



Photograph taken on an 8-day spike at Lake Chelan, April 2010. Courtesy Andrew Ryznar.

The Great Outdoors!

Though WCCers spend a majority of time outdoors during the workweek, the recent warm weather should convince us all to spend even more time enjoying the amazing recreational opportunities that our state has to offer. WCC crews throughout the state have played a role in improving or expanding these opportunities. From urban parks in Bellingham, Seattle, and Tacoma to National Parks like Mount Rainier or the Olympics. From trails in Spokane to trails at Quinault, the WCC has been working hard to expand or improve infrastructure for the enjoyment of the community.

The Olympic National Forest is just one example of the huge amount of work that our crews have accomplished during the first half of this year. As part of our Recovery Act agreement with the US Forest Service Olympic National Forest, we have two crews stationed there and thus far, they have completed nearly 66 miles of work on the

Continued on page 2

Inside this Issue

- Member Recognition 3
- Ode to the Nettle 4
- Reflecting on the MLK Week of Service 5
- Stories and Poems of Service 6
- Invasive Species: Poison Hemlock 8
- Volunteer Recognition 9
- Cedar River Watershed 9
- Energy Corps 10
- Creepy Crawlers 10
- Chick Pick at Port of Seattle 11
- Continuing the CCC Legacy 11
- Green Scourge: Japanese Knotweed 12
- Little Quilcene Restoration 12
- WCC Now Hiring 13
- About Our Program 14
- Crossword Puzzle 14



Outdoors (continued)

following trails:

- Big Cedar
- Big Quilcene River
- Bogachiel
- Cedar Bog
- Colonel Bob
- Dry Creek
- Falls Creek
- Fletcher Canyon
- Gatton Creek
- Higley Peak
- Lena Lake
- Lakeshore
- Lower West Fork
- Mount Muller
- Rainforest Nature Loop
- Rugged Ridge
- Willaby Creek
- Skokomish (South Fork)
- Shore trail at the Seal Rock Campground



While trail work varies by site, much of the crew time is spent brushing, limbing, and clearing downed trees and overgrown shrubs to create or reopen trails for recreational use. Along the Lake Wynoochie Trail, for example, the WCC Crew led by Shawn Zaniewski removed nearly 50 hazard trees to improve safety and then re-routed portions of this trail. At the Seal Rock campground, this same crew moved 4 old-growth Pacific Madrone logs off the trail; setting them aside for creating benches in the future. At the Falls Creek trailhead, the crew supervised by Kristian Tollefson cleared some overhead hazards by clearing two massive root wads and then removed rounds left from bucking up fallen trees near the trailhead. At Gatton Creek, they bucked up fallen alders.

Often times, a trail may be prone to washout or water inundation, and in these cases, WCC crews will rebuild and retread the trail and/or construct infrastructure like culverts, puncheons, turnpikes, drainage dips or water bars in order to prevent future damage to the trail. Along the Lake Wynoochie Trail, the crew constructed six rock culverts to divert water under trail and, to ease passage along the West Fork trail and Bogachiel, the crew constructed puncheons (wooden walkway) that were 24 and 23 feet in length, respectively. In some cases, some sections of trails are unsalvageable so crews construct a more sustainable re-route. Along the South Fork of the Skokomish River, for example, the WCC created a 100 foot re-route. The West Fork of the Humptulips also has a new 200 foot re-route, courtesy of the WCC.

Aside from these standard trail duties, the WCC will often fill the day with any and every task requested of them. At Seal Rock Campground, Zaniewski's crew constructed a rock wall, and then the next week, helped a volunteer group by preparing logs for later installation at Dry Creek. Meanwhile, along the Lakeshore Trail at Lake Quinault, Tollefson's crew moved driftwood from the trail that floated in when the lake level rose above the trail. That same week, this crew headed to Falls Creek to construct a crib (retaining) wall and, down the trail from the newly installed crib wall, they cleared out debris blocking a culvert. All in a day's work for the WCC! Now that warm weather has finally arrived, it is a great time to get outside and enjoy the fruits of their labor.

