

11/84

# Alaska Native Plant Society

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

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**NOVEMBER MEETING**--Monday, November 5th at 8PM in the Music Room at Central Junior High School beteen C & E Streets on 15th Avenue.

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**BOARD MEETING**--7PM immediately preceeding General Meeting listed above. Board members please mark your calendars.

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**MEETING PROGRAM**

**SPEAKER:** Dr. Marilyn Barker, will present "Winter Survival from a Plant's Point of View"--How does a plant bundle up for winter?

**PLANT FAMILY:** Discussion, presented by Lynn Catlin will be on the **PORTULACACEAE** (Purslane) family. Plants of this family have 2 sepals, usually 5 petals and the same number of stamens placed opposite the petals and 1 pistil. A perfect flower with a superior ovary--1 loculed, 2-3 carpels, 2-4 styles and stigmas and a 2-3 valved capsule. Most of this family likes to grow in moist areas. Its most common member is *Claytonia sargentosa*, Spring Beauty, which grows in almost every part of the State except Southeastern.

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**MYSTERY PLANT**--The Mystery Plant for this month may be a real mystery to most of you. It is very unlike other members of its family (in Alaska) in many ways. It grows in the water on the edges of lakes and in marshy areas. It has a long thick rhizome and thick reddish simple stems with opposite sessile (stemless) leaves that are oblong to lanceolate. It might be mistaken for a Willow Herb (*epilobium species*) at this point. Its lower leaves are greatly diminished, often scale-like, and it grows 6" to 18" above the water line. The delicate flowers, which are usually less than 1/4", are clustered into a tight, short-stemmed raceme; 1-3 racemes on a plant. Examine the flowers carefully for ID as they are inconsistent and may have 5, 6 or 7 petals. It is the only plant of its genus in Alaska and its distribution is widely scattered small patches.



yellow

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**BY-LAWS**--Enclosed is a copy of the new Constitution and By-Laws for the Anchorage Chapter. They were read at the last general meeting and will be voted on at the November 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-----

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**NOMINATIONS**—The Nominating Committee is having considerable difficulty with the slate of officers for the coming election—HELP!!! Most positions are not difficult; they just require a little dedication and cooperation.

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**PATCHES**—Last call for patch designs. We will vote on our choice at the November meeting.

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**PRINT CONTEST**—The Print Contest rules have been finalized, and are enclosed with this Newsletter. This will be advertised to the general public and notices placed at various High Schools, Colleges and Art Stores.

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**NEW BOOKS**—"Harvesting The Northern Wild"—a guide to traditional and contemporary uses of edible forest plants of the Northwest Territory. Includes history references, maps, photos of the land, people, and plants. Fully illustrated guide to the edible vascular plants and lichens and poisonous plants. Recipes for emergency food or gourmet meals; and bibliography. Price is \$12.95 from: Outcrop, P.O. Box 1350, Yellowknife, NWT, Canada X1A2N9

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**LOTIONS, NOTIONS and POTIONS**—by Old Doc—I had intended, this month, to present parts of a published article on Medicinal Herbs. I found, however, that I could not find a way to eliminate any of it; it is such good information and so well tied together. So here it is: "Medicinal Herbs—Helpful or Hazardous—by Elizabeth D. Stewart (The National Gardener, March-April 1983). Various herbs have the power to heal, kill or alter consciousness. Mysterious herbal healing potions concocted by medicine men, witches, "wisewomen" and quacks have intrigued mankind since pre-historic times. What they practiced seemed like magic, but the magic was contained within the chemicals in various parts of hundreds of herbs.

The thought of chemicals existing in herbs may prove to be disturbing to those who have considered them "natural" and, therefore, harmless. Herbs are very complicated plants composed of millions of living cells, many performing specialized chemical functions. Through the centuries thousands of people met death before herbs, their effects and proper dosages were known. Dr. Walter Maclinn, a Director of the Agricultural Experiment Station at Rutgers University, once made the statement, "You must remember that animals and plants were not put on earth for the benefit of man. Man is a predator. Some of the things he eats will make him sick." Herbs may contain volatile oils, resins, tannins, acids, glycosides, gums, alkaloids and other compounds.

