

BOREALIS

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ALASKA NATIVE PLANT SOCIETY

P.O. BOX 141613, Anchorage, Alaska 99514

MEETING NEWS

The April meeting of the Anchorage Chapter will be at 7:30PM, Monday, April 2nd, at the Muldoon Library located in the west end of the Carr's Muldoon Shopping Center, corner of Northern Lights and Muldoon. The library will be closed to the public, so enter by the door at the back.

BOARD MEETING

The Board of Directors will meet at 6:45PM immediately prior to the General Membership Meeting. Board meetings are mandatory to the continued existence of our organization. Board members are:

President-----Lynn Catlin
Past-President-----John Wenger
Vice-President-----Dorothy Emmons
Secretary-----Carol Hoblitzell
Treasurer-----Ram Srinivasan
Repres. to State Board-----Frank Bogardus
Programs-----Cindy Williams
Newsletter-----Frank Pratt

PLANT FAMILY

ANPS member John Wenger will lead a discussion of the Grossulariaceae /Gooseberry family. This family was once considered to be part of the Saxifrage family. It consists of shrubs, frequently with spines. Flowers have 4 or 5 sepals, 4 or 5 petals, 5 stamens, and a united 2-parted inferior ovary forming a berry.

In Alaska, there are 6 members of this family, all in the Ribes genus. Berries are tasty and many are highly prized for making jellies. The "maple" shaped leaves are a very distinctive feature.

PROGRAM

ANPS member Carolyn Parker will present the program, The Flora and Floristics of Alaska Range Taluses and Blockslopes. Carolyn has studied under Dr. Murray at UAA, Fairbanks; and was one of the group that accompanied the visiting Soviet Botanists last summer.

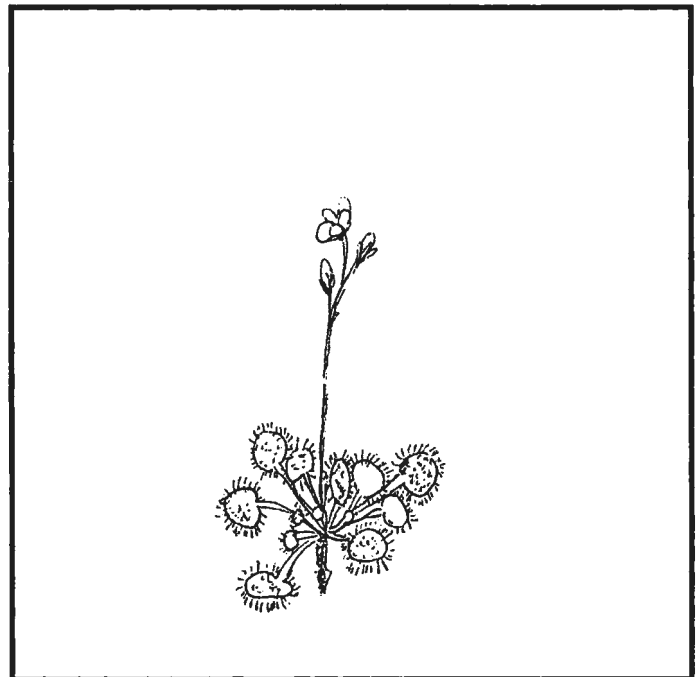
FIELD TRIPS

Anyplace, anytime---every little bit of help helps. No kidding, we still need help with finalizing the 1990 Field Trip Schedule (hopefully, soon to be printed). We need suggestion, and we need leaders. No particular requirements (you don't need to be a botanist). Everybody knows of some neat areas that they have visited in the past; how about sharing some of them with the other members???????????

MYSTERY PLANT

The specific name refers to the roundish leaves, which, at the ends of long petioles, form a flat rosette usually partly hidden by the sphagnum and other mosses among which they grow. The leaves are edged with highly modified hairs, each tipped by a drop of sticky fluid. This is a trap for insects, which supplement the diet of the plant with phosphorus and nitrogen compounds. These essential elements are not readily picked up by the roots from their watery and acid surroundings. The 1/2 to 2 centimeter leafless flower-stalks bear small, four-to-five petalled, white flowers on one side at the top.

The plant grows in bogs, swamps and wet meadows in much of Alaska south of the 67th parallel.



