

**The St. Louis Herb Society
Regular Meeting Minutes
Monsanto Center
October 5, 2018**

Welcome

In the absence of President Stephanie Prade, Vice-President JoAnn Vorih welcomed everyone to the first Regular Meeting with the new term of officers and chairs under the leadership of President Stephanie Prade. JoAnn explained that Steph's mother, Anita Stephanie de Aguero is close to death and the family is keeping vigil at her bedside. JoAnn said that expressions of sympathy would be appreciated. A card for all of us to sign is being circulated.

JoAnn introduced Adam Jaschek, Senior Events Coordinator at the Garden. On behalf of The St. Louis Herb Society (TSLHS), JoAnn presented Adam and his wife with a wedding gift. Adam and Bernie were married September 29th. JoAnn commented that we appreciate all that Adam does to make sure our meetings run smoothly.

Approval of Minutes

Since this is a new term of officers, the approval of the June 1, 2018 Annual Meeting was waived.

Proposal from Suzanne Switzer, Chair of the Medicinal Study Group to Amend the By-Laws

JoAnn asked Jan Hermann to come to the podium. At the August Board of Directors meeting, Jan was approved to be the Parliamentarian for all meetings. Even though the revised by-laws are well written, there is always the possibility that clarification will be needed. Jan reviewed who is eligible to vote today. She also asked that everyone eligible to vote be sure to sign in. Jan then read the section on Amendments and Approval from the By-laws.

JoAnn read the full proposal as was outlined by Stephanie in her email to the membership on September 25th. (See Attachment) A motion was made by Betty Guarraia and seconded by Barb Finbloom to approve the proposal.

There being no further discussion and upon the motion duly made, seconded, and voted on, it was unanimously:

RESOLVED, that the Herbal Studies Committee become a Standing Committee of TSLHS. The Herbal Studies Committee shall plan member gatherings to study, gain knowledge and learn the uses of herbs.

Suzanne Switzer will serve as Chair of the Herbal Studies Committee. As Chair Suzanne will make reports to the Board, this position will rotate every two years, and have the responsibility to sustain the mission of TSLHS.

JoAnn thanked everyone who has participated in the discussion to approve the Herbal Studies Committee. It has been a thoughtful process and the Committee will help fulfill our mission.

Announcements

- JoAnn thanked Anita and John O'Connell for hosting the wonderful Fall Outing in September.
- The Legacy Fund and What's New will continue as Special Committees. The Mediterranean Herb Book that Bruce Chalker is working on has not yet been identified as a Special Committee.
- JoAnn thanked Eileen Carr for her hard work on the Roster. She also thanked Barb Ottolini for her help. Please make note of the following corrections to the new Roster:
 - Celeste Sprung: Home: 314-825-0085
 - Pat Hillis: Home: 314-27-8857
 - Lee Streett: Cell: 314-922-3602

OFFICER REPORTS

Vice-President – JoAnn Vorih

Our speaker today is Dr. Allison Miller who is professor of Biology at St. Louis University; Member and Principal Investigator, Danforth Plant Science Center and Research Associate at the Missouri Botanical Garden. She will speak on “Perennial Plants and the Future of Agriculture.”

November is an Open Meeting. Please bring guests who are interested in becoming members of the Herb Society. Our speaker in November will be the Executive Director of the new Gateway Arch Museum. He will speak on “The Future of the Arch.”

Recording Secretary – Ted Atwood

No report

Treasurer – Mary Hammer

The fall class has done well selling publications and products.

Insurance has been paid, and the budget is complete for the upcoming fiscal year. Please remember that expenses that exceed the budget by more than \$100 must be approved by the Board prior to purchase.

If you have expenses, give those to your committee chairperson for reimbursement. Even if you wish to donate your expense still let your Chair know what you spent.

Mary said that if you have an event, she will be happy to come as her schedule permits and bring the cash box and/or the Square.

STANDING COMMITTEES

Nominating Committee – Pat Schutte

No report

Membership Committee – Jan Hermann

Jan thanked everyone for signing in when you entered the building today. She reminded members that there are two membership requirements that must be met to remain a member of TSLHS:

1. Payment of your annual dues
2. Attendance at a minimum of four Regular Meetings per fiscal year.

Your signature on the attendance sheet is the only way of knowing at year’s end the number of meetings you have attended.

Rosters are available today and if you did not get your roster when you signed in, they also will be at the front table during the break.

If you have any corrections, please give them to Ted today or contact Eileen Carr, Corresponding Secretary who could not be here today.

