



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

1985 SUMMER FIELD TRIP SCHEDULE

These field trips are designed to explore a variety of Alaska plant communities for educational and appreciative values. We discourage the collection of plant materials. Hikes will be held rain or shine, so please come prepared. Useful items to bring along would include binoculars, camera, insect repellent, hand magnifier and notebook. A daypack would be handy for extra clothing and lunch, as appropriate. For car-pooling purposes, the common meeting place noted in some field trip schedules is the southwest corner of the parking lot West of Building K on the Anchorage Community College (ACC) campus at 36th and Lake Otis. For further information call the designated Field Trip Leader at the number listed or Verna Pratt at

MAY 8 (WED.)---RUSSIAN JACK SPRINGS SURVEY---Leader: Charlu Choate---

Meet at 10AM at Parking Lot by Lodge at Russian Jack Springs Park on DeBarr Road. This is an easy 2-3 hour walk. Could be wet due to late snows. Bring lunch if desired. No collecting-Municipal Park! This will be a survey trip to note plants along a short designated trail that could be utilized by teachers of elementary school aged children when they visit the park in the Spring. We will visit it about once a month to note progress. These will all be weekday trips. We will also visit the spot where the "Springs" emerge.

MAY 11 (SAT.)---ARBORETUM-NATURE TRAIL SURVEY---Leader: Cathy Wright or associate---

Meet at 9:40AM at Bldg. K parking lot. Allow 2-3 hours of easy walking. Bring lunch if desired. No collecting-Municipal Park! This is another survey trip to benefit the Arboretum that is planned on Campbell Airfield Road. We will be conducting a monthly survey and mapping of plants for labeling at a later date for a Native Plant Nature Trail.

MAY 13 (MON.)---McHUGH CREEK-JOHNSON TRAIL---Leader: Marilyn Barker---

Meet at 6:30PM at upper parking lot at McHugh Creek Wayside, South of Anchorage on Seward Highway. Carpoolers meet at 6:05PM at Bldg. K parking lot. About 2-1/2 hours of walking. Wear good walking shoes or tennis shoes. No collecting-State Park! This area is one of the earliest to bloom because of the heat absorbed by the rocks and its sunny exposure. We will also be walking along part of the Johnson Trail North of McHugh Creek.

MAY 19 (SUN.)---PORTAGE PASS AND WHITTIER---Leader: Nancy Lethcoe---(call Verna @)

Meet at 7:30AM at Portage passenger train loading area (about 45 miles South of Anchorage). Carpoolers meet at 6:00AM at Bldg. K parking lot. This is an all-day trip. It is a lot of walking, but not difficult. Wear good walking or hiking shoes, and bring raingear. Among other things we will look for *Lysichiton americanus* (Yellow Skunk Cabbage) and *Viola glabella* (Yellow Stream Violet). To make this trip less rushed, we have made it a long day. Train leaves Portage at 8:00AM (6:00AM from Anchorage if you desire, but you must come back on the last trip from Whittier at 7:50PM---Cost is \$22 roundtrip Adults and \$11 roundtrip Children under 12). The cost from Portage is \$6 each way (\$3 children). We will try to convince the conductor to let us off right after the tunnel at Whittier. If so, we need to disembark rapidly--be prepared. We will walk up to Portage Pass, return to Whittier and the woods surrounding it. We will return on the train that leaves Whittier at 5:30PM (arrives Portage about 6:05PM), so will be back in Anchorage about 7:30PM.

MAY 27 (MON.)---NANCY LAKE RECREATIONAL AREA---Leader: John Wenger--- (until May 1)

Meet at 9:00AM at Tulik Trail. Directions--take Parks Hiway North to Mile 67.2, then take park road to Nancy Lake Recreational Area (large sign on Parks Hiway). Go approx. 2 miles on park road and look for sign on left--"NATURE TRAIL". Meet at parking lot. Bring binoculars, spotting scope, field guides, lunch, bug repellent and raingear. No collecting--State Park! This is an easy 2 mile trail where we will see Orchids, Coral Root and Goodyeara. This is a combined Audubon Society and ANPS outing to see both plants and birds. Highlights are the Arctic Loons and Coral Root Orchids.

