

BOREALIS

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by the

Alaska Native Plant Society

P.O. Box 141613, Anchorage, AK 99514

MEETING NEWS

The May meeting of the Anchorage Chapter will be on Monday, May 4th, 1987 at 8PM in the basement meeting room of the Grandview Gardens Library, on Primrose (just west of Bragaw and south of DeBarr). Entrance on Primrose (west) side.

BOARD OF DIRECTORS MEETING---7:15PM immediately preceding the general meeting. Board members are:

- President-----John Wenger
- Past President-----Verna Pratt
- Vice-President-----Sandy Underwood
- Secretary-----Peggy Pletcher
- Treasurer-----Larry Haller
- Representative to State Board-----Frank Bogardus
- General Program Chairperson-----Lynn Catlin
- Educational Programming-----Lynn Catlin
- Field Trips-----Frank Pratt

MINI-BOTANY---Mr. Clare Ossian, a guest from Dallas, Texas, who raises orchids, will speak on our native orchids, the *Cypripedium* genus.

SPEAKER---ANPS member, Dr. David F. Murray will speak on a revision to the Threatened and Endangered Plant List. Dr. Murray is Professor of Botanical Sciences and Curator of the Museum, University of Alaska, Fairbanks.

PLANT FAMILY---ANPS member, Charlu Choate will present a discussion on the Droseraceae or Sundew family. This family is represented in Alaska by one genus, *Drosera*, and two species. These are small, perennial, insectivorous plants of acid bogs, having 5 sepals, 5 petals, 5 anthers and 3 united carpels. Ovary is superior. The fruit is a loculicidal capsule. These plants are easily recognized by their reddish, hairy, sticky leaves. The small white flowers open only on sunny days.

SUMMER BREAK

This will be the last newsletter until the October issue. The staff will enjoy a well-deserved break, and we hope that all of you have a very pleasant summer.

FRIENDS MEETING

The Friends of Chugach State Park, a non-profit group, keeps you informed of happenings and problems of Anchorage's Backyard Wilderness. Meeting is Tuesday, May 5th, 7:30PM, the night after ANPS meeting, same location. The speaker will be Buzz Scher, and he will discuss birds.

BUG BAN

ANPS member, Phyllis Kempton submitted the following extracted from *The Mycophile*, Vol. XXIV, No. 2, March-April 1983.

"The Snohomish, Washington Mycological Society reports that garlic is an excellent mosquito repellent.

Vitamin B-1 is easier and works almost as well. Take 100mg 2 or 3 times daily for about 2 days before going out in the woods. Sweating will increase the repelling effect."

BOOK REVIEW

"Collecting, Processing and Germinating Seeds of Wild Plants"---Timber Press, Portland, Oregon, 220 pages, by James A. Young & Cheryl G. Young.

This is an excellent book for anyone interested in horticulture using wild plants.

It is a good basic book on the the biology of seeds, how and when to collect them, how to clean and store them, and germination techniques.

The book contains a long list of plants native to North America with precise instructions on seed collecting and germinating for each one.

THANKS

for helping with the Print Packaging to: Larry Read, Retha Allain, Verna Pratt and Jean Tam.

FIELD TRIPS

The summer field trip schedule will be in the mail shortly; you may receive it at about the same time as this newsletter. Because of the current state of the economy, we have purposely avoided any trips that would involve the expenditure of a large amount of money by the members. With this in mind, we feel that we have put together a very interesting variety of trips. We're sure that everyone will find several trips to their liking.

NAMETAGS

It is hoped that all members of ANPS are desirous of forwarding the aims of the Society, and being identified as members. ANPS offers permanent heavy engraved plastic nametags. Price is \$4.50 each. The tags are Forest Green with white lettering (see below).



Also available are ANPS patches for jackets, backpacks, etc. and ANPS decals. The patches are \$1.00 each, and the decals are \$0.75 each. They are really beautiful and colorful (see below).

