



Kinnikinnick Journal

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March-April 2022

Kinnikinnick Native Plant Society, Inc. / PO Box 1092 Sandpoint, Idaho 83864

www.nativeplantsociety.org

Upcoming Programs & Events

The March and April programs will be presented both in person and on Zoom. In-person attendance will be in the large meeting room at the East Bonner County Library's main branch, located at 1407 Cedar Street in Sandpoint. Programs begin at 10:00 am, both in-person and on Zoom. For in-person attendees, coffee and treats will be available beginning at 9:30 am. Programs are co-sponsored by the East Bonner County Library District and Sandpoint Parks & Recreation, and are open to the public.

For those wishing to view the program on Zoom, advanced registration will be required, with details given through KNPS Google Groups email, KNPS Facebook page, and in local online and print media sources. Programs will be recorded for later viewing on the Kinnikinnick Native Plant Society's YouTube Channel.

***COVID-19 protocols for in-person attendance:** Please attend only if you are fully vaccinated and feeling well. Masks are recommended, except when eating or drinking.*

Saturday March 19

Dr Erik Budsberg (Director of Sustainability), Kristy Snyder (Biology M.S. student, and Seth McCullough (Biology B.S. student) at Eastern Washington University

The Palouse Prairie Restoration Project

Eastern Washington University is restoring 120 acres of campus farmland to native Palouse habitat with the goal to preserve natural landscapes, sequester carbon, promote sustainable practices, and engage both campus and Inland Northwest communities. This restoration is a multi-year project that is currently in the initial stages of project design and baseline data collection. We are working with non-profit, government, academic, and tribal agencies to identify the best options for restoration and to develop a seed bank for future planting. See photo page three.

Saturday, April 16

Dr. Molly Carney (Environmental Archaeology Postdoctoral Fellow), Washington State University

Plant Foods of Past Pend Oreille Valley Peoples

Meals are not just about filling up, but are also places and times where people get together to share company, ideas, and create meaningful relationships. The Kalispel people, who have lived in the greater Pend Oreille region since time immemorial, consumed a wide variety of plant foods in the past during these shared mealtimes. Archaeologists with the Kalispel Natural Resources Department and Washington State University are working together to understand the numerous plant foods that were integral parts of past diets and lifeways. Camas, an edible bulb common throughout the region, was a major staple for the Kalispel. But there were many other plant foods that were harvested and consumed, including glacier lily, nodding onion, huckleberries, raspberries, chokecherries, pine nuts and even kinnikinnick!

Plein Air Painting, An Intimate Way to Enjoy Wildland Beauty

Preston's introduction to the program explained that plein air painting is painting on site in the great outdoors. Hiking and camping in the wilderness allows painters a stunning array of choices, including subject, time of day, and unique vantage points.



The first speaker was Sandy Compton, well known locally as an author, publisher, program director of Friends of Scotchman Peaks Wilderness (now retired) and avid hiker. His topic was "Extreme Plein Air," an annual foray into a remote wilderness area by a committed group of local painters. Neil Wimberley suggested the idea, and the group has been doing it for thirteen years. Sandy showed amazing slides of some of their locations, with painters hard to spot against dramatic backdrops of lakes and mountains. He also had slides with maps of their routes. Paintings from various trips were interspersed with photos of the actual spots where they were created. Over the years, two movies were made of their trips, one is titled "Grass Routes: Changing the Conversation" and available at the East Bonner County Library.



Continued on page 3

President's Message

Shawna Parry

TREES ARE VITAL

It is well known that trees provide us with oxygen, clean air, stabilized soils, filtered water, carbon storage, and wildlife sustenance through every season of the year. And that we cannot live without them.

