

Tulsa Herb Society

NEWSLETTER

January 1, 2025

THS Thymes



Congratulations Everyone!

A huge round of applause goes to each and everyone Tulsa Herb Society member that made Carols and Crumpets a huge success. And also to the husbands who came and helped bring Tulsa Herb Society booth props down from the attic. As everyone knows it takes so many dedicated members to make Carols and Crumpets such a success.

~Patsy Wynn and Sally Taggart, Carols and Crumpets co-chairs





Upcoming Events

January 7 - Board Meeting at Tulsa Garden Center library, 11:00 a.m.

January 14 - Business Meeting and program at the Tulsa Garden Center, 10:00 a.m. The program will be presented by Tatum Thrasher about herbal teas. Tatum is an employee of the Tulsa Garden Center.

January 31 - The last day to pay dues at \$25. (Checks may be mailed to Nancy Foster, Treasurer 10227 S. Braden Ave. Tulsa, OK 74137)

February 1 - Late dues are increased to \$35.

Cooking and Crafting will begin according to news in the weekly Sunday Night emails.

Tulsa Garden Center membership renewals are done online at www.tulsagardencenter.org , or renewals may be mailed to the Tulsa Garden Center 2435 S Peoria Ave. Tulsa, OK. 74114. Remember that 60% of our membership must be members of the Tulsa Garden Center to have zero cost for our monthly meetings at their facility.

From the President, Kathy Blank

What a great job our officers and board members did the past two years! Thank you. President Nancy Foster, 1st VP Julie Sluss, 2nd VP Gayle Campbell, Secretary Beverly Allen, and Treasurer Kim McCoy.

It's a new year and we have new officers (except wonderful VP Gayle). I am a bit nervous about being the president of such a dynamic group, but I am also so honored. I am thrilled to have the following officers to help me. They are 1st VP Patsy Wynn, 2nd VP Gayle Campbell, Secretary Margaret Pavleatich, and Treasurer Nancy Foster.

As we look to the past year, we can celebrate a number of accomplishments for THS.

- * We continue to grow our membership! Long time members have found many new people to take on the jobs that keep us the best organization in town!
- * All of our luncheons were spectacular as always. Love the work done by the chairs and hostesses. The trips were stimulating and fun. And, we had a good variety of programs.
- * THS has a wonderful history, great traditions, and a long list of remarkable past leaders. They are still the backbone of this active, friendly creative group.

Looking ahead to this new year, my resolutions are going to be these:

- * Encourage some men (partners and friends) to join our group. Elan (husband) joined last fall and has been eager to help since.
- * Then I would love to see more new members volunteer to assist with our events and committees. I always encourage the mentoring system.
- * I would love to hear from members who have fresh ideas as we move forward. I want to keep the old and explore some new things.

One more thing: Wasn't Carols and Crumpets fantastic? I hope all of you got to do something in support of this valuable annual event. Thanks to Patsy Wynn, Sally Taggert, and all the workers.

Good roots support new leaves,
Kathy

Member birthdays in January

4	Pat Morris	
6	Suzanne Govett	
9	Ruth Bennett	
11	Debbie Malone	
11	Howard Malone	
12	Sandy Dimmitt	
12	Kay Schleuter	
17	Leslye Caulkins	
24	Colleen Thurston	
28	Dana Curtis	

Tulsa Herb Society business meeting in program on December 10, 2024

President, Nancy Foster, called the meeting to order at 10:10 a.m. Nancy then asked if there were any changes or corrections to the November business meeting minutes. There being none, Paula Virtue made a motion to accept the minutes as submitted and was seconded by Betty Muratet. The motion was unanimously approved by voice vote.

President Nancy Foster then asked for the officer reports. First VP Julie Sluss – Nancy reported for 1st VP and acknowledged that there was no herb of the month report for December, and no visitors were present today, due to members only holiday luncheon.