Alkaloids are known for their powerful effects on man and include among other, caffeine, quinine, morphine, heroin, nicotine, codeine and

strychnine. Just because an herb has been used for hundreds of years does not mean that it has safe curative powers or that it is more effective than an existing drug. Goldenseal (*Hydrastis canadensis*) is a small, perennial plant with a fruit resembling a raspberry. In folk medicine it has been a popular remedy for stomach ailments or as a diuretic, laxative and tonic. Large amounts may result in fatalities from convulsions, paralysis and respiratory failure. It is potentially dangerous and should not be used without medical consultation. Aloe vera, if ingested, is more irritating than cascara or senna. If taken chronically or may experience cramps, nausea and kidney inflammation.

Folk medicine claims cayenne pepper is good for "purging the system of bad humors". There have been recent claims that it can be a life saving medication for dilating blood vessels in the event of a heart attack. An excessive amount may cause severe irritation of mucous membranes and serious bleeding of stomach ulcers. Hawthorn, recommended in folk medicine for decreasing high blood pressure has a possibility of adverse cardiac effect. It has been replaced by other drugs of higher potency and better performance.

The aroma and exotic sweet taste of nutmeg disguises a sinister quality. Herbal medicine recommends it for treatment of digestive disorders, rheumatism, cholera, etc. The volatile oil, myristicin, combined with other compounds may, even in moderate doses, produce disorientation, double vision, hallucination, tachycardia and possibly epileptiform convulsions.

Many herbs or drugs which are safe for most people may cause acute or potentially fatal allergic reactions in other. Chamomile, one of the best known of all herbs and in continuous use from the time of the Egyptians, is widely available in tea bags. Made from flower heads, it may cause severe shock or an allergic reaction in persons sensitive to ragweed pollen. The primary ingredient of chamomile is a volatile oil containing tiglic acid esters. Large amounts of tea have produced nausea. The herb may also cause skin rashes. Senna leaves used in herbal teas can cause serious side effects. Deaths related to overdoses of the leaves have occurred in Africa.

Alkaloids in some herbs may be very beneficial. The ancient plant, *Atropa Belladonna*, contains atropine, which dilates the pupil of the eye. Meadow saffron, *Colchicum autumnale*, gives us the alkaloid colchicine, which successfully treats gout. The snakeroot, *Rauwolfia serpentina*, was sold 3000 years ago for snakebite and as a calmative for the "frenzies". The effective chemical within snakeroot, reserpine, has since been used to lower blood pressure.

The story of digitalis is a fascinating one in the annals of medicine. An old woman in Shropshire, England had long kept secret a concoction of 28 different herbs which was effective for heart ailments. In 1775 an English physician named William Withering, who had a knowledge of botany, discovered that only one of the ingredients, the leaves of Foxglove (*Digitalis purpurea*) was the active herb. The other components were merely camouflage. The major glycosides of *Digitalis purpurea* (digitoxin) and *Digitalis lanata* (digoxin) are obtained from the dried leaves. At the present the drug is used by millions of people for treatment of heart failure.

By complex procedures today's chemist isolates the chemical in an herb which may have curative powers on a specific bodily function. Chemicals in plants vary in quantity from season to season, day to day, hour to hour. A leaf which might provide a cure may, at times, produce an overdose. Light, age and innate volatility can have adverse effects. The scientific laboratory controls these factors. Medicine in a bottle, tablet or capsule will have exactly the same effect after a week or possibly be unchanged in a year. The great advantage of science is that it can reproduce the chemical found in herbs in accurate and reliable doses.

