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Upcoming Events

- January 1st: New Year's Day Holiday
- January 18th-21st: MLK Week of Service
- February 15th: President's Day
- February 22nd-25th: Assistant Supervisor Training
- March 8th-11th: Elective Training, Week 1



Celebrating 15 years as an AmeriCorps Program!

The WCC is in its 15th year as an AmeriCorps Program. During that time, we have had numerous accomplishments. Below are just some of the examples:

- Installing over 7 million native trees and shrubs
- Creating 700 acres of new habitat for fish and wildlife
- Constructing or repairing nearly 2,600 miles of trails and boardwalks, enough trails to hike the distance between New York City and Seattle
- Providing 112,000 hours of emergency response service to communities in need, an average of nearly 7,500 hours each year since becoming an AmeriCorps program
- Recruiting and managing 57,644 community volunteers, working on environmental projects in every part of Washington State
- Teaching environmental education topics to over 180,000 students
- Building over 1.6 million feet of livestock-exclusionary fence
- Opening over 225 miles of habitat in salmon-bearing streams



Member Recognition

Quinault Crew

Since beginning their year of service in October, the Olympic National Forest's Quinault trail crew has proven themselves to be fully committed to environmental stewardship. Because housing was not available near Quinault, the crew has chosen the more eco-friendly option of riding the bus to and from work every day, a commute that totals three hours round trip. They have also implemented a program within the Pacific Ranger District to reduce the use of petroleum products when a more environmentally sound option is available. This has meant the substitution of traditional, petroleum-based, bar oil for vegetable oil when operating chain-saws, and has included the more viscous alternative of vegetable oil over WD-40 when manually cross-cutting the Old Growth windfall present within their jurisdiction. The crew is also committed to community service. Together, they have attended three city council meetings, volunteered at the Gray's Harbor National Wildlife Refuge and Hoquiam Public Library, and met on evenings and weekends to organize their MLK Service Project at Elton Bennett Park in Hoquiam. Their efforts are sure to result in an excellent project. Congratulations to Stephanie Marin, Joseph Ladd, Mike Papa, Matt Poling, Brandon Smith, and Kristian Tollefson (Supervisor).



L to R: Mike Papa, Stephanie Marin, Joseph Ladd, Brandon Smith, Matt Poling, and Kristian Tollefson

City of Tacoma Crew

This crew contracts with the City of Tacoma working to improve and enhance sensitive tidal and wetland habitats in the urban environment. In addition to the needed environmental work they accomplish, the crew hit the ground running with community service, working within the local community on volunteer projects that help the local citizenry. Beginning in early November, the crew put their time and effort to assist the UW Tacoma Giving Garden, where students grow and donate food to the local food bank. The crew cleared brush and debris from a fence line, constructed a large composting bin, and built raised beds used to expand capacity for vegetable production. They returned later that month to complete more work at the garden and to install a rain garden at the campus. In addition, members from the crew regularly donate their time on weekends in support of other organizations and events within the community. Congratulations to Walker Duvall, Jacob Music, Tim Paxton, Maria Savoca, Christina Zinkgraf, and Luis Yanez (Supervisor) for receiving this much deserved award.



L to R: Maria Savoca, Walker Duvall, Chris Zinkgraf, Tim Paxton, Jacob Music, Luis Yanez

City of Redmond/Energy Corps Crew

This crew works with the City of Redmond, and also serves as an Energy Corps Crew. They started a full month after everyone else, but immediately "clicked". The crew is fully engaged in learning the skills of natural resource restoration while also being one of two crews working on energy efficiency projects. In the words of Fawn Martinez, project sponsor with the King County Housing Authority, "the crew just rocks". Jeff and crew have been working on diverse assignments, which include low-income weatherization projects, Green River flood preparation, and Cedar River Watershed restoration. While most of the members themselves did not join the WCC with much, if any, outdoor experience, their enthusiasm and can-do attitude is what makes this team stand out! Congratulations to Custodio Alcazar, Brent Geverink, Jonathan Green, Jonathan Neu, Ibrahim Rashid, and Jeff Shamansky (Supervisor).



L to R: Ibrahim Rashid, Custodio Alcazar, Jeff Shamansky, Jonathan Green, Brent Geverink, Jonathan Neu

IP of the Quarter

Allison Vasallo, the Individual Placement at King County is this quarter's recipient for "IP of the Quarter". Allison is in her second year of the WCC and during her time with our program, she has always had a smile on her face, ready and willing to help wherever needed. Recently, she played a major role in developing service opportunities for King County WCC Members during the Thanksgiving break, making hours of phone calls and sending numerous emails to coordinate all the logistics between 4 different volunteer locations, 5 WCC crews, and over 20 crew members. Thank you Allison for all that you do!



