



The Herb Age



OCTOBER/NOVEMBER 2023

NO 441



*Workshop 1 Herbal Tea Blending
with Naturopath, Jan Illingworth*

*Workshop 2 Making Topical Herbal Preparations
with Naturopath and Herbalist Jill Cheah*

THE HERB SOCIETY OF VICTORIA INC

www.herbsocietyvic.org.au



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www.facebook.com/groups/4104516136342577

Meetup group: www.meetup.com/Herb-Society-of-Victoria/

AIMS OF THE SOCIETY

- ☼ To act as a forum for all persons interested in herbs for their mutual benefit and fellowship.
- ☼ To further the education of the public in the use, value and growing of herbs.
- ☼ To promote and encourage the organic growing of herbal plants.

Patron: Penny Woodward

HSOV COMMITTEE

President	Jan Illingworth
Vice President	Vacant
Committee Secretary	Vacant
Treasurer	Carmen Hollway
The Herb Age Editor	Vacant
(Acting)	Meridith Hutchinson
Membership Officer	Marie Baker
Committee	June Valentine
Committee	Nigel Holmes
Committee	Sam Taylor

The committee would appreciate your help. Please speak to one of them about how you can join in.

The Herb Society of Victoria acknowledges the traditional custodians of the land on which we join together and pay respects to Elders past, present and yet to emerge.

HSOV MONTHLY EVENTS

HSOV meets on the first Thursday evening of every month, from February to December. Monthly events often feature a guest speaker, mini-talks or event theme, like a picnic or trivia, and followed by herb refreshments.

Monthly events are held at:

- **Room MB10 Main Building**
- Burnley campus of Melbourne University (was Burnley Horticultural College)
- 500 Yarra Blvd Richmond
- Enter MB building from the main entrance
- **Room is open 7.00pm for 7.30pm start**

Parking inside the grounds is often limited. There is ample parking on Yarra Boulevard, which is free after hours. Public transport access is nearby.

Next Meeting Details: See Page 4

HSOV DETAILS

ABN 22 261 579 261

PO Box 396, Camberwell,
Victoria, 3124, Australia

Bank Details to deposit payments, including membership renewals:
BSB 633000 / Account 158914432

Membership can also be paid via Try Booking link:
<https://www.trybooking.com/CHUGD>

Advertising Rates	Quarter page	\$15.00	Half page	\$25.00	Full page	\$45.00
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Payment should be sent to the Treasurer at the Society's address above. Advertising copy to be sent to the Editor by page 3 deadline dates.

THE HERB AGE

*Official Newsletter of the
Herb Society of Victoria*

Six issues published per year, covering:

- ✿ February/March
- ✿ April/May
- ✿ June/July
- ✿ August/September
- ✿ October/November
- ✿ December

Members' original contributions are warmly welcomed.

Post to:

Meridith Hutchinson
The Editor, The Herb Age
PO Box 396
Camberwell 3124

Email to

theherbage@outlook.com

Deadline for next issue:

Emailed and posted articles

Friday 10th November 2023

The views expressed by the contributors to this newsletter are not necessarily those of the Editor or of the Committee of the Herb Society of Victoria, Inc.

While every effort is made to publish reliable information, the use of that information is at the discretion of the individual. The Herb Society of Victoria, Inc takes no responsibility for statements made or opinions expressed.

The Herb Society of Victoria Inc does not offer treatment advice for medical conditions.

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THE HERB AGE

OCTOBER/NOVEMBER 2023

Contents

Page

Our Next Monthly Events	4
President's Annual report <i>by Jan Illingworth</i>	5
Herbal Preparations Workshop	6
Welcome to our New Members	8
Library Update	8
Roasted Bishop Crown Chilies <i>by Lesley Northey</i>	8
Herbie Market Night	9
State Rose Garden Visit	10
HSoV Annual General Meeting 2023	11
FOBG Plant Sale	12
Pellitory on the Wall <i>by Jan Illingworth</i>	12
Book Review: Encyclopedia of Herbal Medicine <i>by Jan Illingworth</i>	12
Herb Conference, Overview of Presentations Part 4 <i>by Meridith Hutchinson</i>	13
HSoV Committee Nomination form	15
HSoV AGM Proxy form	15

Cover: October and November are going to be a big couple of months for HSoV events, kicking off with the AGM and then the Herbal Workshop afternoon later in October. November HSoV monthly event is going to be a huge monster market, a change to buy gifts for the festive season. Book/share a table to sell items, bring your friends or help out with logistics. Follow that with a visit to the State Rose Garden later in November.