Mystery Plant

EARTH FAIR

ANPS will set up an educational display at Earth Fair which will be held at the Egan Center on Sunday April 22nd. Volunteers are needed. The booth must be maintained at all times, and we will need help setting up and taking down the display. If you can help, sign up at the April meeting or call Lynn Catlin at

PRESIDENT'S COLUMN

Signs of Spring

Watch for these signs of Spring and increase your enjoyment of the growing season:

Skunk Cabbage poking its yellow spathe out of the melting snow in marshes near Seward and the shores of Prince William Sound.

Pussy Willows expanding their fluffy gray catkins.

Currants, False Hellebore and Cow Parsnip coming up along south-facing slopes along the Seward Highway. Penguin Ridge, just before Girdwood, usually shows welcome signs of green quite early.

Dangling alder catkins, showing bright red stamens.

Look for early blooming Jacob's Ladder and Windflower on south-facing rocky slopes along the Sterling Highway near Cooper Landing.

Listen to bumblebee queens as they gather nectar and pollen from blooming Pussy Willows.

When will the yellow blossoms of *Draba incerta* decorate the bluffs near McHugh Creek?

The sun is back, snow is melting.....can the flowers be far behind?.....Happy Spring!

Lynn Catlin, Pres., Anchorage Chapter

SCHOOL PROGRAMS

Volunteers are needed for "Nature Walks for School", a program being set up at the Birchwood School Camp. The basic plan involves presenting a class, or nature walk, to 4 groups of elementary students, with about 15 students per group. This could probably be done as 4 consecutive groups; or, if we have enough volunteers, as 4 separate groups at one time.

The below listed days are open for this project:

Monday, May 21-----12:00 to 4:30

Tuesday, May 22-----8:20 to 11:30 or 12:30 to 3:40

Wednesday, May 23----8:30 to 11:40

(Note: the times shown are time blocks available. If we have few instructors, it will take 4 hours. On the other hand, if we enough instructors to run 4 groups, we can get it done in one hour.)

Anyone interested in this project, contact Verna Pratt at 333-8212. Perhaps a group could go together and work in shifts. It is quite flexible as to how we set this up.

EARLY SPRING FIELD TRIP

We are planning a trip to Seward to view early emerging Skunk Cabbage. Meeting time 12:30PM on Saturday, April 14th at parking area at the Benny Benson Memorial, Mile 1.4 Seward Highway, just before the Seward Boat Harbor. This trip is tentative, as it may be too early. Call Wednesday or Thursday (April 11, 12) to check with Lynn Catlin at 344-4252 or Verna at 333-8212.

LOTIONS, NOTIONS and POTIONS---by Old Doc

Well, Dear Readers, it's time for Old Doc's annual harangue entitled "Don't Drink the Water!" I don't mean to bore our loyal readers, but do feel that this is a greatly understressed topic. The State of Alaska Epidemiology Bulletin #8, dated March 7, 1990, indicated that there were 133 cases of Giardiasis in 1988 and 158 cases in 1989. (And that's only the reported and treated cases!)

Anyway, it is estimated by various sources that 75 to 90% of the streams in our Great Land are infested with a really mean little critter known as *Giardia lamblia*. This little trophozoite varmint gets into the water drinker's intestinal tract and causes severe diarrhea, weakness, fever, belching, vomiting, flatulence, abdominal distention, nausea and severe cramps. In severe cases, malabsorption can lead to significant weight loss and bulky, malodorous stools. *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".

The disease, Giardiasis (Gee-are-die-ah-sis), a protozoan infestation of the small intestine is contracted by swallowing the cyst form of the giardia organism, most commonly from contaminated water. **DON'T DRINK ANY STREAM WATER!** The life cycle of *Giardia lamblia* has been documented in this column several times, so I believe we can skip that this year. If you really are interested in the gory details, ask me for a printout from a previous newsletter. The cysts may survive for 2 or 3 months in cool, fresh water. Obviously, the conditions for water-borne transmission of this disease 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 feel safe way up there in your favorite alpine setting; there has undoubtedly been some kind of *Giardia* excreting critter farther upstream at one time or another! **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). At one time, 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. (Many "outdoors" stores still sell iodine for this purpose). The only effective water treatments are boiling or certain commercially available (and expensive) filtration units. The "outdoors" stores sell these filtration units, but please be sure to get one with a filter on the order of 0.2 microns!