*Allison Vasallo,
King County*



WCC members operate a shelter for hurricane victims in Shreveport, Louisiana (September 2008). Courtesy: Jessica Asplund

Emergency Response: Past and Present

Summary of emergency response activities since becoming an AmeriCorps Program in 1994

While environmental work is the heart of the WCC experience, emergency response is the soul. When asked to list their favorite service experience, our members list emergency response at the top. Trained to work in adverse weather conditions and imposing geographic sites, our members understand what it means to work hard and persevere in difficult environments.

The WCC has been actively involved in emergency response since its inception in 1983. Our crews respond to oil spills, floods, hurricanes, tornadoes, and wildfires throughout the country. When necessary, crews drive program vehicles, equipped with tools and machinery to tackle any task. This preparedness proved vital during Hurricane Katrina response, as well as our flood response in Iowa. In both responses, our crews arrived with hand tools, generators, pumps, and chainsaws at a time when limited equipment was available in the disaster-struck area.

The WCC has a mandate to respond to emergencies at the local level and beginning in 1994, this commitment expanded nationwide when WCC crews spent thousands of hours fighting fires throughout the west. WCC response efforts continued to focus on wildfires and local flooding for the next several years. In May of 2003, our response services went beyond floods and fires when WCC crews assisted AmeriCorps Saint Louis in helping residents of Missouri recover from devastating tornadoes. Then in August of 2004, the WCC sent 59 WCC

members and supervisors to assist with hurricane relief efforts in Florida, providing over 16,000 hours of service after hurricanes Charley, Frances, and Ivan hit in rapid succession. Crews installed temporary roof cover in the form of tarps on over 1,000 roofs and completed 800 job orders that included chainsaw work and debris removal. They also trained crews from other AmeriCorps programs, as well as community volunteers.

In September 2005 through April 2006, the WCC responded to one of the largest disasters in U.S. history. The devastation propagated by Hurricane Katrina called for a response plan of epic proportions. WCC crews drove to Mississippi, assisted in the initial cleanup, and eventually worked in Texas and Louisiana over a 6-month period. Throughout the three state area 90 WCC members and supervisors served over 32,000 hours. Projects included “mucking out” houses in Louisiana and Mississippi, assisting displaced Mississippi residents housed on cruise ships and cutting downed trees blown onto homes in Texas. In total, WCC crews helped more than 5,000 residents affected by the disaster.

In February 2006, we deployed 6 WCC crews simultaneously, to separate incidents. Twenty-four WCC members responded to Leesburg, Florida in the aftermath of devastating tornadoes where they ran operations centers, cleared downed trees using chainsaws, installed tarps on houses, and delivered goods and services. At the same time, two crews, highly skilled in the use of chainsaws, deployed to Missouri to assist in debris removal operations after ice storms slammed the region.

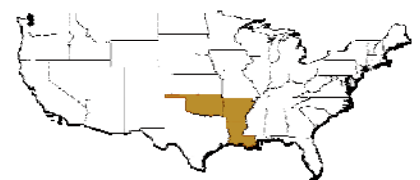
Later that same service year, from December 2007 through May of 2008, 100 WCC members, supervisors, and staff worked on flood relief and cleanup in Washington. The WCC placed sandbags, worked with the Red

Cross on damage assessments, gutted houses, removed debris, and cut fallen trees to distribute as firewood. They also worked directly with FEMA delivering essential supplies, running operation centers and setting up shelters. The WCC had over 10,000 hours of flood response during this deployment. In May of the same year, this flood response experience proved invaluable as two crews dispatched on a 30-day assignment to massive flooding in Iowa.

In September of 2008, the WCC responded to Hurricanes Gustav and Ike. The request for assistance came on the three-day Labor Day weekend, however, we were able to mobilize 53 people and they arrived in Louisiana within 48 hours of the request. The crews travelled from Oklahoma to Arkansas and throughout Northern Louisiana setting up and operating shelters. They also helped with food dispersal, damage assessment, phone center coordination, and warehouse work.

With increasing needs and decreasing resources in many disaster prone areas, the WCC often finds our members serving well beyond the initial response, assisting with rehabilitation and reconstruction work. This work is often a result of local organizations requesting further WCC assistance after witnessing the professionalism and efficiency exhibited by our members and staff during initial response efforts. Throughout these responses, the WCC has built the capacity of countless organizations and has worked with other AmeriCorps programs including NCCC, AmeriCorps Saint Louis, and Conservation Corps from Montana, Maine, Minnesota, and more.

Article by Roland McGill
WCC Project Coordinator



Our most recent response: the aftermath of Hurricanes Ike and Gustav. Map by Bridget Mason

About Our Partner: The Nature Conservancy

The Nature Conservancy is a leading conservation organization working around the world to protect ecologically important lands and waters for nature and people. The Conservancy and its more than 1 million members have protected nearly 120 million acres worldwide.