Put Saturday 23rd October in your calendar for our upcoming Herbal Workshops. This will expand on the Workshop from Jill at the Aust'n/NZ Herb Conference last year and the Weed Walk with Jan a few days after. Jill and Jan are teaming up to share their knowledge with herbal preparations. See pages 6 and 7 for all the details and how to book.

The Friends of Burnley Gardens are tying in with us, holding their Plant Sale the morning before this event. Their plant sales are grown from seed or cuttings from the vast range of plants at the Burnley Gardens, with proceeds to support the historically significant gardens. The local CWA is having a pop up stall at the plant sale as well. See page 12 for details on that.

Let's hope that Melbourne turns on a beautiful Spring day, so we can come well before the Workshop to buy some goodies and have a picnic or a stroll around the gardens. At the Workshop, HSoV will have also some Herb Plants for sale, along with pre-loved books that relate to the Workshops. Looks like there are all the ingredients for a great day out!

Our Next Monthly Events

Burnley Horticultural College Campus
and Gardens, Burnley Room MB10

Parking inside the grounds is limited so, if possible
please park on Yarra Blvd and walk in.



Thursday 5th October 2023

Please be seated 7.15 for 7.30 pm Start

Please bring a plate for shared supper, herbs for tea or help out at the tea trolley at the end of the main event.

Annual General Meeting

*The Annual General Meeting will be followed by
3 Mini Talks from our members.*

Welcome some members new to mini-talks and expect the unexpected!

Please explore the Herb Age for the President's Annual Report, the First and Final Notice with details and Proxy/nomination forms.

The Financial Annual Report will be emailed to members before the AGM and will be available the night and presented by Carmen Hollway, our Treasurer.

All positions are available for nominations, and there is bound to be one for you!

Thursday 2nd November 2023

Bring your friends and family – all welcome 7.30 to 9.30 pm

See Page 9 for all the details



President's Annual Report

Herb Society of Victoria for the year to date

I would like to summarise the last year by starting with the Conference and what a great success it was. A huge thanks to the conference committee for all their hard work, but the biggest thanks goes to Meridith and June. Huge job, liaising with Melbourne Uni and Friends of Burnley, getting awesome speakers, the stalls, show bag items, catering, organising the week of garden walks and the plethora of things that cropped up. They plodded on, dealing with every obstacle. They are both bashful about this, but for sure, without Meridith and June, this conference would not have been the success that it was. An added bonus of the conference was that 43 new member joined up.

November; market night with anything and everything pertaining to flora & fauna. (Get your plants, herbs and garden ideas onto a stall this Nov). December; was an equally enjoyable picnic at Burnley before we were joined by Lynsey Poore on the London Chelsea Physics Garden.

January; we had an outing at Heide Garden with Elsie. February; was our picnic evening at Burnley to start the year off. March; our patron, Penny Woodward compelled us to embrace insects in our garden or repel pests naturally and nicely. April; chocolate was discussed and degusted with June. May; we got down and dirty with the microbiome of soil by Craig Castree.

June; Karen Sutherland gave us an appreciation of the uses and how to grow native herbs in our garden. July; up close and personal with awesome photos by Wendy Clark of the smallest critters found in the garden and all of their benefits.

August; was a wonder around many of the cemetery gardens of the world with a passionate expose by Helen Page of the people that put hours into growing resilient, showy plants, especially at Boroondara Cemetery. September; Shaun Buckley from Osmocote was unable to attend, with June Valentine stepping in with a quick tour around the world of herbs, fun quiz and rosemary prizes.

For the future, we have the **AGM**, and as mentioned **November market night**, and the much anticipated **Herb Workshop on the 28th October**.

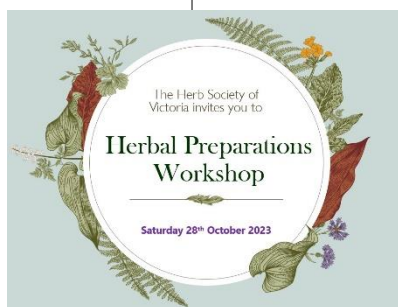
Please think of joining us on the committee with ideas, support and help.