Plants have always been crucial to the health of mankind. There have been many people who hoped to find herbs with complete powers over all ailments, only to find them inadequate in some way. About 85% of the world's population in the underdeveloped countries never consult medical doctors or enter a hospital during a lifetime. Herbal medicine is accepted as magic through superstition and blind faith. In other parts of the world there are those who take a hostile view of herbal medicine. Both attitudes are wrong. What is needed is a thorough evaluation of both folk and scientific medicine. Well educated herbalists who will judiciously record tests of efficacy and safety while maintaining a psychological rapport with patients, will serve the underdeveloped nations with future excellent low cost health care.

Pharmacologist drug hunters will continue to pursue a never ending search for plants growing in rain forests and jungles of the world with their teeming varieties of plant life in Nature's pharmacies. The search will be for potential and effective drugs, including those used by witch doctors and tribal herbalists. Costly tests will be made of the active compounds within the "chemical factories" of thousands of herbs throughout the world. Predictably, some herbs will prove to be useless while others may have the awesome capability of causing death. Hopefully, a few undiscovered herbs may possess the miraculous power of banishing our present incurable medical maladies.

**OTHER PROGRAMS**--The Alaska Center for the Environment is offering the following programs of general interest to families. Please pre-register by calling the "Center" at 274-3621. Meeting place for all programs will be Room 109, Building B on the ACC campus.

Sat. Oct. 27---Winter Birds---9AM to 12Noon

Sat. Nov. 10---Ski Hike (hope for snow)---1PM to 3PM

Sat. Dec. 01---Snowflakes to Snowdrifts---11AM to 2PM

"Catch a falling star and put it in your pocket" and take home a snowflake preserved forever. Explore the beauty of snow from the beauty of a tiny crystal to the warmth inside a snow cave. Dress warmly.

**MYSTERY PLANT ANSWER**--*Lysimachia thyrsiflora*, Tufted Loosetrife.

Treasurers Report

Year-To-Date

October 22, 1984

Opening Balance, 1/1/84		\$1,216.53
<u>Receipts</u>		
Membership Dues		590.00
Sale of Native Plant Seeds		38.90
<u>Disbursements</u>		
Officer Administrative Supplies	\$ 8.40	
Postage	261.17	
Post Office Box Rent	26.00	
Newsletter Printing/Xeroxing	28.00	
		(323.57)
Balance 10/22/84		<u>\$1,521.86</u>
There are 100 paid members as of 10/22/84.		

CONSTITUTION AND BY LAWS  
OF THE  
ANCHORAGE CHAPTER, ALASKA NATIVE PLANT SOCIETY

This organization, known as the Anchorage Chapter of the Alaska Native Plant Society, a non-profit organization, shall abide by the Constitution of the parent organization.

ARTICLE I. Objectives

1. To study and conserve Alaska native plants.
2. To encourage preservation of Alaska native plants in their natural environment.
3. To collect, disseminate, and compile information pertaining to Alaska native plants.
4. Association of people for their mutual enjoyment of native plants through programs and field trips.

This Society is organized exclusively for charitable, scientific, literary, or educational purposes within the meaning of Section 501(C)(3) of the Internal Revenue Code.

Notwithstanding any other provisions of these articles, the Society shall not carry on any other activities not permitted to be carried on by an organization exempt from federal income tax under Section 501(C)(3) of the Internal Revenue Code.

ARTICLE II. Membership

Membership shall be open to any person or organization interested in the objectives of the Society and desiring to belong to the Anchorage Chapter. Members, with current dues paid, shall be entitled to one vote in business matters. Dues shall be provided for in the standing rules.

