



# Herbal Seasons

Sharing Knowledge about Growing and Using Herbs to Inspire Fellow Herb Lovers

Summer 2006

Welcome to our Spring Newsletter! There have been changes to the Newsletter; starting this January the newsletter will be published on January 1, March 1, June 1 and September 1 of 2006. All articles are to be submitted to Bill Church by the second day of the month before (December 2005; February 2006; May 2006 and August 2006.

**Note to Members:** For the folks that don't have an email address we will still be sending you a hardcopy of the newsletter. For those that have an email address we will send you a link to the newsletter online. Please make sure that we have your current email address listed. The newsletter will be available in Adobe Acrobat format. If you do not have acrobat it is a free download from [www.adobe.com](http://www.adobe.com) or you can download a copy from our website. If you wish to be put on the list to receive the newsletter online send an email to [bchurchwv@lycos.com](mailto:bchurchwv@lycos.com) and put in the header 'Seasons PDF' and make sure that we have your current email address.

## From The President

Dot Montgillion

Hello again,

I'd rather be playing in the dirt, but here goes. Spring has really sprung and I'm reveling in this glorious weather!!! Apparently I'm not the only one who feels this way, judging from the two plant sale events so far this spring. Vandalia Garden Festival was a success as usual, and the Master Gardener's Spring Clinic in Clarksburg 4-H Center was also a favorite gathering place for plant/herb lovers! Some 30 plant vendors filled the building. They also had ongoing workshops from 9 to 4, so it offered a full day of fun for all. By the time you read this newsletter, the third plant event will have occurred-the conference co-sponsored by Mountain State University (Beckley), WV Herb Assoc. and USDA Research Station at Beaver, WV on May 5 & 6. Several WVHA members will be participating and/or attending. The ongoing research that is being done in the southern part of the state is exciting. It also fits in with the projects for "Farmers to Chefs" which is a state-wide effort. Check out our website ([www.wvherb.org](http://www.wvherb.org)) for more details. One of our former members, Sandy Williamson, owner of Sun Valley Farm in Williamstown WV, has gone out of business due to a move and has graciously donated many of her supplies and products to the herb association. At the two mentioned plant sales, much of her inventory has been sold to the benefit of the association. I am most thankful to Ann Nye who volunteered to pick up the van full of "stuff" that Sandy donated. The association is delighted that we have such devoted members. Just goes to show that people who love plants are invariably good people! Looking forward to another abundant growing season and hope to see many of you sometime throughout the year.

Dot .....

## From The Editor

**Attention Regional Coordinators!** Send or e-mail us your regional newsletters, and we will pull out articles, calendar items, and news of interest to Association members.

Below are departments we are planning for upcoming issues. If you have anything to contribute in any category, please see the information on the right for how to submit. If you can think of a Department we missed or would like to see, please let us know.

Thanks to everyone who submitted articles and calendar events for this issue! – Bill Church

### Departments

From The President  
Member Highlights  
Herbal First Aid  
Herbal Tips  
Ancient Herbalism  
Herb Gardening  
Herbal Cookbook  
Association News  
Regional News  
Organic News  
Congratulations  
Questions & Answers  
Book Reviews  
Internet Resources  
Letters to the Editor  
Events of Interest  
Calendar of Herbal Events  
Growing Medicinal Plants

### Advertising Rates

**Members** may list calendar events for free, 30 word limit each event. Business card size ads are \$5 for members. Double size ads are \$10 and so on.

**Non-members** may list one calendar event free and any additional events for \$5 (30 word limit each event). For non-members, business card size ads are \$10, double size ads \$20 and so on.

If we have to do any scanning of photo, etc. there will be an additional \$5 charge.

Free calendar events can be e-mailed to: [bchurch@cherokeehawk.com](mailto:bchurch@cherokeehawk.com)

Mail ads/events with check payable to WVHA, to newsletter editor, Bill Church, 1517 Lower Cedar Creek Rd., Glenville, WV 26351. Be sure to have it to me by the deadline schedule outlined at the right. Make checks payable to WVHA.

