

Washington Native Plant Society

The Acorn

*Serving the South Puget Sound Chapter
Fall 2004*

Chair Report

Anna Thurston

Greetings to South Sound folks, and others who might be reading from beyond this region. Another hot and extended dry (!) summer is behind us and earlier than usual “fall” rains are providing respite to everyone who has spent time in the garden. I’m hoping that you and yours were able to get out into the woods as well and enjoy all that Washington State has to offer. Our first ever state-wide Native Plant Appreciation Week assisted that process and was also recognized by numerous cities with localized proclamations. Thanks to those of you who had a hand in elevating the awareness of native plants and the protection of their habitats through this joint venue, which is already in the planning stages for 2005. If you want to get involved, be sure to contact the state office to learn more. See our contact list at the end of this newsletter for contacts information of all people involved with the South Sound Chapter.

Collaborative efforts have always been a favored approach of mine. Our need to pursue them grows as more and more organizations and activities vie for our collective and individual attention, and as our meeting facilities change. Although collaborative efforts can be challenging (they generally require more effective communications and possibly even more effort in short bursts), the payout that they offer is always more significant to all who have participated. The operation of our South Sound Chapter is no exception to the rules of collaborative efforts. We predominantly serve Pierce and Thurston County with educational presentations during the “winter” months (October through May) and provide links to the out-of-doors during “summer” months (all year round!).

Our chapter’s membership includes nearly 200 people from as far away as Portland and surrounding cities, as well as others from Cowlitz, Grays Harbor, Lewis, Pacific, King and Mason counties. Your interests are as varied, including professionals dedicated to botany at its



best, and those of us who are curious, morally engaged, or otherwise

involved in the many benefits that using or playing with native plants offers. I encourage us to continue looking for ways that we can partner with groups who have similar interests so that we can capitalize on people and financial resources that are increasingly limited.

CHAPTER NEEDS MEETING LOCATION(S)

One significant limitation that may provide alternative benefits is the closure of the Olympia U.S. Forest Service Building to South Sound Chapter meetings. What you will see this fall is a development of presentations scattered about the Pierce and Thurston counties, which is intended too provide impetus for people to attend our meetings like the folks who called from Sumner and Bonney Lake or the website visitor who wrote from Onalaska to volunteer. Please contact me if you know of a meeting facility that is:

- ☞ is relatively easy to locate from Interstate 5;
- ☞ open until at least 9:00 pm;
- ☞ provides parking for 50 – 80 people; and
- ☞ is suitable for slide/electronic presentations.

Our meetings are typically held on the first Monday of the month - October through May, but if we need, we may end up departing from this schedule. We’ve looked into a number of potential sites (Nisqually, Olympia, and Tacoma libraries, WSU Puyallup, and The Evergreen State College), so if you can help us do research in advance of making your suggestion that helps us to help you. Ability for the chapter to pay for a facility is

somewhat limited (going rates are ~ \$100/meeting), so we are getting creative in our fund-raising efforts and expense disbursements. **PLEASE NOTE that keeping your membership current helps us offset meeting, newsletter, and other expenses, so consider renewing your membership if you have allowed it to lapse.** At this time, we're not bound to one presentation per month at any one location. Your best bet for staying in touch with chapter activities is to check the website periodically at www.southsoundchapterwnps.org. We will also be increasing our posting of information via web, so be sure to share this contact information if you haven't.

Rod Gilbert, Vice Chair, has been our chief coordinator of presentations, with support from Kevin Head. Important volunteer activities are also being made available by Mary Fries, among others, and are included in this newsletter. Coordinating with other groups is an option we have and will pursue. We already offer presentations that overlap with other natural resource and history topics. If you are an affiliate with an organization who seeks to expand its horizons, collaboration is one way for all of us to win.