Second VP Gayle Campbell – Gayle reported that our January meeting program would be given by Tatum Thrasher presenting on herbal teas.

Secretary, Beverly Allen – Beverly had nothing to report.

Treasurer, Kim McCoy – Kim is collecting 2025 dues today dues paid by January 31, 2025, will be \$25, and \$35 on February 1, 2025.

At this time, Nancy called on the committee chairs for their reports as follows:

Carols and Crumpets - Patsy Wynn and Sally Taggart. Patsy thanked Sally for all her work with C&C, and also thanked everyone for making this year's event successful.

Another item for next year's Carols and Crumpets event will be to have a food vendor downstairs in lieu of the Snowflake Café.

Cooking- Beth Teel. Beth, Beverly Allen, and Susie DeMarco. Leftover inventory is in the back for members to purchase.

Crafting – Marla McMahon. Marla, Eve Joseph, Chrissy Gray, Sharon Ferguson. Leftover inventory is in the back for members to purchase.

Facebook - Beth Teel. Nancy stated Beth has great posting on our Facebook page.

Newsletter – Robin Ferrell. Nancy reported the newsletter mailing fee would be waived next year for those members who paid this year's newsletter to be mailed to them.

Parliamentarian – Sue Stees. She was not present to report.

Publicity – Carol Puckett and Julie Knebel. They were not present to report. Nancy thanked Jan Edwards and Paula Virtue for the great TV spot advertising for C&C.

Rosemarian – Sharon Ferguson. She had nothing to report.

Speakers bureau/study group – Karen Watkins. Karen wished everyone a merry Christmas. She shared some of the many names and a history for Santa Claus and closed with a reading "A Visit from Saint Nicholas."

Website – Chrissy Gray. Chrissy said the new online website is coming!

Old business – President Nancy already discussed C & C, and she stated that Kim McCoy is taking dues payments. Nancy also reminded everyone to turn in receipts for C&C before the end of the year to Kim.

New business – President Nancy made a special gift presentation to Sherry Griffin, our member that volunteered to take care of our drink table at most of our events this year. All members acknowledged Sherry with applause.

There being no further business, President Nancy announced that this is her last official act as president to adjourn the meeting at 10:31 AM. The meeting adjourned, and our holiday luncheon began.

Herb of the Year:

Chamomile

By Robin Ferrell



The International Herb Association has selected Chamomile as the 2025 Herb of the Year. Herbs that are selected by the association must be superior in two of three major categories. And these categories are decorative, medicinal, and culinary. According to the website for Heyden Gardens, Chamomile has two distinctly different plants that share the same name. “German Chamomile (*Matricaria camomilla/recutita*) and Roman Chamomile (*Chamaemelum nobile*). While their flowers and foliage are similar in appearance, they differ in size, life cycle, and use, so we will address each separately.”

The German chamomile variety is a self-seeding annual plant. It has small self-seeding flowers, and it is very fragrant. It has a ferny foliage which grows up to 30 inches tall. The leaves and flowers can be dried to make tea which is consumed for its calming properties. (I know I have a cup of chamomile tea often to help me sleep when I am restless at night.) Other medicinal qualities of chamomile are believed to be anti-inflammatory, anti-allergenic, and anti-bacterial qualities.

Roman chamomile is a hardy plant and a perennial. It is considered more decorative than the German variety with its small flowers resembling daisies growing over low foliage with apple-scented leaves. It grows to a height of 6-10 inches, and it is sometimes utilized in a chamomile lawn for a fragrant lawn of little maintenance. Its culinary uses are for making tea. This type of lawn is known as an eco-friendly alternative to turf grass. Medicinal characteristics of the Roman variety of chamomile are that it is believed to lessen fever, headaches, stomach problems, and inflammation. Fragrant essential oils are contained in its leaves. The oils are used for perfumes in aromatherapy for their calming properties.

For further reading about chamomile, read “10 things to make with Chamomile” at [10 Things to Make with Chamomile](#)