Here are a few quotes that may have you thinking beyond the list above: “a trip to the forest can bolster immune systems, ward off viral infection and disease, even cancer, and drive down blood pressure”; trees are “the best and only thing we have right now to fight climate change and do it fast.”; “in Druid thinking, trees were viewed as sentient beings that connected the Earth to the heavens.” [Cara Buckley, Feb 24 NY Times, quoting Diana Beresford-Kroeger]

In my own home, looking through windows at the variety of trees on our property settles my mind into a comfort zone of ease - even when I'm thinking about KNPS! It breaks my heart when I see areas denuded of trees in order to build houses or businesses. Why not leave a buffer of trees for the new homeowners and neighbors and wildlife to enjoy? The investors just don't understand the importance of trees. It's all about the ease of building and maximizing profit. Luckily KNPS does not have to worry about a profit as we are a 501(c)3 non-profit entity depending on membership donations & volunteers for our well-being. The KNPS Mission statement moves our members to volunteer & create interesting ways to advocate the conservation of native trees & plants for the benefit of all.



Examples:

The Lois Wythe Grant was awarded to a trio of KNPS members [Patty Ericsson, Mary Toland, Hannah Combs] who are creating the *KNPS Coloring, Activity, and Story Book* for children preschool through Grade 2. The story will follow the Bombus Bee family visiting the Arb which uses storytelling and setting to help minimize the negative effects of *environmental generational amnesia*. A great term to google and use!

The Landscape Committee is continuing its important message by offering landscape consultations to members. Gail Bolin & Jason Smith are the new co-chairs. Dennis Rieger stepped down from the chairman position after many, many years of faithful leadership.

Volunteers are our backbone in the Arboretum, Education & Conservation areas.

Please consider joining great people for a vital cause. We cannot live without trees!



(Continued from page 1) November Program Summary

The second speaker was Ed Robinson, who retired after 35 years as a Forester for the Idaho Department of Lands, and now has time to pursue his many outdoor interests, which include plein air painting. He began with a brief history of the French term, which translates as “out in the open air,” and dates back to the 1600’s. In the United States, influential plein air artists included Thomas Cole, who painted in the Catskills, and members of the Hudson River School. Probably the most influential was Albert Bierstadt, who traveled west with surveyors in 1859 and did large, colorful paintings of Yellowstone and Yosemite which attracted public attention and helped preserve iconic landscapes. In the 1860’s French Impressionists such as Monet painted outside and changed art forever. Painting outside continues to be popular, with locales such as Glacier Park and the Palouse holding annual events.



Ed noted that all kinds of mediums will work (oils, acrylics, gouaches and watercolor). But there are unique challenges: clouds of mosquitos, which stick to your painting as well as you, along with ever-changing light, humidity, and weather, and deciding just what you want to paint. It’s a lot of weight to pack in, and there are surprises (such as seeing your kayak claimed by the river, or having your painting blown over and then into the lake). So, he asked rhetorically, why do it? One big reason is all you learn about nuances of color, real color, in different lights and settings, all of which informs studio painting. You learn to make quick decisions, and you become completely immersed in the place. “And there are worse ways to spend a day than knee deep in beauty.” He recommended a documentary titled “Outside the Lines”.

He then listed necessary supplies: a super portable easel, palettes, brushes in a caddy, palette knives, thinner, pencils, charcoals, paints, dry boxes, a viewfinder, and painting surfaces (9” x 12” is the biggest size practical in the field). And he explained the process he uses to create paintings, such as blocking in big shapes, modeling, and adding highlights. If he doesn’t have time to finish his painting outdoors, he takes photos and finishes in his studio. He concluded by sharing a number of his paintings.

Native Plant Landscaping Classes

Submitted by Gail Bolin, Bob Wilson

Longtime KNPS members Bob Wilson and Gail Bolin volunteered their time in early February to teach classes for Bonner County Gardeners Association, and UI-Extension Master Gardeners promoting the benefits of landscaping with native plants. Topics included how a native plant is defined, how native plants support pollinators, cost and water use comparisons of native plant landscapes and traditional landscapes, developing a landscape design, and examples of some lesser known native plants.

Between the two classes, 28 people attended. Additionally, Bob sold 15 copies of KNPS’s book “Landscaping with Native Plants in the Idaho Panhandle.” This topic continues to be of great interest to local gardeners and they appreciate that the KNPS offers this class.

