

“In my room, my prayers are not so frequent or so fervent; but at the sight of a beautiful landscape, I find myself moved without knowing why.” ... Jean Jacques Rousseau (1712-1778)

SAGE LEAVES

The Herb Society of America - Wisconsin Unit

Jan/Feb 2020 – Vol XXXXI #1

Unit Meetings

Tuesday, January 21, 9:30 a.m. Meet & Greet, 10 a.m. Meeting, 12 noon Luncheon

Program: Grants & Scholarship Recipients Report

Presider: Lore Borth

Location: St Christopher’s Church, 7845 N River Road, River Hills

Luncheon: Hostess: Louise Block
Salad: Nancy Kelley
Soup/Entree: Joanne Ruggieri
Bread/Spread: Maureen Powers-Todt
Beverage: Sue Steinhafel
Dessert: Tricia Hallam

Tuesday, February 18, 9:30 a.m. Meet & Greet, 10 a.m. Meeting, 12 noon Luncheon

Program: Make & Take Herbal Crafts

Speaker: Denise Nelson & AJ Star

Location: St Christopher’s Church, 7845 N River Road, River Hills

Luncheon: Hostess: Tricia Hallam
Salad: Susan McDonell
Soup: Louise Block
Bread/Spread: Elaine Wilhelm
Beverage: Carole Kincaid
Dessert: Kathy Laurent

Please mark your calendars for the above dates and locations

Editor: Diane Kescenovitz, kescenovitz.diane@att.net – if you will be going out of town for an extended period of time, please notify Diane of change of address or request e-mail copy – thanks!

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Herb Society of America office: Herbs@HerbSociety.org

Herb Society of America web: www.herbsociety.org

NEWSBUDS...

Greetings to our members,

Happy new decade starting in January! Hoping your holiday season was wonderful! We have much to look forward in this herbal year with our unit programs and planning for the Herb Symposium on March 7th and the Herb Fair on May 16th as we promote the knowledge, use and delight of herbs through educational programs, research and sharing the experience of our members with the community.

We will have our first Book Club meeting Jan. 13th. Our January Unit Meeting on Tues. the 21st will focus on the Grant Recipient Reports and the next Grant Proposals. Our February meeting will bring the opportunity to do some make & takes with herbs.

You should have received notice of the Central District Newsletter by email. The HSA 2020 Annual Meeting of Members, will be in historic Charleston, South Carolina on April 16-17, <https://www.herbsociety.org/grow/hsa-2020-annual-meeting-of-members/2020-annual-meeting-of-members.html>

The Central District Gathering will be held June 5th and 6th, 2020 in Green Bay, and organized by the Northeast WI Herb Society!

Hope to see you at our many future opportunities!

Melody

Holiday Luncheon

The 2019 Holiday Luncheon was a delightful event. Our thanks to A.J. Star, Unit Secretary, for organizing our decorations and favor boxes for our dear members and guests; to Melody Orban, Unit Chair, who led our craft area, so attendees could learn the skill of folding napkins into a tree shape; and to Pat Greathead, our Membership Chair, who guided us through a brain stimulating word scramble of herbal plant names and supplied the game award bag and the candy canes set at each place on the tables.

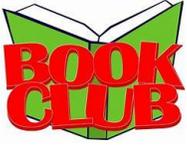
This is the 8th year we collected supplies for "Repairers of the Breach" (daytime homeless shelter), and they have given us a "Bridge Builder" award for our generous support. Again this year, our members and guests generously brought clothing and toiletry items to donate at the luncheon and there was a van-load of clothing and toiletry items to deliver.

The Holiday Luncheon date for 2020 is Wednesday, December 9th. Place this important date on your new calendar!

Appreciatively,

Denise Nelson

Book Club



Book Club Monday, Jan. 13, 1:30 – 2:30 at Carole Kincaid’s home at 6707 N Santa Monica Blvd. in Fox Point. We will be discussing Tea with Jane Austen by Kim Wilson. Who would not want to sit down with Jane Austen and join her in a cup of tea? This book shares the secrets of one of her favorite rituals. Each chapter includes a description of how tea was taken at a particular place or time of day, along with history, recipes, excerpts from Austen's novels and letters and illustrations from the time. Be prepared to discuss the book (or even just one chapter), drink tea and enjoy some cake. RSVP with Carole by text or phone message.

Spring Symposium

Please be sure to mark your new calendars with the date of the Spring Symposium, March 7, 2020. Carrie Hennessy is our guest speaker and her lecture is called “It’s the Berries.” She will entertain us with information on Rubus, which includes raspberry and blackberry plants.

We are putting together the details for the event at the Woman’s Club of Wisconsin on Kilbourn Avenue in Downtown Milwaukee. The cost is \$65 for current members and \$70 for guests. Invitations will be shared at the January Unit Meeting or mailed to your home if you are not in attendance. Nino Ridgway has created a “save the date” email which will be sent to previous attendees. The menu will be described on the emails and the invitations which will be mailed in mid-January.

We need and appreciate the help of our members to set-up on Friday afternoon, March 6, and also at the event on Saturday, March 7, 2020. Sign-up sheets for volunteer spots will be out at the January Unit meeting.

We thank you so very much for your assistance!

Denise Nelson & A.J. Star

Nominations

We will be voting on the positions of Treasurer and Secretary at our April meeting. Denise is willing to run for Treasurer again. We will need a candidate for secretary. This is an Executive Board position, so we need an experienced person who can keep excellent records. Any qualified member who is interested in being included on the slate of candidates must apply to the Nominating Chair, Melody Orban, by the end of the February meeting. Candidates for office should be an actively involved member in good standing for at least one year. The proposed slate of candidates will be sent to the unit membership in the March-April Sage Leaves.