Information Compiled from field Production Reports
by the Olympic National Forest Crews



Member Recognition

Yakima Crew

The Yakima Crew quickly became a cohesive and hard working team who support each other and take pride in their projects. Mike Tobin, Director of the North Yakima Conservation District, has called this crew the best he has had EVER! In addition, during this last quarter the members on the crew have put in an additional 133 hours of outside, unpaid volunteer hours in their community. The work with North Yakima Conservation District, and volunteer activities in their community, makes them extremely deserving of this recognition.



L to R: Andrea Nesbitt, Michael Prothman, Gabrielle Stilwater, and Horace Ward

supervisor to another, while still maintaining morale and production targets. The Cascade Land Conservancy crew excels at both! According to WCC Coordinator, Kevin Farrell: "I was fortunate to spend a few days working alongside these members on the Taneum Creek fish restoration project outside of Ellensburg and was impressed with their communication, camaraderie, and ability to work in a team environment. I was equally impressed with the transition of responsibilities displayed between the supervisors – great job to all!"



Top row: James Duncan, Leah Wener-Fligner, Davis Harsh, Chris Olson. Bottom row: Nancy Toenyan, Janna Sargent

Wenatchee Spike Crew

This crew, also known as The Wenatchee "A" Team demonstrates the true meaning of professionalism, work ethic, camaraderie and teamwork. To this crew, every project is a chance to show off what the WCC can do, and more. The usual result is the sponsor calling and pleading for more crew time. In the past 3 months, the crew has worked for State Parks, City of Yakima, Lewis County PUD, Nisqually Land Trust and Lincoln County CD. Three were new sponsors that have since inquired about more time and the other two always make special requests for the crew. According to Roland McGill, "It is truly a pleasure visiting, working with and laughing with this great team!"



L to R: Ryan Boles, Liz Jackson, Tony Lieb, Justin Pearson, LJ Williams



Absent from crew pictures: Yakima-Matt Tully. Wenatchee-Bob Milner (Supervisor). CLC-Cary Hofmann (Supervisor).

IP of the Quarter

According to the North Olympic Salmon Coalition (NOSC), IP Sarah Doyle has committed herself fully to their mission and objectives from day one. Her versatility is demonstrated through her ability to work with kids, adults, professionals, scientists, educators, staff and on her own. Sarah recently tackled a project of grand proportion in organizing the past 20 years worth of NOSC's electronic and paper files, compiling information and photos for EVERY restoration project. She has created summaries for each project that contain pertinent information of the work performed, who helped, and how it was funded. According to Kai Wallin of NOSC, "Sarah is a rock star".



Sarah Doyle

Cascade Land Conservancy Crew

We would like to recognize the outstanding performance of each of the members on the CLC Crew, and the contributions of two supervisors, Nancy Toenyan and Cary Hofmann. It is always difficult for members to transition mid-course from one



Stinging Nettle (*Urtica dioica*)

After the recent training in ethnobotany, I am sure that more than a few of you have since demonstrated the edibility of this oft-reviled botanical jewel. Though everyone should handle this plant with care, it packs many healthy benefits.

Contrary to popular belief, the American Stinging Nettle is not an introduced species here although a European subspecies has introduced itself to our area. Both grow in abundance around these parts, so it makes for a great wild food source. You may find nettles in moist forest communities or near marshes and meadows. They grow well in nitrogen-rich soil, bloom June - September, and usually reach 2 - 4 feet high.

Bring along a gallon-size plastic bag and take caution while harvesting. Gloves are handy, in order to reduce your risk of being "stung", although the challenge of taming the nettle can be fun and only slightly painful. Watch for the tiny stiff hairs that cover the plant, mostly found on the underside of the leaves and stem. These hairs release the stinging chemical, formic acid, when touched. Pluck the upper portion, careful to avoid the nettles in the flowering stage, which might wreak havoc on your urinary tract.

Substitute boiled stinging nettle leaves in any recipe that calls for spinach or chard. Eating raw nettle is a little tricky, but our saliva does have the ability to neutralize the formic acid found on the leaves. Nettle is rich in minerals, including potassium, calcium, and magnesium. Nettle tea is easy to make by pouring one cup of boiling water over 4-5 teaspoons of dried leaves.