In Skagit County, The Nature Conservancy has been working to preserve the Skagit River, which flows from high in the Cascade Mountains to Puget Sound. These efforts began more than 30 years ago when The Nature Conservancy and the Washington Department of Fish and Wildlife created the Skagit River Bald Eagle Natural Area. More information is available at The Nature Conservancy's website: www.nature.org.



Map of Skagit River and Delta
Courtesy: www.nature.org



Caleb Dobey, Billy Ray, Jeremy Westra, Casey Bacetich, and Jake Silberman prepare for a visit from Senator Maria Cantwell (October 2009)

Fisher Slough: A Bridge to Habitat Restoration



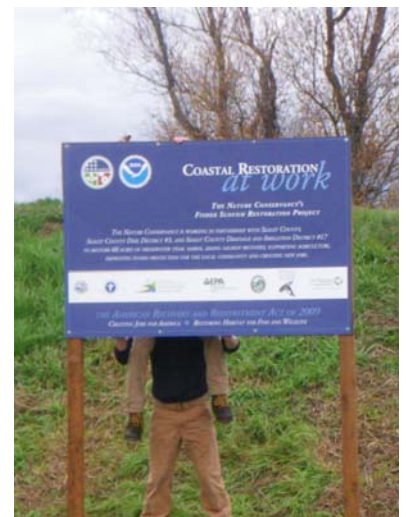
Article by Jeremy Westra
Skagit County Crew

Last October the Skagit County crew helped their sponsor, the local branch of The Nature Conservancy, prepare for WA State Senator Maria Cantwell's visit to a wet, muddy farm field. Cantwell's interest in the field is its potential to become restored tidal marsh habitat for salmon. Located along Fisher Slough five miles south of Mount Vernon, The Nature Conservancy, along with several partners including the Puget Sound Partnership, plans to restore 60 acres of marginal farmland by moving a levee allowing two creeks to join the tidal slough on the south fork of the Skagit River.

Senator Cantwell helped secure \$5.2 million in stimulus money for the project, one of six projects in WA State to receive money from the recovery act. She visited the site on October 24th, along with representatives from all the project partners. In preparation for her visit, The Nature Conservancy had the Skagit Crew install a large sign with a project description and construct a bridge over a wide drainage ditch. The crew was glad to have a role in preparing the site; crew member Caleb Dobey said "It is great to build this bridge for the Senator, great that I can do my part to help her help salmon".

The Fisher Slough project is unique in several ways, one of which is how it benefits agriculture, the local community, and the environment by providing better habitat for salmon and other marsh inhabitants. The new tide gates, which have already been installed, will help control when and how much water moves in and out of the marsh, improving floodwater storage. The Nature Conservancy is working with Skagit County Dike District 3, Skagit County Drainage and Irrigation District 17, the Board of Skagit County Commissioners, local landowners and the WA State Department of Ecology.

The Skagit crew also did some spraying of blackberries for The Nature Conservancy along Carpenter Creek, a 22 square mile watershed that feeds into Fisher Slough. The crew might possibly be back at the site next summer when they are back working for The Nature Conservancy to help prepare for the bulk of the restoration work slated to begin sometime in mid to late 2010.



Casey Bacetich and Billy Ray put final additions on sign

Giving Thanks Through Service

King County area crews reflect on volunteerism

WCC members from the King County DNRP and King Conservation District crews who were available to work the day before Thanksgiving split up to volunteer their time at the Seattle Downtown Food Bank, Cascade People's Center, the Tukwila Pantry, and the Lake City Food Bank.

While volunteering at the Cascade People's Center (CPC) Evan Sorel, Rachel Mensching, and Taylor Hernandez helped staff with odd jobs related to an upcoming remodel of the interior and to create an inventory. They began by tearing out baseboard from the interior walls of the CPC. The remaining three hours were spent making a detailed inventory of storage units and supplies in one of the activity rooms. The lengthy hand-written inventory was then typed up and handed over to the staff. Everyone was very kind and the group met an AmeriCorps Alum who had formerly worked for the California Conservation Corps.

Lawrence Frazier, Michelle Manza, Nina Rubenstein, Pat Dingle, Patrick Robinson, and Rachel Konrady went to the Lake City Food Bank, where they met with the AmeriCorps representative on site. Each member was given a task; some stood outside the food bank, helping people carry groceries to their cars, and others stood on the line and handed food items to people as they shopped. They worked two separate shifts, one from 9:30am to 2pm, and then from 4pm to 6pm. Recipients were excited that much of the donated food was traditional Thanksgiving fare.

Ngoc Tran and Kevin Wehman volunteered for 5 hours at the Downtown Food Bank in Seattle. They helped distribute 10 boxes



Kevin Wehman at the Downtown Food Bank in Seattle

(800 lbs) of food, cleaned the area they worked in, and got to meet the wonderfully generous volunteers there, including someone who had been helping there for 15 years. There was a great sense of community amongst them and they gave excellent service, as most of them considered the food bank to be part of their extended family.