Chapter News

SUPPORTING OUR CHAPTER BUDGET

We now have another way that you, the valued members of this organization, can help support the South Sound Chapter. **Storman's Inc.** has a great way to give back to the community through its **1% Community Rebate Program**. Under this program, members of an organization can use a Community Rebate card at **Ralph's Thriftway** or **Bayview Thriftway** when purchasing food or other items. A percentage of the sale (1%) will be donated to the organization of choice as indicated by the card. The South Sound Chapter has recently ordered Community Rebate Cards and we are asking members to please consider participating in this program to help our Chapter. We currently have \$587 of purchases credited to the South Sound Chapter account from Storman's Inc, which means \$5.87 comes back to the South Sound Chapter. This is a good start since we've only distributed a few cards. Vision us collectively spending \$50,000 by the end of 2005 and collecting \$500! We could do it! Audubon spent \$85,000 in one quarter!! If interested, please contact Rod Gilbert at 360-456-4013 or at roderickgilbert@comcast.net. Thanks for helping to support the Chapter!

Let's use Nature's symbiotic web of life, as a metaphor for how we can gain the most from the interaction of our valued efforts.

NEW FACES HELPING THE CHAPTER

As things have changed, we have gained the volunteer assistance of two new people to help with the operation of the South Sound Chapter. I am excited to introduce you to Sue Summers, who has volunteered to assist with membership management in conjunction with some of our promotions, and has already been instrumental in updating our member contact information. She'll be taking over where Kevin Head left off (Thank you for your help, Kevin!). Sue will be working with Lee Fellenberg (our able Web Manager) to keep you informed if you happen to be on-line. Diane Doss, a teacher at the South Puget Sound Community College, will also be helping the Chapter with field trip coordination where Lisa Berntsen left off (Thanks to Lisa, too!). If you have a field trip location you'd like to visit, or, even better if you know of a good field trip leader, please feel free to contact Diane directly at abieslas@hotmail.com or 360-459-2040.

HIGHLIGHTS FROM THE WNPS STUDY WEEKEND 2004

The Olympic Peninsula Chapter organized and hosted this year's fabulous study weekend on the Olympic Peninsula. Timed just right, participants were able to choose from seventeen different field trips that offered a range of plant community types from alpine wildflowers to lowland prairie vegetation and lush rainforests. A bryophyte workshop, identifying plants with computer software programs, a historic railroad trail, and hot springs meant there was something for everyone. Most important: WNPS Study Weekends are about enjoying the incredible plant diversity of Washington in the fellowship of others.

125 WNPS members congregated at Olympic Park Institute's Rosemary Inn along the shores of Lake Crescent July 16th through July 18th. The food was good, the speakers were excellent. Olympic National Park Superintendent, Bill Laitner, welcomed WNPS members to the area and discussed current park issues. A lively exchange of ideas showed that WNPS members are engaged and interested in what is happening in our National Parks.

An extraordinary introduction to the Olympic Peninsula's flora was presented by Janis Burger, park ranger and naturalist for over 20 years with some of the finest photography imaginable. On Saturday evening, Tim McNulty, author and raconteur, described the geologic and climatic history of the area. Without slides or power point, Tim's knowledge and presentation skills, easily maintained our attention and interest. Please see the WNPS website at www.wnps.org for more information.

SOUTH SOUND CHAPTER NEWSLETTER

We invite members of the Washington Native Plant Society and interested others to post information, photographs, illustrations and articles about native plant related activities, requests for volunteers, native plant recipes, book reviews, plant hike post-scripts and related insights to the South Sound Chapter newsletter, *The Acorn*. Organizations whose focus is similar to the Washington Native Plant Society, and whose activities and presentations might interest our members are also

invited to submit to *The Acorn*. *The Acorn* is distributed to members who do not have electronic access to our activities and related information and is also posted on the South Sound Chapter website for long-term reference to regional and chapter program activities and details. The submission deadline for the upcoming winter/spring newsletter is December 30, 2004.

Please email your submittals, no matter how short, as an **attachment in a Word file** to Mara McGrath, Newsletter Editor, at mara@eco-land.com. After fall 2004, **material must be submitted as an attachment in a Word file** due to formatting difficulties with emailed information. Submittals can also be mailed to Mara at the address listed in the contacts at the end of this newsletter. For all submittals, be sure to include your name, email address, the phone number where you can be reached, and the county in which the program operates, especially if similar programs operate in multiple counties.

Conservation Report

Mary Fries, Conservation Committee Chair

Volunteers assisted with invasive plant removal in Tacoma's Swan Creek Park on five mornings from April through July. The purpose is to protect the diminutive Torrey peavine (*Lathyrus torreyi*), a threatened plant in Washington. Efforts were made to contact other groups interested in this area.