Hope to see you all in October and happy herbing.

Jan Illingworth, President

Ed Note: And a very big thanks to Jan, who stepped in as President, made the giveaway bags and covered a talk at the Herb Conference, has provided several articles for the Herb Age, as well as countless other jobs she does for the HSOV, despite a demanding work schedule. Jan has been calm and cheerful throughout and always generous of her time and knowledge. Currently on well earned break in Greece, she has still been doing her best for us by posting photos and stories on the HSOV Facebook group. Thank you Jan for a very fine Presidential year.

Thankyou to all of the committee this year, Jan, Marie, Carmen, June, Nigel and for much of it Graham, as well as the latest to join, Sam. Despite being a small committee in number, they have delivered some great events and have big plans for the rest of the year.



Herbal Preparations Workshop

Be prepared for a wonderful afternoon filled with:

- ✿ **2 Herbal Workshops**
- ✿ Afternoon tea
- ✿ Take home Workshop goodies.
- ✿ PLUS herb plants & 2nd hand herb books for sale
- ✿ PLUS HSOV Raffle

All this for amazing value, for a teeny, weeny, tiny cost:

- ✿ **HSOV Members: Only \$10**
- ✿ **Non Members Only \$20**

Bring your friends. Its a great chance for them to join HSOV and receive this event for the member price of only \$10 straight away. Membership is \$26 to \$34 per annum with other great benefits.

- ✿ This event plus HSOV membership (to 30 June 2024) single \$36
- ✿ This event plus HSOV membership (to 30 June 2024) family \$44

BOOK NOW to secure your place.

Book online at www.trybooking.com/CLPDV

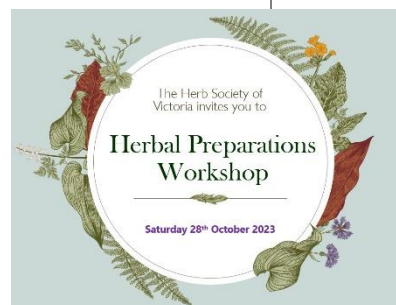
Or book and pay cash at the AGM meeting in October.

Come early and make it a big day out:

- ✿ The Friends of Burnley Gardens are holding their fab Plant Sale with a popup CWA cake stand from 10.30am (see more in THA)
- ✿ Bring your BYO picnic brunch for the lawn or at the Sugar Gum table.
- ✿ Wander the beautiful and historic Burnley Gardens.
- ✿ Toilets will be open in the morning at the Student's Amenities Building.

For more information email: theherbsocietyofvictoria@gmail.com
or contact one of the committee members.

Saturday
28th October 2023
12.30pm to 4.30pm



Program Details

12.30 pm Registration and Greeting

Browse books and herb plants for sale, buy your raffle ticket and find a seat.

Workshop 1 Herbal Tea Blending with Jan Illingworth

1.00 pm Start

Jan is a Naturopath, with a background in nursing, seeing first hand the importance of self-empowered care for our health. She has used her skills and knowledge to develop blends for tea with herbs, mostly using her organic homegrown plants.

Learn about the history of tea, with tastings of several different forms of *Camillea sinensis*. Jan will pass on some of her secrets and tips on how to harvest herbs for teas, as well as making up herbal tea mixes. And there will be the opportunity to take home some Herbal Teas.

2.00 pm Afternoon Tea

Take a break with homemade scones, and other delights including GF/vegan options. Served with herbal teas using fresh garden herbs or prepared mixes.

Workshop 2 Making Topical Herbal Preparations with Jill Cheah

2.30 pm Start

Jill Cheah is a Herbalist and Naturopath, passionate about herbs for health and enthusiastic to share her knowledge. She grows and harvests herbs and prepares her own tinctures, pastes, creams, teas and tonics and ran a workshop both days at the recent 17th Aust'n/NZ Herb Conference, held in Melbourne.

This workshop, Jill will guide you through making herbal creams and lotions, providing practical skills to make these for home use. And take home Herbal Preparations from the workshop.