Bob and his wife, Jill, own and operate a native plants nursery, Cedar Mountain Perennials located in Athol, ID. Gail is the owner of Earth Wise Northwest, a landscape design company that specializes in utilizing native plants in home landscapes



Lois Wythe Grant

Submitted by Judy Lyding,

The Lois Wythe Grant Committee is pleased to announce that the 2022 Lois Wythe Grant of \$500 has been awarded to the team of Patricia Ericsson, Mary Toland and Hannah Combs. They are planning to produce the “KNPS Coloring, Activity and Story Book” for children preschool through Grade 2. Quoting from their proposal: “The importance of such a book cannot be overestimated as learning about nature has been proven to be invaluable in early childhood education. Even more important is the efficacy of storytelling and illustrations in such learning.” The story will be set in the KNPS Arboretum - a show-place of species native to North Idaho. The book will tell the story of the Bombus Bee family visiting the Arboretum and enjoying the native plant species, sampling nectar, pollinating and meeting other native species who make their home in the Arboretum. The book will be sold at minimal cost (\$1.50-\$2.00 per copy) at local bookstores. The proceeds will be used to sustain the project. We look forward to sharing the book with our own family members as well.

Arboretum News

Submitted by Sue Gervais

The Arboretum Leadership Team (ALT), was saddened to hear of Sylvia Chatburn's passing. She was the arboretum's leader for nearly twenty years and it's taken a team of us to carry on her mission. Although details are not yet decided, we plan to plant a special tree as a remembrance of Sylvia's life and years of labor in the arboretum.

You'll soon see a sign in the arboretum telling of our membership with the Homegrown National Park organization. Go to; homegrownnationalpark.org to learn about Doug Tallamy's "grassroots call-to-action to restore biodiversity and ecosystem function".

Finally, watch for information on the upcoming iNaturalist Workshop at the arboretum on Saturday, April 23rd. Further details will be given by email notice.

Landscape Committee News

Submitted by Dennis Rieger

Dennis Rieger is stepping down from the position of chair of the landscaping committee. He will be replaced by co-chairs Gail Bolin and Jason Smith.

The landscaping committee could use a few more new volunteers. It is quite an enjoyable position where you get to see various landscaping opportunities and meet with the owners and help make their vision a reality. Contact Gail Bolin (wgbolin@hotmail.com) if you are interested.

Homeowners! If you would like to update your current landscape or if you have a new home and need help with landscaping contact Gail Bolin for more information about scheduling a landscape consultation.

Education Committee News

Brand New & Hard at Work

Submitted by Bonnie Jakubos

Education is a key component of the KNPS mission. We already have several education programs such as school tree tours and our monthly presentations. However, there are many more opportunities for KNPS to reach the public and get them interested in native plant communities.

Our first job was to brainstorm some education possibilities, then look at what KNPS can reasonably accomplish in the next five years. We started with some easy, low-cost additions for this year, and decided on some education priorities for following years.

Now we are focused on 2022 education activities. Some have already started while others are in the planning stage.



Remnant Palouse prairie (Photo credit: Kurt Merg, Washington Department of Fish & Wildlife)

Plant Notes from the Arboretum

Miners Lettuce, Heartleaf Springbeauty

By Cindy Hayes and Robin Campbell

Miner's Lettuce (*Claytonia perfoliata*) and Heartleaf Springbeauty (*Claytonia cardifolia*) form rich green groundcovers sprinkled with small, white 5-petaled flowers. These members of the genus *Claytonia* thrive in shady soils along streambanks and in moist open meadows, blooming from April through mid-summer.

Easily distinguished by their leaf arrangement, both have two opposite leaves at the base of a delicate flower stalk, but the Miner's Lettuce leaves join to form a shallow cone, encircling the flower stalk. The leaves of Heartleaf Springbeauty remain distinctively separate and are – as the name says – heart shaped.

