



P.O. Box 8-737 Anchorage, Alaska 99508

HAPPY NEW YEAR TO ALL

JANUARY 1984 MEETING---8 PM at APU Theatre in Grant Hall on University Drive (ample parking across street)---JANUARY 9th, the SECOND MONDAY! ! !

WINTER FIELD TRIP---TOUR OF TRYCK NURSERY---JANUARY 7th at 1 P.M.---Left side of Rabbit Creek Road 0.8 mile east of Seward Highway. Here we will see a mixture of native and cultivated trees & shrubs. Trip will be cancelled if temperature is below 0 degrees F. If you have questions, call Doug at

MEETING INFO:

John Wenger will present a discussion of the Flora and Fauna of Denali.

The Scrophulariaceae (Figwort) family will be presented by Carolyn Fleshman, one of our newer members. This family consists of annual, biennial and perennial members. Most are herbs with simple leaves. Leaves are alternate, opposite, or whorled. They may be toothed. Flowers are perfect. The corolla is composed of 4 or 5 petals united to form a tube. Petals are mostly two-lipped. The calyx is composed of 4 or 5 partly united sepals. Commonly there are 4 stamens (2 long & 2 short), but there may be only 2 stamens or 5 stamens--one being sterile. The ovary is superior. Placentation is axile. The fruit is a capsule or berry.

Emma Walton, Science Coordinator for The School District is looking for people to be judges at the Science Fair. If you can be of help, call her at

PLANT QUIZ:

This small delicate alpine plant which is found in a variety of situations throughout Alaska and the Yukon Territory as well as much of Northern Asia and Europe could easily be overlooked when not in bloom as it looks much like a fine grass and blends with its surroundings. The plant arises from a small bulb and the seed capsule is rounded and 3 celled. The flowers are 6-petaled and white with purplish veins and; although they are usually singular on the stem, occassionally they are double. (drawing and answer elsewhere in this newsletter)

BYLAWS CHANGE:

Proposed changes to the bylaws, adding chapter status, were tabled at the December meeting and are currently being worked on by a committee. Hopefully they will be ready for presentation at the January meeting.

1983-84 OFFICERS AND BOARD MEMBERS ARE:

President-----Verna Pratt-----
 Vice-President-----John Wenger-----
 Secretary-----Cheryl McCaffrey-----
 Treasurer-----Larry Haller-----
 General Programs-----Beverly Bridger-----
 Educational Programs-----Debbie Clark-----
 Field Trips-----Frank Bogardus-----
 Newsletter-----Frank Pratt-----

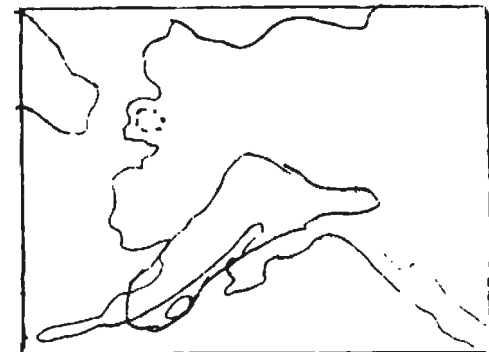
RANGE EXTENSIONS:

Sylvia "Tass" Kelso, another new member who is very dear to the hearts of our members who made the Nome field trip this Summer, states in RHODORA, Vol. 85, No. 843, July 1983, that the following range extensions have been verified. Tass has done extensive study of the plants of the Seward Peninsula.

Old range indicated by solid line, new range by broken line.



CREPIS NANA



ANDROSACE ALASKANA

PLANT QUIZ DRAWING:



NEWS FROM ENGLAND:

Brian Hawkes, from England, naturalist and writer on wildlife, has written the Society that he and a friend will be visiting Alaska in June 1984, and they are looking forward to joining us on our excursions.

An article written by Hawkes states that England's countryside has been very much over-used in many ways and that most species of wildflowers are on the decline and many on the verge of extinction. Since England's wildflowers have probably all been botanically recorded, it is fortunate that more and more people are only photographing the wildflowers as a means of preserving them in their memorabilia.

Many new species have been introduced from as far back as when the Romans introduced Brassica oleracea (wild cabbage) to the English countryside.

I'm sure that Brian will be greatly impressed by Alaska's wealth of wildflowers.

Cotions, Potions and Nations-----by Old Doc

Due to overwhelming (?) response to your editor's pleas for articles, he has had to prevail upon the knowledge and good nature of his constant companion, "Old Doc" for some input. If there is sufficient interest, and Old Doc's disposition remains good; this will be a continuing series aimed at acquainting you with some medicinal uses of plants and, probably, debunking a few old wife's tales along the way.

One thing this series will not do is teach or advocate self-diagnosis; as this, in itself, can be hazardous to your health. Rather we will look at various plants that have been used in medicine. We will mention some commonly used medicines that were derived from plants, but are now produced synthetically; as well as some that are still derived from plants. We will also take a look at what I like to call "Backwoods Medicine"; and talk about using plants to stop our headaches, treat our bruises, quiet our stomachs, and stop minor bleeding when we are hiking or otherwise isolated from the family medicine chest (a situation not uncommon in Alaska).

As we progress, the discussions will, hopefully, assume some sort of order or logical progression. However, for openers, let's just ramble around the world of plant drugs.

"Oh, there he goes", you say, "right into the world of plant DRUGS". In our current society the very word DRUGS seems to bother many people; because of emphasis on drug addiction and drug-related crimes. Actually, the word 'drug' has its origins in an old Nordic word and means nothing more sinister than 'dried material'. For the sake of our discussions, let's define drug plant as: "any plant which contains substances beneficial to the health and which can be used wholly or in part for the purpose of healing".

The medical practices of the American Indian, along with those of the early pioneers, had tremendous impact on the pharmacology of our present world. Drugs such as aspirin, insulin, and antibiotics were utilized in their basic plant-source forms by the Indians.

A most significant fact is that more than 200 native drugs which were utilized by one or more Indian nations have been official in the *Pharmacopoeia of the United States of America* for differing periods since the 1st edition in 1820, and in the *National Formulary* since its start in 1888.

"O.K., enough academics", you say, "here I am floating down the Doshka in my raft and my aspirin is in the jacket that I left in the guide's airplane. You said that you'd tell me how to get rid of my headache!" Well, why don't you just go chew on a Willow, Buddy!!! (Can't stand hecklers. While he's looking for a Willow, we'll look at why that's going to relieve his headache).

The Willow family (Salicaceae) consists of some 200 to 300 species world-wide, with about 50 native to Alaska. The leaves and inner bark are bitter due to the presence of salicylic acid. (Aspirin is acetylsalicylic acid. It and salicylic acid are both metabolized to various salicylates in the body. See the connection?) In pioneer days, the dried and powdered bark, having astringent properties, was applied to the navels of new-born babies. The crushed young green leaves, bark, and seeds were used in the nostrils to stop severe nosebleeds. They were used for toothache, and also steeped in water or wine as a dandruff controller and preventative.

(PLANT QUIZ ANSWER: ALP LILY---Lloydia serotina)

ALASKA NATIVE PLANT SOCIETY

Treasurers Report

Year-To-Date

December 31, 1983

Opening Balance, 1/1/83 \$ 809.97

Receipts

Membership Dues 770.00

Disbursements

Officer Administrative Supplies	\$ 43.20	
Postage	142.80	
Post Office Box Rent	26.00	
Newsletter Printing/Xeroxing	49.73	
Publicity Projects	81.71	
Field Trip Expenses	20.00	(363.44)

Closing Balance, 12/31/83 \$1,216.53