During several spring months, volunteers organized by Pat and Don Montague spent a day a week helping with spring transplanting chores at the Mt. Rainier National Park Greenhouse. Currently, scheduling is underway to pick seeds in Paradise and Sunrise meadows for further restoration efforts.

With elimination of historical burning of oak savannas, common (tall) snowberry (*Symphoricarpos albus*) is becoming extremely dense in the area of Scatter Creek WRA where trillium (*Trillium parviflorum*) grows. Staff at the Washington Natural Heritage Program has proposed that a baseline survey be conducted. If interested, contact Kathy Raettig in Olympia at 360-956-1269 or Mary Fries in Tacoma at 253-272-9192.

More information about these and other Conservation Committee activities will be presented at the October chapter meeting.

Volunteer Opportunities

SATURDAY, SEPTEMBER 18TH 9:00 AM – 12:00 PM ♦ WATERSHED PARK. Clear ivy and clean up this area adjacent to Watershed Park. Wildwood Neighborhood Association is hosting this event and everyone is invited! Meet at the dead end of Buker Street. Bring work gloves, wear sturdy shoes or boots, and dress for the weather. Refreshments provided. For information, contact LeAnna Waite, Senior Program Specialist, Volunteers In Parks Olympia Parks, Arts and Recreation 360-753-8365 or www.ci.olympia.wa.us/par.

SATURDAY, SEPTEMBER 25TH 9:00 AM ♦ WATERSHED PARK. We're nearing the finished project! Help a Scout finish his Eagle Project on the Watershed Park Trail construction. We'll be spreading gravel over the newly constructed trail. This project has comprised of three potential Eagle Scouts working with their troops, families, friends and other volunteers. Meet at the Maintenance Center parking lot on Eastside Street at 9:00 am. We'll work until we are finished! Lunch will be provided. For information, contact LeAnna Waite,

Senior Program Specialist, Volunteers In Parks Olympia Parks, Arts and Recreation 360-753-8365 or www.ci.olympia.wa.us/par.

SATURDAY, SEPTEMBER 25TH ♦ SEED COLLECTING AT MT RAINIER. Are you interested in enjoying the beautiful mountain scenery as well as contributing to the restoration of the wildflowers in

Mount Rainier National Park? Seed picking locations this year are at Sunrise and at Paradise. Olympia area volunteers, please contact Dan and Pat Montague at 360-709-0866 or montague30@comcast.net. Tacoma volunteers can contact Mary Fries at 253-272-9192.

For news on other volunteer activities, please see the Conservation Report.



IVY LEAGUE WORK PARTIES

Beginning September 25th and extending through the summer 2005, the Ivy League Work Parties of the Tatoosh Group of Tacoma will work toward helping the environment by removing invasive ivy from our local parks. Work parties are from 9 am - noon. Rain or shine! Metro Parks provides the gloves and tools. We will provide the water and cookies. It is a fun group and very friendly and welcoming. Hope you will join us in this worth while task! No work parties are scheduled for the months of December, July, and August. Contact LeeAnn Perry 253-761-2983 or leeannperry@harbornet.com.

SATURDAY, SEPTEMBER 25TH 9:00 AM – 12:00 PM ♦ POINT DEFIANCE PARK. We will be working in the sunshine along the sea wall. Park in the boat house lot near Anthony's restaurant. It should be nice weather so it will be fun to work near the water at this time of year!

SATURDAY, FEBRUARY 26TH 9:00 AM – 12:00 PM ♦ POINT DEFIANCE PARK. We will be working in a some what sheltered area in case it rains. Behind the boat house there is a stairwell area that needs work! Park in the boat house parking lot.

SATURDAY, OCTOBER 23RD 9:00 AM – 12:00 PM ♦ POINT DEFIANCE PARK. This is an important ivy removal project. There is a lot of MATURE IVY that needs removing. Lot "B" is the parking lot at the top of the hill from the ferry landing. Turn Left past the ferry ticket booth into this parking lot. The ivy is along the side walk and stairs and up above for the hearty souls.

SATURDAY, MARCH 26TH 9:00 AM – 12:00 PM ♦ THE TACOMA NATURE CENTER. We will meet in the parking lot at The Tacoma Nature Center at 1919 S. Tyler. 9-noon. Please join us. Work that needs to be done at this park is always interesting.