Location: Burnley campus of Melbourne University
500 Yarra Blvd Richmond, Rooms MB10 and MB11
Public Transport accessible, campus has disabled access
Free parking available on Yarra Blvd.

Welcome to our New Members

The Herb Society of Victoria would like to make welcome our newest members.

Anne Osman
Jennifer Hornsey
Heather Watts
Sam Taylor

An extra special welcome to Sam, who has also joined the committee. Sam's interest in all things Herbal has been inspired by his grandfather who was a Herbalist. Sam is keen to help out and will be starting with managing the Social Media for HSoV. Please say a very big hello to all our newest members at our next meeting or upcoming events.

Library Update

Since the Herb Society of Victoria was founded in 1980, knowledge sharing has been highly valued and a library for members was quickly created. The library is still available to all members and is currently stored in cupboards in the room shared with Friends of Burnley Gardens at the campus. A list of books is on the website 'Members Section'.

The library, is used little these days, mainly a consequence of internet searches at a touch of our phones. As a result of the poor patronage and the age of some of the library books, the HSoV committee is currently undertaking a review of our Library. The evaluation is about 20% complete so far. While we certainly have important references books which will be kept, some books are in disrepair, outdated or fairly basic. We also have been donated books, as members have downsized, many of which duplicate our library.

Books that are surplus or being removed from the library, will first be offered to Melbourne University, Burnley campus library. Other clearance books are being set aside to sell at upcoming events. A few, relating to medicinal herbs, will be on sale at the Herbal Preparations Workshop, but most will be at the HSOV trading table on the big Market night in November.

You can express your interest to help with the sorting and evaluating the library books by sending an email to the committee at theherbsocietyofvictoria@gmail.com. And be sure to get in quick to snap up a bargain at the sales.



Roasted Bishop Crown Chillies

What under hot oil. Looking forward to trying them with pasta and as spicy little nibbles!

Recipe details are from to do with the last 50 of this year's bumper crop of Bishops Crown Chillies? Stuff them with a little feta cheese, then roast them with garlic and basil of course! And then preserve them

www.gemmasampson.com/recipes/roasted-bishop-crown-chillies

Lesley Northey



Thursday 2nd November 2023

FREE ENTRY 7.30 to 9.30pm ALL WELCOME

Stalls include:

- | | |
|---|------------------------|
| *Herbal Products (Herbs of Joy) | *Tussie Mussie Posies |
| *Herb Plants | *Herbal Teas |
| *Handmade Cards | *Herbie Crafts |
| *Children's Fairy Books (Melbourne based) | *Jams and Treats |
| *Pre-loved Herb/Garden Books | *Raffle and much more. |

PLUS Refreshments of Herb Teas and Snacks

Expect a large range of Herb, Plant and Garden items to choose from to get some early Christmas Stocking fillers or a wee treasure for yourself. Please note most stalls are **Cash Only**

This is going to be a BIG night! Something a bit different for our November event at Burnley, so please get behind it with all your support:

🌿 **Bring People.**

- Bring along as many friends and family as you can to support all the stalls, including the HSOV stall.

🌿 **Spread the word.**

- You'll receive an email flyer shortly, so pass it on. The event is on the website, Facebook and Meetup, share it around.

🌿 **Sell stuff**

- Consider your own table. The cost is basically FREE, HSOV just ask for 1 item donated for the raffle. Or you can share a table or make/provide items for the HSOV tables. Try potting up some herbs, making Herbie crafts or snacks. If making any food item, all ingredients MUST be included on the label.

🌿 **Help Out**

- Did we say this will be big?! Well members help will be required, for the HSOV stall, providing herb teas or...well there'll be more!. Herb teas/refreshments will be moved to the room across the hall to allow the market to take over! Please reach out to June who is coordinating plans.

- 🌿 All queries to June Valentine

State Rose Garden Visit



When: Sunday 26th November.

Time: Meet at 10.45am, Starts 11am

Meet at: the Entrance Archway, next to the carpark (Gate A)

What: Guided tour of the Victoria State Rose Garden

Where: Victoria State Rose Garden at Werribee Park, Gate 2, K Rd, Werribee South

Cost: A small charge for the guide, entry to the gardens is free.