Local tribes used the nettle fibers to make twine, fishing nets, and rope. Medicinally, nettle leaves are useful for arthritis, asthma, and edema (swelling caused by excess fluid trapped in tissues). Our friends at Earthwalk Northwest provided the recipe below for your eating pleasure. Enjoy!

Recipe: Oatmeal - Nettle Cookies

1 cup butter	2 eggs
1 cup sugar	1 cup brown sugar
3 ½ tsp. baking powder	1 tsp. baking soda
1 tsp. vanilla	2 cups flour
2 cups oatmeal	2 cups flake type cereal
¾ cup dried, ground nettle leaf	1 cup raisins, dried currants or dried cranberries

Cream together butter, eggs and sugar. Add remaining ingredients, mixing thoroughly. Roll dough into 1-inch balls and place on a baking sheet. Bake 8-10 minutes at 350°-375°. These are wonderful cookies to have for dessert or even breakfast while enjoying the nourishing qualities of one of our favorite wild foods. These cookies are great for St Patrick's Day, however, realizing this is past, pretty much any day will do. Enjoy!

Recipe from Frank and Karen Sherwood, Earthwalk Northwest

Ode to the Nettle

The pain! The pain!
In the woods,
Across the plain,
I see its form,
Yet to no gain

It is too late,
The hairs have stung,
My teeth do grate,
My head is hung

I can't help but scratch,
When the itching starts,
That crafty nettle batch,
And its poisonous darts

My arm turns red,
As I frantically flee,
The toxins spread,
There's more on my knee

But relief is found,
From a simple shrub,
Up from the ground,
Another plant rubs

Elderberry soothes,
And the itching fades,
Its leaves so smooth,
As the healing pervades

The pain subsides,
My head is clear,
And I decide,
This plant is dear

But nettles too,
Have their worth,
Tea for you,
Straight from Earth

Brew the buds,
And we shall see,
That nettles aren't duds,
For you and for me!

*Poem by Caitlin Bonner,
Department of Ecology IP*

MLK Week Highlights

The service year has flown past and January has become a distant memory, but our members' demonstrated a strong commitment to service during the Martin Luther King Jr. Week of Service. Read on for just a few of the highlights.

The **King Conservation District** crew stepped out of their normal routine of habitat restoration to find ways to expand service to their community. After a classroom presentation, St. Luke students saw firsthand how invasive species have taken over the surrounding hillside. The students then removed the invasive species under the direction of the crew so that the native plants could continue growing to improve the campus. The hands-on experience taught the kids how to recognize and successfully remove plants that are harmful to the local ecosystem.



This **Metro Parks Tacoma** Crew organized a "Free School" for members of the community. These classes were open to anyone and consisted of a Sustainability Workshop, two Yoga Classes, and a Survival Skills Class. This Free School event recruited over 30 volunteers and teachers.

This **Stilly-Snohomish Task Force** Crew had the opportunity to devote time to King and Snohomish County. For the first project, the crew hosted a swing dance at the Boulevard Park Place Retirement Center. Prior to the event, they purchased supplies, materials for decorations, and food. They also were able to work with six residents to make



decorations for the event.

On Sunday, January 17th, they hosted a full house, dancing and listening to the 12 volunteer members of the Cornucopia Concert Band. Later that week, the crew volunteered at the Progressive Animal Welfare Society (PAWS) where they prepared a refuge site on the premises for a future wildlife resident. The crew moved old metal fencing, wood pallets, piping, and other debris for future disposal or reuse elsewhere on the site.

The **Lake Quinault Crew** worked at Elton Bennett Park in Hoquiam, named after a prominent local artist who lived in the area. The crew spent countless hours planning the restoration and enhancement of this natural oasis in the middle of the city. This hard work paid off on January 18th when they hosted 37 volunteers who helped install a puncheon, steps, and gravel on the trail and started the removal of trash and invasive plants encompassing the park.

Two volunteers joined the crew for the remainder of the week, installing gravel and retreading a significant portion of the trail. With the help of Barbara Bennett Parsons, the daughter of the park's namesake, the crew hopes to install interpretive panels and an information kiosk to inform the community of the historical and ecological significance of this area.

