



Herb Federation of NZ Conference 15-17 November 2019



Welcome

The Hutt Valley Herb Society is looking forward to hosting you at the Herb Federation of New Zealand's 17th Biennial Conference in Upper Hutt over the weekend of 15-17 November 2019.

Our theme is “Herbs Today – bringing wellbeing to our modern lifestyle”.

We are living in a fast-paced society and our conference is to address how we can incorporate herbs into our busy everyday lives. That growing and using herbs from our own environment can be easily achieved; and understanding herbal wisdom will be of benefit to our health and well-being.

Programme

For an outline of our programme please **click onto this document**. It will be updated as details are finalised with our speakers and workshop facilitators. Keep an eye open for confirmation of the final programme nearing the conference time.

Speakers

We are pleased to announce our speakers for Saturday 16 November

- **Sandra Clair from Artemis;**

Sandra Clair is one of New Zealand's most highly qualified Swiss trained medical herbalists, a medical anthropologist (M.A.) and the founder of traditional plant medicine company Artemis. She is currently completing a PhD in Health Science at the University of Canterbury, looking at the health policy challenge in regulating traditional medicines in the era of contemporary evidence-based practice. Artemis is the expert in traditional plant medicine for self-care and was never just a business solely focused on commercial success. Sandra is driven by the genuine desire to make it easy and pleasurable to look after our health. Her vision is to share her proven medical knowledge of plants so that New Zealanders will discover how they

can heal us and keep us well. She is a member of the NZAMH committee, aiming to help grow the professional body and promote the profession of medical herbalists. She actively works with media and the government to position plant medicine as an important healthcare option in New Zealand, and has a regular column on nzherald.co.nz discussing plant medicine and how it can assist in various ailments



- **Donna Lee from Cottage Hill Herbs;**

Donna lives in Akatarawa on the outskirts of Upper Hutt. She has been our local herbalist for 50 years providing educational courses in herbal medicine and natural skin care starting from humble beginnings without computers and view books available. She believes the resurgence of the old ways melded with the new are now coming to the fore. *“It is important to know how to care for ourselves but knowing what to do with it, is the key, and especially those who are financially struggling out there with healthcare burdens and money issues, to know how to look after their families better using herbs and free food from the wild.”* She has recently opened a Herbal Health and Ozone Clinic to add to her workshops and shop.

- **Jane Wigglesworth.**

Jane is a writer, editor and grower of flowers and herbs. She writes for the NZ Gardener and NZ House & Garden magazines as well as a couple of weekly columns in newspapers. She is the editor of a fabulous book – “Growing and using Herbs and Superfoods, for health and wellbeing”. She is also our own editor of the Herb Federation of New Zealand, “Herbnews”. Jane is passionate about the powers of parsley. She has recently become a sleep expert armed with the knowledge and wisdom to help us insomniacs get to sleep.

Experts panel

- Our speakers will be part of panel, whereby you are invited to ask your questions. It is preferred that you submit your questions before the conference. Send your burning question to: huttherbsociety@gmail.com.

Workshops

There will be a choice of four workshops

1. **Herbs for managing aging conditions;** arthritis, high cholesterol, high blood pressure and menopause. Presented by Maree Murphy, a qualified Medical Herbalist, Heavenly Herbs (heavenlyherbs.co.nz). She works with clients with Health issues to find a Natural solution. She is also a keen gardener and grows herbs organically and makes Herb teas and tinctures. Maree will have some of products for sale during the conference.
2. **Cooking with Native Herbs;** using our native plants in yummy hummus, pesto and smoothies. Presented by Jan Smith, a member of the Stratford Herb Society. Her presentation at the AGM last year was so successful we have asked her back again.

3. **Understanding Native Remedies**; the principles and practices of the approach of Maori Rongoa (medicine). Presented by Justine Rangihaeata, Nga Rauru no Ngati Ruanui, a Rongoa Maori Consultant, Mirimiri and Reiki Practitioner from Kawakawa Spa, (kawakawaspa.com). As a child Justine was surrounded by traditional forms of healing with the sacred waters of her hapu puna wai (natural spring waters). Her approach to rongoa and mirimiri (massage) has been nurtured by her innate intuition that has connected her to many teachers throughout her journey. Justine will have products for sale during the conference.



4. **The usage of Essential Oils**; the principles and practices of essential oils, with a demonstration on how to make them. Presented by Steve from Hebe Botanicals, (www.hebebotanicals.co.nz) Alongside his wife, Sandra, they have a background in natural products, food and health. Their philosophy is that natural products are more effective, safer and better for the environment than synthetic alternatives. They have a wide range of products; all are made from natural ingredients. We do not use synthetic preservatives, fragrances or any other synthetic additives. They will also have products available for sale.

Bus Trips

The Kapiti Herb Society are hosting the bus trips this year and welcome you to join them.

As part of your conference experience, we invite you to choose between two interesting and informative day trips on Sunday 17th November.

Heritage Trip (Numbers are strictly limited to 35)_

We will be leaving the Retreat Centre at 9.15 and taking you to visit the Home of Compassion in Island Bay. Here you will have morning tea and have the opportunity to see the wonderful Heritage Centre dedicated to the life and work of Mother Aubert. Spend some time in the chapel or take a stroll around the extensive grounds. We guarantee you will come away feeling refreshed and inspired. A truly extraordinary place.

