If you change your mailing or e-mail address, be sure to send a note to Jennie Haas. This will

Mark Your Calendars! CNPS Fall Plant Sale
Saturday, October 22
9am to Noon
Rocca Park
Jamestown

Summer Meeting Hiatus
There will be no normal monthly meetings during the months of June, July, and August. The “Shooting Star” Newsletter will continue through the summer. See you at September’s monthly meeting.

Calendar
July 23 – Carson Pass Area.
Leader: Bob Dean. Hiking level: Arduous (high elevation).

August 7 – Kinney Lake.
Leader: Rebecca Andrade. Hiking level: Moderate.

August 13 – Sonora Pass & Pacific Crest Trail.
Leader: Becky Miller-Cripps. Hiking level: Arduous (> 10,000 ft. elevation).

Check in often for updates to our website:
www.sierrafoothillscnps.org

Contact Diane Williams if you would like to purchase a copy!
Field Trips

The unseasonably hot, dry weather in June pushed a lot of the mid-elevation plants to finish up early. Look to the highest elevations for wildflowers from the end of July into August. The mountain passes will be your best bet for accessible viewing.

Of the June 26th Lake Alpine Field Trip, Barry and Judy Breckling report: The Bee Gulch field trip started at Alpine Lake along Highway 4. We had fine weather and great fun. Doug, who drove all the way from Merced that morning, volunteered to carry our six-pound Jepson manual, and the manual got a lot of use. The group of eight identified over 60 different plant species. A highlight species was the tiny Sagina saginoides, Alpine Pearlwort, growing in patches along a gurgling creeklet. Thank you Judy and Barry for stepping in at the last minute and doing a great job of leading this field trip!

For all field trips: bring lunch, water, sunscreen and appropriate clothing and footwear. Hiking level varies with each trip. Your trip will be enhanced by bringing field guides and magnifying lenses, although these are optional. Carpooling is encouraged. Call ahead if the weather looks iffy. Check http://www.twitter.com/SIE_CNPS for updates. Our field trips are open to everyone. Bring a friend or two. It is Chapter policy that pets are not allowed on our field trips. We appreciate everyone’s adherence to this policy.

Sign up for our field trip alerts e-mails. Send an e-mail with the subject line “Field Trip e-mail List” to Jennie at jhaas953@gmail.com. We’ll use this mailing list and Twitter to provide timely information of field trip changes and those impromptu “emergency field trips.”

July 23 – Carson Pass Area. Leader: Bob Dean. Hiking Level: arduous due to the very high elevation. This will be another opportunity to explore alpine flora in another beautiful setting. We’ll hike north of the highway seeking out the botanical treasures. Meet at 10:00a.m. at the wide, unpaved parking area on the north side of the highway just west of the pass. For more information, contact Bob at goldrushdean@yahoo.com, or 209-754-5887.

August 7 – Kinney Lake. Leader: Rebecca Andrade. Hiking level: Moderate. Wildflower hike to Kinney Lake, 3.2 Miles round trip. The trail is relatively flat with gentle slopes, and elevations above 8,000 ft. The trail meanders through a wide variety of colorful wildflowers, with spectacular mountainous views at every turn. Lunch will be at Kinney Lake where participants will be free to take their time to explore the area. Parking is limited so contact Rebecca to sign up for this trip. She’ll provide details on the meeting place. Meet at 9:00a.m. at a parking area at Ebbetts Pass along Highway 4. For more information, contact Rebecca at r.andrade218@gmail.com.

August 13 – Sonora Pass & Pacific Crest Trail. Leader: Becky Miller-Cripps. Hiking Level: Arduous, due to elevation above 10,000 ft. Hike up to three miles out and back along the Pacific Crest Trail from Sonora Pass northward. High elevation wildflowers include dwarf versions of lower elevation plants. Sign-up with Becky by August 6th. Meet at 10:00a.m. at Baker Station along Highway 108 near Kennedy Meadows. For more information or to sign up, contact Becky at millercripps@att.net.

-- Jennie Haas
Traditional Uses of California Poppy

California poppy, *Eschscholzia californica*, is our State flower since 1890, and one of our harbingers of Spring. Their bright orange blossoms against the new green of the hills gives a thrill after the relative starkness of Winter. Relatively easy to sow, they reseed and spread to the point of invasiveness throughout the western States. They like to grow in full sun in grassland, chaparral, and woodlands below 6000 feet. They are annuals or short-lived perennials with a long tap root, erect or prostrate in form.

The blossoms are single or double. The most common color is bright orange, but they can range from cream, to yellow, to lavender, to red. The blossoms close at night. They are distinguished from other poppies by the double torus, a light red ring just below the blossom. The buds have an outer pointed cap that is pushed off as the petals unfold. Each seed pod produces many small dark-colored seeds (for bagels ;)). The foliage is finely divided bluish green leaves that are linear or oblong in shape.

Native Californians used the roots, seeds, or leaves of the poppy in teas to treat headaches, anxiety, and insomnia. It was also used for colic and gripping stomach pain. They cut the root and applied the juice topically to treat tooth or oral pain.

Herbalists recognize it as a mild analgesic, antispasmodic, and sedative. Therefore it is used as a tea or tincture for insomnia, anxiety, or hyperactivity in children. As a tincture, it can be applied to abrasions for it’s antimicrobial effect. It is also taken internally for acute muscle pain or spasms, spasmodic coughs, or nerve pain. A tincture made from the root has been used as an external wash or poultice to suppress lactation in breast-feeding women.

