

VBMA Board Meeting September 2011- Minutes

Board Members attending: Cynthia Lankenau, Hue Karreman, Nancy Scanlan, Jasmine Lyon, Beth Lambert

Board Members absent: Barbara Fougere

1. *AVMA Code of Practice Issue raised by Susan Wynn (Discussed-See minutes Part 1)*
2. Approval of June Minutes and Annual Meeting Minutes.
 - a. Motion by Nancy Scanlan; second by Cynthia Lankenau; passed by general consent
3. VBMA & Jade Institute Jeremy Ross, BSc, DAc (Br), LAc. Seminars
 - a. 6 vets; 25% of class; Jade Institute will host once a year; good to share marketing; attracted mostly local vets. VBMA would not have carried by itself.
 - b. Will keep membership posted; good core group in Seattle
 - c. Unofficially credit from CE from IVAS; still waiting for official meeting.
4. Teleseminar Program
 - a. Hue's winter lecture December 6, 2011 – **Grazing-Herbs for Herbavores**
 - i. Hue to provide within 3 days better description of what will be covered; topic will include Sustainable agriculture
 - ii. Need to develop schedule for rehearsal of event.
 - b. Suggestions for teleconference topics and speakers (April 3/Fall)
 - i. Members interested in
 1. Cancer treatment and differentiation
 2. Kidney
 - ii. Cindy to approach Steve Marsden to speak on Kidney Issues for April
 - iii. Nancy Scanlan interested in speaking on Cancer Issues
 - iv. Joyce Harmon-Equine lecture a possibility if we need a third
 - v. Others:
 1. Susan Wynn-too busy for next year.
 2. Barbara Fougere
 3. Cynthia Lankenau
 4. Ihor Basko
5. International Herb Symposium - Review
 - a. 24 Participants in first time Vet Track; a lot of enthusiasm; still some administrative issues to work out, but worth committing to continue.
 - b. Financially-brought in small amount of income, which helps defray organizational costs
 - c. Call for papers for 2013
 - i. Dr. Xie may be able to come; or someone from Chi Institute
 - ii. Dr. Kelleher on Northwest herbs
6. AHVMA
 - a. VBMA Track Next Year Speakers: Dr. Xie and David Winston; Twilia Ford and Mary Battestilla are going down to the hotel in the next few weeks to check out the botanical garden. They already have someone in mind to lead the walk.
 - b. Review this year:
 - a. Certification exams worked out
 - b. Herb Walk had 40 people; will need to limit size because some people wanted a "Western style" herb walk instead of communing with the herbs that Ihor had proposed.
 - c. Signups should be limited to 25 per one herbalist
 - d. Annual meeting –Sat noon working well
 - e. Working Group for white papers and standard of practice-Cindy to head
 - f. Working Group for lapsed members contact-Hue to head; will get started after member renewals in early 2012.
 - g. Tee Shirt Sales continue;
7. IVAS in Ireland August 2012. Barbara incoming President-speakers will be paid. Call for speakers.
8. Website – Payment section will be updated for dues payment and seminar sign-ups. Has pictures and a lot more user friendly.
9. FACEBOOK Page - <http://www.facebook.com/pages/VBMA/145268985568718?v=wall>
 - a. Definition of what gets posted. No discussion of medical issues; permission of clients before posting pictures.
 - b. No Basic Info about VBMA posted.
 - c. Adding Nancy Scanlan and Susan Wynn as administrators.
10. Financial – Quick Update
 - a. Budget – currently on track to come in very close to projected budget (\$20K income; \$17K expenses, including new website). Still have another teleconference.
 - b. Membership been volatile and yet seems to be increasing; need to get yearend numbers and adjust our historical picture.
 - c. Balance Sheet strong with about \$39k in cash.
11. VBMA Tee Shirts –
 - a. Need website set up, now buyers need to send size to Jasmine and pay through Paypal
 - b. Jasmine selling tee shirts for \$20