JUNE 1 (SAT.)---OLD PALMER HIGHWAY (John Wenger's Frogpond)---

Meet at about 10AM at Old Palmer Highway cut-off. Carpoolers meet at 9:05AM at Bldg. K parking lot; and regroup at about 9:30AM at Weigh Station on Glenn Hiway. From Anchorage turn right on the Old Palmer Highway just beyond Eklutna Flats. Park on left side of road just after the railroad tracks. Bring lunch. This is a very easy 2-3 hour walk. This area is early-blooming and warm, and has a wetland area and a high rocky outcropping for a variety of plants.

JUNE 11 (TUES.)---BONNIE LAKE ROAD---Leader: Sandra Perham---

Meet at 9:15AM at Bldg. K parking lot; regroup at 9:40AM at Weigh Station on Glenn Hiway. This is an all-day trip, bring lunch. We will be in search of the Pink Dandelion *Taraxacum carneocoloratum*. According to Dr. David Murray, this plant has been listed as very rare in most floras and also listed as an alpine. We are going to search for the woodland spot from which it was collected several years ago by Sandra Perham and Sally Karabelnikoff, members of the Wildflower Garden Club.

JUNE 12 (WED.)---RUSSIAN JACK SPRINGS SURVEY (continuing, see May 8)

JUNE 15 (SAT.)---ARBORETUM-NATURE TRAIL SURVEY (continuing, see May 11)

JUNE 22-23 (SAT. & SUN.)---ROUND TANGLE LAKE AREA (25 miles West of Paxson on Denali Hiway)---Leader: Verna Pratt---

This is our 2nd Annual Statewide ANPS meeting, an effort to join the Anchorage group with the Fairbanks group for an outing. It can be extended to 24th if desired, but we found from last year's annual trip that most preferred 2 days. These dates are firm and will not change. There is ample camping area for tents, trucks, trailers, etc. We would like an idea about how many are coming so that we can corral enough spaces together. The campground road is a right turn after the bridge over the creek, and beyond where the road becomes gravel. The main campground is a short ways in along the river. We will probably locate on the left side of the campground. We will raise a banner of some sort. On the 22nd, we will drive West on the Denali to a nice alpine area. In the evening, we will conduct a brief annual meeting around the campfire. On the 23rd, we will walk on the hillside near the campsite in the morning. The afternoon is freetime or another field trip for those desiring to stay longer. Tangle Lake and Tangle River has a good supply of nice Grayling for our fishing enthusiasts.

JULY 4-6 (THUR.-SAT.)---PETERSON BAY TRIP (see March Newsletter)
Reservations for this trip are filled. However, if you want to be put on a waiting list in case of any cancellations, please call Verna at .

JULY 13 (SAT.)---ARBORETUM-NATURE TRAIL SURVEY (continuing, see May 11)

JULY 14 (SUN.)---HATCHER PASS---Leader: Verna Pratt---
Meet at 8:00AM at the Bldg. K parking lot. Regroup at 8:25AM at the Weigh Station on the Glenn Hiway. (Mat Valley Residents---we will regroup again at 9:00-9:15AM at the parking lot of the shopping center just South of Palmer). This is an all day trip, we will return to Anchorage at 6 or 7PM. Wear good hiking shoes as this is moderate difficulty hiking, and bring warm clothes as a slight wind can cause it to be very cool. We will hike to some alpine lakes and explore the varied alpine meadows along the road at different elevations.