## Herbal Seasons

Quarterly Newsletter for Members of the West  
Virginia Herb Association

We would love to have your contributions to this publication. Articles you would like to see, questions you need answered, recipes to share, letters to the editor, etc. Herbal Seasons Newsletter is a forum for all members of the WVHA to use and enjoy – let's make it the best we can be! Did your product win an award? We will announce it in the News section of Herbal Seasons. Format for submitting to the Calendar of Events is: Date/Time/Event/Name/Place(City/State)/Cost/Description/Contact. Limit – 30 words.

The schedule for submitting all items is:

**January Issue – Deadline is December 2<sup>nd</sup>**

**March Issue – Deadline is February 2<sup>nd</sup>**

**June Issue – Deadline is May 2<sup>nd</sup>**

**September Issue – Deadline is August 2<sup>nd</sup>**

Submit by e-mail to [bchurch@cherokeehawk.com](mailto:bchurch@cherokeehawk.com), put WVHA Newsletter in the subject, and your ad or article in the body of the e-mail if possible. **Or mail to:** Bill Church, 1517 Lower Cedar Creek Rd., Glenville, WV 26351

Articles over 250 words may be edited. We reserve the right to decide what is appropriate for the newsletter. We apologize in advance for any typos, mistakes, and omissions – let us know where we goofed and we will make a correction next time!

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## Event Participation News

Dot Montgillion

The MSU/WVHA/USDA conference of May 5 & 6 is now history. Several WVHA members attended and four were presenters: Dave Hawkins, Marion Harless, Melissa Dennison, and Ann Nye. They Did WVHA proud! Friday featured tours of various points of interests nearby including a wildflower/medicinal plant walk in Grandview State Park, a tour of MSUs native medicinal garden and their research greenhouses. Workshops were scheduled all day on Saturday. Although they were all 2 hours in length, they seemed too short. Subjects as diverse as nutrition, propagation and website construction were offered to an equally diverse audience. If you didn't attend you missed a good one!

Friday evening after dinner everyone had a chance to visit the vendor exhibits and just sit around and get to know each other. Dr. Morales and Dean Myles are to be congratulated! WVHA was responsible for obtaining half of the speakers for the conference. I'm looking forward to the fall conference which is to be held at Martinsburg. The eastern panhandle has been neglected over the years, soooooo. We extend a warm welcome to our new members: Deborah Solocheck-Napier, N.D. of Hunington; Tracie Beagle of Alna, Sonora Winds of Hamlin; Toni Pieper of Weston; Michelle McClune of Crosslanes; and Linda Robinette of Mountain Lake Park, MD.

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Melissa Dennison

On the Vandalia Garden Show ..... I've always enjoyed the Vandalia Garden Show. I think it is the 10<sup>th</sup> year for this. This year I helped with the children's program and I enjoyed how creative the children were with what supplies that they had to use. We got some of our member's pictures in the Charleston Gazette – Sunday paper. There is always a great variety of plants, trees, and shrubs. They also have A-1 classes. The speakers are very impressive. The crowd was also good.

Now the Master Gardener Workshop is wonderful. The vendors are very nice and knowledgeable, and they have wonderful classes and good food. Lots of doorprizes. It is so much fun.

Though the Spring Herb conference was good I didn't get to enjoy much. I arrived Saturday. It's nice to see a lot of the members – they share their knowledge and their experience with us and its so memorable. The classes were very good. I'm sorry I missed the nature walk, but I will look forward to doing it in the future. The food was also good and plentiful. Mario and Dean did a wonderful job. It is a wonderful campus. I had a great bunch of people for the wreath class, it was enjoyed by everyone. Cheers and see you all. Melissa

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Ann Nye

We've just experienced three fun events in which the WVHA was a participant – The Vandalia Festival in Charleston, The Master Gardener's Clinic in Clarksburg, and The Spring Conference in Beckley.

The Vandalia Festival was wonderful as usual and the weather was ideal after a misty start. I was very impressed with the efficiency of the Vandalia staff in helping us to set up our display and vendor tables and getting them packed up. I had never been to the Master Gardener's Clinic before so was pleased to be part of that great mix of friends and plants.