In Bellingham, the **Skagit Crew** joined the two **City of Bellingham** crews in assisting the Center for Local Self Reliance to remodel rooms in the basement of an old hostel in Fairhaven Park, which will serve as classrooms in the

future. They also worked with 40 elementary school children removing invasive weeds.

The **Hood Canal Crew** assisted the Elma Food Bank during their Week of Service, installing a covered area for loading and unloading donations and supplies.



Thirty-one blankets, seventy-six stuffed hearts, twenty-three volunteers, one day of service

On the night of January 17, a windstorm left 27,000 Thurston County households without electricity. The next morning, our WCC Members awoke to a darkened landscape. The crew fumbled blindly through their homes gathering supplies, then convened at their usual meeting place, but this day was different. Instead of mending a scarred prairie landscape, they were helping to mend broken hearts of grieving children. Their planned event was set to take place at the Lacey Senior Center, but the untimely power outage threatened to destroy everything they had worked to accomplish.

Without the help of the senior center's manager, they would be without a venue. The members entered a quiet and dim facility, still lukewarm with residual electric heating. Luckily, Gaia was on their side, and smiled down upon them with brilliant rays of light that illuminated the craft room and their spirits. The fortification of the center began. In a timely and efficient manner, the crew stocked and organized an arsenal of fleece and associated blanket-and-heart-making tools, food, and utensils. Everything was set up to run as a well-oiled machine for the volunteers' arrival. Despite the detached interest of various onlookers, twenty-three kind souls appeared and stayed the whole day.

See blankets, page 7

East and West Unite in Service

The East and West united during MLK Week at the Wolf Hollow Wildlife Rehabilitation Center, located on the beautiful San Juan Island. While weeks of planning preceded the project, the Yakima and Seattle crews officially met while ferrying across the Puget Sound in howling 45 mph winds. The rusting hulk was appropriately named the Yakima-Seattle, and the ship needed her own MLK Week of Service project dedicated to restoring her. However, she carried us safely to our destination, and the two WCC trucks rolled undamaged onto shore in Friday Harbor.

Upon arrival at Wolf Hollow, we were shown our quarters in a 70's model double wide, complete with some fabulous smelling sewer issues. Shortly after, the crews received the grand tour of the facilities, including a brand new eagle flight cage and ironically, an even newer drain field. Animal enclosures littered the forty-acre property, spaced throughout the trees and underbrush to give the patients privacy as well as to minimize human contact with the wild animals. Most of the cages were empty, with exception to a few birds of prey, as winter tends to be the off-season for animal rescues and rehab. However, the facility is equipped to handle a variety of animals including birds of prey, waterfowl, sea otters, seals, deer, songbirds, raccoons, and squirrels. As we approached the end of the tour, we began to realize that the Wolf Hollow Staff had a lot planned for us.

One of our first undertakings was to demolish a mobile home generously donated by Steve Miller ten years ago. The house was now becoming one with the soil, and inhabited by a lovely concoction of termites and hobo spiders. The entire structure was a loss, with the exception of the decks, which we converted into walkways for the facility's often-swampy trails. Another team took on clearing brush and creating a sand bed for several thousand-gallon water tanks for the filtration system of the seal rehab pools. Fighting back berry bushes and hauling sand in wheelbarrows with flat tires, the crew still made short work of the project. We also took time to demolish an old deer enclosure, and hauled out the debris in aforementioned wheelbarrows. By the end of our stay, the crews had also torn out concrete forms from an old foundation, organized the lumberyard, converted a full-grown Doug Fir into firewood, and filled two construction-sized dumpsters.

The trip to Wolf Hollow was a fantastic experience. The crews enjoyed learning some of the factors in successful animal rehab, as well as helping the Wolf Hollow staff through our clean up and construction efforts. Throughout our stay, homemade brownies, cookies, and pies greeted us in our kitchen, and numerous smiles of appreciation from the staff. The scenery was stunning and the experience memorable; it felt as though we should be paying them for allowing us to spend an incredible week at the Wolf Hollow Wildlife Rehabilitation Center.