JULY 17 (WED.)---RUSSIAN JACK SPRINGS SURVEY (continuing, see May 8)

AUG 10 (SAT.)---ARBORETUM-NATURE TRAIL SURVEY (continuing, see May 11)

AUG 11 (SUN.)---GIRDWOOD FOREST & WATERFALLS---Leader: Verna Pratt---

Meet at 9:30AM at Bldg. K parking lot. Regroup at Mt. Alyeska Ski Area parking lot in front of day lodge (Bldg. on the right). Easy, all day trip with return about 5PM. This is a rain forest area on Mt. Alyeska on U. S. Forest Service land, with a beautiful creek, waterfalls, and woods heavily covered with different mosses and lichens.

AUG 14 (WED.)---RUSSIAN JACK SPRINGS SURVEY (continuing, see May 8)

AUG 24 (SAT.)---MUSHROOMS OF PETERS CREEK---Leader: Ben Guild
Meet at 8:15AM at Bldg. K parking lot. Regroup at 8:35AM at Weigh Station on Glenn Hiway. Regroup again at 9:00AM at the home of Ben Guild at Mile 22.5 Old Glenn Hiway, Peters Creek. Bring lunch, and collecting materials, including pocketknife, hand lens, notebook, camera and paper bags.

LOTIONS, NOTIONS, AND POTIONS--by Old Doc

Individual readers may or may not consider this article to be the most interesting reading yet in this series, but Old Doc considers it to be, by far, the most important. It is intended to be informative, not necessarily pleasant, reading. Old Doc hopes to drive across one important point in this article.

The topic this month is GIARDIASIS. Giardiasis is a protozoan infection of the small intestine caused by the trophozoite *Giardia lamblia*. Giardia has been found in all mammals, including the dog and cat families, rodents, moose, and other ruminants. Beaver, in particular, carry great numbers of Giardia in their gut; hence, the common name, "Beaver Fever".

You don't die from the disease, but if you get a severe case, you may wish that you could. The most common symptom is diarrhea. Other symptoms include weakness, fever, belching, vomiting, flatulence, abdominal distention, nausea, and cramps. In severe cases, malabsorption can lead to significant weight loss and bulky, malodorous stools.

The disease is contracted by swallowing the cyst form of the giardia organism, most commonly from contaminated water. **DON'T DRINK ANY STREAM WATER!** The acid of the stomach attacks the cyst and then the mobile form of the organism emerges. It is a microscopic single-celled protozoan with eight flagellae which flail about as it swims, and a sucking disk with which it attaches itself to the wall of the intestine. It reproduces by binary fission (that is, each divides into two, then each of these two divides again into two more, etc., etc.). As the creatures become numerous, they dislodge and move downstream, some of them secreting the immobile, tough-walled cysts, which pass out of the body in the stool. Some of these cysts may find their way into water supplies, and the cycle is set up for a repeat. The cysts may survive for 2 or 3 months in cool, fresh water. Obviously, the conditions for water-borne Giardia transmission are well met all across Alaska. Remote mountain streams, well water, and even chlorinated community systems have all been implicated; with streams being, by far, the most common source. **DON'T DRINK STREAM WATER!** The tough cysts can survive chlorination at the usual levels used in water supplies (0.5 ppm free chlorine); but can be killed by hyperchlorination (over 2 ppm free chlorine). Until recently, it was believed that iodine compounds were an effective treatment for water containing the cysts, but experiments have shown that 5% of the cysts can survive such treatment. The only effective water treatments are boiling or certain commercially available (and expensive) filtration units with filters on the order of 0.2 micron! **DON'T DRINK STREAM WATER!**

Giardiasis can be an extremely serious ailment, and can cause lasting gastro-intestinal problems. Anyone having symptoms of Giardiasis should see a physician. The diagnosis is confirmed by finding the organism in the stool, and the treatment is a relatively simple 7 day course of medication. The medications may produce side effects, and may only be prescribed by a physician.

Now, Dear Readers, did you get the point that Old Doc has been trying to drive across. Altogether now-----"**DON'T DRINK STREAM WATER!**". Very good! Look for more (good?) news from Old Doc in the next (October) newsletter. Have a very pleasant Summer, drive carefully, enjoy the field trips; but, "-----"-----!

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