

# 'SPICE UP YOUR DAYS' 2009 DIARY

An artistic Gem of a Diary

**W**hy not spice up your days next year by buying an attractive illustrated diary with interesting notes on various spices and herbs! You would also be helping the work of the Australian Rotary Health Research Fund which receives some \$6 for every copy sold. This is a fund raising project of the Rotary Club of Central Blue Mountains, the Club of Rotarian Peter



Carroll, whose wife Chên is the author, designer and publisher of this lovely 2009 diary, "Spice up Your Days". Chên came to Australia from Vietnam nearly 50 years ago to attend university where she met her husband Peter. Herbs and Spices are not new to Chên as she grew up in a society that still makes use of them in every day life for cooking, medicinal as well as festival and ritual purposes.

The diary contains 12 interesting articles on various familiar herbs and spices, one for each month of the year, which Chên originally wrote for inclusion in her Garden Club Newsletter. As a grand daughter of a well known herbalist, Chên was acquainted with the magic of herbs and spices from a very early age. Her articles incorporate knowledge that she has gleaned over many years from cultural experience, reading and research.

Support the Rotary Health Fund by purchasing copies of this artistic gem of a diary at \$12 per copy (including GST). Place your order to the Secretary of the Rotary Club of Central Blue Mountains, P.O. Box 124, Wentworth Falls, N.S.W. 2782; or email Chên Carroll at [pet@bigpond.net.au](mailto:pet@bigpond.net.au)