I loved every minute of the conference. The woods walk to start was a beautiful setting, not too difficult, our land ranger a font of interesting tidbits on every plant within sight, and the rain held off long enough. Every class I took was informative and it was wonderful to see old friends and make some very nice new ones. I hope everyone enjoyed these events as much as I did. My only complaint is that they are always over too quickly! Cheers, Ann

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## **Classes**

### **Apprenticeship in Herbal Studies Program**

Green Heron Gardens offers "Nature Connections", a seven month apprenticeship of herbal studies, self renewal, and nature experiences. Beginning on Earth Day, April 22, 2006 and continuing every third Saturday thereafter through October 2006, from 10am to 5pm.

Dates: Apr. 22, May 20, June 17, July 15, Aug. 19, Sept. 16, Oct. 21

The Nature Connections Apprenticeship is designed to deepen your understanding of and connection to the natural world in general and to herbs in particular. In so doing, we also discover our own true nature and the desire to nourish ourselves. The outdoors will be our classroom and our work together will flow with the seasons and the plants.

Your apprenticeship will be a blend of practical information, heartfelt experiences, and hands on learning. It will include:

- \* Organic practices of growing and harvesting herbs
- \* Plant identification and wildcrafting
- \* Making herbal medicines
- \* Using herbs for physical health
- \* Flower essences
- \* Working with plant allies for emotional healing and spiritual renewal
- \* Wild food foraging
- \* Herbal formulations
- \* Movement, song and celebration to honor the seasons
- \* Teachings of the Medicine Wheel
- \* Nature awareness skills and practices
- \* Vision quest

Green Heron Gardens will provide all instruction, materials, tools and supplies, herbal tea and snacks. Apprentices are asked to bring their own lunch. There will be homework and some time involved outside of class for projects and studies. The fee for the Nature Connection Apprenticeship is \$600. You may hold a space by sending \$150 deposit. Full payment is due on the first apprentice day unless other arrangements have been made.

**Teachers:** Anne Romance has been studying and practicing community herbalism since 1990. As caretaker of Green Heron Gardens, she has grown in knowledge and sensitivity of the healing plants and nature around her.

Chuck Lothes holds an associate degree in landscape development and a B.S. degree in horticulture. He has been instructor of Landscape Management at M-TEC in Morgantown for 27 years.

Chuck and Anne have been stewards of the land and organic growers at Green Heron Gardens for 18 years. It is with passion and healing intent that they offer the Nature Connection Apprenticeship.

For more information or to register contact:

Green Heron Gardens

Rt. 5 Box 1130

Salem, WV 26426

304-783-5271

anmari@mailstation.com

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## Weekend Intensives – Preregistration Required

**June 9~10~11 LoveMedicine: Working With The Energies And Consciousness of Nature (Part 1)**  
Saints, mystics and traditional healers have taught since ancient times, that all life forms have consciousness, & share the Divine life force. After experiencing the healing powers of the plant spirits, instructor Linda Christen called it LoveMedicine. Through meditation, shamanic plant spirit journeys and communing with plants in the wild, we will work with the spirits of nature, for the purpose of healing ourselves and others. Supportive topics covered in class will include: Human energy anatomy, Ayurvedic five elements, principles of involution and evolution and findings of modern science that support the teachings of the great mystics. Includes instruction, daily vegetarian lunch and materials. Cost \$230/\$50 deposit. Runs 1:30 p.m. Friday – 4:00 p.m. Sunday. To request information contact Linda at the above address, phone or email. To register for classes, please notify us by mail. Include you name, address, phone number, name of class and registration deposit. If the class is full, your deposit will be returned; otherwise, we will mail you a receipt, list of lodging options, map to SFLS and other pertinent information. Pre-registration is required. Deposits hold your place in the class, and they are non-refundable, unless the class is already full.

### **SKILLS FOR LIFE SCHOOL AND NATURE SANCTUARY**

Located at Cheat Lake, near Morgantown, WV. For instructor biographies, complete class details or to register, please contact us at PO Box 18097, Cheat Lake WV 26507 -- phone 304 594 2494 or email [linda\\_dave@earthlink.net](mailto:linda_dave@earthlink.net) (Put “classes” in the subject box.)