Casey Hubbard, Jim Evangelisti, Jonathan Jessop, and Jeff Shane volunteered for 6 hours and helped serve 216 families at the Tukwila Pantry. Throughout the day, they heard at least 5 different languages, and although this led to some confusion, it enriched the environment as well. The situation revealed the desperate nature of our current economy where some food bank clients felt overwhelmed; often taking food they were not supposed to and using their children as a means to their theft. However, most of the clients were patient and gracious, and the volunteers honestly felt like they helped a lot of people.



For the Birds

The WCC has collaborated with the Nisqually Wildlife Refuge since our program first began nearly 27 years ago. In the coming years, the WCC will provide much needed service to the Refuge as countless community organizations join together to restore an estuary blocked more than 100 years by artificial dikes. This project will be the largest of its kind in the Pacific Northwest and will restore nearly 762 acres of vital estuarine habitat for spawning and migrating salmon. Our work at Nisqually will also include the installation of boardwalk trails and educational signs informing the nearly 180,000 visitors that come to Nisqually to learn about migratory birds and fish (www.fws.gov).

Improving wetlands like Nisqually directly affects the health and safety of Washington's citizens. Seafood and fish consumption, drinking water supply, and flood prevention are all dependent on wetlands. The trees and shrubs planted by our members prevent flooding by slowing stream flow, shade streams to cool water temperature, filter toxins and bacteria, and provide habitat for wildlife. Another important role of these native plants is to trap soil that would otherwise become silt, destroying salmon eggs and aquatic wildlife. This silt also makes rivers and streams shallower, causing more frequent and severe flooding, a major threat to Washington residents.

The benefits of environmental restoration are also economic. Washington's economy depends a great deal on healthy, productive natural areas. Washingtonians have come to depend on clean water, productive and diverse forests and the natural beauty found throughout the state. These natural areas sustain numerous businesses, including timber harvesting, agriculture, ecotourism, and recreational sports. According to the Governor's Office, recreational and commercial fishing is a billion-dollar-a-year industry in our State. Unfortunately, more than a century of rapid population growth and other factors have destroyed or degraded a large portion of important fish habitat. Restoring this habitat is vital to the rural jobs and small businesses that the fishing industry supports (www.governor.wa.gov). This potential impact on human health, long-term environmental sustainability, and economic stability places habitat restoration as one of our most critical service activity.

Article by Bridget Mason
WCC Outreach & Development Coordinator

TOP 10 Reasons You joined the WCC!

10. You thought you would look hot in yellow rain gear
9. One word - Crupina
8. You applied for 38 jobs and this is the only one that called back.
7. You thought you were applying for the Conversation Corps because you love to talk
6. You are excited by the idea of riding in a cramped truck with 5 other people.
5. Working in 37-degree temperatures in January, on 40-degree slopes with sleet and 20 MPH wind is your idea of a good time.
4. You have a degree in English and your only other option was teaching English as a second language in Afghanistan.
3. You wanted to live in the sweet WCC house behind Grocery Outlet on Division Street.
2. You misread the ad and thought 18-25 was how much you were going to make per hour.
1. Your supervisor told you there would be lots of spiking and you are into radical environmentalism.

Member Development

Preparing for training on March 8th-11th

The first of two trainings is just around the corner. If you would like to see the classes you registered for and find out who your classmates will be, visit the WCC website at www.ecy.wa.gov/wcc and click on the "Current Updates" link. The training roster is available there and more training details are coming, so check back soon. We will also send this information out over the WCC ListServ so if you are not already, you should email <mailto:wcc.update@ecy.wa.gov> to join the ListServ today!

- Ethnobotany
- Green Energy/Sustainability
- Hazardous Materials Response
- Heavy Cable
- Safety Ropes
- GIS and GPS
- Wetlands Assessment/PFC
- Wilderness First Aid, Wilderness First Responder
- Wildland Firefighter
- Fire Training
- Pumps and Saws Training

Calling All Competitors

Details about the 2010 NW National Service Symposium

Are you a performer, a poet, or an artist? If so, please consider submitting to the 2010 Northwest National Service Symposium where more than 200 national service participants from Oregon and Washington gather to share writing, art, and performances inspired by the service experience. If your work is selected to receive this award, the WCC will pay fees, transportation and lodging for this event. Details and past submissions are available at http://service_symposium.wordpress.com.

Former WCC Member, Max Clendaniel, won the Jury's Choice Award last year for his video, Washington Conservation Corps: The Movie. Watch it now at <http://www.youtube.com/watch?v=eYnXO-UHi80>.

