 2023. Leslie Conrads is working on hours to become a member. Diana will contact people who requested information on the Unit at the Unit's booth at the Antique Rose Emporium in December. Mary Reeves' 50 years of HSA membership includes 20 years with the South Texas Unit, and she is a founding member of the Pioneer Unit. Euphanel Goad is also a founding member of the Pioneer Unit. Several members are close to their 25th anniversary. A discussion followed on having celebrations when a member reaches a certain anniversary date.

Scholarships: Kathe presented a note Phoebe Lake received from Aruna Weerasoorlya of Prairie View A & M University thanking the Unit for the \$10,000 the Unit donated. The funds were used to improve the living medicinal plant collection, and he has plans to grow herbal tea plants and to make tea bags. Barbara Solis has talked with the kids with the Round Top Junior Master Gardeners program about funding needs. Cindy Nash and Phoebe Lake will be helping the Round Top Junior Master Gardeners.

Sensory Gardens, Cathy Kietlinski: There has been rain so she has not watered as often. Henry Flowers has volunteered to spray the weeds. Cathy planted the plant wheel bed with winter flowers. Kathe asked if the school has thanked the Unit for fixing the bridge. Cathy has not received any acknowledgement from the school. Kathe remarked that was too bad but at this point the Unit will continue to support the Sensory Gardens at the school.

Education, Pat Cox: Kathe presented Pat's report. There will be one more bead workshop and two workshops to make lotions before the Forum. Pat will prioritize hypertufa workshops in late spring and summer in the future. The trip to Ives Creek Aquaponics and Martin's Farm in

Bellville on December 11 was well-attended and fun. Pat will plan another trip for late spring, after the Forum. Kathe noted the Unit will have a table at the Round Top Library's Health Fair on January 27 from 10 a.m. to 2 p.m. and tea bags will be made.

TWSS, Cathy Nitsch: People are starting to gear-up to make things for the TWSS. Cathy Kietlinski needs to know the kind of jams/jellies members are making. Diana would like to see a workshop to make jams and jellies. Kathe suggested passing around a sign-up sheet at the next Unit meeting and have those making jellies offer to have others join them to learn.

Archives, Susan Bame: Linda Rowlett had a text from Susan saying she has sent out many cards.

Communications – Publicity, Ann Lugg: Ann has already sent word about the Forum to Texas Highways and Texas Co-Op magazines. She talked with Jay White at Texas Gardeners magazine. A 3 X 3-inch ad is \$195. Jay will give us a special deal on a half-page ad for \$500. The regular price is \$950. Fayetteville Hearth and Home magazine charges \$395 for one-fourth page ad and will give us a page for a story. Cathy Nitsch asked that the TWSS be included in the advertisements. Ann has several small ads planned, totaling about \$800 - \$900.

New Business:

Update on Herb Sale and Forum: Kathe has four speakers for the Forum. Two will speak on the culinary use of herbs, one on yarrow, and one on dyeing with herbs. Last year \$80 was charged for the Forum, but Kathe feels that amount may need to increase. Lamar Lentz of Festival Hill has people who will help with setting-up the tables. Cathy Nitsch would like to buy tables for the TWSS instead of borrowing them. A discussion followed that a climate-controlled storage unit is still needed and none are currently available in Round Top. The Unit may have to continue to rent a storage unit in Brenham. A discussion followed on how dry and secure from critters the storage building is at Festival Hill. Cathy Nitsch suggested the unused practice rooms in the school building might work as a cool storage option if they are available to rent. Kathe will check on this.

Orientation/Welcoming of New Members: Diana currently sends out a packet to new members and talks with them informally. A discussion ensued on ideas of how to welcome new members. Some ideas presented: training on Track It Forward; an orientation event once a year, such as a tea; give out a Welcome Bag filled with seeds, a newsletter, and other information; have a special badge to identify new members so members will recognize and welcome them; and assign an "Herb Buddy" or "Herb Friend."

Other: Kathe asked all board and committee members to check their job descriptions on the website for accuracy.

Meeting adjourned at noon.

Respectfully submitted,
Louise Rice, Secretary



February Birthdays

February 3 — Tony Scanapico

February 13 — Milton Ressmann

February 17 — Barbara Solis

February 20 — Bonnie Lout

February 21 — Janie Cornelius

February 22 — Sara Holland

Tony Scanapico (February 3) sent the following message: "What a great Happy Birthday I've received. We're moving into our Garden Home in the independent living retirement area of the Regency Retirement Villas in Schulenburg. Our new address is 116 Medical Parkway, Schulenburg, Texas 78956. Cell numbers and email address, the same. No more landline. The freedom here is great, i.e. Kay doesn't have to cook and I don't have to mow grass. See y'all at Thursday's meeting."

Editor's Note: In addition to the birthdays we get to celebrate, you can find something to celebrate virtually every day of the month.

Here are just a few of February's celebration days:

- February 1 - National Dark Chocolate Day
National Texas Day
- February 2 - National Tater Tot Day
- February 3 - National Carrot Cake Day
- February 4 - National Homemade Soup Day
- February 5 - World Nutella Day
- February 6 - National Frozen Yoghurt Day
- February 7 - National Fettuccine Alfredo Day
- February 8 - National Kite Flying Day
- February 9 - National Pizza Day

That gets you past our meeting date. There are multiple choices for every day, so let's celebrate!



ELECTION OF OFFICERS FOR THE PIONEER UNIT BOARD

I am not sure how the time is flying by so quickly, but pretty soon we will be conducting our biennial election of officers of the Board. The active Unit members vote on five of the Officers of the Board. The sixth Officer of the Board is the Past Chair/Parliamentarian. [I happen to be the most immediate past chair who is still an active member, which is why I am still on the Board. As past chair, I am also the Nominations Chair. This is not a post I want to continue in.]