Miners in the early camps, far from kitchen gardens and grocery stores, used Miner's Lettuce as a salad and cooking green. Early white settlers and Native Americans partook as well. Similar in taste and chemical composition to baby spinach, Miner's Lettuce can be eaten raw or cooked. It is also a good source of vitamin C and was used to prevent or cure scurvy. Other common names for this species are Indian lettuce and winter purslane.

A prolific seed producer, Miner's Lettuce germinates in profusion after a fire. The rapid new growth provides food for flocking bird species like the mourning dove and western meadowlark. As the leaves age, or with more sun exposure, they turn reddish in color.

As early spring wildflowers emerge in the woodlands keep an eye out for Heartleaf Spring. The lush green heart-shaped leaves and early flowers are a boon to pollinators like bumblebees, attracted by the five pink-tipped stamens in each flower. Planted in your landscape, Heartleaf Springbeauty creates a showy groundcover in moist, shady areas blooming consistently throughout the summer.

Look for Heartleaf Springbeauty in the Moist Forest habitat at the North Idaho Native Plant Arboretum. Open to the public, parking for the Arboretum is at 611 S. Ella Ave. or on the street. Miner's-lettuce is not listed as an established plant in the Arboretum but it is common in the surrounding wild.

Miner's lettuce and Heartleaf Springbeauty are found on pages 169 and 170 of the KNPS publication, *Landscaping with Native Plants in the Idaho Panhandle*, available at local bookstores and the Bonner County History Museum. Native Plant Notes are created by the Kinnikinnick Native Plant Society. To learn more about KNPS and the North Idaho Native Plant Arboretum, visit www.nativeplantsociety.org.



A Change to our Membership Year

The KNPS fiscal year starts July 1st, and memberships will be due then, too. Since memberships are our main source of income, having them due on or by July 1st will be a big help to the Board in creating the budget for the coming year. So we all need to create a new habit: pay your dues at the June meeting, or when school lets out, or on the first day of summer, or....? It is especially important because we have not had our regular fundraisers the last few years. You are always welcome to upgrade your membership level, or send a donation. Payment by check or at the website, via Square, still works, and the rates haven't changed (listed in a box, on the last page).

Rae Charlton
Membership

The KNPS Mission is 4-fold:

- to foster an understanding and appreciation of native flora and its habitats in the panhandle area of North Idaho
- to advocate the conservation of this rich natural heritage for future generations
- to encourage the responsible use of native plants in landscaping and restoration
- to educate youth and the general public in the value of the native flora and their habitats



Arbor Day celebrates its 150th birthday this April.

By Cindy Hayes

The newspaper editor, J. Sterling Morton, of Nebraska's first newspaper, advocated planting trees. His fellow pioneers missed their trees. Trees were needed for windbreaks to keep the soil in place, for shade and for fuel and building materials. Morton wrote many articles and editorials encouraging civic organizations and groups to plant more trees. On April 10, 1872 his dream came to fruition and one million trees were planted in Nebraska on the first Arbor Day.

“Other holidays repose upon the past; Arbor Day proposes for the future.”

J. Sterling Morton.

In 1885 Arbor Day was named a legal holiday in Nebraska and April 22, Morton's birthday, was selected as the date for its permanent observance. Eventually Arbor Day spread to every state.

Idaho has a wider variety of trees than most other states in the Rockies. Idaho has varied latitudes, altitudes, soils and precipitation patterns for its unique diversity of plants and trees. Idaho hosts more than 20 tree species including hardwoods, softwoods, deciduous trees and evergreen trees. Of the ten major softwood species, eight are extremely important for their commercial value. These species account for more than 85% of the timber volume of Idaho's forestlands.

We all need trees.

- Strategically placed trees can reduce summer air conditioning needs by 50%.
- They shade streams for healthy fish habitat.
- Along healthy shorelines native trees provide deep roots to filter pollutants, control erosion and strengthen soil.
- Each year the average American uses different products provided by the equivalent of a tree 100 ft. tall and 18" in diameter.
- Reclamation projects after fires to restore habitats.

