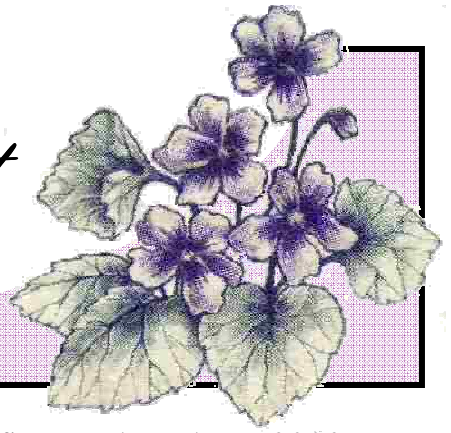


Richmond African Violet Society Newsletter



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NEXT MEETING JANUARY 3



HAPPY NEW YEAR! It was so nice to see so many members at last months meeting. I hope you all had a very happy Christmas. Please bring in your project plant of Debon's Misty Morning.

Barbara Stewart will be conducting a brief workshop to help us spruce up our plants for the show.

Guest speaker, Carol Hamelink will be presenting her program on "Gesneriads" this month.

Our meeting begins at 10:00a.m. Plan to arrive a few minutes early.

Happy Birthday to...

5- Nell Reese

15-Darlene Stevens

21-Grace Bailey

Welcome New Member

Eric Ensley

Cocoa Nutty Haystacks

Rachel Ray

Preheat oven to 350 degrees.

1 egg
1 egg white
1 T sugar
½ t vanilla
1T cocoa powder
1 C sliced almonds
¾ C shredded sweet coconut
Nestle chocolate morsels (small bag)
Line cookie sheet with parchment paper

Whip together egg, egg white, sugar, and vanilla
Add cocoa powder and whip vigorously until smooth
Stir in almonds and cocoanut
Gently stir in chocolate morsels
One teaspoon of batter makes a cookie
Bake 10 – 12 minutes

The following is a copy of the article from the [tasteforlife](#) Glenna Hasslacher spoke of at last months meeting.

Elderberry

The ancient Celts considered it sacred. Whether planted near homes to offer protection, worn in amulets to promote prosperity, or fermented into wine for healing, black elder (*Sambucus nigra*) is a medicine chest unto itself. This small tree is so abundant that its products are also quite affordable.

Benefits of Elder

Its leaves can be used topically for bruises, chilblains, sprains, and wounds. Cooled and strained, an infusion (or tea) of elder leaves prevents aphid infestations on other plants, and gardeners need only bruise the leaves and rub them on the body or a hat to repel insects.

Both the flowers and berries are edible—and healing. The flower is recommended for inflammation of the upper respiratory tract, even when that leads to temporary hearing loss. Mix elder flowers with peppermint to reduce fevers, says herbalist Roy Upton, AHG, who add, “It’s easy for kids to take.” Elder flowers can also be used in eyewashes or to soothe burned or irritated skin. Increasingly, you may find them in hair rinses or skin lotions, toners, and cleansers, adds herbalist Brigitte Mars, AHG.

Rich in proanthocyanidins, the berries cook up into nutritious jams and syrups. “Medicinally, elderberry makes one of the best elixirs parents can give their children throughout cold and flu season to maintain a healthy immune response and increase resistance,” Upton adds. One recent study suggests black elderberry may have stronger effects in children than adults.

SPECIFIC FINDINGS

Research with proprietary black elderberry formulas has begun to describe how it works. For example, one Israeli study finds Sambucol extract activates the immune system through cytokine (proteins that coordinate antibody and immune

interaction) production.. In a double-blind placebo-controlled randomized study, Sambucol reduced the duration of flu symptoms to three to four days (normally symptoms last one to two weeks). “Sambucol might, therefore, be beneficial to the immune system activation and in the inflammatory process in healthy individuals or in patients with various diseases,” researchers write, providing “an immunoprotective or immunostimulatory effect when administered to cancer or AIDS patients, in conjunction with chemotherapeutic or other treatments.”

Combined with other edible berries that are rich in antioxidants, elderberry appears to fight age-induced oxidative stress, cardiovascular disorders, and other degenerative diseases. A lab study of OptiBerry (a combination of wild bilberry, wild blueberry, cranberry, elderberry, raspberry seeds, and strawberry) suggests it helps prevent tumor growth, fights atherosclerosis, and inhibits *H. pylori* bacteria, implicated in ulcers.

USING BLACK ELDERBERRY

Avoid red elderberry, which may be poisonous. But black elderberry appears safe enough to use during pregnancy and breastfeeding. Because it’s a diuretic, black elderberry should not be used by anyone who’s depleted of fluids, though. Always cook or dry the ripe black berries, as large quantities of fresh elderberries may have a laxative effect.

Herbalist Mindy Green, AHG, suggest the following dosages at various ages:

Under 1 year: 2 tsp daily

6 to 12 years: 2 to 3 tbsp daily

12 years to adult: 2 to 4 tbsp daily

One cup of elder flower tea may be taken up to four times daily. To make tea, steep 1 or 2 tsp dried flowers per cup of boiling water.

**Minutes of the
Richmond African Violet Society
December 6, 2008**

The meeting was called to order by **Josane Wagner**, President, at Overbrook Presbyterian Church.

Vicki Carr called roll. A quorum of 21 members was present. Also present were honorary member **Mary Sue Hudson** and guests **Larry Hedgepeth, Ronny Stewart, Mary Sue Hudson, Eric Ensley, and Elaine Schmidt**. **Eric Ensley** joined our society later in the meeting.

Reading of the Minutes: **Kitty Hedgepeth** made a motion that the minutes be accepted as published in the newsletter. **Richard Follett** seconded and with a show of hands the motion passed.

Treasurer Report: **Sharon Long** reported that the balance in checking was \$3598.17 and \$19.85 in petty cash giving a total balance of \$3618.02. All dues have been received. She has registered the new IRS number for the society with the IRS Tax Exempt section and will file the 990-N in January.

Committee Reports

- **Horticulture Tips:** **Carolyn Smith** discussed using small pieces of cardboard from paper towel or bathroom tissue to scrub away fertilizer salts from used violet pots. **Glenna Hasslacher** told members of an article she read in the Good Foods Grocery magazine about using Elderberry tea to repel thrips and other "nasties". She will scan the article and email it to Vicki Carr for inclusion in the newsletter.

RAVS Show: **Bill Schmidt** talked about asking the Shenandoah Saintpaulia Society to co-sponsor our 2009 show in April. **Carolyn Smith** made a motion to invite the Shenandoah Saintpaulia Society to co-sponsor the Show and Sale to be held in April 2009 at the Lewis Ginter Botanical Garden. **Pat Osborne** seconded the motion and with a show of hand the motioned passed. **Richard Follett**, President of that society, will present the invitation to his membership and contact Bill with their decision.

Old Business

There was no new business.

New Business

Barbara Stewart discussed having a brief workshop table at January's meeting to help member tidy up project plants. Reminder will be published in the next newsletter.

With no new business, the meeting was adjourned
Members enjoyed a Chinese Gift Exchange, a silent auction and a wonderful holiday feast.

Respectfully Submitted,
Vicki Carr, Secretary