Nominating Committee Chair: Melody Orban. Contact Melody if you are interested in being a member of the committee.

2020 Herb & Artisan Fair

Save the date for the 2020 Herb & Artisan Fair on Saturday, May 16.

2020 International Herb of the Year – Rubus

Memory Booster

([First for Women Mag 9/16/19](#))

Blackberries' sweet-tart flavor makes them a yummy addition to fresh salads and fruit smoothies. And Canadian researchers say nibbling on ½ cup daily can put the brakes on age-related memory loss, plus sharpen your focus and short term memory by 33%. The blackberry secret? They're packed with nutrients (ellagic acid and manganese) that spark communication between brain neurons and energize immune cells that repair and replace aging brain cells.

Skin Smoother

([First for Women Mag 9/16/19](#))

Raspberries are juicy and delicious, and enjoying 1 cup every day could make your skin look up to five years younger! Tufts University scientists say two rare plant compounds (rheosmin and tiliroside) switch on the genes that repair sun-kissed skin, stimulate the growth of firming collagen and promote the formation of healthy new epidermal cells.

New Year's Resolutions...

(From Christmas Luncheon 2019 – Adapted from "A Christmas Reminder" by Ruth A Ritchie)

*Mend a quarrel
Seek out a forgotten friend
Dismiss suspicion and replace it with trust
Write a love letter
Share a treasure
Give a soft answer
Encourage youth
Manifest your loyalty in word and deed
Keep a promise
Find the time
Forego a grudge
Forgive an enemy
Listen
Apologize if you are wrong
Try to understand
Defy envy
Examine your demands on others
Think first of someone else
Appreciate
Be kind, be gentle
Laugh a little...
Laugh a little more
Deserve confidence
Ward off malice
Decry complacency
Express your gratitude
Welcome a stranger
Gladden the heart of a child
Take pleasure in the beauty of the earth
Speak your love, again and again...*

Which beverage makes you smarter? Coffee or tea?

by Georgina Barbari ([Considerable Newsletter 11/11/19](#))



The debate between coffee and tea has raged on for decades, with ardent fans in each camp lambasting the other for their breakfast beverage of choice. But one might've just gotten an endorsement from science. Tea drinkers have more efficient and well-organized brains, according to science. Improved memory, more efficient at completing tasks and Alzheimer's protection? Pinkies up.

Coffee drinkers, step aside and allow tea enthusiasts to bask in the limelight for a moment. According to science, tea has a number of cognitive benefits, including increased brain efficiency, organization, and cognizance.

Tea time

In particular, a study published in June 2019 in [the Journal Aging](#) provided the first compelling evidence that regular tea drinkers experience positive contributions to their brain structure and network organization efficiency.

The dangers of dehydration in older people

This study was unique in that it targeted the effects of tea itself instead of turning to other constituents of the drink, such as tea extracts, as a number of other studies have done. The researchers, who were from China, Singapore, and the UK, recruited healthy older participants (aged around 70 years old, on average) and divided them into two groups — tea drinkers and non-tea drinkers.

They used brain imaging to investigate structural and functional networks in the brains of the participants. This was in order to explore the potential protective effect of tea-drinking against age-related brain organizational decline.

Memory, completing tasks, and Alzheimer's protection

The brain imaging results showed that tea drinking produced more efficient structural organization in the participants' brains, which is associated with an improvement in learning and memory.

In addition, functional connectivity strength within the default network of the brain was greater in the group of habitual tea drinkers. This network is linked to efficiency within goal-oriented external tasks, such as completing a to-do list or training for a half-marathon.

There is strong evidence that herbal tea specifically has a protective role on the brain.

Moreover, the researchers reviewed additional studies on the topic of Alzheimer's prevention, and discovered that there is strong evidence that herbal tea specifically has a protective role on the brain. Chamomile, peppermint, and ginger lovers: your herbs have got your back. On the other hand, drinking *any* variety of teas (including herbal, and also black, oolong, and green) is proven to enhance brain efficiency alone, according to the scientists' cross-examination. In summation: Whatever you choose to sip will benefit you in some form.

Further health benefits

This distinctive study complements a body of research revealing that tea indeed does great things for an individual's health and cognition. Additional research supports tea's antioxidants being linked to a decrease of risk in certain cancers, including those affecting the breast, lung, skin and prostate. Furthermore, brewing a hot cup of tea is beneficial to your heart as it reduces inflammation in the arteries, keeping your blood flowing smoothly. And if cognitive enhancement, cancer-risk minimization, and heart protection isn't enough to persuade you to the beverage, perhaps the evidence stating that tea will likely help you get some shut-eye will be the thing that lures you to the kettle.

So stock-up on your favorite tea bags and get brewing.



FYI – As of Sept/Oct 2019 copies of SAGE LEAVES are now available on our Web Site: Herb-Society-Wisconsin.com. It is in the Members Only section which you can get to by entering the password: HSA-WI@76

You can also view photos of past meetings under "Calendar"

*Diane Kescenovitz
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BOOKS, BOOKS, BOOKS

Why do you always want to read
What is this fuss about a book?
Whenever I need you I always know
You'll be reading in a quiet nook
Maybe you will learn the answer
Because you open a book to look
You may travel through history or space
You can learn to garden or cook
Without books the world would be empty
No help for those yearning to know
Without reading about our amazing world
Your life would be boring and slow

...J E Janssen "Under the Leaf"



If you have an event, article, recipe, books, etc. in which you feel members might be interested, please send to Diane at kescenovitz.diane@att.net and I will try to put it in the next issue of SAGE LEAVES if there is room.

Future SAGE LEAVES will be mailed out to arrive by 3/1/19 and 5/1/19.