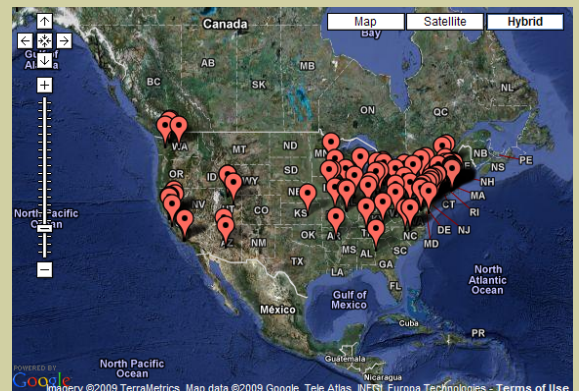


Questions from Corps members

Q: What is a Matching Scholarship and can I get one?

Antioch, Bastyr, Central Washington, and Evergreen are a few of the more than 70 colleges and universities that offer a match for the AmeriCorps Education Award. The list of schools across the USA is available at http://www.americorps.gov/for_individuals/alumni/ed_award_match.asp. Be advised that this list may not be all-inclusive so it is wise to contact the Financial Aid Office at your school directly.

The amount of match varies by school. For instance, Central Washington University offers ten \$1,000 dollar scholarships for AmeriCorps Alums and Evergreen offers up to five \$1,800 dollar scholarships, renewable for up to 2 years. Application dates are approaching (Evergreen's due date is February 1st) so if you are considering college next year, you should get started!



Map shows Institutions that offer a match for the AmeriCorps Education Award. Courtesy: www.americorps.gov.

WCC Anniversaries

Supervisors celebrating milestones in our program

The WCC wishes to thank the following supervisors who have played a vital role in our program for a significant amount of time (at least 5 years or more). The strength of the WCC program is a direct result of retaining the expertise of our supervisors within our program.

Note: Years calculated from start date as an Ecology employee and excludes any time as a WCC Member.



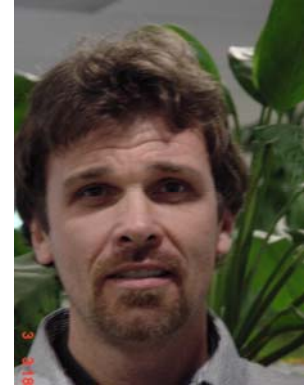
*Dave Coffey, 18 years
Olympia Spike*



*Darrell Borden, 15 years
Hood Canal Spike*



*Bob Milner, 12 years
Wenatchee Spike*



*Dale Rahier, 10 years
Nisqually USFW*



*Shawn Zaniewski,
10 years
Hood Canal USFS*



*Rob Crawford, 10 years
Nature Conservancy/
Skagit Spike*



*Kenji Toelken, 7 years
Spokane Ecology*



*Peter Nevin, 5 years
King County DNRP*

Mushrooms!

Puget Sound Mycology Society walks and teaches with WCC crew

This November, the Cascade Land Conservancy crew (Seattle) took a mushroom walk at the Cheasty-Hastings Greenbelt with Danny Miller, member of the Puget Sound Mycology Society (PSMS). We heard numerous mushroom stories and learned about fungus ecology, mushroom types and classification, and distinguishing characteristics of both dangerous and edible mushrooms. Overall, it was a great teaching moment and helped spark our own interests in edible mushrooms. We found a variety of mushrooms, including ink mushrooms (tasty!), flamboyant waxy cap mushrooms, and many more. The crew learned a lot of practical information during our walk. For instance, we learned mushrooms are an excellent source of protein and nutrients; however, we cannot digest them so we must cook them first or they pass through without any benefit.

Mushroom Ecology

Mushrooms are the “fruit” of fungi that live on trees and in the soil. One mushroom could actually be representing a much larger organism that is often not visible without a microscope. The largest organism in the world is a honey mushroom located in Oregon’s Malheur National Forest. Fungi play two major roles in the Pacific Northwest; they recycle organic material and help in the growth of trees through a symbiotic relationship (long term or close). This symbiotic relationship helps many of the trees we plant.

Trees, plants and animals produce a lot of waste in the form of branches, leaves, excrement, carcasses and much more, but obviously, the WCC isn’t wading through 20 ft of this stuff (though it may sometimes seem like it). Where does it all go? The waste is processed by a feeding group called detritivores (organisms that eat waste) and, in our forests, the most important detritivores are fungi, the

(Continued on next page)

Mushrooms (continued from previous page)

mushrooms. Funguses rapidly break down things that are not useful to many of the animals in the forest, freeing up important resources like organic material and nutrients. These are our “composters” in the compost. Heat or steam coming off compost piles is a great indicator of a rich community of funguses. In fact, some people even use compost water heaters as a way to warm up water because of the heat produced by funguses.

Fungi have an important relationship with trees and other plants to increase the capacity of their roots. Some trees attribute 2/3 of their root capacity to a fungus relationship. The name of this symbiotic relationship is endomycorrhizal infections. Essentially, a plant root stimulates the habitat required for a type of fungus to infect it and trades food and shelter with the mushroom in exchange for capacity to absorb nutrients and water. Danny Miller pointed out that some of these relationships are obligate and that is why some mushrooms are only located in the wild. One of the ways to classify edible mushrooms is noting which trees are in the area.