We currently have a total of 101 members:

54 Active Members
12 Honorary Members
24 Sustaining Members

1 Third-Term Provisional
7 Second-Year Provisionals

3 First-Year Provisionals

If you are an Active Member and would like to propose a candidate for Provisional Membership, please send their names to Jan with a letter of why you think this individual would be a good member of TSLHS. A second letter of proposal from an Active Member is also required.

Remember that if you have someone who is interested in becoming a member, November is an Open Meeting. Your guest will be introduced and will be able to meet other members. According to the By-laws, it is recommended though not required, that a potential member attend two Open Meetings before being proposed.

At our June Annual Meeting, we honored Patricia Hillis and Celeste Spring as they ‘flew up’ to Active Membership. We were not able at that time to present them with their official personalized aprons. Jan then presented aprons to Pat and Celeste and thanked Gloria McBride for embroidering their names.

Education -Nancy Schiller

In Nancy’s absence, JoAnn read her report:

We had 21 paid attendees at the September class “Falling for Herbs” and the class received wonderful, positive responses from the participants. June Hutson gave an entertaining talk on “Fall Chores in the Garden.” Michael Stevens did a great job with his creative presentation “Festive Herbal Party Platters.” Chef Lou Rook from Annie Gunn’s made a delicious vegetable broth to which he added oyster mushrooms. Nancy encouraged all Active and Sustaining members to attend these classes.

Finance - Carol Higgins

Our Directors and Officers insurance policy has been renewed. Our Property and Liability insurance policies come up for renewal in December. In 2019 the D & O policy renewal date will be moved to December to simplify the accounting.

Herb Sale – Celeste Sprung

The first meeting of the new Herb Sale Committee took place on July 23 attended by committee members and several MBG staff. The purpose of the meeting was to iron out the logistics for the 2019 Herb Sale. The Committee also met on August 14 along with Jen Smock and Dana Rizzo from the Garden staff to discuss the plant selection for this year’s sale. The 2019 plants will be ordered by the end of October. We are also in the process of finalizing the marketing of our 2019 Herb Sale.

We will be ordering our plants from the same growers as last year. Due to an increase in prices from our vendors, the new prices will be \$4.50 and \$6.50. We will be offering a few new selections, including Medusa peppers and French sorrel. Celeste thanked Mary Hammer for her help with the ordering process.

The 2019 event will be May 2, 3 and 4 which is a week later than usual. We will no longer have the band or the wine/beer vendors for the preview. Barb O’Brien and Michael Stevens are designing the entrance and the Committee has already begun the process to design a festive atmosphere for Orthwein Hall.

Anne Cori has agreed to do a presentation called “Nine Scents that Every Herb Garden Needs!” on Tuesday, April 23, 2019 at 11:00am as part of the Member’s Series at the Garden. This is the week before the sale and will hopefully build momentum for the sale. Herb Society members will be encouraged to attend and bring a friend to increase attendance that day. Anne will also do a version of this presentation at our April 5, 2019 meeting. This is the presentation that she gave earlier this year at the St. Louis Club which many of our members attended.

Celeste asked members to let her know if you have any suggestions.

Herbal Studies – Suzanne Switzer

Suzanne thanked the membership for recognizing the Herbal Studies as a Standing Committee. For more than 20 years it was known as the Medicinal Herbs Committee. The new title will put a new face on the committee.

Suzanne said that the goal of Herbal Studies is to promote wellness. Wellness is a state of health whereby one is free of disease and thereby a healthy person. We are not promising wellness, rather a pathway to wellness. The expectation is that each member can use the knowledge of herbs to their own benefit. The herbs that will be studied this year will meet the following criteria:

- They shall be a useful plant
- Readily available
- A positive influence on health
- Safe to use when used properly

The current focus is to study root vegetables, legumes and greens. There will be a meeting at Suzanne's home on **Thursday, November 1st. (Note this a change of date from what was announced at the meeting.)** Suzanne will give a presentation as an overview on root vegetables, legumes and greens. There will also be two other reports. One report will be on beets. The other will be on turmeric.

All categories of membership can attend the Herbal Studies meetings and give a report. Suzanne added that she will be happy to assist anyone with their report. If you are interested in giving a report at the November meeting, contact Suzanne.

Horticulture – Barb O'Brien

The attendance at the herb garden has been overwhelmingly wonderful and we have had lots of opportunities to socialize. Barb said that everything looks terrific. One of the highlights is June Hutson who is like having a whole field guide in your pocket. This past Tuesday June explained to the Provisionals and other members several tips/processes for effective gardening.