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## Calendar of Herbal Events

### June

**Saturday, June 24th, 2006 -Lavender Fair & More 2006: Livin' Easy**, Where: La Paix Herb Farm, Alum Bridge, West Virginia (Lewis County), Contact: Myra at (304) 269-7681 or email: [lapaix@westvirginia.net](mailto:lapaix@westvirginia.net)  
The Fourth Annual Lavender Fair & More: Livin' Easy is planned for Saturday, June 24th at La Paix Herb Farm in Alum Bridge, West Virginia (Lewis County). A gourmet luncheon menu will feature scrumptious food prepared by Stonewall's Executive Chef Dale Hawkins. Demonstrations include Culinary how-to's, Distilling Lavender, Conflict Resolution, Dowsing, Straw Bale Housing, Solar Energy, Fuel Cell Energy, Hybrid Cars and more. Workshops include Making Lavender Wands and Soap, Growing Lavender, Medicinal Herbs, Chinese Tea Ceremony and Teas, Living Better on Less - Sustainably, Organic Gardening, and a 4-grant project: Local Farmers Grow for Local Chefs. Educational exhibits include supporters West Virginia Environmental Council and Ohio Valley Environmental Coalition. Over nineteen booths are already booked featuring a variety of educational displays and exhibits, crafts, plants and skin care products. Traditional Celtic music and light baroque classical compositions on Harp and flute will add to the day of Easy Livin' ambiance at La Paix. Tours of the many display gardens and woods will brighten the spirits and titilate the minds of those attending. "I believe that a sustainable society involves not only growing organic herbs and vegetables, but living with the land in a way which sustains life for the coming generations. This includes utilizing sustainable techniques in everyday living like solar energy and hybrid cars. I believe our economy would improve greatly if we began thinking about how to preserve our good earth instead of exploiting it. That is why the Fourth Annual Fair emphasizes how we can learn to live together in peaceful harmony with the earth and one another." says Myra Bonhage-Hale, steward of La Paix Herb Farm, the host for the Fair. Keep posted on current plans by visiting the website at <http://www.lapaixherbfarm.com>. Registration for the full gourmet lunch may be made on the web site or mail \$25. per luncheon to La Paix Herb Farm, 3052 Crooked Run Rd., Alum Bridge, West Virginia., 26321. Credit Cards can also be accepted by calling (304) 269-7681.

Please visit me on the web at <http://www.lapaixherbfarmproducts.com>

## August

**August 7–11, 2006** – Join Marion Harless in her 29<sup>th</sup> summer with the Augusta Heritage Arts Center. 9 a.m.-12:30 p.m., 1:30 p.m.-4:00 p.m. Davis & Elkins College, Elkins, WV. Enjoy daily herbal snacks and herbal teas, one lunch, usually up at Dolly Sods, and one dinner at the instructor's home. Make and take home vinegars, liqueurs, dried teas, insect repellent and floral potpourris, lotions, tincture, cream, lip balm and salve. Other items are possible depending upon class interests. Organic and judiciously harvested wild ingredients are used where possible. Explore native, naturalized and tame habitats in a variety of locales. No zoom-zoom hiking. The Augusta Herbs workshop has fast-paced activities, but is laid-back, hands-on, chock-full-of information, conservation-oriented and ...fun! **Maximum class size – 13.** For more information, call (304)637-1209 or check [www.augustaheritage.com](http://www.augustaheritage.com) \$55 materials fee.

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### Herb Quiz

Find an herb to match each description.