Edible Mushrooms

The Pacific Northwest is full of edible mushrooms! On our walk, the crew sampled an ink mushroom, which is a feathery short lived mushroom that is not only tasty but also completely turns to a black substance, ink, during its existence which may last from hours to three days. This ink can be used as a substitute for regular ink. Mushroom identification can be dangerous if you aren't trained. Danny Miller pointed out that the vast majority of mushrooms are edible and nontoxic; however, there are some bad seeds out there. His recommendation was that it is far easier to identify the bad ones than the good ones and that, in identifying edible mushrooms, it is important to learn not only the tasty ones but also to learn which ones to avoid. Mushrooms can be difficult to identify and keys can be hard to follow because of difficult to discern parts on taxonomic (identification) keys that look at things such as spore color and young parts of the mushroom that may not be there when you find it.

In season is the king of mushrooms, the boletus or Porcinis mushroom. Because WCC members spend so much time outdoors, it is advantageous to learn how to identify these mushrooms because they are easily recognizable and some of the most sought after mushrooms around. They are found in the higher cooler elevations and have a symbiotic relationship with some of our evergreen trees like the Douglas fir. This is a notable indicator; along with their spongy bottoms, (they do not have the more common mushroom “gills”).

In conclusion, mushrooms are interesting and awesome. Our crew learned a lot and thanks the PSMS for opportunities they have extended to us, including membership for 2010 and a scholarship to attend Danny Miller's mushroom identification class in January. To learn more, visit the Puget Sound Mycology Society website at www.psms.org, find an identification class, and check out the mushroom books at your local library.

Article by James Duncan and the CLC Crew

Native Plant (W. Washington): Devil's Club *Oplopanax horridus*

If you work in Western Washington, you may have stumbled across this large shrub growing in a cool, moist undergrowth. If you did, you will not soon forget it. With the countless spines covering this plant from leaf to stem, it is quite a painful experience. Some other distinguishing characteristics include the large palmate leaves with anywhere from 5 - 13 lobes that are spirally arranged on the stems. The flowers are small with 5 greenish-white petals that grow in dense clusters or umbels. These clusters turn bright red late in the summer as small, flat berries emerge. Devil's Club berries are inedible to humans, but the bears love them!

Though the plant has numerous uses for humans, including relief from diabetes, Devil's Club should not be harvested because of its long recovery time. This is a slow growing plant, taking years to reach seed bearing maturity. With that being said, traditional uses of this plant include:

- Making decoctions for treatment of respiratory ailments (cough, sore throat, chest pain, and tuberculosis) and gastrointestinal problems (stomach pain, ulcers, gallstones, indigestion, and constipation)
- Using the inner bark as an antipyretic (fever reducer),

antitussive (cough reliever), and antibacterial

- Taking internally for conditions including influenza, measles, diabetes, cancer, arthritis, and rheumatism
- Using Devil's Club as a purgative, emetic, and cathartic in higher doses
- Mashing berries and applying to scalp to treat head lice

Palmate means...divided into lobes that diverge like fingers. Having a shape similar to a palm, though not necessarily having five lobes.



Palmate leaves of Devil's Club
Courtesy: www.wnps.org

Washington Energy Corps

Low-income residents of King and Walla-Walla Counties can sleep well this winter knowing that their energy bills will be reduced and the drafts that plagued their small apartments are a thing of the past!

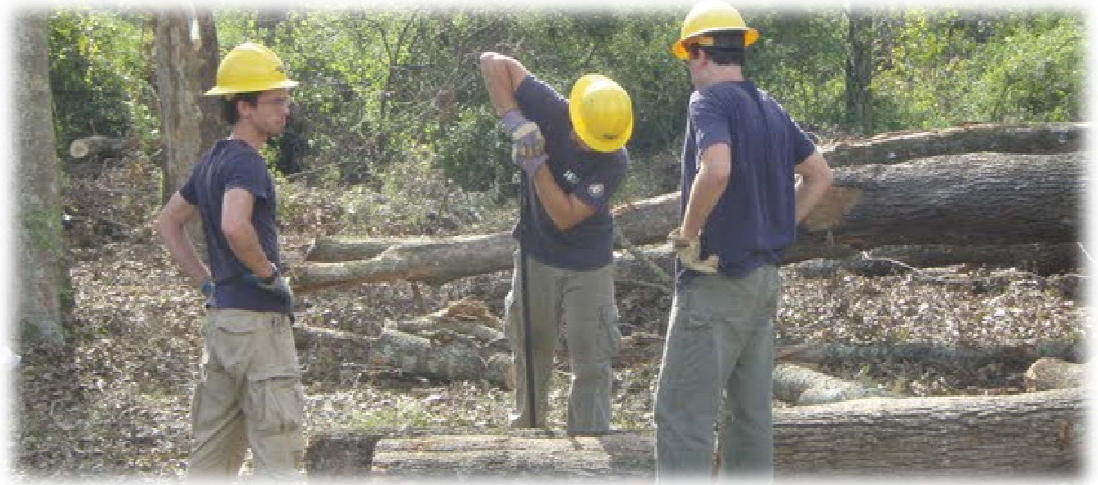
Members of the Washington Energy Corps performed weatherization and energy efficiency work in 167 units in King County, on behalf of the King County Housing Authority. An additional 85 units were completed on behalf of the Walla-Walla Housing Authority.