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; therefore, they may only be prescribed by a physician.

Now, Dear Readers, did you get the point. Altogether now--**DON'T DRINK STREAM WATER!** Very good! Have a pleasant summer, drive carefully, enjoy the field trips, but remember, " _____!"

QUIZ ANSWER

Drosera rotundifolia L., Round-leaf Sundew.

SEA-KAYAKING FIELD TRIP ?????

We (ANPS, that is) have the opportunity to set up a really special Field Trip this year, if there is enough interest among the members.

Ageya Kayak Tours, operating out of Homer, conducts Weekend Natural History Seminars in Kachemak Bay. Some of the topics covered have been: Sea Birds, Marine Biology, Nature Drawing, Nature Photography, Edible and Medicinal Plants, Archeology, and Family Camping. The following extract from their last year's brochure will help explain what they do:

"The weekend begins at the Homer Boat Harbor at 8:30AM Saturday morning, where we will meet and load up our gear on one of Rainbow Tours vessels. We will take the ferry across Kachemak Bay to Halibut Cove where the kayaks are stored. You need not have had any prior kayak experience as our guide will orient the group to the stable sea kayaks that will be used to paddle along the sea shore and around the Bay. We will paddle to one of our local base camps taking in the scenery and wildlife of this special area which we will use as our camp for the weekend.

Our pace will be leisurely with our naturalist teaching in the style and amounts which work out for the weather, area, and interest of the group. We'll have plenty of time to explore the local area, hiking the nature trails, identifying and foraging for wild edibles, and paddling out to Gull Island sea bird rookery. We'll enjoy gourmet meals of different varieties of sea food caught in Kachemak Bay complemented by fresh baked breads and deserts baked in our dutch ovens.

We'll paddle back to Halibut Cove on Sunday in the late afternoon, returning to Homer on the ferry. There is an optional dinner stop at the Saltry restaurant for those who would like to spend more time in the Cove. Cost includes kayak equipment, food, group camping gear, instructors, course materials."

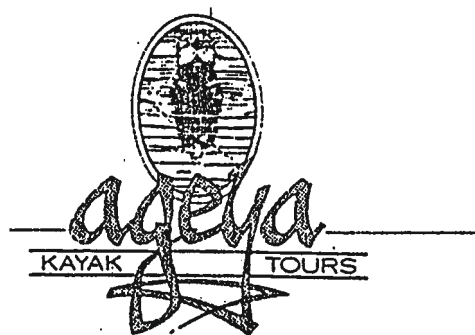
Trip cost: \$220 (includes ferry).

Last year, Verna and Frank served as guest naturalists for the weekend session on Edible and Medicinal Plants. They will be doing it again this year on July 21 & 22.

This year, we asked Ageya if we could set up a weekend for ANPS, and the answer was a quick, "SURE, YOU BET." The dates would be August 18 & 19, with Verna & Frank again acting as the naturalists, and the plan of action essentially as outlined above. (Because of newly imposed restrictions on boat traffic entering Halibut Cove before noontime, we might be meeting at the Homer Dock later than the 8:30AM noted above. This would also make it easier on those who opt to drive down Saturday morning, rather than spending Friday night in Seward.) We would go out of Halibut Cove and kayak to the area of Peterson Bay and/or China Poot Bay. We need a minimum of 6 members signed up in order to make this arrangement! The special price for the ANPS weekend is \$198. All you need to provide is your individual equipment such as clothing, camera, binoculars, and a sleeping bag. (Tents are provided).

Verna and Frank's comments: "We had a terrific time last year. This is one of the most beautiful areas in Alaska. The 2-person sea kayaks are very stable (much more so than our 17' canoe). The hiking is easy, and the area rich with things to do. The pace is leisurely and enjoyable. And the evening seafood feast prepared on the beach over an open fire, with wild edibles, good company, beautiful scenery, and the light of the long Alaskan summer.....Paradise!"

If you are interested, we need you to contact Verna by **April 5th**. We know that this seems like planning way far in advance, but we must have at least 6 members signed up in order to reserve the time, get the special rate, and include this in our 1990 Field Trip schedule. If you cannot make the August trip, but are interested in the July one, contact Ageya Tours at 248-7140.



Ageya Kayak Tours P.O. Box 141506 Anchorage, Ak 99517

248-7140