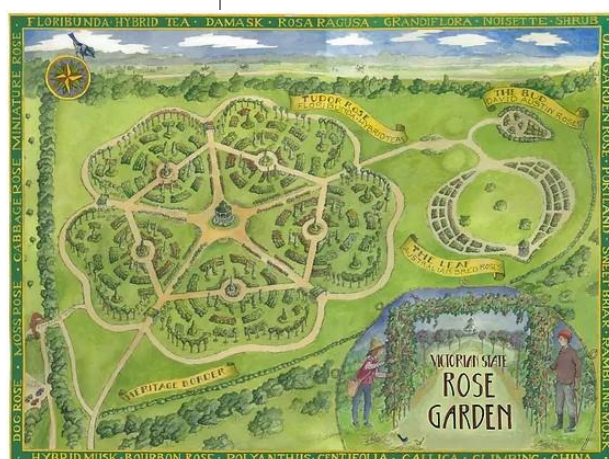
- 🌹 \$5 for HSOV members
- 🌹 \$10 for non-members

Book online at www.trybooking.com/CLTFJ

Or book and pay cash at the AGM meeting in October.
For more information, please text Meridith Hutchinson
on email on theherbage@outlook.com.

Plus: BYO lunch for afterwards for those who want to further enjoy the gardens.

Important: BYO drinks and refreshments. There are no places to purchase food or drinks at the Rose Garden.



Be guided through the enormous range of over 5,000 roses plants, at their beautiful late Spring peak. Our guide, especially for the HSoV, is one of the devoted and very knowledgeable volunteers who tends the gardens. Pass through the beautiful archway entrance to the gardens laid out in the shape of a Tudor rose, with collections like 'David Austin roses' and 'Australian Federation Roses'. Even the borders are a mass of roses.

The Victoria State Rose Garden covers 5 hectares with some best collections of roses in the southern hemisphere and has received the "Garden of Excellence" award from the World Federation of Rose Societies.

Getting There:

- 🌹 **Driving:** The Car Park near the Rose Garden Entrance Arch is best accessed from K Road (Yes the name of the road is simply "K").
- 🌹 **Public Transport:** Please check the PTV website. There is bus stop to the Werribee Mansion/Rose Garden. However, at time of publishing the THA, the bus route has been diverted; the closest stop is a 15 minute walk (940 m) away.

HSoV Annual General Meeting 2023

FIRST AND FINAL NOTICE

The 2023 Annual General Meeting of the Herb Society of Victoria Inc. will be held on **Thursday 2nd November at 7:30 pm** at Room MB10 Main Building, Burnley Horticultural Campus, 500 Yarra Blvd, Richmond.

The purpose of the Annual General Meeting is to attend to the business of the Society and the Annual Election of Officers and Committee Members as defined in the Rules 2014.

Our Rules 2014 allow for up to fifteen positions on the Committee of Management. All positions are declared vacant at the AGM. Nominations are called for the following positions:

- President
- Vice-President (2 positions)
- Committee Secretary
- Treasurer
- Membership Officer
- Editor and
- Up to seven other Committee members.

Candidates, if unopposed, shall be declared elected at the Annual General Meeting. Where more candidates are nominated than required, voting shall be by secret ballot. Any member who is unable to attend the meeting may appoint any other financial member as proxy. The member appointing the proxy must notify the Committee Secretary (or President) in writing before the meeting. A Proxy Form is in this edition of THA.

The Committee meets on the fourth Wednesday of each month except December to organise General Meetings and other activities of the Society. Committee Meetings are conducted in a friendly atmosphere and kept as short as possible. They held at the Conference Room in the Main Building at Burnley Campus, using Zoom.

All financial members are eligible to attend the AGM and to stand for election to the Committee of Management. Nomination forms will be available on the night or complete the form in this issue. All new Committee members are very welcome.

The HSOV Financial documents for the Financial Year to June '22 are being published in this issue of The Herb Age and should enable you to understand the financial position of the Society. As a financial member you may ask questions at the AGM about financial matters or other issues that concern you.

Nomination and Proxy forms are on the last page of the THA in this issue.



Please put up your hand at the AGM to join the committee and help out. Many of us have benefited from the Herb Society of Victoria community which abounds with generosity of knowledge and friendship. Many hands make light work of the on-going running of the HSoV monthly and special events and your input can help make it all happen.