Article By Andrea Nesbitt, Yakima Crew

The Road Less Travelled

From Ellensburg to Seabeck to Brinnon, we have been there. From trail building to log bucking to live staking, we have done it. We have worked with county conservation districts, the Forest Service, the National Park Service, the Department of Fish and Wildlife, the Nature Conservancy, the Mountaineers, and many more. Did I mention that this was all within just a few short months? If I had to pick one word to describe my Washington Conservation Corps experience, diverse would fit just right. That diversity is what makes this program so special. For a young person like me, each of these varied experiences has offered a peek into a focus of study, a career, or a passion. I have learned the value of hard work, and to take pride in what I do. To say that it has been challenging would be an understatement, but by overcoming great obstacles, I am finding great reward. Because of these experiences I feel far more prepared than many of my peers to navigate the many-forked roads of life, and I travel with greater confidence that the route which I choose will provide betterment for myself and the world around me.



Article By Roby Ventres-Pake, Mt Rainier Crew

WCC

Service for a cause,
We do what we do,
But for many reasons,
Why do?
It is better to do than to not do, I do
not wish to lie down and die.

The service is truly a service to me,
And to all of us, whom ever we are,
the opportunity to do something
positive,
Creates positivity in me, which I
have often forgotten.

Were there not positive things to do
with my body I would be lost,
I am past the point in my life where
I can simply do,
Without a thought towards the
means or ultimate ends,
Intention as a person, as a
community,
I am grateful to be able to work,
As imperfect as it may be, it is good
to do.

And to learn and to gain skills and
knowledge, and to see what my
body can do.
And to have something, relatively
worth doing, and people relatively
worth doing it with.

Creating positive geometry in this
Northwest state.
How else can I be a whole person,
or us a healthy people?



Poem by Taylor Barker, Mount Rainier Crew

Our Martin Luther King Jr. Week of Service

During Martin Luther King Jr. week of service, our crew participated in five days of diverse projects around our local community of Jefferson County, Washington. As a crew, we are diverse, hailing from as far as New Orleans, Rhode Island and Cincinnati as well as two Jefferson County locals. The projects we chose to complete and the organizations we chose to serve during our week of service say a great deal, about who we are as individuals and of our passion for serving our community.

For Martin Luther King Day, we wanted to create a project that would include people of all ages from our local community and to generate excitement about a cause. We chose to hold a MLK Day clean up at Fort Flagler State Park on Marrowstone Island and collaborated with Washington State Parks and Friends of Fort Flagler to plan a day of service. To get the word out we put up flyers, submitted press releases to local newspapers, and posted the event online. We went out into our community for food and raffle donations and the kindness of local business owners was overwhelming. We found that the generosity of the small businesses far outdid that of the large corporations.

On the day of the event, we were amazed when over 40 volunteers arrived deciding to spend their day outside cleaning graffiti off bunkers, painting historic buildings, clearing campsites of debris, and picking up trash along the beach for their local state park. Volunteers ranged from retirees, weekenders from Seattle, high school students completing some necessary community service hours, and a little girl who spent her third birthday picking up trash with her dad. Everyone who came out shared their joy to be able to give back to a park that means so much to them. What was most inspirational about the day was the sense of community created from the support of local business donors and from the volunteers who came out to join our crew in support of Fort Flagler State Park.



James, Katie G., Carolyn, Sarah, Katie B., Matt and Ranger Jody Maberry at Fort Flagler State Park

On the second day of our MLK week, we invited two other WCC crews from Port Angeles to join us at Fort Flagler for one more day of clean up around the park. We painted the interior of a historic WWI era hospital and improved trails and roads around the park. The park was amazed at how much work three crews were able to accomplish in just one day and we all enjoyed working together with our fellow corps members.

On our third day of service, we headed to the Center Valley Animal Rescue in Quilcene where we spent the day building an outdoor, fenced yard for rescue dogs. The rescued farm animals and cats watched us as we built a new yard for Brewer, an aging dog in need of a good home. We spent Thursday installing siding and painting a Habitat for Humanity home for a local family in need. We worked alongside other volunteers and a future Habitat homeowner putting in some “sweat equity” hours towards his new home. The crew then headed to the Lower Elwha Klallam tribal reservation in Port Angeles to construct some interpretive trail signs with the Klallam and English names of common plant species. We installed these signs along the trails with the help of middle and high school students as part of the Head Start program.