There are currently three Energy Corps Crews, including two based in Redmond (Perry Onorio and Jeff Shamansky – Supervisors), and one based in Shelton (Russell Greer – Supervisor). All crews received a week of energy related training at Millersylvania State Park, including an overview of energy audits, duct sealing, insulation, and lighting. These skills will come in handy as they to continue their work for the King County Housing Authority, as well as the State Parks System.

Fawn Martinez, King County Housing Authority staff lead, stated that the crew did a “fantastic job” and was “very enthusiastic” about the work. A long-term partnership with the KCHA should be finalized in the coming weeks.

In addition to working with low-income housing organizations, the Energy Corps will be working throughout the State Parks System to address the backlog of energy efficiency and sustainability projects. Energy audits have already been completed in Millersylvania and Alta Lake State Parks.

For additional information on the Energy Corps Program, please contact Kevin Farrell, Project Coordinator, at (360) 480-2603.



WCC members buck up trees in Shreveport, Louisiana (September 2008).
Courtesy: Jessica Asplund

Thanks from Baton Rouge, Louisiana

We recently received a letter from De-era Williams, a hurricane victim assisted by the WCC after Hurricanes Ike and Gustav hit her home in 2008. Kenji Toelken, WCC Crew Supervisor, remembers this experience well and had this to say, “When we arrived at Mrs. William’s residence, she had just been released from the hospital after having open heart surgery and was out in her yard trying to clear debris!”

Below is an excerpt from Ms. William’s letter:

I hope when this letter reaches you, and any others, that it finds you in the best of health. I am writing to say thanks to all that came to Baton Rouge, Louisiana to help us. I know words can’t express how I feel being a single parent with children and watching my home being damaged. I want to thank you for coming and taking the large limbs and trees from off of my home...My heart still thinks of moments when special people came and touched not only my life, but my family. I know you gave so much of yourself to help others. Thanks, from the bottom of my heart. I keep you all in my prayers. I want to say your work is not in vain.

De-Era Williams, Greenwell Springs, Louisiana

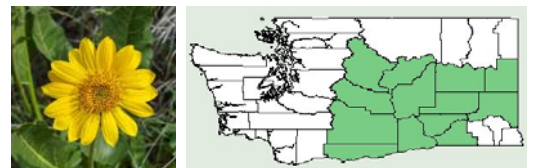
Native Plant (E. Washington): Carey’s Balsamroot *Balsamorhiza careyana*

Carey’s Balsamroot is a member of the Asteraceae or sunflower family. It is the most frequently seen balsamroot in the shrub-steppe of Washington State. Though popular with grasshoppers, there is some dispute around the edibility for humans. For those adventurous enough to try it, the small, young taproot is best sampled after cooking since it does contain inulin, an indigestible vegetable starch (also found in dandelions).

This plant is perennial (more than one growing season) and herbaceous (stems are fleshy rather than woody). The bright yellow heads that appear in early spring are not solitary flowers but inflorescences (numerous tiny flowers or florets). Though Carey’s Balsamroot is often confused with the Arrowleaf Balsamroot, the leaves are an easy way to distinguish between the two. Carey’s Balsamroot is very shiny and feels like sandpaper when rubbed. The Arrowleaf is woolly and feels soft and silky. The basal leaves of Carey’s Balsamroot are wide and heart shaped with obvious veins. There are

also a few stem leaves, which are small and narrow. Traditional uses of the Balsamroot include:

