

\*\*\*\*\* A.N.P.S. NEWSLETTER---FEBRUARY 1987 \*\*\*\*\*

**MEETING NEWS**

The February meeting of the Anchorage Chapter will be on Monday, February 2, 1987, at 8PM in the basement meeting room of the Grandview Gardens Library, 1325 Primrose (just south of DeBarr and 1 block west of Bragaw). Entrance is on the west side, facing Primrose.

**BOARD MEETING---**7:15PM immediately preceeding the general meeting.

**SPEAKER---**"Paleobotany and its application to Archeological Studies in The Bering Land Bridge National Preserve". ANPS member Jeanne Schaaf will speak on her 2-year field studies with the National Park Service. ANPS member Marilyn Barker, who has visited the Preserve as a consultant to the National Park Service, will show slides of plants presently growing in the Preserve.

**PLANT FAMILY---**ANPS member Larry Read will present a discussion on the Plantaginacea or Plantain family. (Incidentally, Larry will be organizing the plant family discussions and will be calling on members to help by doing presentations. Thanks, Larry). This family is represented in Alaska by 8 species of the Plantago genus. They may be annual or perennial plants. The leaves are basal and have parallel veins. The flowers, which grow on a terminal spike, are very small, have 4 petals, 4 sepals, and 4 stamens on very long filaments. The seed is a hard nut and consists of 2 united carpels. Many species are commonly known as weeds, but have been used medicinally to control bleeding and some as a food source.

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**PRINTS**

The 1987 ANPS Wildflower Prints of "Monkey Flower" by Donna Standerwick are now available for sale. \$10 per print to ANPS members. If you want a particular number print, be sure to let us know as soon as possible.

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**WORKSHOP:** Print packaging,  
The Pratts home  
Mon., Feb. 23,  
10:00 A.M. to Noon  
7:00 P.M. to 9:00 P.M.

**MYSTERY PLANT**

An herbaceous plant 4-24" tall, depending on elevation and growing conditions. The stems arise from a short caudex and have several sessile, linear-lanceolate to oblong-lanceolate, acute leaves that somewhat clasp the stem. The small yellow 5-petaled flowers are borne in umbrels atop bright yellow bracts. They are found in dry fields and meadows and stony slopes in the mountains.



**FRIENDS OF CHUGACH STATE PARK**  
Meeting, Tues., Feb. 3, 7:30 P.M.  
Grandview Gardens Library  
Meeting room

Lynn Catlin was instrumental in forming this group when lack of state funds eliminated her job and also eliminated programs in the park. This is a good way to keep an eye on happenings in the park, and perhaps help cure some of the problems that arise.  
**See you there!**

1987-88 STATE OFFICERS ARE:

President-----Verna Pratt-----333-8212
Vice-President-----Marilyn Barker-----333-0602
Secretary-----Charlu Choate-----333-5309
Treasurer-----Larry Haller-----333-9628
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Newsletter-----Frank Pratt-----333-8212
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1987 ANCHORAGE CHAPTER BOARD MEMBERS ARE:

President-----John Wenger
Vice-President-----
Secretary-----Peggy Pletcher
Treasurer-----Larry Haller
Representative to State Board-----Frank Bogardus
General Program Chairperson-----
Educational Programming-----
Field Trips-----Frank Pratt
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OOPS!

We goofed! With the confusion of new officers taking over at the January meeting, the voting on the Newsletter name was overlooked. Perhaps it is just as well. This way all of you out there have a chance to express your preference by sending in your vote. Votes must be received by Feb. 10th and results will appear in the next newsletter. Entries in the contest are "Calypso", "Borealis", and "Alaschensis".

DEADLINE

Deadline for the March Newsletter is Feb. 13th!
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SEED EXCHANGE

We will attempt another seed exchange this year. Bring your seeds to the Feb. meeting or mail to our P.O. Box. We hope to have them ready in March. ANPS member, Dr. Pat Holloway, did germination studies on our 1986 seeds. The results are included in this newsletter. Thanks, Pat.
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FIELD TRIPS

It's field trip planning time again, so we are looking for leaders and ideas of places to go. How about some in the Fairbanks area? Let us know your ideas as soon as possible. Contact the Field Trip chairman or any officer.
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QUIZ ANSWER

Rupleurum triradiatum, subs. arcticum, Thoroughwax.
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LOTIONS, NOTIONS and POTIONS

by Old Doc

This month let's take a look at a fairly common plant that's been used medicinally since ancient times. It is Valeriana officinalis or Valerian. This genus is represented in Alaska by Valeriana capitata and Valeriana sitchensis, the latter seeming to be somewhat more potent than the official drug plant. It is a medium to tall perennial herb growing in meadows and woodlands. It arises from a vertical rhizome, which is the medicinally used portion. The flowers are white to pinkish-white, tubular, salverform with an odor that is a poor imitation of Heliotrope. The rest of the plant is even less pleasing to the nose, the odor of the dried roots having been described as "like a bad drain".

The plant was, at one time, included in the National Formulary; and, is still, I believe, in the British Pharmacopoeia. It has been described as an antispasmodic. It's actions are similar to other plants containing volatile oils. That is, a stimulant, anodyne, antispasmodic, increases heart action and temperature, causing exhilaration, stimulates circulation, secretion, and peristalsis of the stomach and intestines. Large doses cause nausea, diarrhea, delirium, lessen mobility, sensibility, and reflex excitability. The oil paralyzes the brain, spine, slows pulse, and lowers blood pressure.

One of the classic bedtime teas for insomnia is one-half teaspoon valerian root and one-half teaspoon hops steeped in a cup of hot water. One of our ANPS members has, indeed, used a similar preparation and reports that it is of value to people who have trouble sleeping because of various aches and pains after a long hike.

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