

THE NATIVE PLANT PRESS

The Newsletter of the Central Puget Sound Chapter of WNPS

Vol 17, No 3, April 2016

Chapter Meeting Thursday, April 7 Center for Urban Horticulture*

April Program: The Moss Flora of Washington

By Dr. Judith Harpel

Over the last 32 years, Dr. Harpel has been working on gathering the historical information on past collectors, as well as trying to revisit some of the historical collection sites. This, combined with her own collecting activities throughout the state will hopefully result in a published checklist of the mosses for Washington. In her talk, she will introduce people to the bryophytes and discuss the ecology and distribution of several rare species. She will share techniques on how to voucher, what areas of the state are missing records and finally, what we can do to strengthen our knowledge of the moss flora.

Dr. Judith Harpel is currently the Curator of Bryophytes at the University of British Columbia, Beaty Biodiversity Museum, and Museum Research Associate with the University of Washington, Burke Museum, and a Research Associate with the California Academy of Sciences. She has been working on bryophytes for the last 38 years and studied the ecology and phytogeography of the mosses within the San Juan Islands, Washington for her Ph.D. For eight and half years she was the U.S. Forest Service Regional Interagency Bryologist and provided bryophyte training and guidance for U.S. Forest Service and Bureau of Land Management botanists in Washington, Oregon and California. Current research projects include: a bryophyte flora of Yellowstone National Park, a moss checklist for Washington State, and identifying bryophytes from several Arctic National Wildlife Refuges.

--- Program produced by Sharon Baker

Program Calendar

April 20, Eastside Branch Program: **Meadowwatch - Exploring the Link Between Climate Change and Wildflower Phenology**, by Dr. Janneke Hille Ris Lambers at Bellevue Botanical Garden, 7:00 PM.

May 5: **Forest Giants** by Robert Van Pelt.

June 2: **Historical and Current Fire Regimes in eastern Washington: How Did We Get Here?** by Paul Hessberg.

Field Trip Calendar

See the field trip section for details.

Echo Mountain and Spring Lake Bog

Saturday April 16

Washington Park, Anacortes

Sunday April 24, 2016

Native Plant Identification Workshop

By Nelson Salisbury, Chapter Botanist

A free plant identification workshop is offered before each Chapter meeting at 6:00 PM in CUH, Main Hall. While the workshop is oriented primarily toward beginners, anyone who wants to work on improving keying skills or their familiarity with the northwest flora is welcome. Feel free to bring samples of unknown plants in for identification. We will have plenty of material and tools if you come empty-handed.

*** CUH Location**

The Chapter meeting will be held on the University of Washington campus at the Center for Urban Horticulture, 3501 NE 41st Street, (Mary Gates Memorial Dr. NE) Seattle, 98195. We will meet in the Main Hall. To help you find the meeting location, you can find excellent maps at the UW website at www.universityofwashington.edu/maps. Look for the Northwest Horticultural Society Hall adjacent to Miller Library. Refreshments and socializing begin at 7 PM, followed by a short business meeting at 7:30 PM, and then the program.

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Board Reports

Message from the Chair

By Chrys Bertolotto

Spring is here, and it feels like so much is going on with the Central Puget Sound Chapter! There is the Plant Sale, Stewardship Grants, amazing monthly meetings speakers and field trips, Stewardship Program progress for our chapter, budget setting, a budding Membership Cultivation Plan, calendars and so much more!

Do you know what makes this all happen? It is the volunteers that do so much for the society. And there are so many different ways to give! We're looking for field trip leaders, plant sale and education booth volunteers...and board members!

We have board positions that need to be filled—some immediately—others starting on 7/1. We're looking for a new Secretary and a Treasurer, a CPS-focused Conservation Chair, a Salvage Program Coordinator and At-Large positions.

Please contact me if you'd like to get more involved in achieving our mission of increasing appreciation, education and research of native plants and plant habitats.

Central Puget Sound Spring Plant Sale

When: Saturday, April 30th, 10 am to 4 pm at the lovely Bellevue Botanical Garden, 12001 Main Street, Bellevue. Pre-sales for members start at 9 am.

We set-up our sale Friday, April 29. We hope all members will come out for at least one of our two days onsite. Email npsvolunteers@gmail.com now to sign up early to Volunteer in your favorite job!

Questions about our Native Plant Sale? Email Grace Stiller at gracestiller@comcast.net, or call 206-795-5783.

Looking forward to the Spring Plant Sale

by Grace Stiller, Plant Sales Chair

I'd like to share my story with you about volunteering. I hope you have a minute to read this.

