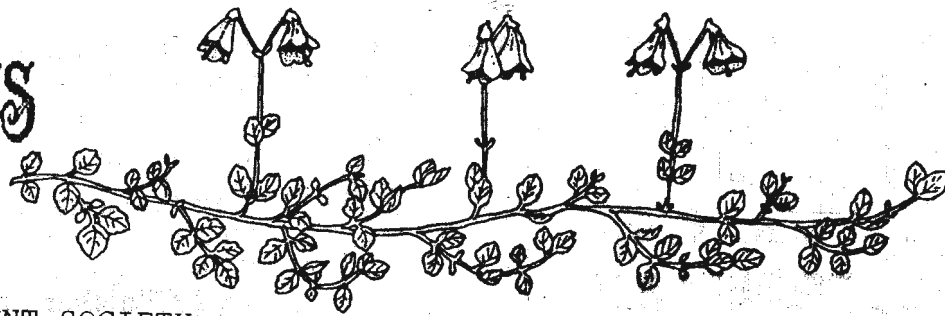


BOREALIS



ALASKA NATIVE PLANT SOCIETY

P.O. Box 141613, Anchorage, AK 99514

MEETING NEWS---The November meeting of the Anchorage Chapter will be on Monday, November 6th, at 7:30PM at the Muldoon Library. The library is located in the west end of the Carr's Muldoon Shopping Mall, corner of Muldoon Road and Northern Lights. The library will be closed, so enter by the door at the rear of the building.

BOARD OF DIRECTORS MEETING---6:45PM immediately preceding the general meeting. Please note that Board Meetings are a necessary part of our organization. Many were cancelled last year because of lack of attendance.

Board members are:

- President-----Lynn Catlin
- Past President-----John Wenger
- Vice-President-----Marilyn Barker
- Secretary-----Peggy Pletcher
- Treasurer-----Larry Haller
- Representative to State Board --Frank Bogardus
- General Program Chairperson----Martha Hatch
- Field Trips-----Cathy Wright
- Newsletter-----Frank Pratt

PLANT FAMILY---The Valerian (Valerianaceae) family will be presented by ANPS member Marilyn Barker. This family of annual or perennial herbs has its leaves either in basal rosettes or opposite each other on their stems. It is represented in Alaska by two species of the Valeriana genus. The flowers, which are usually borne in a cymose pannicle (blooming from the center outward), have no sepals, 5 petals, a 3-parted ovary, and can have 1 to 4 stamens. The fruit is an achene or hard seed. The aromatic flowers of *sitchensis* may be seen in alpine meadows while *capitatais* usually found in very moist woods and tundra. The root is said to make a sedative tea.

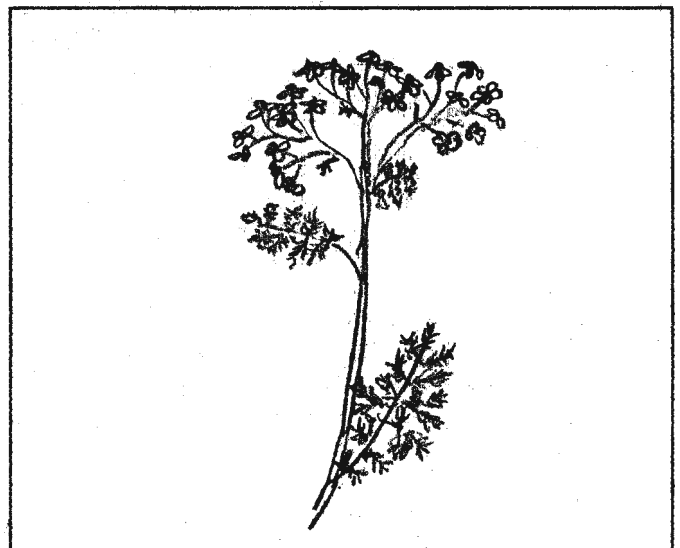
PROGRAM--- *Mushrooms for Food*, a lecture and slide show by ANPS member Phyllis Kempton. Phyllis has studied and evaluated mushrooms in Alaska for over 30 years and is considered to be a leading authority on the subject. She is a world renowned mycologist and has discovered and named new species.

Although she is not known to be an avid mushroom taster, she has accurate and invaluable information for those who do.

MYSTERY PLANT---The mystery plant grows from a slender, free branching thizome with erect, simple or branching stems up to 60cm (24 inches) high. The leaves are three or four times pinnately compound, having a "ferny" appearance. The plant is topped by a flat cluster of small white (sometimes pinkish) ray flowers, 3-4 mm long, blooming until later summer.

It grows in meadows, sandy slopes, in the mountains to at least 1,800 meters. Highly variable in width and dissection of the leaves.

This aromatic herb was widely used as a medicinal plant amongst many native Americans. The Dena'ina of the Cook Inlet Region of Alaska boiled or soaked in hot water, the part that grows above ground and used it as a wash for sore eyes. The Plains Indians and Dena'ina dried the leaves and pounded them or rubbed them into powder, which they placed on sores, cuts, blisters, or burns. Kills the germs that cause infection. Raw leaves are also said to be a mosquito repellent when rubbed on a person's skin. ---submitted by Gary Davies



In Memoriam of A Lost Flower



ANPS Member, Robert Francis Glock, M.D., Colonel, U.S. Army (Retired), died Monday, September 11, 1989. Born in Malmo, Neb., November 30, 1918, raised in Plainview, Neb., he attended Morning Side College and University of Nebraska.