These are the position to be elected in June 2024:

Chair: The Chair is probably the most visible member of the Board. The Chair represents the Unit at various functions and chairs the meetings of the Board and Unit. The Chair has to designate committee chairs for the various standing committees (and those chairs are then approved by the Board).

1st Vice Chair (Programs): The Programs Chair is responsible for securing speakers at our meetings and for coordinating the places to hold the meetings and the materials needed. We have reduced our number of meetings to ten per year, with one meeting being the March Thyme Well Spent and Forum workshop. The Horticulture Study Group has been taking a meeting each year as well, leaving eight meetings for which a speaker must be secured.

2nd Vice Chair (Membership): The Membership Chair is responsible for maintaining our membership records, sending out materials to prospective new members, and coordinating membership lists with HSA. The Membership Chair also bears responsibility for the Membership Directory that we rely on each year.

Secretary: The Secretary of the Board attends all meetings and takes minutes which then must be written up for the permanent records of the Unit. The Secretary also prepares a summary of each Board meeting to inform members of actions of the Board in the newsletter.

Treasurer: The Treasurer handles all of the financial affairs of the Unit. The Treasurer collects and deposits dues; sends funds to HSA; and writes checks to pay speakers, pay for meeting places, and pay other bills of the Unit. The Treasurer makes quarterly written reports to the Board.

I have obviously simplified the duties of each position, but I hope you made it to the end. And I hope you might be interested in taking on a position on the Board. For more detail, check out the descriptions on our website. I would be so happy if some of you came to me to tell me you were interested in one or more of the positions on the Board.

Linda L. Rowlett, Nominations Chair

FIELD TRIP

On December 11, 2023, approximately 20 members went on a field trip to Ives Creek Aquaponics and the North Pole Kitchen Store in Bellville. Carrie, owner of Ives Creek, led us on a tour of her greenhouses where she grows amazing lettuces and greens without soil; instead, they get their nutrients from water piped from a big fish tank. We were able to pick our own lettuce to purchase after the tour, and it was delicious. We then went to the nearby North Pole kitchen store for a little Christmas shopping before heading to a Bellville restaurant for lunch. The weather cooperated. It was a very enjoyable day.

Pat Cox



MORE PHOTOS OF OUR VOLUNTEERS



Diana Sellers sent the adjacent photo of a group of Pioneer Unit volunteers making fairy garden wands to sell in the TWSS. She wrote, "We met Tuesday morning (January 30) and had a great time making these."

Editor's Note: Julia Johnson sent a plethora of photos from Saturday's work day at Festival Hill. Below is a selection of as many as I could fit.



NOTE FROM MADELINE

I always tell people how wonderful the members of this HSA unit are. You are authentic, kind, and supportive people. Thank you for your love and prayers as I mourn the death of my husband, Wes. A special thank you to those who brought food to the house, attended Wes' celebration of life, and sent email and cards. All these acts of kindness lifted me up.

Madeline Johnson

CULINARY GROUP

Culinary will meet Wednesday, February 7 in Menke House at 10:00 a.m. This month we are enjoying "Saturday Soup" — with herbs of course. Meetings are open to anyone interested in cooking and eating good food.

Belinda Weatherly



THYME WELL SPENT SHOPPE

: Keep those jams and jellies coming! Thanks to all who volunteered to help out at :
: Thyme Well Spent. It's always a fun time with like-minded friends. We are always :
: looking for wonderful items to sell in the shop. Just let us know what you think might :
: be a winner with our customers. Questions? Ask the Cathy's!

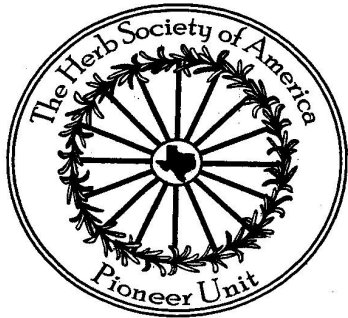
: Cathy Nitsch
: Cathy Kietlinski
: Thyme Well Spent Shop

February 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
CG = Culinary Group FH = Festival Hill SG = Sensory Garden	HSG = Horticulture Study Group HB = Herbal Blends			1	2	3
4	5	6	7 CG 10:00 Menke House	8 Pioneer Unit Meeting	9	10
11	12	13	14	15	16	17
18	19	20	21	22 HSG 10:00	23	24
25	26	27	28	29		

March 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
CG = Culinary Group FH = Festival Hill SG = Sensory Garden	HSG = Horticulture Study Group HB = Herbal Blends				1	2
3	4	5	6 CG 10:00 Menke House	7	8	9
10	11	12	13	14 Pioneer Unit Meeting	15	16
17	18	19	20	21	22	23
24	25	26	27	28 HSG 10:00	29	30
31						



PIONEER PATHS

Volume 31

Editor: Linda L. Rowlett, Ph.D.

Pioneer Paths is a publication of The Herb Society of America, Pioneer Unit. Nonmember subscriptions are available for \$10.00 per year.

The Mission Statement of The Herb Society of America: "To promote the knowledge, use, and delight of herbs through educational programs, research, and sharing the experience of its members with the community."

Chair—Kathe Forrest

Vice Chair Programs—Tess Hartman
Secretary—Louise Rice Treasurer—Debi Thomas

Vice Chair Membership—Diana Sellers

Save the Date

Herb Society of America

June 20 - 21, 2024 in Malvern, Pennsylvania

2024 EDUCATIONAL CONFERENCE

Once upon a thyme...stories
from the garden...