Before I received the call from Joy Johnsen asking me to chair the plant sale this year, I glanced at the sticky note that the treasurer of another non-profit sent me with some paperwork to approve. It said, "Stop me before I volunteer for anything else."

Does this sound like good advice? For all of us who volunteer, we've probably told ourselves this, promptly disregarded it, and offered to help with just one more thing. It usually happens to those that are the busiest and are passionate about their interests. And so it happened to me. When I received that call, I thought, "What am I doing?!? I already have a busy schedule." Joy reassured me that it would be fine and I'll enjoy it. Famous last words, just before the sale closes. Okay, I reconciled myself, "Many hands make light work," and I said, "Yes." Say, "Oh, me," right now if you've done this, too.

Thank goodness we're not alone when it comes to volunteering. Volunteers are the nicest, most interesting people. And then I remind myself when I feel overwhelmed with tasks at hand, thinking "It's the thrill of being involved with others and being a small part of the big picture." It's amazing what a little 3 letter word like "Yes" can set in motion.

Before I knew it, I was attending meetings and in the midst of seasoned volunteers that knew everything thing about plants and budgets to Red Wagons. I always wondered where they got the Red Wagons that everyone loaded with plants and wheeled to the cashiers at the plant sales.

"Thank you," to everyone that has ever volunteered to do anything because without you, things just don't happen. I look at the diversely talented group of people that produce the plant sale and I smile. Wow! It is such a pleasure to know all of you. We have people that pound nails, set up tables, call volunteers, send emails, print fliers, total the numbers, tweet with Twitter, and of course get their gloves very dirty! Everyone does something that makes the plant sale successful. I am so glad that I didn't say no to being involved. I've already learned a lot and been so very blessed by making friends with the special people who make the sale happen.

But just so you know, there are volunteer opportunities that have not been filled, and we can always use your time and talents! Marissa Wright is our Volunteer Coordinator, and she would love to hear from you. Please give her a call at 425-503-3044 or drop her an email, mwright2013@yahoo.com.

Field Trip Schedule

Trail Trip Leaders Wanted: If you have an idea for a trail trip and would like to lead one, contact Susan Dawson at lapianta@aol.com. Trail Trips are now listed on the WNPS website <http://www.wnps.org/>

Echo Mountain and Spring Lake Bog

Saturday April 16, 10am

Location: King County, east of Kent

Leader: Caren Adams

Caren will guide us through lowland forest along an easy trail, gaining a few hundred feet in elevation to the top of Echo Mountain where chocolate lily (*Frittilaria lanceolata*) and fawn lily (*Erythronium* sp.) should be in bloom. Historically, fire was probably used by Native Americans to manage the site and a few years ago the area again burned in a fire. Ask Caren about the fire response she's observed.

If lake levels allow, Caren will also take the group to the fringing bog along the shore of Spring Lake. *Ledum groenlandicum* (laborator tea) and *Kalmia microphylla* occur there. Bring boots or shoes that can get saturated if you plan to visit the bog. Otherwise walking shoes should be sufficient. Bring food and water and dress for the weather. Meet at the fishing access at the end of Spring Lake Drive at time above. To sign up, contact Caren at [425-432-324](tel:425-432-324). Or email her at adams.caren@gmail.com. Limit: 12.

Washington Park, Anacortes

Sunday April 24, 2016

Leader: Geoff Berg

Limit of 12

Washington Park is a great place to start the wildflower viewing season. We should see lowland wildflowers such as Chocolate lilies, Calypso Orchids, Shooting Stars and Camas in full bloom. Appropriate footwear for hiking is recommended for this easy-paced three mile walk with 120 foot elevation gain. A lunch break will be taken on the trail.

Meet 9:00 a.m. at the Ravenna Park & Ride to car pool or meet at 11:00 a.m. in the Washington Park parking lot (near the boat launch).

Sign up: call Geoff Berg at 206-422-6512, or e-mail him at geoffberg@yahoo.com.

Volunteers

Springtime Opportunities

Spring is “bustin’ out all over” with opportunities to support WNPS through volunteering at our information table at community events all over the Central Puget Sound area. If you are interested in taking a shift at any of these special springtime events your help would be most welcome! Questions or to sign-up, please contact Franja Bryant at franjabryant@hotmail.com.

