

Programme for 2023

Meetings are held at 1pm, usually at the Masonic Hall in Stratford.

Refer to programme for venue.

Meeting topics are subject to change

3 April: Dried herbs and spices medicinal properties –**run collectively** (Shonagh away)

1 May: AGM TBC followed by Tinctures and flower essences

12 June: Medicinal properties of Koromiko and other Maori and native herbs (**change of date due to Queens's birthday**)

July 3rd: Incense making/smudge sticks Potluck for Puanga. Matariki is on July 14th
Puanga being the clearing of the decks to mark the end of the year and setting up for the next, while Matariki has more of an emphasis on the new year.

7 August: Growing one pot herbal remedies (book)

4 September: Essential oils

2 October arrange the Herb federation plus plant swap

November 6 – 8 Herb Federation Conference

4 December Christmas Potluck lunch

January garden visit

5 February 2024 Fire cider/oxymel

There may be additional workshops at Pioneer Village throughout the year

COMMITTEE MEMBERS

Shonagh Hopkirk	President	Ph (021) 255-6390
Linda Howson	Vice-President	
Karen Cave	Secretary	
Lynne Ries	Vice-Secretary	
Lynette	Treasurer	
Nelle Rose		
Martina Murray		
Glenys Campbell		

VOLUNTEERS needed for

Library
Birthday Gifts
Raffle

HERB GROUP DETAILS

Membership \$15/year **Due 1st April annually**

Costs

Library: \$0.20c per book. Please sign book in & out

Raffle: \$1.00 per ticket. Appropriate donations for raffle prize are appreciated

Sales Table: Please support with donating items to sell and by buying sale items

Car-pool for Outings: Pay drivers \$5pp for local trips; \$10pp out of town

Constitution: To be provided to new members

Roster

If you cannot attend when you are rostered, please ask the back-up person or make arrangements to swap with someone else.

Rostered Members:

- . Buy milk
 - . Ensure herbs for herbal tea
 - . Ensure we have supply of teabags, coffee, sugar, honey, etc
 - . Turn on hot water zip (& turn off at end of meeting)
 - . Dishes and clean-up
- If we are away, please ensure you bring afternoon tea supplies if needed
- Turn heaters on (& turn off at end of meeting)

Members

- . Please bring a plate for afternoon tea
- . Please take home any dishes you bring
- . Help with hall setup & clean up if possible

Month	Rostered on	Rostered on	Back up
May	Carol Stewart	Alison Thompson	Lynne Ries
June	Jules Sarten	Dorothee Heumueller	Liz Hewitt
July	Liz Sinclair	Maureen Muir Wakeman	Linda Howson
Aug	Lynne Ries	Jaki Chalmers	Alison Thompson
September	Liz Hewitt	Carol Stewart	Dorothee Heumueller
October	Martina Murray	Lynne Ries	Jules Sarten
November Herb Federation Conference			
December	Debbie Dell	Glenys Campbell	Jaki Chalmers
February	Alison Thompson	Jules Sarten	Liz Sinclair