



CALYPSO CHAPTER
Coeur d'Alene, Idaho

Calypso Companion

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The Calypso Chapter of the Idaho Native Plant Society meets on the first Wednesday of March, April, May and October. The Chapter schedules field trips during the spring, summer, and fall. The Calypso Chapter of the INPS was founded in 1991. We continue our efforts in promoting interest in native plants and native plant communities, collecting and sharing information on all phases of botany concerning this flora. Membership is open to all interested in the native plant community.

Next Meeting

The next meeting is **Wednesday, October 1, 2014**, at 7:00 p.m. at the **Idaho Fish and Game Building** at 2885 W Kathleen, Coeur d'Alene, directly across from US Forest Service Nursery on the west end of Kathleen near Atlas Road

Meeting Notes of April 2, 2014

Treasurer Janet Benoit reported a balance of \$1,344. She also collected dues for the upcoming year January through December 2014. President Derek Antonelli reminded the group of the June 20-22 INPS Annual Meeting to be held at Twin Falls, Idaho. It will be a joint meeting with the Erigonium (buckwheat) Society. The Parks Day Celebration will be held at McEuen Field on July 12, 4:00 pm until dusk. Our group has been asked to participate in manning the information table and leading plant hikes. Karen Williams has volunteered in this effort and is looking

for additional help. Field trips for the season were discussed. See the schedule below.

Q'emlin Trail, Post Falls, Friday, April 18, 1:30 pm. Meet at the trail head. Directions: Take Spokane Street south across the Spokane River. Turn right into the Q'emlin Park. The trail head is at the far end of the park. Alternate date in case of rain: April 25. The trail is very slick if it is wet.

Calypso Chapter Meeting, Wednesday, May 7, 7:00 pm. Meet at Idaho Fish and Game Office, 2885 W. Kathleen Ave, Coeur d'Alene. Guest speaker: Archie Gray with the Idaho Department of Lands will talk about the best forest practices covered in the Forest Practices Act.

Trout Creek Habitat Segment of Pend Oreille Wildlife Management Area, nine miles east of Sandpoint just off Highway 200, Saturday, May 17. Joint hike with Coeur d'Alene Audubon Society. Meet at NE corner of Hayden Walmart parking lot at 08:30 a.m. Be prepared for mosquitoes. Bring a lunch.

Idaho Native Plant Society Annual Meeting, Twin Falls, Friday-Sunday, June 20-22. See the INPS website for details (www.idahonativeplants.org).

Blue Creek Trail Hike, Wolf Lodge area, Coeur d'Alene, Friday, July 11, 8:30 am. See details in link below.

http://www.blm.gov/id/st/en/visit_and_play/places_to_see/coeur_d_alene_field/blue_creek_bay.html

Coeur d'Alene Parks Day Celebration, McEuen Park, Saturday, July 12, 4:00 pm to dusk. Coeur d'Alene Parks Department will be having a park-wide event. We will lead hikes around Tubbs Hill and may set up a table of information.

Calypso Chapter Potluck, Antonelli family cabin, Hayden Lake, Wednesday, August 6, 2014. Details provided at a later date.

Beehive/Little Harrison Lakes Hike. Date still TBD. Probably August or early September.

April 2, Presentation: Clark Fork Delta Restoration Project by Derek Antonelli

In an effort to reduce and repair the negative effects of erosion and changing water levels from the Albeni Falls Dam a major restoration project has been launched at

the outlet of the Clark Fork River as it flows into Pend Oreille Lake. It is estimated that 10-20 acres is lost annually resulting in habitat loss for fish and wildlife. Fish and Game biologist Kathy Cousins is the lead planner on the project. Bonneville Power Administration is the lead funding entity for the project with additional funding from Avista Corp. Contractors will build structures to control wave action and water flow. Ponds, emergent wetlands, and island areas will be created. Finally, personnel and volunteers will plant thousands of seedlings and cuttings such a willows and other water friendly plants. INPS member Derek Antonelli is assisting on the project as monitoring and volunteer coordinator. The project's website is now online. The website's address is ClarkForkDelta.org. This will be the primary means for communicating with the public about the project. It has a lot of information about the project. The information is both general about the project as a whole and specific to each individual team of volunteers. Information is being updated and added all the time.

If you would like to volunteer to help out with the project, please use the site to sign up as a volunteer. Just click on the "Volunteer" tab, fill out the contact information, and indicate which team or teams you would like to help out with.

If you ever have questions about the project or how you can help out, please feel free to contact Mr. Antonelli by email or phone.

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Respectfully Submitted,
Karen Williams, Secretary

Presentation of our May 7, 2014 meeting: Archie Gray with the Idaho Department of Lands discussed the "best forest practices" covered in the Forest Practices Act and the new "shade rule" soon to be implemented for stream protection.

Q'emiln(ke-mee-lin) Trails Field Trip

Field trip to Q'emiln Trails- Nine participants braved the uncertain weather and were gratefully rewarded by a warm sunny hike and many wildflowers such as

glacier lily, grass widow and the favorite chocolate lily. The lovely spring day encouraged us to explore new routes and we lingered until nearly 4 PM. Derek brought our attention to a cliff hanging shrub high above the trail. Can you name it?



Featured Plant For April:

Featured Plant-Mountain Sorrel-*Oxyria digyna*, the Buckwheat Family, Polygonaceae

General: Tap rooted hairless perennial herb, 5-40 cm tall, with several clustered stems which are smooth and often reddish tinged.

Leaves: many heart-shaped to kidney-shaped, 1-4 cm across and are mainly at the base of the stems. They are long-stalked and somewhat succulent; single leaf on stem below flower head.

Flowers: Tiny, green to reddish-colored in a long narrow inflorescence: each flower is composed of 4 tepals (sepal and petals), two narrow and two broad, 6 stamens, and an ovary with a curious, fringed stigma.

Fruits: Oval, flattened seeds (achenes) with broad translucent wings.

Ecology: Moist, open, rocky sites, moist rock crevices, and seepage sites.

Notes: These plants are rich in Vitamin A, B and C and contain oxalic acid which gives the leaves a sharp vinegary flavor. The leaves can be soaked in water, sweetened and enjoyed as a refreshing drink. The plant should be used in moderation as the oxalic acid binds up the body's calcium which can lead to a nutritional deficiency. Calcium oxalate also has a tendency to impede kidney function. *Oxyria* comes from the Greek, *oxys*, meaning "sharp."



Oxyria digyna flower



Oxyria digyna plant

Submitted by Karen Williams