SATURDAY, NOVEMBER 20TH 9:00 AM – 12:00 PM ♦ POINT DEFIANCE PARK. This is another very important ivy removal day at Point Defiance! We can save at least six trees from MATURE IVY. Park at Anthony's restaurant near the bottom of the hill. This work party is scheduled for the 3rd Saturday because of the holiday later in the month.

SATURDAY, APRIL 23RD 9:00 AM – 12:00 PM ♦ THE TACOMA NATURE CENTER. Join us for Parks Appreciation Day. This year we will be working at The Tacoma Nature Center. Parking will be a lot easier than last year! This is a special day, hope you can bring friends along with you to help this good work get done!

SATURDAY, JANUARY 22ND 9:00 AM – 12:00 PM ♦ POINT DEFIANCE PARK. Park where it is safe, up from the Rhododendron gardens and across the street from the "Right lane must turn" sign which goes down to Owens's beach. We will continue the good work that we start this past year. We can SEE what we have already done!

SATURDAY, MAY 21ST 9:00 AM – 12:00 PM ♦ THE TACOMA NATURE CENTER. We will continue our project at The Tacoma Nature Center.

SATURDAY, JUNE 25TH 9:00 AM – 12:00 PM ♦ THE TACOMA NATURE CENTER. This is our last one before the summer break! We will continue our project at The Tacoma Nature Center.



Video Review

The Story of the Bitterroot - A Cross Cultural Odyssey of Discovery

By Steve Slocomb

Looking Glass Films, 2004

376 Zimmerman Lane, Hamilton MT 59840

tel: 406-363-6196, email: video@montana.com

68 minutes, with 8 separately accessible sections on

DVD, \$23.95 + \$2 shipping.

The completion of the documentary *The Story of the Bitterroot* culminates a nine-year-long video project that will be airing on PBS in Montana this fall. While in ways it is Montana-centric, its message is universal and resonates among viewers everywhere. It is currently being placed in various museum and interpretive center stores. As Landon Jones (author of *William Clark and the Shaping of the West*) said of this new documentary, “*The Story of the Bitterroot* is a brilliant study in ethnology, natural history, and documentary art. On one level, it is the affecting and informative history of the place of Montana's state flower in the land and its relationship to the people who treasure it. On another

level, however, the flower is a metaphor for native cultures that husband their resources in order to replenish themselves in an unforgiving environment. Combining the stories of tribal elders with arresting visual images, Steve Slocomb's film sensitively traces the botanical connection between the world of Lewis and Clark and the Native American cultures of today. Once you have seen this film, you will not look at a bitterroot – or the people who venerate it – the same way again.” Film maker Ken Burns remarked, “A wonderfully thoughtful look at a most important and beautiful plant. This film would be an asset to any school or library collection.” Author Stephanie Ambrose-Tubbs (author of *The Lewis and Clark Companion: An Encyclopedic Guide to the Voyage of Discovery*): said of the film, “It succeeds in every sense of the word. This is just the sort of documentary we need more of during the commemoration of Lewis and Clark's Voyage of Discovery. It reminds us that the Native American Indians used and revered this plant long before it was discovered and named in Lewis's honor.”

Notes from the Field

Helen Hepp

(Editor's note: Here are Helen's notes from an ethnobotany field trip with Ed Wilbur held at Lake Ozette in July 2004)

◆ Yarrow (*Achillea millefolium*) and horsetail (*Equisetum*) help heal wounds and leave no scar.

◆ Lady fern (*Athyrium filix-femina*) and bracken fern (*Pteridium aquilinum*) can be rubbed on nettle stings to remove the pain. Lady fern fiddleheads have a watermelon-y nutty flavor.

◆ Eating red huckleberries (*Vaccinium parvifolium*) can cause a sharp drop in a person's sugar level - hypoglycemics, beware. Blueberries are not as bad.

◆ The leaves and flowers of all black berries (*Rubus* sp.) are excellent antioxidants.

◆ Giant horsetail stalks (*Equisetum telmateia*) can be squeezed to remove the liquid if water is not available. The stalks can also be used to stop a bleeding wound and help it heal without a scar.