The plant order for 2019 was submitted in early September. It could not have been possible without the help of Ted Atwood who spent 6 hours showing me how to use a spreadsheet. Barb encouraged the members to come to work in the herb garden whenever possible.

Closing of the herb garden is totally weather dependent. If you are concerned about whether we will be working in the herb garden on a Tuesday, contact Barb before making the trip to ensure members will be present.

Products – Judy Harmon

Judy thanked Linda Meyer and her committee for their help to get us up and running. So far this summer there have been eight workshops with lots of products for the sale next month. Judy encouraged the members to bring their checkbooks in November.

Judy thanked Barb Ottolini who hosted our first workshop making lavender wands. So far, there have been 3 vinegar workshops, all of them held at Barb Finbloom's house. Judy thanked Barb for letting us use her kitchen. Approximately 85 bottles of vinegar are ready for sale. There are six different varieties, all herbal, and include two new ones.

Judy also thanked Anne Cori for letting us use the Kitchen Conservatory for the spicy peach jam workshop led by Mary Hammer and the apricot pepper jelly workshop led by Ted Atwood. These will be available at the sale. Sondra Ellis and Judy have been working on a new product, tomato jam. Some of the new jam will be available at the November sale. It will be available in the jam size jars as well as smaller size jars. Coming up, Suzanne Dorris has offered to hold a salt and pepper blends workshop at her house on Thursday, October 18th. The last workshop will be at Barb Ottolini's new home on October 25th from 9:30 to 2:30 to make catnip mice.

Judy is hoping to hold another workshop at her house to make some cosmetic products. It will depend on gathering all the ingredients in a timely manner. For the November sale we still have lots of our spice blends (curry powder, Herbes de Provence, Chinese 5 Spice) as well as some odds and ends.

Provisional Advisors – Mark Kalk

The Provisional Advisors committee also includes Linda Meyer and Linn Wells. We have been making sure last year's and this year's provisional members understand the goings-on of the Herb Society. This includes making sure they have

badges to get on Garden grounds and producing the Expectations & Requirements document that spells out the things they need to be doing during their provisional years.

We are planning a couple of events in the future. Additionally, starting in mid-November, we will be decorating the Tower Grove House's informal dining room for the Christmas Holidays.

This year we have eight provisional members in their second year, so that means we will be hearing eight presentations. To accomplish that we will have to double up and have two talks at some of the meetings.

Publications – Judy Bolian; Publicity – Val Whitney

Ideas to increase sales of our current TSLHS publications were discussed this summer and approved as follows:

TSLHS will conduct a Fall and Holiday sale of most of its publications during the remainder of 2018. Information will be available on the website for the public and investigation is being made as to whether we can also sell our publications at sale prices through our website without too much difficulty on the back end.

All in the Name is \$4.00. This increased \$1.00

Herbs A to Z is \$12 retail, members \$10.

Lore & Legend is \$6.00

Herbal Cookery \$15.00. Wholesale \$10.00. If a person buys the *Herbal Cookery*, they will get *How to Grow Herbs in the Midwest* free. They are being bundled together for public sales.

How to Grow Herbs in the Midwest \$4.00. If a person wants *How to Grow Herbs in the Midwest* without a cookbook then the price is \$4.00.

Judy added that pairing our cookbook *Herbal Cookery* with *How to Grow Herbs in the Midwest* publication is a perfect pair of books. Not only are they beautiful together, but they also work well together.

Judy said that she brought copies of all our publications to the meeting today so that members can start their holiday shopping early. Judy reminded speakers to take books to their speaking events. She also said that members should think of various venues where we can sell our books.

Judy will bring publications to the open meeting in November.

Volunteers – Bev Schmitt

No report

Communications – Anne Brackens

No report

Speaker's Bureau – Barb Finbloom

Barb began by saying that it has been hard to fill Judy Harmon's shoes as head of the Speaker's Bureau. She has been very patient explaining things that need to be done.

A few dates have been changed and switched around. This information will be included in the November newsletter. We have two talks coming up. This Tuesday, October 9th, Mary Hammer will speak to the Evening Herbalist at the Miles Seed House in Faust Park at 6:00 PM. The subject will be “An Introduction to Herbs.” Val Whitney will be presenting “Cooking with Herbs” on Saturday, December 8th at 10:00 AM at Cliff Cave Branch, County Library. This is a rescheduled date.

Barb thanked those who had recently given talks: Mary Hammer, Barb O’Brien, Celeste Sprung, Rhonda Ruester, Carolyn Wilmore and Val Whitney.