ARTICLE III. Officers and Duties

Elected officers shall be President, Vice-President, Secretary, Treasurer, and one Chapter Representative to the State Board of Directors. The Chapter Representative may be one of the above cited officers. Duties: The President shall preside at membership and executive board meetings, call board meetings when necessary, appoint chairpersons of standing committees, appoint a 3 member nominating committee in May, and make other appointments as needed. The Vice-President shall conduct the business of the Society during the absence of the President. The Secretary shall record the minutes of the board meetings and regular meetings, initiate and respond to correspondence, and assure that the general membership is informed of chapter activities. The Treasurer shall collect all monies and dues, forward membership dues to the State Treasurer for proper disposal, pay all bills and keep a ledger showing receipts and expenditures and present a copy to the board; and, when deemed appropriate, read these reports at meetings.

ARTICLE IV. Nominating Committee and Elections

The Nominating Committee shall provide a slate of officers to the Secretary by 1 October. Additional nominations may be made from the floor. This slate of officers shall be sent to each member before the election. Officers shall be elected in November, take office the following January, and serve for one calendar year; except for the Chapter Representative to the State Board, who shall be elected in November of the odd numbered years and shall serve for 2 calendar years. All officers must be members of the Alaska Native Plant Society. Vacancies shall be filled by appointment by the Board of Directors.

#### ARTICLE V. Executive Board

The Executive Board shall consist of all elected officers, the immediate Past President, and the chairpersons of the Program, Education and Field Trip Committees. The Board shall provide full direction to all business between general membership meetings, outline yearly goals and programs, and take action to assure that the records of the Treasurer are reviewed annually. Standing rules shall be set by the Board and reviewed annually. Quorum for an Executive Board meeting shall be one-half of the members of the Board. The presiding officer shall vote only in cases of a tie vote.

#### ARTICLE VI. Quorum

A quorum shall consist of 20 members.

#### ARTICLE VII. Excess Funds

Money not needed to meet normal operating expenses of the Chapter or remaining in the treasury upon dissolution of the Chapter shall be used for any of the following purposes:

To obtain Alaska Native Plant seeds for replanting scarred areas.

To establish and/or maintain a garden of Alaska Native Plants.

To fund scholarships for qualified individuals to study Alaska Native Plants and/or related subjects.

To fund a special grant in support of the objectives and goals of the Society.

#### ARTICLE VIII. Parliamentary Authority

Robert's Rules of Order, Revised, shall be used in all cases not covered by this constitution and the by-laws.

#### ARTICLE IX. Amendments

These Constitution and By-laws may be amended at any regularly scheduled meeting, provided that a quorum is present. EXCEPT THAT, Article I (objectives) and Article VII (Excess Funds) may not be changed, as they are direct copies of articles of the State Constitution and By-laws of ANPS, and are the basis upon which the Society's Non-Profit status was acquired.



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ALASKA NATIVE PLANT SOCIETY PRINT CONTEST 1984

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This to be an annual limited edition contest and is open to any interested artists.

All work must be submitted by Dec. 15, 1984 and must be protected by a plastic sleeve and supported by stiff material if it is on lightweight material.

Do not sign your work until after the judging. instead attach a sheet to the back of it with your name, address and Tel.#

You may submit more than one entry, if you wish.

The painting must be of a Native Alaskan Wildflower. Eric Hulten's Flora of Alaska and Neighboring Territories will be the resource for this information. If the plant has been "Introduced" the text will usually note this near the end of the information.

Preference may be made to a Soft Look, such as watercolor, pastel, or other soft tones.

Preference may also be given to a plant in flower.

Utmost care will be taken protect entries submitted, but The Alaska Native Plant Society can not be responsible for damages incurred through unforeseen circumstances.

Judges will be three artists and two members of The Society that are familiar with the plants. The Judges decisions will be final.

The winner will be given 3 yr. membership in The Society, A copy of the Print, and \$200.00.

The original work will be retained by The Society. The artist will receive 50% of the amount and The Society 50%, at the time that it is auctioned off.

All work not chosen will be returned to the artists, and may be entered in further contests.

Please submit your work in 8" by 10" size and allow for a  $\frac{1}{4}$ " border for framing.

Additional information may be had by calling Verna Pratt at

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