October Plant Sale

Saturday 28 October 2023, 10:30am – 1:00pm
(before the HSOV Herbal Preparations Workshop)

For sale, are a selection of plants including natives, indoor plants, perennials, bulbs, salvias, succulents and more

Location – Burnley Campus, University of Melbourne - between the Main Building and the Student Amenities Building. Follow the signs.

Also, The CWA (Country Women's Association) will have a pop up stall selling a delicious selection of hand crafted treats, cakes and their famous scones, cream and jam.

Why not drop in for a devonshire tea, tables and seating available.

Parking on Yarra Boulevard - No car access to campus

Please bring your own bags

Funds raised go to Burnley Gardens Projects - see "Achievements" section of website.



Pellitory of the Wall *Parientaria officinalis syn. P. diffusa*

An annual spreading, prostrate herb with deep green leaves and insignificant greenish flowers on brittle red numerous stems and hairlike roots. Contains flavonoids and tannins. Known for growing in dry walls and crevices (hence name), it easily grows in most conditions. Native to Europe and used for eons as a green vegetable much like spinach.

Collect when in flower as fresh or dry for teas. Long been valued as a diuretic for oedema and high blood pressure, and anything to do with the urinary tract such as kidney stones, infections, and any restorative action on the kidneys. Tea is the best way; 1 Tablespoon per cup of boiling water. This also can be applied on a poultice for wounds and burns or made into a balm.

Jan Illingworth



Book Review *Encyclopedia of Herbal Medicine*

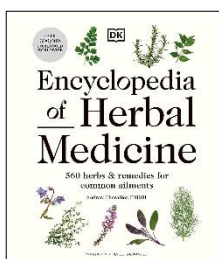
If you are looking for a herbal medicine book, look no further. This Encyclopedia of Herbal Medicine has at least 560 herbs with an A to Z of all their attributes and how to use for ailments and their remedies. Andrew covers the usual Western Herbs to other lesser known herbs from other civilizations and their traditional uses.

He also goes into their constituents and how they work on the body systems. Full of lovely pictures in a beautifully bound book, this can be your go to reference for anything that is wrong with you and what herb will fix it. Happy Health.

Encyclopedia of Herbal Medicine by Andrew Chevallier
Published by DK 4th Edition 2023.

351 pages, purchased from Readings for \$55.

Jan Illingworth



Herb Conference

Overview of Presentations Part 4

Continuing on with overviews of the presentations from the 17th Australian and New Zealand Herb Conference held last year.

Caleb Armstrong “Herbs for pain relief”

One of Caleb’s first slides in his presentation was an Avocado tree, growing on his Herb Farm in the cool weather of the Yarra Ranges. The tree is laden with fruit, an achievement he was most proud of. It is perhaps symbolic of Caleb himself, as he has developed and grown professionally over the last few years, since we first saw him speak at a HSoV monthly event a few years ago.

Caleb Armstrong is a Pharmacist and has turned to both old practices and modern science to use herbs at his practice in Seville. He qualified in Pharmacy in 2000 and very quickly developed an interest in how herbs and supplements interact with conventional medicines to augment treatment and sometimes to hinder. He studied Botanical Medicine and started the Yarra Ranges Herb Farm to grow and harvest medicinal herbs.

In 2021, Caleb achieved a Masters in Pain Medicine; seeing that many of his clients needed better pain management care, with less side effects. He is very much stepping between the old and new worlds, harvesting herbs from his farm and dispensing conventional medicine in his Pharmacy. His goal is to find the best of both worlds to help people with their pain management.

Caleb presented, in easy terms, some of the chemistry behind why some plants provide pain relief and the complexity of how some of these chemicals (and prescribed medicines) interrelate. For example, we all know that chillies are hot and for most of us, eating a lot of chillies (or even a little) can cause painful burning sensations. Chillies (*Capsicum annuum*) contain chemicals that work on our pain receptors, sending messages to the brain telling us to get away from it. However, the chemicals can also turn off Pain Receptors, reducing pain. He has recommended Patches with chilli for some nerve pain and Shingles.

Similarly, Peppermint (*Mentha peperita*) contains menthol, which has cold receptors that turn off our heat receptors. Chewing on Peppermint leaves or having its tea can help you to feel cool in hot weather. Melissa/Lemon Balm (*Melissa officinalis*, pictured on his farm – what a lovely view it has!) is good for nervous tension of the stomach and pain. It can be used on cold sores and there is research into its use to reduce dementia.