- 1) Fresh roots have an earthy smell, the characteristic violet odor develops during drying and may take 2 years.
- 2) Knitbone, boneset. Leaves make a garden fertilizer.
- 3) Means "little dragon". A classic vinegar.
- 4) A succulent with spinny teeth. Juice soothes minor burns.
- 5) Associated with the Virgin Mary. Latin name "calandae" means little weather glass. An ointment for cuts.
- 6) Latin name from "salvare" – to save, long life to users. Helps hair grow and keep its dark color.
- 7) Protection from evil. Named for St. Michael the Archangel. Young stalks are candied.
- 8) Disinfectant, antiseptic, used as a wound dressing during WWI. When a bulb of it is rubbed on the feet, it's odor is exhaled by the lungs.
- 9) Antiseptic for sore throats and colds. An aromatic garden seat – be careful as bees love it.
- 10) Scent resembles the Bergamont Orange. After the Boston Tea Party drunk as a protest to the tax on Indian tea.
- 11) Remembrance. Upright or prostrate. A hair rinse and conditioner.
- 12) A left left under a pot will turn into a scorpion? In pesto and tomato dishes.
- 13) A member of the mint family. Used to sweeten water casks on long sea voyage. An insecticide.
- 14) Magical – keeps witches away and makes music, the berries make wine, and the flowers make 'champagne'.
- 15) Annual is Matricaria, the perennial is Anthemis. A hair rinse for blonds. A scented lawn and a relaxing tea.

# Herb of The Year

## Scented Geranium



*Pelargonium spp.* [pe-lar-GO-nee-um]

**Family: Geraniaceae (Geranium)**

The scented geranium is not a geranium at all. Botanists in the 1600s classified the plant as such, but a century later, they reclassified it as a pelargonium. The original name stuck, however, and to this day we refer to the plant as a geranium. The word comes from the Greek meaning crane (ageranos) and stork (pelargos), referring to the seed pods which resemble a stork's beak. The herb belongs to the Geraniaceae family which consists of five genera including the geranium. Native to south Africa, it is naturalized in India, Australia, New Zealand, and several Mediterranean countries. It was introduced in England in 1632, but wasn't popularized until the early 1800s. In mid 1800s, the French developed a method of extracting the essential oil for the manufacture of perfume, providing an inexpensive substitute for the very expensive attar of rose. Today between 200 and 300 varieties exist. Since the plant hybridizes so easily, exact numbers are always changing.

Leaves range in size from half-inch to over 6 inches, and can be shiny, fuzzy, sticky, velvety, crisp, gray or green in color; and narrow or round in shape. The scent is in the leaves, not the flowers. Some of the most popular scents are the rose, nutmeg, lemon, peppermint, and citronella. Being tropical, they are not frost-hardy. The rose geranium, Dr. Livingston, is an unusually vigorous variety, often used in potpourris, in culinary delights such as teas, biscuits, custards, sugars, vinegars and jellies. Scented geranium oil is also used medicinally. Diluted with a carrier oil, it is used to alleviate leg cramps. Inhale the oil vapor to relieve congestion headache. An alcohol rub for the scalp made with 10 drops of geranium oil added to a tumbler of vodka will treat lice; for shingles try 8 drops of essential oil combined with 2 drops of wheat germ oil. (Note: For persons with sensitive skin, essential oil may cause contact dermatitis. Use caution.)

For several years, Faye Brawner, the current president of the International Geranium Association lived in Buckhannon, WV. Many people visited her greenhouse, which housed the English collection of geraniums brought to this country for safe-keeping during WWII. With Jim Becker of Goodwin Creek Gardens, she co-authored "Scented Geraniums: Knowing and Growing Scented Pelargoniums". (Interweave Press, 1996) Check out his website at [www.goodwincreekgardens.com](http://www.goodwincreekgardens.com) or google Faye Brawner.

**Description:** In their native habitat of the Cape of Good Hope, the scented geraniums are perennial. In most of the US, they are treated as annuals or tender perennials. It is the back of the leaf that releases the scent for which each geranium is known and with strongly lemon-scented leaves about 3 ½ inches wide. The leaf form is highly variable and the leaf texture can be smooth, velvety or even sticky. Some can reach a height of four feet in mild areas. The flowers bloom in June and July in hues of lavender and pink. These are usually variations of *Pelargonium graveolens*.

There are over fifty different geraniums.

Lemon geranium leaves are usually flatter, with edges more toothed than rose geraniums. They also bloom in June and July, often with pink flowers.