Saturday, April 16
Arbor Day/Earth Day
Lewis Creek Park, Bellevue

Saturday, April 23
Newcastle Earth Day
Lake Boren Park, Newcastle

Saturday, April 30
CPS Plant Sale
Bellevue Botanical Garden
(To volunteer for this event contact:
Plant Sale Volunteer Coordinator,
Marissa Wright, npsvolunteers@gmail.com)

Saturday, May 14
Tukwila Back Yard Wildlife Festival
Tukwila Community Center, Tukwila

Wednesday, May 18

Go Native! -WNPS SPRING WORK PARTY

From 10:00 to Noon at Bellevue Botanical Garden,
12001 Main Street, Bellevue, 98005
Meet at the BBG entrance.

We may be working in the Ravine, Native Discovery Garden, new wetland, the forest or other native areas.

BBG has tools but bring your own gloves, drinking water, favorite tools & any cover-ups such as hats.

Please RSVP to Pati: anpati@comcast.net

Eastside Branch News

By Sid Gupta

On April 20th, the Eastside will be hosting Dr. Janneke Hille Ris Lambers for a presentation on utilizing Citizen Science to study the effects of climate change on wildflower phenology in the high-mountain meadows of Mt. Rainier National Park. She will also discuss the importance of such long-term community-based ecological monitoring efforts and the role of wildflower phenology in the functioning of plant communities.

You might remember that Dr. Hille Ris Lambers spoke to the CPS Chapter in February of 2015. Her MeadoWatch program recently received funding through 2016, so we are excited to hear what progress has been made and what we can look forward to this year!

Dr. Hille Ris Lambers is an ecologist whose research focuses on the processes that structure plant communities and how these are influenced by anthropogenic activities (e.g. climate change). She is a faculty member in the Biology Department at University of Washington and heads up the Hille Ris Lambers Lab. For more information on her lab's activities see: <http://faculty.washington.edu/jhrl/Index.html>.

Upcoming Program

Meadowatch - Exploring the Link Between Climate Change and Wildflower Phenology, by Dr. Janneke Hille Ris Lambers.

Date: Wednesday, April 20th at 7:00 PM

Location: Bellevue Botanical Garden, 12001 Main Street, Bellevue, Education Center, Room C

Native Plant Stewards

Stewardship Grants Deadline Approaches

The Central Puget Sound Chapter of the Washington Native Plant Society has grants available for stewardship projects that contribute to the appreciation and understanding of the importance of protecting and preserving native plants and their habitats. Past grants have been awarded for restoration projects, demonstration gardens, projects targeting invasive species control and more. You may request any amount up to the maximum grant award of \$500.

You must be a member of the Central Puget Sound Chapter, WNPS to be eligible to submit a grant request, and grant applications are due by April 15. Awards will be announced in early June. Detailed information

about how to submit a proposal and a list of previous projects that have been awarded grants can be found on the WNPS website. (wnps.org) On the left side of the page look for the Local Chapters heading, go to Central Puget Sound Chapter, and in the box on the right side, click on Stewardship Grants. For more information or if you have questions contact Cindy Spurgeon at spurgeoncindy48@gmail.com.

Plant of the Month: *Actaea rubra*

By Janka Hobbs

Baneberry is a perennial deciduous herb in the ranunculaceae. It has lacy, white pyramidal inflorescences in late spring to early summer, which develop into upright stalks bearing red or white berries. It is found in damp woodlands throughout northern North America, and some sources consider it conspecific with *A. spicata*, a European species with black berries. All parts of baneberry are poisonous, containing the glycoside protoanemonin, especially the berries and roots. Symptoms of poisoning include gastroenteritis, stomach cramps, headache, dizziness, vomiting, diarrhea and circulatory failure.

As few as six berries can cause poisoning in a healthy adult. However, the berries are extremely bitter, and create a burning sensation in the mouth, so most people would realize that they are inedible. The berries are not toxic to birds, which are the plant's primary dispersers. Elk and deer occasionally eat the foliage late in the season, and some small mammals consume the seeds. Native Americans made a weak decoction from the roots as a stimulant in treating colds, arthritis, syphilis, rheumatism, and emaciation. They also chewed leaves and put them on boils and wounds to stimulate blood flow.

Despite its toxicity, Hitchcock and Cronquist wrote "This plant merits a place in any garden, for the beauty of its foliage, but especially because of the brilliant red or pearly white fruits. It readily seeds itself." ARK says "it makes a pleasing woodlander when interspersed with sword fern or shield fern."