Archives – Barb Ottolini

The Archives Committee also includes Sheila Hoffmeister and Mary Clair Wenger. Stephanie Prade directed us to digitize everything. Since Archives now includes maintaining and preserving records of activities of TSLHS, please send photos to me for the scrapbook and anything else that you think should be included in the permanent record.

Hospitality – Rhonda Ruester

Rhonda began by thanking everyone who brought food today. The theme “What’s New” seemed appropriate for our first meeting with the new term of officers and committee chairs.

Rhonda noted that she has changed the sign-up sheet so that everything is on one page. In addition to bringing food, you can sign up to help with set-up, clean-up or to bring a centerpiece or ice. Rhonda said that instead of fall colors, she chose pink since October is Breast Cancer Awareness month.

Next month the food theme is Chili Fest. Everyone has a favorite chili recipe or an award- winning recipe that can be shared with all of us. If you want to share your recipe, all the better unless it is a family secret. We will probably need at least 6-8 crockpots of chili. Everyone else can bring the sides – from cheese to sour cream to hot sauce to whatever you like to eat with YOUR chili. Feel free to name your chili! There are lots of creative names out there for chilis. We might even vote to see which one is the Herbies favorite chili.

Thinking ahead, our food theme for our December meeting will be Colorful Christmas and Holiday Cheer!

SPECIAL COMMITTEES

Legacy Committee – Sondra Ellis

No report

What’s New – Anne Cori

No report

NEW BUSINESS

Member announcements:

- Sharon Dougherty’s sorority is selling 1 lb. bags of shelled pecans at Christmas time at \$12.00/lb. The proceeds go to Sunny Hill, Inc., an organization that provides support to individuals and their families for those dealing with developmental disabilities. Please e-mail Sharon with your order.
- Laurie Hullverson announced that The Ladue Garden Club is holding its biennial fund raiser, Le Marche d’Automne, Wednesday, October 10th from 10:00 to 5:00 and Thursday, October 11th from 10:00 to 3:00.

- Celeste Sprung announced that there will be a horticulture tour of Bellefontaine Cemetery on Friday, October 12th at 10:00 AM with a brown bag lunch. Free.
- Carolyn Willmore announced that the Lafayette Park Conservancy is holding its first annual speaker series. The second lecture of the series will be Sunday, October 14th with Carolyn presenting the career of Max Kern, the superintendent of Lafayette Park and Forest Park. Postcards with the details are on the tables.
- Anita O'Connell showed us a beautifully illustrated children's book on bees.

The business meeting was adjourned at 11:05 a.m.

Respectively submitted,
Frederick (Ted) Atwood
Recording Secretary

Attachment

To the Active Members of The St. Louis Herb Society,

According to The St. Louis Herb Society Bylaws as amended on April 6, 2018, any Active Member may propose an amendment to the Bylaws. Once approved by the Executive Committee and the Board of Directors, notice of the amendment is sent to the Membership ten days prior to the regular meeting at which the amendment is presented for a vote.

Below is a proposal as presented to the Board from Suzanne Switzer, Co-Chair of the Medicinal Study Group, to amend our Bylaws. Suzanne requests the following:

1) Change the position of the Medicinal Study Group from being a ***Special Committee and Study Group*** to being a ***Standing Committee***.

Why? A Special Committee is considered to be a temporary committee created to fulfill a specific purpose and exists for a defined time, but a Standing Committee directly contributes to the existence of an organization through its continuous and permanent fulfillment of the purpose of an organization.

2) Change the name of the committee from ***Medicinal Study Group*** to ***Herbal Studies***.

Why? The ***Herbal Studies Committee*** will broaden the focus from medicinal herbs to all herbs.

3) Describe the committee as, ***The Herbal Studies Committee shall plan member gatherings to study, gain knowledge, and learn the uses of herbs.***

Why? The ***Herbal Studies Committee*** will serve as a learning tool to further educate our members.

Suzanne's proposal passed the Executive Committee on August 29, 2018 and the Board of Directors on August 30, 2018 with enthusiastic and unanimous support.

As a voting Active Member of TSLHS, you are eligible to vote on this proposal at our Regular Monthly Meeting on October 5, 2018. Please read the proposal contained in the attachment below. It is sent to you in both PDF and Word formats.

Please make certain that you sign in at the Membership table when you arrive at the meeting. Your signature will guarantee your eligibility to vote.

Thank you for your attention,

Stephanie Prade, President