



ABSTRACT

The present invention provides a valve comprised of a stem with threads, a lubricant reservoir, a hole for distributing lubricant to the threads of the stem, and a channel that connects the reservoir to the hole. Also,  
5 the present invention provides a valve stem comprised of a valve stem shaft with a threaded surface, at least one lubricant distribution hole, and a channel means in communication with the distribution hole and a lubricant reservoir.