



September 2024

Hello to All; Happy Fall to each of you.....

I open my promotional with a bit of Poppy Flower History.

The recorded history of the poppy flower dates to 2700BC, when it was grown and cultivated in the Mediterranean Basin for its medicinal and recreational use-primarily as a mild sedative. Now found all over the world, its pain-relieving properties are the base source from which morphine and codeine may be extracted. Poppies played a significant role in ancient mythology and medicine. They have been found in Egyptian tombs dating back thousands of years and are believed to have been associated with ancient Egyptian veneration of the Greek God, Morpheus.

In addition to eternal sleep, the poppy has signified remembrance and hope through history. Today poppies carry a message of peace and with the sentiment of a Soldiers Sacrifice as they tend to grow on war-torn fields. They have often been known to be the first type of vegetation to regrow on the destroyed battlefields which were rich in lime deposits, due to rubble.

I hope to share a little something about the poppy not only on what it means to us but what its significance as a flower. Now what does this little red flower mean to us? Of course it signifies sacrifice. So as Veterans Day approaches let us use this flower in our communities and remember our Veterans, as the weather has cooled, there are many fairs, outdoor markets, outdoor functions that are still happening so set up a table with poppies, make a membership table so include your applications, add info on scholarships. Maybe one day when you're attending one of these functions carry in your hand a bunch of poppies in a basket with a can and walk around and hand them out. Enjoy the walk, the weather and the new people you encounter.

Ladies let's not forget the many ways we can distribute that little poppy that has so much significance.

Barbara Santillanes Dept of NM Buddy Poppy Chair