- c. Sweatshirts on Sale: Hoodies \$30 and Sweatshirts \$22. Dark green only.
12. Journal Next Issue – Issued a call for articles. Hoping to publish mid-2012. Could be earlier.
13. CIVT Educational Course discounts for VBMA members – **Need update from Barbara**
14. RACE situation – no new developments, but no backsliding. In between meetings. Colorado has approved homotox course; some states no problem; some getting more friendly. Nutrition and intro courses accepted; Chinese medicine not accepted; Rosemary Gladstar not accepted. Some equine accepted, but not if includes acupuncture; osteopathy ok; practice management ok. Project to get new group into AVMA on hold until next year.
15. Eco-tour **April 19 – May 2, 2012 – Jasmine to get posted on website**
- The 2012 VBMA ecotour will take us to sunny Spain! This tour will combine a bit of culture with a lot of hiking, relaxation, eating and some herbaleducation. The dates are April 19 – May 1, 2012. We will start our tour in Barcelona to sample the art, architecture, and tapas. We then move on to the mountains, where we will have 6 days of seminars, hiking, and culture with a team consisting of a traditional Spanish curandero and an herbalist who earned a BSc in herbal medicine at Middlesex University. Next, we leave for Cabo de Gata National Park, a quiet spot in the hills with easy access to the beach for 2 days of leisure.
 - Testimonials for the Bootlace teaching tour: Chris Dowrick MD, Professor of Primary Care, University of Liverpool: "...it is an excellent week. The herbalism teaching is high quality, and genuinely rooted (literally!) in the flora all around you. The walks are wonderful. And then there is the food - vegetarian cooking at its very best, and lots of it. All done in the lightest of spirits, and with the finest bunch of people you can hope to meet. Enjoy!"
 - Itinerary
 - April 18 Fly to Barcelona
 - April 19 Thursday Arrive in Barcelona
 - Check into Rialto Hotel (<http://www.hotel-rialto.com/en/>)
 - Spend Afternoon on La Rambla, Explore Boqueria Market on our own
 - (<http://www.boqueria.info/mercat-benvinguts.php>)
 - Dinner on our own
 - April 20 Friday Breakfast at hotel
 - 8:00 AM Full day sightseeing:
 - Picasso Museum
 - Casa Batillo (visit of the whole house), outside view of Casa Vicents
 - Lunch in La Barceloneta
 - Sagrada Familia
 - Shopping in the cool district of independent boutiques
 - Dinner at Tickets (<http://www.ticketsbar.es/>) (If you are a foodie, this is the only restaurant left where one of the world's most revered living chefs (Ferran Adria) still advises and cooks on occasion).
 - Return to the Rialto Hotel
 - April 21 Saturday
 - Breakfast at hotel
 - Transfer to airport and fly to Granada
 - Check into Bootlace tour accommodations
 - <http://www.bootlace.com/herbal-remedies-walking-andalucia/> April
 - April 22 Sunday
 - Morning orientation and short walk to La Palmera where workshops will be held. Meet Julio and discuss his plan for the week. Picnic or light lunch at our farmhouse. Short walk 1 1/2 hrs in valley.
 - Supper 7.30pm
 - April 23 Monday
 - Practical workshops with Sophie at farmhouse then lunch and afternoon workshop with Sophie. Supper 7.30
 - April 24 Tuesday
 - Day walk in La Taha approx 4hrs of actual walking and visit to villages for shopping, etc.
 - April 25 Wednesday
 - Workshop with Julio at la Palmera lunch at farmhouse. 4pm herbal identification walk with Julio. Supper 7.30
 - April 26 Thursday
 - Free morning with option to visit Orgiva market OR horseback riding.
 - Afternoon at La Palmera with Julio. Supper 7.30
 - April 27 Friday
 - Day walk approx. 4hrs of actual walking with picnic visiting O Sel Ling tibetan buddhist retreat centre. Supper 7.30
 - April 28 Saturday
 - Transfer to Las Negras, Calagrande hotel : <http://www.calagrande.es/en>

- Area and park map: <http://www.degata.com/>
- April 29 Sunday
 - Open plans - go to the beach, hike, or explore the nearby towns
- April 30 Monday
 - Open plans - go to the beach, hike, or explore the nearby towns
- May 1 Tuesday
 - Transfer to Granada airport and fly to Barcelona; Depart for the U.S.
- Approximate price is \$3600-3800, double occupancy, including flight to and from the U.S. and Barcelona. (This price will be firmed up in the next 2 weeks).
- *Round trip flight between your home and U.S. departure point is on your own
- *Barcelona package will include portorage (1 piece per person), 2 breakfasts, lunch and dinner, all taxes.
- *Does not include dinner on 4/19, or any meals/tips following our departure from Orgiva on April 28th.
- THERE ARE ONLY 9 SPOTS LEFT FOR THIS TRIP. If you're interested, please write to me personally (wynndvm@gmail.com) to reserve your spot. We will need a deposit within the next month or so to reserve it.

16. Next meeting scheduled for January 9, 2012

Meeting adjourned.