

NEXT MEETING

mon. Dec 2 8 PM.

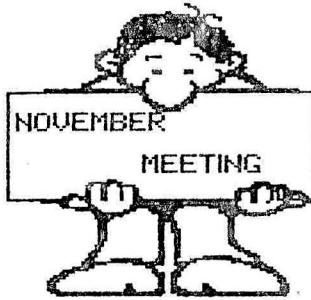
Wendler JR. H/S

Rm 103

1985



## NOTICE: A.N.P.S NEW ADDRESS IS: P.O. BOX 141613, ANCHORAGE, AK 99514



The November meeting will be held on Monday, the 4th in Room 103, Wendler Junior High School, corner of Lake Otis and Northern Lights at 8 PM.

The Board meeting will be at 7 PM immediately preceding the general meeting.

**SPEAKER:** Member Debbie Brown will present "Cornus Canadensis Potpourri", a study done by Debbie while working on her Masters Degree in Botany.

### WHAT'S IN A NAME: by Marilyn Barker

The genus *Saxifraga* literally translates as "rock breaker"; latin *saxum* = stones and *fragere* = to break. In Alaska this genus is represented by 37 species. As the name suggests, many of these grow in gravel or in rock crevices-- and one could assume, as the name implies, that the plant breaks rock creating its own habitat. However, the name is erroneously applied. *Saxifraga*s have no special ability to break rock but, because they are adapted to survive with a minimum amount of water, they can grow in a confined fissure, on open gravels or on scree slopes. Ancient doctors used *Saxifraga*s for kidney stones, i.e., if *Saxifraga*s can break rock, surely they can break kidney stones! Additionally, doctors used *Saxifraga* to treat bladder and other urinary tract infections. Today it is still considered an excellent diuretic.



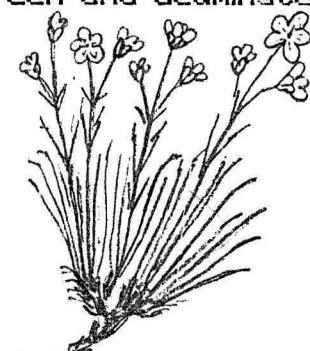
### SAD FAREWELLS:

Adieu to Cheryl McCaffrey. The bad news is that Cheryl is being transferred to BLM in Southeastern Oregon. The good news is that she will have a Botanist position!

Adieu to Debbie Clark. Debbie's husband is now employed in Southwestern Oregon.

Both of you have done so much for the Society. We will miss you deeply. Please keep in touch!

**MYSTERY PLANT:** This is a densely tufted small grasslike plant (3" to 5") with withered leaves at the base. Leaves are light green and acuminate (sharply pointed). The flowers are white, many, and are borne 1-3 on tall stems appearing above the leaves. It grows on dry sandy hillsides in central interior Alaska and the Brooks Range. A very distinct plant.



### NEWS (reprinted from "DOUGLASIA" a publication of the Washington Native Plant Society. "PRELIMINARY DIRECTORY OF LIVING PLANT COLLECTIONS OF NORTH AMERICA

The Plant Collections Committee of the American Association of Botanical Gardens and Arboreta (AABGA) is pleased to announce the first edition of the PRELIMINARY DIRECTORY OF LIVING PLANT COLLECTIONS OF NORTH AMERICA.

This compendium of data on the living plant collections of 58 North American botanical gardens and arboreta includes listings of documented living collections, other plant resources, management, interpretation and research on collections as well as information regarding staff, size and location of the garden.

Plant scientists and horticulturists will find this Directory a valuable reference tool. Members of plant societies, horticultural organizations and the general public with interest in particular plant collections should add this book to their horticultural libraries.

Ordering information is available by contacting American Association of Botanical Gardens and Arboreta Inc., P.O. Box 206, Swarthmore, PA 19081. Soft-c over, \$15.00 plus \$1.00 postage and handling."

\*\*\* OUR A.N.P.S. PATCHES ARE IN! \*\*\*  
Price is \$1.00 each (25 cents mailing fee for 1 or 2).

1985-86 STATE OFFICERS AND NEWSLETTER EDITOR ARE:

President-----Verna Pratt-----  
Vice-President-----Marilyn Barker-----  
Secretary-----Charlu Choate-----  
Treasurer-----Larry Haller-----  
Newsletter-----Frank Pratt-----  
Anchorage Chapter Representative---Frank Bogardus-----  
Fairbanks Chapter Representative-----  
\*\*\*\*\*

**ELECTIONS:** The nominating committee has submitted the following nominations:

PRESIDENT-----Lynn Catlin  
VICE-PRESIDENT--Doug Tryck  
SECRETARY-----Peggy Pletcher  
TREASURER-----Larry Haller  
CHAPTER REP.---Frank Bogardus

**ELECTIONS WILL BE HELD AT NOV. MEETING !!!**

**ADD NOVEMBER MEETING:**

The plant family to be discussed, by Marilyn Barker, this month is the Carex genus (Sedge) of the Cyperaceae (Sedge) family. The "grass-like" plants have confused and intimidated many a person. This is your opportunity to differentiate them from grasses and rushes, and possibly to learn how to master them...

\*\*\*\*\*  
"What is a weed? A plant whose virtues have not yet been discovered."

A fascinating quote from Ralph Waldo Emerson.

\*\*\*\*\*



**LOTIONS,  
NOTIONS, AND  
POTIONS**—by  
**Old Doc**

With the onset of the cough and cold season, why not take a look at some of the natural and herbal methods of treatment.

Sweating has been used to treat externally caused diseases such as cold, flu and fever. There are two methods of treatment: one with relaxing diaphoretic herb teas and the other with stimulating diaphoretic teas. Relaxing teas, such as those made with catnip or lemon balm, are used to treat ailments where the pores of the skin are closed and the energy has retreated from the surface. The volatile oils in the herbs exit through the pores of the skin, soothing and calming the body surface. The stimulating herbs provide heat, increase the circulation and promote sweating. They are used to treat weakness in the internal organs. Useful stimulant diaphoretics include teas made from boneset, elder flowers and peppermint, or a combination of cayenne, ginger, lemon and honey.

The herbs used for sweating are taken as warm teas. Sweating occurs to some extent just by taking the tea, but is promoted by providing additional external heat to the body, such as taking a hot bath and then covering up with blankets, after taking 2 cups of hot tea.



The newsletter staff (?) hopes that you are enjoying our new format. It is quite a bit more work than the old system, but we think that the result justifies the added effort. Your comments would be greatly appreciated.

\*\*\*\*\*

QUIZ ANSWER: Arenaria capillaris