Many herbs have active components which help with neurological pain by inhibiting the pain receptors. These include Stinging Nettles (*Urtica dioica*), which can be eaten cooked, in teas or extracts. Stinging Nettles contain TFN, tumour necrosis factor, which also inhibit inflammation, making them good for treating arthritic diseases. Myrrh and Frankincense (*Boswellia sacra*) also have anti-inflammatory effects and can be used for Arthritis.



American Dogweed or Skullcap (*Scutellaria lateriflora*) in the mint family grows easily and is harvested just before flowering. Traditionally it was used as a treatment for Rabies to reduce the convulsions. It is a nerve restorative and can be used for anxiety and neuralgic pain, calming overactive nerves.

Most people are aware of Laudanum, that 19th century mixture in every Victorian era medicine cupboard. It was, of course heavily laced with Opium, well known for pain relief, but nasty side effects. The active chemicals from Opium are found in Opiate drugs, like Morphine, Endone and of course Heroin. But you may not be aware that Laudanum was a mixture of Opium, Saffron, Cinnamon and Cloves steeped in an alcohol base. Saffron's constituents can suppress NDMA receptors and reduce pain responses. Cinnamon (*Cinnamomum verum*) acts to modulate the immune system and may be useful for treating autoimmune diseases. Clove oil and whole cloves were often used to reduce toothache. Cloves contain eugenol, which has anaesthetic properties, turning off the pain receptors.



Caleb also discussed some of the cultural and behavioural conditioning behind pain. Pain is not just a biological response; it can be associated with our social identity, psyche and spirit. Feelings of guilt and shame can be linked with pain too, so treatment needs to be aware of the whole person. Some herbs, such as German Chamomile (*Matricaria recutita*, left) have chemicals that stimulate oxytocin (the love hormone), which can lead to pain relief. Licorice (*glycyrrhiza glabra*) is another great herb for pain relief and reducing inflammation, but should be used for short periods only.

As scientific research progresses, it is clearer that medicinal properties of Herbs are due to their chemical compositions. These chemicals interact with the complex functions of the human nervous system, some of which can reduce pain and inflammation. Caleb's obvious interest and extensive training has placed him the position to understand the relationships of herbs and conventional medicine. It must be stressed that medicinal herbs should be treated respectfully. It is important to not self-prescribe medicinal herbs, any more than you would self-prescribe conventional medicine, so seek help from a qualified herbalist (or like-minded Pharmacist). Caleb's presentation opened up possibilities for pain relief using herbs and showed just how herbs work.

Jan Illingworth "Antivirals in the Garden"

Jan stepped in at the conference to present a talk she delivered on zoom during the lockdowns. It was a brilliant talk, and well worth the inclusion in the Herb Conference when one of our speakers was unable to attend due to illness.

Jan, a Naturopath and Nurse, explored the herbs that are easily grown in Victorian gardens, that can help to fight viruses. Of course, when the talk was first delivered in 2020, there was one big nasty virus on all our minds. This presentation gave practical advice on what to grow and how to use Antivirals in our gardens.

There is already an article in issue 424, December 2020 of The Herb Age, which is available for all members under the 'Members Login' section of the HSOV website. You will be required to login and then go to The Herb Age archives. The username is your email address and you can reset a new password. herbsocietyvic.org.au

Meridith Hutchinson

THE HERB SOCIETY OF VICTORIA INC.**COMMITTEE NOMINATION FORM**

Positions for Nomination:

- President
 - Vice-President
 - Committee Secretary
 - Treasurer
 - Membership Officer
 - Editor
 - General Committee members *
- * up to 7 general committee members permitted.



Nominee

I wish to nominate for the position of

Nominated by

Office Use -----*Acceptance of position**Date**Financial position of Member**Treasurer**Secretary***THE HERB SOCIETY OF VICTORIA INC.****PROXY FORM**

I....., a Financial Member of The Herb Society of Victoria,

appoint as my proxy for the 2022 Annual General Meeting

on and on any date that the meeting is postponed.

Signed Dated



If undeliverable, return to:
HSOV
PO Box 396
CAMBERWELL VIC 3124

The Herb Age

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