Don't forget the Little Guys. Insects, Caterpillars, Moth, Butterflies, Native Bees, Birds, Animals need leaf litter, food, shelter, and nest material that tree habitats provide.

KNPS is sponsoring a 150th Arbor Day Birthday Display at EBCL Library from March 9- April 20, 2022.

To learn more about Sandpoint's outstanding city trees navigate to this website to view this informative publication prepared by the Sandpoint Trees Committee:

<https://www.sandpointidaho.gov/home/showdocument?id=712>



Rae Charlton, Shawna Parry, Cindy Hayes, Bob Blair in front of the library display

Sylvia Chatburn A woman of many talents

Sylvia Chatburn passed away in February, 2022 after a long illness. She had been the manager of the Kinnikinnick Native Plant Arboretum in Lakeview Park since 2000. We know Sylvia because of her connection with the Arboretum, but her life extended far beyond Sandpoint and led to her successful leadership.

Sylvia was born and grew up in Sagle on a large dairy farm. She attended local schools and graduated from Sandpoint High School. She went on to graduate from Wake Forest University in North Carolina. After college she married, raised three children in California and, for several years, lived in Spain; it was there that her travel interest began. In later years, she visited Europe, Egypt, Australia, and South America, including the Galapagos.

She and her family moved back to Sagle, settling on 90 acres, where she gardened and finished the home interior, even doing the woodworking of the kitchen and bathroom cabinets. It was during this time that she lost her husband.

In 1997, a group formed that was interested in native plants and an area to display them. After much searching, they found a corner of Lakeview Park that seemed like a good place. A legal agreement was made with the city of Sandpoint, the Historical Museum and KNPS for an arboretum to be started.

Sylvia headed up a group of volunteers, under the auspices of Lois Wythe, to prepare the area for public display, including paths and habitat areas. Sylvia developed the descriptions and prepared the signs, which are in the Arboretum today. Volunteers are the backbone of the Arboretum, and many have worked there for years. Arbor Day, plant sales, student and other tours are some of the activities that take place in the spring and summer.

Sylvia's additional activities with KNPS included the development and editing of the book, Landscaping with Native Plants in the Idaho Panhandle. The book was printed in 2011 and continues to be very popular. Sylvia was active with the Monday Hikers and the Woman's Campout, where she was able to enrich the hikes with her knowledge of native plants. She will be greatly missed.



Board of Directors 2022

Shawna Parry, President
Preston Andrews, Vice President
Carol Jenkins, Secretary
Shawna Parry, Treasurer
Cindy Hayes, Event Chair
Robin Campbell, Publicity
Sherry Ennis, Board Member
Mark Stockwell, Board Member
Rae Charlton, Arboretum & Membership

Additional Committee Chairs and Positions

Sue Gervais, Rae Charlton, Cara Johnson,
Ann Torpie, Mary Jo Haag, Ken Thacker, Arboretum
Bonnie Jakubos, Education
Gail Bolin, Jason Smith, Landscape
Vacant, Conservation
Judy Lyding, Lois Wythe Grant
Vacant, Historian
Isabel Hollriegel, Vicky Johnson, Hospitality
Jill Wilson, Marilyn George, Newsletter Committee
Jill Wilson, Newsletter Editor
Preston Andrews, Programs
Dennis Rieger, Website Administrator, Listserve

Upcoming Events:

March 19: KNPS Program
April 16: KNPS Program



Join KNPS

Membership Rates

July 1st through June 30th

— Individual	\$25.00
— Household**	\$30.00
— Student/Senior (65+)	\$20.00
— Sustaining**	\$50.00
— Patron**	\$100.00
— Sponsor	\$50.00

***These memberships are entitled to two votes
KNPS is a 501(c)(3) non-profit organization.*

Membership Information

(make check payable to Kinnikinnick Native Plant
Society or KNPS)

Name _____

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site, nativeplantsociety.org.