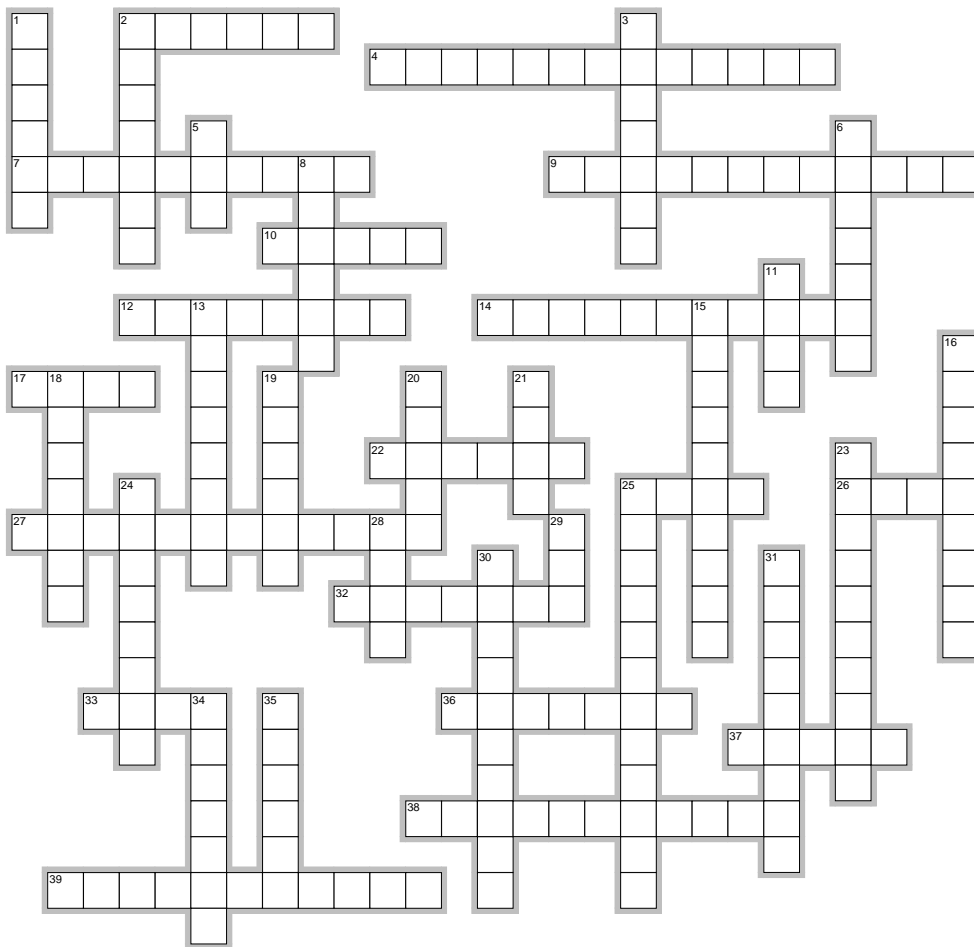
- Boiling roots, stems, and leaves, and then drinking the decoction for stomach pains and headaches
- Steaming the plant and inhaling the vapors to treat headaches
- Pounding the seeds for flour
- Peeling and boiling the young, fleshy roots to eat
- Roasting the roots for a coffee substitute



Distribution map for Carey’s Balsamroot.
Courtesy: <http://plants.usda.gov>

WCC Crossword Puzzle

First Crew/IP to successfully complete and return this puzzle to HQ wins a prize! NOTE: For answers with 2 words, fill in without spaces.



EclipseCrossword.com

Across

2. Crupina stomping ground
4. Blood of Socrates (2 words)
7. 'shroom specialist
9. Online system for members/alums (2 words)
10. Training month
12. WCC is on it!
14. Cough Reliever
17. Spawn November through late December
22. Sea surface temperature anomaly (2 words)
25. 2-Down AKA
26. Ascent of Mount Rainier author and trail namesake
27. Field bindweed AKA (2 words)
32. Mill town turned training site
33. Rating system for energy efficiency
36. Our largest temperate rainforest
37. _____ News
38. Cirsium Vulgare (2 words)
39. Renewal, revival, or reestablishment

Down

1. Scotch and Spanish
2. _____ jargon
3. Firefighter credential (2 words)
5. WCC web domain
6. Landlocked sockeye
8. Rain _____
11. Thistle toxic to cattle, ironically
13. Opposite of simple (clue: dichotomous key)
15. Family that 2-down, 25-across, and 21-down belong to
16. Ink, waxy cap, boletus
18. State tree
19. New WCC initiative
20. Noxious holiday decoration
21. Pale red
23. Getting Things Done
24. Bohemian buckwheat
25. AKA Mealberry, Mountain Cranberry, and Mountain Tobacco to name a few.
28. Regionally responsible for salmon recovery (acronym)
29. Week of Service
30. Spiny Satan stick (2 words)
31. Family containing 38-across and 35-down
34. Cornus Genus
35. Northern neighbor, thistle

Appear in Corps News

Submit your work to Bridget Mason at brim461@ecy.wa.gov by the quarterly due date:

- December 15-Fall
- March 15-Winter
- June 15-Spring
- September 15-Summer

About the Washington Conservation Corps

The Washington Conservation Corps (WCC) was established in 1983 as a service program for young adults between the ages of 18-25. The WCC is a program offered through the Washington Department of Ecology and continues the legacy started by the Civilian Conservation Corps in the 1930s. The WCC has been an AmeriCorps Program since 1994.

Today, the WCC has 180 members working on projects in every part of the state. Our partners include Federal, State, Local, and Tribal organizations. For more information, please visit our website: www.ecy.wa.gov/wcc.



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Washington Conservation Corps

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