For trivia buffs, "Baneberry" was also the name of an underground nuclear test on December 18 1970 at Yucca Flat that cracked the surface, releasing 6.7 megacuries of radioactive material. In March 2009, Time Magazine identified the Baneberry Test as one of the world's worst nuclear disasters. Two of the 86 workers who were exposed to high levels of radiation from Baneberry died in 1974, both from acute myeloid leukemia. You can see a video of the test here: <https://www.youtube.com/watch?v=QMVXsJhXtZM>.

Central Puget Sound Chapter WNPS Officers & Committee Chairs 2016-2017

Chair

Chrys Sacco Bertolotto
(206) 588-1247
sitka.periwinkle@gmail.com

Immediate Past Chair

VACANT

Vice-Chair

Rita Moore
206-275-3883
rita.a.moore@gmail.com

Secretary

Ted Couillard
206-384-5277
jtheo25@gmail.com

Treasurer

Brian Holers
206-799-9837
brianholers1@gmail.com

Board Members at Large

Cindy Spurgeon
(Stewardship Grants)
206-632-6432
cspurgeon@msn.com

Sharon Baker
(Programs)
206-935-1769 (h)
206-464-1068 (c)
sabaker41@gmail.com

Education

Franja Bryant
425-562-0353
franjabryant@hotmail.com

Botanist

Nelson Salisbury
206-372-4255
nelson@earthcorps.org

Assistant Botanist

Stewart Wechsler
206-932-7225
ecostewart@gmail.com

Conservation

VACANT

Fundraising

VACANT

Field Trips

Susan Dawson
425-432-3879
lapianta@aol.com

Plant Sales

Grace Stiller
206-795-5783
gracestiller@comcast.net

Stewardship Program

VACANT

Volunteer Coordinator

VACANT

Nursery Chair

Tom Johnson
206-525-3176
tfjohns@u.washington.edu

Other CPS Contacts**Newsletter Editor**

Rick Bergman
206-372-9816
rickbergman@comcast.net

Programs

Shelley Evans
206-720-0546
shelley.a.evans@gmail.com

Sharon Baker
206-935-1769 (h)
206-464-1068 (c)
sabaker41@gmail.com

Publicity

VACANT

Refreshments

Dan Paquette
425-486-4927
Jdani.paquette@gmail.com

Salvage Coordinator

VACANT

CPS Staff

Barrie Moss
206-527-3210
info@wnps.org

WNPS and CPS Contact Information

The WNPS Office Welcomes visitors:

Monday – Thursday – 9:00am to 4:30 pm daily

Friday – 9:00 am to 1:00 pm, appointment only.

Please call ahead to confirm availability, especially if traveling a distance.

Office Contacts

Denise Mahnke, WNPS Business Manager, wnps@wnps.org

Barrie Moss, WNPS Office & Program Coordinator, info@wnps.org
Phone: (206)527-6310

Full WNPS Staff Information is available online:
http://www.wnps.org/contact_wnps.htm.

Membership, Dues and Questions

Membership Rates in 2016

Individual Membership \$35

Family Membership \$45

Club or Organization Membership \$65

Budget Membership \$20

Student \$20 (name of institution_____)

This is the address members should use for all correspondence regarding membership, dues payments, etc.

Washington Native Plant Society

6310 NE 74th ST, Suite 215E

Seattle, WA 98115

206-527-3210

1-888-288-8022 (from outside Seattle)

info@wnps.org

Email Lists

The State WNPS List is a state-wide list for announcements, news and discussion relevant to native plants and the WNPS.

To join, go to:

https://groups.yahoo.com/neo/groups/WNPS_DiscussionGroup/info
and hit the "Join" button, or send an email to wnps_discussiongroup-subscribe@yahoogroups.com. It only takes a couple of minutes!

The new group will be "restricted" in that admission to the group must be granted, but messages will be unmoderated. Once you are a member, you will be able to set your personal preferences for receiving messages (e.g., individual messages as they are posted or a daily digest). You will also be able to unsubscribe yourself if and when you desire.

Electronic Newsletter Option

Many of you have chosen to receive your Native Plant Press electronically, and we thank you! This will save printing and postage expenses that can better go to our Chapter programs and activities. If you did not receive an e-mail about this option and would like to get the electronic version of the newsletter, please send your request to the CPS Staff Person at info@wnps.org.

Newsletter Submission

The deadline for the newsletter is the first Thursday of the preceding month, exactly one month before the meeting. Send submissions to the editor: Rick Bergman

Email: rickbergman@comcast.net

Phone 206-372-9816

Word or RTF documents are preferred. Please put Latin names of plants in italics. Digital photos must be high-resolution or will NOT be accepted.