◆ Red huckleberries are mixed with salmonberries (*Rubus spectabilis*) to make a beautiful jelly. The leaves and twigs may be boiled to make a tea that is good

against migraines. It is also effective as a body wash to soothe burns.

◆ The blond spores on the sword fern (*Polystichum munitum*) are also effective at killing the pain of burns.

◆ Sitka spruce (*Picea sitchensis*) produces a good smudge from the needles. Strip the needles from tips of branches and eat the inner stem to get rid of canker sores. (It seemed to work for me!) Spruce is also supposed to be a powerful anti-viral, anti-bacterial. For a sore throat, gargle with water that's had spruce pitch boiled in it.

◆ Red alder leaves (*Alnus rubra*) or plantain flower heads (*Plantago major*) can be smashed and applied to bug bites to relieve the itching.

◆ Western redcedar (*Thuja plicata*) branches scrunched up can be rubbed on the skin to discourage biting insects. (Seemed to work for me - the bugs were hanging around but couldn't find me.)

◆ Red elderberry leaves (*Sambucus racemosa*) are boiled and applied to eczema.

◆ The root of the licorice fern (*Polypodium glycyrrhiza*) is high in sugar – a good energy source if you're lost in the woods.

◆ For burns, apply the leaves of the false lily-of-the-valley (*Maianthemum dilatatum*). The berries, however, have a really "yucky" oily after-taste that can be neutralized by eating red huckleberries.

◆ Salal leaves (*Gaultheria shallon*) can be cooked in spaghetti sauce as a substitute for bay leaves. The berries are excellent with wild game meats.

◆ Bracket fungus (*Fomitopsis ganoderma*) was used to carry fire from one camp site to another. Cut to fit a mussel shell, it was used as a punk. The shell could be tied shut with a piece of twine made from cedar bark and the resulting fire package safely put into a canoe, etc.

◆ Rubbing the leaves of evergreen huckleberries (*Vaccinium ovatum*) on chapped hands makes them feel smooth.

◆ The fruit of western crabapple (*Malus fusca*) is so high in pectin that it is mixed with other fruits to make jams and jellies set.

◆ Bunchberries (*Cornus canadensis*) are also high in pectin and used to preserve salal berries.

◆ The older leaves of bog Labrador tea (*Rhododendron groenlandicum* (*Ledum groenlandicum*)), with the darker rusty-colored hairs, make a sweeter tea than the younger leaves at the tip. Be careful not to pick the leaves of the bog laurel (*Kalmia microphylla*) which is poisonous and may grow intertwined with the bog Labrador tea.

◆ The slough sedge (*Carex obnupta*) produces the blue white band found on Makah baskets.

◆ The yellow sphagnum moss (*Sphagnum angustifolium*) makes a great addition to the garden and encourages the root growth of plants. It has also been used as a wound dressing, often held in place with Old man's beard (*Usnea longissima*). However, red or shaggy sphagnum moss (*Sphagnum squarrosum*) can cause burns.

◆ The dried branches of Pacific ninebark (*Physocarpus capitatus*) were used for knitting needles. The "j"-shaped branches on Western redcedar can be quickly made into crab pots.

Other Items of Interest

SATURDAY, OCTOBER 9TH 7:00 P.M. ♦ STUDENTS OF THE EVERGREEN STATE COLLEGE DEFENDING WILD WASHINGTON. Slide show, talk, and book signing at Orca Books, 509 E. 4th Avenue, Olympia. The event is free and open to the public. For information, contact Harold Dinkins, Orca Books, orca@orcabooks.com or 360-352-0123

APRIL 4-8, 2005 ♦ SERNW 2005 REGIONAL CONFERENCE ♦ SUSTAINABILITY AND RESTORATION: A PRACTICAL PARTNERSHIP FOR THE 21ST CENTURY. This year's regional conference brings together top practitioners in ecological restoration and sustainability to create a vision, compare notes, share successes, and failures in order to foster collaboration. Practitioners of sustainability and restoration are from government agencies, universities, Tribes, First Nations, consulting firms, teachers; natural resource managers and decision makers; students and the interested public.

This year's conference will be held at the Washington State Convention and Trade Center in Seattle.

Conference tracks include: Special Salmon Symposia on restoration, recovery, and monitoring/adaptive management, Restoration of Rare Flora and Fauna, Invasive Plants, Traditional Ecology, Low-Impact Development, Tools and Methods for Plant Establishment and Site Maintenance, and Wildlife Corridors Oak and Prairie Restoration.