He served in WWII as a Medical Technician, returning to the University of Nebraska for his Medical degree. He rejoined the Army as a Medical Officer in 1949, retiring in 1970. During his career, he served in the Korean and Vietnam wars. He was a Fellow of the American College of OB-GYN, and was very proud of being a doctor. He was a member of George Washington Lodge No. 250 F & A.M. in Haylock, Nebraska, Past Worthy Patron of Tacoma Chapter No. 126, Order of Eastern Star, Tacoma Elks Lodge No. 174, Downtown Kiwanis Club where he received Kiwanian of the Month Award, Tacoma Chapter Sons of the American Revolution where he served two years as president, Washington and Alaska Native Plant Societies, and was a Washington State Master Gardener. He had a great love of music and nature.

His family includes: wife, Marjorie; daughters, Charyl Ann, Barbara, Marjorie R.; son, James; brother, Dr. John W. Glock; 12 grandchildren, and many good friends.

Bob and Marjorie joined the Alaska Native Plant Society in 1986. While visiting relatives in Anchorage, Bob had happened to attend a wildflower show sponsored by the Anchorage Garden Club and Wildflower Garden Club. Verna says that he sat and watched the slide presentation at least 4 times, spending most of the day there. Bob was the winner of our "Name the Newsletter" contest with the entry "Borealis". He and Marjorie have visited Alaska several times in recent years.

Any memorial donations from the membership will be applied to the ANPS

Scholarship Fund.

SEEDS---Some seeds have already been turned in by members for our annual seed sale. If you have some seeds, please bring them to the November meeting, or mail them to the ANPS P.O. Box, so that we can arrange for an early seed sale. This will allow for easier stratification of seeds. Peggy Pletcher has volunteered to head up this project (New Title---Head stratificator?). If you are willing to put in some time on this project, please contact Peggy.

MUMMY BERRIES---by Lynn Catlin

When you were picking blueberries this summer, did you run across any hard, white, mummified berries? These inedible berries received the mummy curse from a fungus in a most unusual way. The mummy fungus produces sugary sweet spores on the leaves of infected blue-

berries. Insects are attracted to the damaged leaves by ultra-violet patterns which mimic blueberry blossoms. The insects lick the sweet fungal spores off the leaves and also visit blueberry flowers as pollenators. While visiting the flower they transmit both pollen and fungal spores to the stigma. The hyphae of the mummy fungus grow down into the ovary carried by the growing pollen tube. The fertilized blueberry is destined to become a mummy. In Autumn, the mummies fall to the ground and over winter. Come Spring, the mummies form tiny cup fungi that release spores infecting new blueberry leaves; starting the cycle over again.

BOTANICAL NAMES--Marilyn Barker

Due to positive feedback on my brief commentary on botanical names, here are some more. This group of names relate to directions---north, south, east and west.

North/Northern: aquilonius, borealis, septentrionalis

South/Southern: australis, austrinus, meridionalis ("australis" in addition to meaning southern, also indicates the species if from the southern hemisphere)

East/Eastern: orientalis

West/Western: occidentalis

(cont'd next page)

BOTANICAL NAMES (cont'd)

Keep in mind that the botanical name is made of two parts, a generic name (genus) which is a substantive (or adjective used as such), and a specific epithet which is an adjective. Names of genera are always capitalized; specific epithets are written in lower case. Together, the genus and specific epithet are a species name.

LOTIONS, NOTIONS, and POTIONS---by Old Doc

Old Doc feels very strongly that smoking is a suicidal habit that should be broken as soon as possible by anyone that has fallen victim. He will include in the next few columns of "Lotions" some natural means that have been recommended.

The following is extracted from *Heinerman's Encyclopedia of Fruits, Vegetables and Herbs*.

In the 1983 comic strip, "Wizard of Id" by Parker and Hart, two of the king's guards were chatting in the courtyard. One asks the other, "I understand you used to smoke 4 packs a day?" His companion agrees, adding, "Now I eat a carrot whenever I crave a cigarette." "How's it working out?" asks the first guard. "Fine," replies the second, as he hops away like a bunny rabbit.

But there's more truth to this than meets the eye. Over the years in my travels around the world I've heard some pretty good stories relating to the use of carrots for knocking the nicotine habit. But none quite so dramatic or simple in detail as what a lady friend of mine in Indonesia related to me in October 1986. Her name is Josephine Hetarihon, age 35, and she works as an executive secretary in Jakarta. This is her story:

It was on Sept. 26, 1979 that I finally managed to quit smoking. I had been smoking 2 packs a day of Dunhill before this.

I started smoking when I was in junior high school at the age of 15. A friend suggested that I use carrots to help me quit.

It took me about two weeks on this carrot program until I was able to quit smoking altogether. I would eat about 2 or 3 carrots a day. I found that the sweet taste of the carrots satisfied me enough so that I didn't crave a cigarette."



From the Editor's Desk:



We must apologize for the poor quality of this month's newsletter. Just when things were going really well, Murphy struck with a series of computer related problems. We were forced to fall back on the system that was used for several years.

For the information of any computer buffs out there, this was produced using PFS: First Publisher running on an XT level machine and an Epson FX-86e dot matrix printer running enhanced mode.

With any luck, the next issue will be done in Pagemaker on a 386 level machine and output to an H-P Laserjet. Keep your fingers crossed!

QUIZ ANSWER

Achillea borealis Bong. (Northern Yarrow)

ELECTION !!!

The following is the slate of officers provided by the nominating committee for the 1990 Board of the Anchorage Chapter of the ANPS.

President-----Lynn Catlin (1989 Pres.)
Vice-President-----Dorothy Emmons
Secretary-----Carol Hoblitsel
Treasurer-----Dr. Ram Srinivasan
Representative to the
State Board-----Frank Bogardus

Further nominations will be accepted from the floor at the Nov. meeting before the balloting.

Alaska Native Plant Society

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Anchorage, Alaska 99514



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