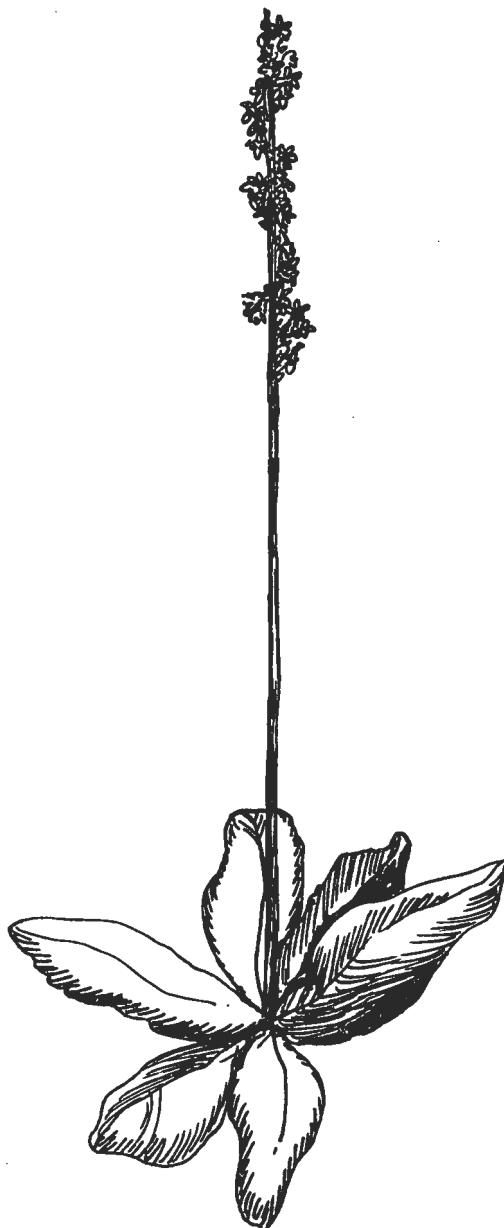


All of the above are available at ANPS meetings, or you may order through the P.O. Box (be sure to include postage). Let's support the Society!

MYSTERY PLANT

I come from a large family of plants which can be found chiefly in the cooler and temperate regions of the northern hemisphere. My genus is the largest of the family---with 350 species, 30 of which occur in Alaska. My family is characterized by having 5 sepals, 5 petals, 5 or 10 stamens and 2 carpels. Our fruits are capsules.

Myself, I am rather variable in size. In the arctic, I may grow as tall as 4 inches, as habitat becomes more favorable, I can reach 3 feet tall! My flowering stalk arises from a basal rosette of broadly lanceolate leaves. My stem is sparsely to densely glandular-pilose. I have no stem leaves. My flowers are produced in showy, dense clusters along a spike-like panicle. My sepals are green to reddish-purple; my petals are reddish purple. My stamens are shorter than my sepals and produce orange pollen. I'm actually quite colorful!



LOTIONS, NOTIONS and POTIONS

by Old Doc

The Old Doc is going to take a break from composing this month and run a repeat of a former article on Giardia. I hope that you dear readers don't get bored by reading this every spring, but I feel that it is a greatly understressed topic.

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 8 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 divided 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 (0.5ppm free chlorine); but can be killed by hyperchlorination (over 2ppm 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 7day 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, "____, _____!".

QUIZ ANSWER

Saxifraga hieracifolia Waldst. & Kit, Stiff-stemmed Saxifrage.

OUR SONG ?

The following, sung to the tune of America the Beautiful, was submitted by Dr. John Baxter, who was one of Lynn Catlin's college professors in mycology. It was inspired by a 3-week visit to our state last August, including ANPS field trips.

ALASKA THE BEAUTIFUL

Oh, beautiful for rainy skies,
For amber waves of bears,
For purple mountain saxifrage
Among the snowshoe hares,
Alas-kuh-huh,
Alas-kuh-huh,
Where grouchy grizzlies growl,
and bush planes buzz the mice and moose
Through clouds of waterfowl.

Oh, beautiful for sourdough
That rises in the yeast,
For heavenly hot cakes made with it---
A great Alaskan feast!
Alas-kuh-huh, Alas-kuh-huh,
I long to see your scenes,
I'd even stay at Prudhoe Bay
And live on pinto beans.

Up north where they have permafrost
And raging Arctic gales,
Where Eskimos in furry clothes
Hunt walrus, seal and whales,
I'd like to join the blanket toss
As tosser or tossee,
And chomp on muktuk with my friends
Beside the Bering Sea.

Oh, beautiful for ptarmigans
Whose ptoes withstand the cold,
For wild and wiley wolverines,
And gravel full of gold,
Alas-kuh-huh,
Alas-kuh-huh,
I just can't stay away,
I yearn to see that oil pipeline
And Matanuska hay (hey, hey!)
I just can't stay away (No way!)
I'm a-comin' home today.

HELP !

DO YOU HAVE OLD FIELD GUIDES? If you have replaced your old, tattered guides with new copies lately, and still have the old ones laying around, the Anchorage Outdoor Education program could use them! Field guides to flowers, birds, trees, mushrooms, rock, mammals--- anything regarding nature will be put to good use by 6th graders in the Anchorage Schools during their Outdoor Education experiences. If you can help, please call Lynn Catlin at