Beautiful and useful, and ready to help us relax if we let it, it is a wonderful symbol of our State.

www.herbal.supplementresource.com
Sierra Nevada Wildflowers, Elizabeth L. Horn
California Native Plants for the Garden, Bernstein, Fross, O’Brien

-- Stefani Reichle
Chapter Officers and Chairpersons
All phone numbers are 209 area code unless otherwise specified.

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
<th>Phone</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>PRESIDENT</td>
<td>Robert Dean</td>
<td>754-5887</td>
<td><a href="mailto:goldrushdean@yahoo.com">goldrushdean@yahoo.com</a></td>
</tr>
<tr>
<td>VP AMADOR CO.</td>
<td>OPEN</td>
<td></td>
<td></td>
</tr>
<tr>
<td>VP CALAVERAS CO.</td>
<td>Judy Dean</td>
<td>754-5887</td>
<td><a href="mailto:goldrushdean@yahoo.com">goldrushdean@yahoo.com</a></td>
</tr>
<tr>
<td>VP MARIPOSA CO.</td>
<td>David Campbell</td>
<td>(612) 867-8700</td>
<td><a href="mailto:mounswort.campbell@gmail.com">mounswort.campbell@gmail.com</a></td>
</tr>
<tr>
<td></td>
<td>Tom Reyes</td>
<td>(818) 554-6616</td>
<td><a href="mailto:tresseyes87@gmail.com">tresseyes87@gmail.com</a></td>
</tr>
<tr>
<td>VP TUOLUMNE CO.</td>
<td>Pat Gogas</td>
<td>586-9043</td>
<td><a href="mailto:pfgogas@yahoo.com">pfgogas@yahoo.com</a></td>
</tr>
<tr>
<td>SECRETARY</td>
<td>Stephanie Garcia</td>
<td>586-3593</td>
<td><a href="mailto:sigarcia@mlode.com">sigarcia@mlode.com</a></td>
</tr>
<tr>
<td>TREASURER</td>
<td>Patti Hohne</td>
<td>352-4312</td>
<td><a href="mailto:phohne@gmail.com">phohne@gmail.com</a></td>
</tr>
<tr>
<td>CONSERVATION CHAIR</td>
<td>OPEN</td>
<td></td>
<td></td>
</tr>
<tr>
<td>EDUCATION CHAIR</td>
<td>Rebecca Andrade</td>
<td>591-7996</td>
<td><a href="mailto:r.andrade218@gmail.com">r.andrade218@gmail.com</a></td>
</tr>
<tr>
<td>FIELD TRIP COORDINATOR</td>
<td>Jennie Haas</td>
<td>962-4759</td>
<td><a href="mailto:jhaas953@gmail.com">jhaas953@gmail.com</a></td>
</tr>
<tr>
<td>GROWING AREA MGR.</td>
<td>Stephanie Garcia</td>
<td>586-3593</td>
<td><a href="mailto:sigarcia@mlode.com">sigarcia@mlode.com</a></td>
</tr>
<tr>
<td>HOSPITALITY COORD.</td>
<td>OPEN</td>
<td></td>
<td></td>
</tr>
<tr>
<td>INVASIVE EXOTICS</td>
<td>Rebecca Andrade</td>
<td>591-7996</td>
<td><a href="mailto:r.andrade218@gmail.com">r.andrade218@gmail.com</a></td>
</tr>
<tr>
<td>MERCH./SALES COORD.</td>
<td>Diane Williams</td>
<td>586-1557</td>
<td><a href="mailto:diane.williams3664@gmail.com">diane.williams3664@gmail.com</a></td>
</tr>
<tr>
<td>MEMBERSHIP COORD.</td>
<td>Jennie Haas</td>
<td>962-4759</td>
<td><a href="mailto:jhaas953@gmail.com">jhaas953@gmail.com</a></td>
</tr>
<tr>
<td>NEWSLETTER EDITOR</td>
<td>Quinn Young</td>
<td>272-4546</td>
<td><a href="mailto:quinnyoung26@gmail.com">quinnyoung26@gmail.com</a></td>
</tr>
<tr>
<td>PLANT SALES CHAIR</td>
<td>Judy Dean, Stephanie Garcia</td>
<td>754-5887, 586-3593</td>
<td><a href="mailto:goldrushdean@yahoo.com">goldrushdean@yahoo.com</a>, <a href="mailto:sigarcia@mlode.com">sigarcia@mlode.com</a></td>
</tr>
<tr>
<td>PLANT SALES Vol. Coord.</td>
<td>OPEN</td>
<td></td>
<td></td>
</tr>
<tr>
<td>PROGRAM COMM. CHAIR</td>
<td>OPEN</td>
<td></td>
<td></td>
</tr>
<tr>
<td>PUBLICITY COORD.</td>
<td>OPEN</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

JOIN NOW

PLEASE INCLUDE ME AS A CNPS MEMBER!
Student/Retired/Limited income ...$25
Individual ....................... $45
Family or Group ................ $75
Library ................................ $75
Plant Lover ....................... $100
Patron ................................ $300
Benefactor ........................ $600
Mariposa Lily ..................... $1,500

As always, donations above the membership level chosen will be greatly appreciated.

Name ____________________________
Address __________________________
City __________ State _____ Zip ______
Telephone ________ E-mail __________

☐ I Wish to affiliate with the Sierra Foothills Chapter.

Please make your check payable to “CNPS” and send it to: 2707 “K” street, Suite 1, Sacramento, CA 95816 Tel. (916) 447-2677.

Join or renew on-line at www.cnps.org.

Membership includes the journal Fremontia, CNPS Bulletin and the Sierra Foothills monthly newsletter, The Shooting Star.