Submit Paper, Poster, Workshop and Field Trip proposals by November 1, 2004 for inclusion in this important regional event. For abstract, registration, or exhibit questions, contact SERNW c/o UW-EPP, 10303 Meridian Ave N, Suite 301, Seattle, WA 98133, 1-866-791-12752 or 206-543-5539. More information about this conference is at <http://www.engr.washington.edu/epp/ser>.

Our chapter meetings resume in October. The first meeting will be held on Monday, October 4th. See the attached Chapter Meeting Schedule for information and directions.



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Washington Native Plant Society State Chapter - www.wnps.org



The Washington Native Plant Society ♦ Earth Share of Washington



Washington Native Plant Society

The Acorn

Serving the South Puget Sound Chapter Fall 2004 Chapter Meeting Schedule



MONDAY, OCTOBER 4TH ♦ 7:00 PM
HABITAT AT RISK: PUGET SOUND PRAIRIES

Rod Gilbert will present visual guide to the flora and fauna of the most endangered habitats in the Pacific Northwest: the Puget Sound prairies and their associated oak woodlands. It is estimated that only 5 percent of this original expanse remains, and it is under constant threat from further development, habitat conversion, and weed invasion. Prairies are extraordinarily diverse habitats and now harbor many rare species. Rod graduated from The Evergreen State College and has worked at Fort Lewis for the past eight years conducting plant, butterfly, and bird surveys. **Meeting Location:** The Evergreen State College SEM II, Room B1105 (directions below).

MONDAY, NOVEMBER 1ST ♦ 7:00 PM
ALPINE FLORA OF THE MT. BAKER-SNOQUALMIE NATIONAL FOREST.

Laura Potash, past President of WNPS and head botanist for Mt. Baker-Snoqualmie National Forest since 1990, will lead us on an entertaining virtual walk to some of her favorite places in the land above the trees. The Mt. Baker-Snoqualmie National Forest stretches along the west slope of the Cascades from Mt Rainier to Canada and supports a wonderful diversity of alpine plants. Laura received her undergraduate from The Evergreen State College and her graduate degree from the University of Washington in plant ecology. **Meeting Location:** Lakewood Public Library: 6300 Wildaire Rd SW in Lakewood (off Gravelly Lake Rd). For directions visit <http://www.mapquest.com> or call 253-582-6040.

MONDAY, DECEMBER 6TH ♦ 7:00 PM
WHITEBARK PINE BLISTER RUST & A NEW FAWN LILY SPECIES IN THE OLYMPICS.

Carol Aubrey and Robin Shoal will share two of their ongoing research projects at the U.S. Forest Service. One presentation will look at the alpine whitebark pine community and the devastating effects blister rust is having on it, and the second will look at new species of fawn lily that was recently discovered on the Olympic peninsula. *Erythronium quinaultense* is a 'new' tetraploid, a hybrid between the lower growing *E. revolutum* and the subalpine species *E. montanum*. Carol has been Forest Geneticist for the Olympic, Mt. Baker-Snoqualmie and Okanogan and Wenatchee National Forests since 1981. Robin is Plant Ecologist for the Olympic National Forest. **Meeting Location:** The Evergreen State College, SEM II, Room B1105 (directions below).

Directions to the Evergreen State College, 2700 Evergreen Pkwy NW, SEM II, Room B1105:

- ☞ Take the Highway 101 West (Exit 104) from Interstate 5
- ☞ Take the Evergreen Parkway exit (past TOP Foods and shopping center).
- ☞ Turn left at McCann Plaza. (If you get to Overhulse or Kaiser you've gone too far.)
- ☞ Secure a parking permit (\$1.25). Park in either the B or C Lots. Walk to the bus stop/traffic circle.
- ☞ SEM II is visible from the traffic circle on your right. We will be in the B pod on the first floor in Room 1105.



South Sound Chapter WNPS
227 Contra Costa
Fircrest, WA 98466

Fall 2004 Chapter Meeting Schedule Enclosed



The mission of the Washington Native Plant Society is to promote the appreciation and conservation of Washington's native plants and their habitats through study, education, and advocacy.