**History:** These geraniums are grown for the scent of their leaves as opposed to their flowers. Native to the Cape of Good Hope, they were first introduced into Europe in the early 1600s. And by the late 1800s there were over 150 varieties described in American catalogs. In their native habitat and parts of the south, these geraniums are perennials. In most of the country, they are treated as annuals or tender perennials. Some can reach a height of four feet and the scents range from rose, pine, mint, fruity and spicy. Flowers are small. Other uses are potpourri, paper making and body care products.

**Cultivation:** Scented geraniums are well suited for growing in containers, but can also be planted in the ground. They thrive in sunny location in evenly moist soil. They are occasionally grown from seed but do better from rooted cuttings. Water them well several hours before taking cuttings. Cut “slips” 3 to 5 inches long with a very sharp knife or nurseryman’s clippers, sterilized with alcohol. The best cuttings are from a stem that “snaps.” Cut below an internode at an angle and remove lower leaves and stipules. Lay the cuttings out for 24 hours to “callus.” This stimulates the growth of new cells on the wound. Filtered light, a dry atmosphere, and no more than 70°F assures the best callusing. Placing cuttings in a frost-free refrigerator for 12-to 36 hours assures good callusing. It is not necessary to use a rooting hormone on geraniums. However, if you are going to root them in sand or soil, the fungicide contained in rooting compound may prove helpful. Stick the callused cuttings upright into the soil medium. Put this in a warm place in filtered light. In two weeks or so the cuttings will develop roots. Certain varieties do better in a rich loam as opposed to ordinary potting soil: Mint (*Tomentosum*), apple, apricot, strawberry, Mabel Grey. Transplant to garden if desired, adding soil amendments if necessary. Remove any leaves as they yellow. They make excellent standards.

### **Aromatherapy Uses:**

The essential oil accumulates in small glands found in the foliage and flowers. Harvesting, usually done by hand two or three times annually, begins as the plant starts flowering. The herb is cut in the morning in sunny, dry weather. Distillation begins after a few hours of field drying.

There are several types of geranium oil, the main ones being Reunion or Bourbon, Algerian, Moroccan, and French. The oils are composed chiefly of geraniol, citronellol, linalool, citronellyl formate, and several other compounds. Reunion oil is very rich in citronellol and has a heavy rose and minty odor. Algerian oil has a delicate odor. Moroccan oil is similar to Algerian oil. French oil is thought to possess the finest rose-like odor. The concrete and absolute of geranium are also available commercially.

Answers to herbal quiz page 6

- 1) Orris
- 2) Comfrey
- 3) Tarragon
- 4) Aloe vera
- 5) Marigold
- 6) Sage
- 7) Angelica
- 8) Garlic
- 9) Thyme
- 10) Bergamont
- 11) Rosemary
- 12) Basil
- 13) Pennyroyal
- 14) Elder
- 15) Chamomile

**Photos from May 5-6 Conference**





## Herbal Seasons

1289 Smoke Camp Road  
Weston, WV 26452

**Moving?** Please return your Mailing label along with your new address. Thank you!

[www.wvherb.org](http://www.wvherb.org)

The mission of the West Virginia Herb Association is to promote the ethical and environmentally sound propagation, cultivation, harvest, and use of herbs in West Virginia.

## Membership Form / Change of Address Form

Yes, I would love to join the West Virginia Herb Association **WVHA**! I am very interested in:  Growing Herbs,  Cooking with herbs,  Continuing Education,  Improving my Health with Herbs,  Creating Herbal Art. **Note:** CEU's available.

Volunteering sounds like fun!  Have my Regional Coordinator contact me.

There is a change in my contact info.  This is a renewal of my dues.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ County: \_\_\_\_\_

Phone/Fax: \_\_\_\_\_

Email/Website: \_\_\_\_\_

Business Name: \_\_\_\_\_

Member Dues	
<input type="checkbox"/> Individual \$20	<input type="checkbox"/> Family \$30
<input type="checkbox"/> Professional \$50	
<input type="checkbox"/> Corporate \$100	

Please return your completed membership Form and check or money order to:

**WVHA** c/o Judy Roylance  
P.O. Box 102  
Wyatt, WV 25463