We will then visit the Island Bay Marine Education Trust, where their volunteers will give us a tour and illustrate the medicinal uses of sea plants.

We take our lunch in the Wellington Soup Kitchen where the work of Suzanne Aubert continues to this day. You will also have the opportunity to visit the community garden that was moved from the home of Compassion to its current site following the death of Sister Loyola.

Our next stop will be at Wellington Botanical Gardens. Here you can take a wander at your own pace through the herb garden and the Lady Norwood Rose Garden.

*After a quick stop at Wellington Railway Station, we will return to Silverstream at around 4.30 to 5pm.



Nature Trip

We will be leaving Silverstream at 9.15 and going to Golders Cottage for a step back in time and to visit the spiral herb garden that is maintained there by Hutt Valley Herb Society. Just a few minutes' drive away is the Clyma Garden Project; a diverse community garden where people come together to promote healthy growing and eating. Hutt Valley Herb Society takes an active role in this garden. We will have morning tea there.

From there, we will go to Wellington Botanical Gardens. Here you can take a wander at your own pace through the herb garden and the Lady Norwood Rose Garden. Find a sheltered spot to sit and have your cut lunch that we will provide for you.

Otari Wilton Bush is our next stop where we will take a guided tour and view the many native species being nurtured and protected for future generations. Preservation of our biodiversity in action.

*After a quick stop at Wellington Railway Station, we will return to Silverstream at around 4.30 to 5pm

Additional Comments

- Morning tea and lunch is included in the cost
- We have asked for the caterers to not include water bottles in lunches this year. PLEASE bring your own refillable water bottle to use throughout the weekend.

For those of you returning home on Sunday, we have arranged that each bus will make a stop at Wellington Railway Station, at approximately 3.30pm where you can connect with the Airport Flyer Bus if you wish. However, please note, traffic is unpredictable and our time table is flexible and we cannot guarantee the drop off time at the station.

For more information please contact:

Carmel Wilkinson: carmelwilkinson@xtra.co.nz

How to register

Welcome. We are delighted that you are coming to our conference. We trust that these guidelines will help you to make it easy for you to register.

Key things to note

- Registrations will close on **1 November 2019**.
- Any **cancellations** must be done before 1 November 2019.
- A member is a current paid-up member of the Herb Federation of New Zealand.
- Non-members include members of the Herb Societies who are affiliated but are not individual members of the Herb Federation.

Pay by invoice

The system is an “invoice only”. Which means that:

- When you complete the required details it will generate an invoice – you do not pay directly.
- The invoice will be emailed to the email address provided immediately.
- You can either pay by online banking using the bank account number on the invoice, or post a cheque to the Herb Federation of New Zealand. For online banking please include the invoice number in the reference field.



Adding additional information

How to add extra important information you want us to know.

- There is space for you to tell us about your dietary requirements, and **you must inform us if you are celiac or are allergic to nuts.**
- If you want **your partner to join** you for the Saturday night conference meal, or on a bus trip, at the bottom there is a large button that says “add another person”. Press this button and a form will come up again for you to click the options you want. Fill in their name and their separate email address (or use your shared email address) – the invoice will include these details and will be forwarded to your email box (or your registration helper’s email box).

REGISTER HERE

And put the link behind Register Here: hfanz-conference-2019.lilregie.com

Accommodation

Silverstream Retreat provides a variety of accommodation. For any other type of accommodation than what we are offering to book on your behalf (shared accommodation – see below), you need to contact the Silverstream Retreat directly;

contact 04 562 9080,

info@staywithus.co.nz,

<https://silverstreamretreat.co.nz>

Shared accommodation:

We are offering you cheaper accommodation for Friday, Saturday and Sunday nights. They are bunk-style rooms with shared bathroom, linen not supplied but can be hired. The attached form has the costs if you want a room to yourself, share with one or two friends. **[CLICK HERE FOR BOOKING FORM](#)**

The conditions are that you must pay Silverstream Retreat upon your arrival.

The attached form is a word document so you can add to it and email to:

hutterbsociety@gmail.com, with “Accommodation in the subject line”.



Once again this is a first come basis and there is a limited number of rooms.

Bookings close 30 October.

Any queries to contact Jacky Siddons, 0212062585

Travel Tips

From the Wellington Airport to Silverstream **Friday night**

Shuttle bus, Taxi, or Uber

We would like you to register on Friday night. So if you are travelling to Wellington airport on this day, please allow time to get to Silverstream. During the day allow about an hour. During peak-hour traffic from 3-6pm, allow for 90 minutes.

Airport Flyer

The Airport Flyer Bus service runs from Wellington Airport to Wellington Railway station every 10 minutes on weekdays from 6.30am to 9.00am and 2.00pm to 7.00pm. It runs every 20 minutes at all other times. It stops at various major stops throughout Wellington. Download the timetable [HERE](#).

Wellington Airport Flyer Bus

This is a link to the bus timetable etc to plan getting to the airport on Sunday, after the bus trips. <https://www.nzbus.co.nz/airportflyer/hom>