As a crew, we are normally outside working alongside the trees and salmon everyday and it was a breath of fresh air to be out in the community interacting with people and different organizations. It was a treat to meet other volunteers in the community and to hear about what inspires them to serve. Our experiences this week demonstrate that there is truly a strong community of benevolent and eager volunteers in Jefferson County willing to work hard to improve their environment, promote education, help those in need, and to brighten a neighbor's day.

Article by Katie Gibbons



The AmeriCorps Experience

I began looking into AmeriCorps as a pathway to continue my education while developing life experience and working with others in direct service to people and our environment. In my experience so far, I have not only come to know a new region and new communities, but have begun to see the ways in which these intersect, each shaping the other. Working with the WCC Mt. Rainier spike crew has provided broad opportunities for learning through direct experience, as well as opportunities to learn from others in the Parks Service and a wide array of experience with the issues involved with management of the state of Washington's natural spaces and resources.

The experience of working as a team and with numerous other crews on a variety of projects has allowed me to develop my skills as a team member, in creative problem solving, and communication. Whether distance hiking with gear and tools for building or improving trail, keeping public natural areas free of dangers, or planting native and removing invasive species as part of long-term restoration plans, our work requires a specific skill set. These include an awareness of numerous site factors and objectives, communication with sponsors, supervisors, co-workers and other crews, mutual support, task management in interest of a common goal, and the ability to cope with frequently changing and challenging work sites.

Moreover, the WCC has provided connections with other service groups and non-profit organizations working with the community and the environment in protecting our natural resources. I have been able to take part in community efforts ranging from natural site restoration with Capitol Land Trust, to native plant salvages with the Olympia Native Plant Salvage Project, to building gardens for low-income community members with the Garden Raised Bounty (GRuB) Kitchen Garden Project. All of these experiences have provided examples of the work being done to meet the needs of the local community, individual community members, and our environment, and have given opportunities for leadership, working as part of a team, and learning how diverse issues come together to affect the environment and the lives of people within it.



Article By Phil Siefker,
Mt Rainier Crew

Invasive Species Watch: Poison Hemlock AKA Blood of Socrates (*Conium maculatum*)

This floral European invader has made itself comfortable among the native species of Washington, stealthily blending in with its innocent and harmless neighbors. Do not be fooled! Poison hemlock packs a nasty punch. With naturally occurring alkaloids present throughout the roots, stem, leaves and seeds, this biennial plant is toxic at only one percent of a potential consumer's body weight! That is bad news, especially if you are a grazer.

Consumption of the plant that does not result in death can still lead to trouble in the future, such as birth defects. In cases where cattle, swine, goats and sheep had eaten it and survived long enough to reproduce, their offspring reportedly suffered from such ailments as cleft palate and spinal malformations. Additionally, this is the fabled species that killed Socrates in 399 B.C.! Unless you know what you are doing, you should not mess with this plant.

Identification: Poison hemlock stands between 0.5 and 3 meters tall (~1.6 – 9.8 feet). Its leaves are very similar in form to that of ferns, carrots and parsley. However, if you bruise or crush them, the difference will be clear. Damaged leaves give off a "mouse-like" smell, but the odor is sometimes "parsnip-like". If you dare to taste those leaves, you may find yourself extremely nauseated. The numerous, little white flowers occur in compound umbels (think umbrella), while the unique stem is hairless and characterized by

purple blotches near the base of the plant. Overall, poison hemlock looks very similar to the harmless wild carrot (Queen Anne's lace), but the latter is much smaller and lacks the telltale purple spots.

Where to find it: Poison hemlock stays true to its malignant nature by preferring places such as dumps, waste areas, embankments, wet ditches and disturbed sites. It spreads across cities and farmland in abundance, and thrives in areas that have been degraded.

If you find it: Removal of this species is best. Broad-leave herbicides can work, but you can also mow it. The best time to mow is in the spring, just before the plants begin developing flowers. If they have already begun to seed, mowing will only encourage their propagation, so be careful of your timing. Only remove the plants by hand if you are wearing proper protection, such as washable gloves and full coverage clothing. The surface of the plant is toxic and once your clothing and/or gloves have made contact, you should wash them before coming into contact with any other surface.

Article by Caitlin Bonner
Department of Ecology Individual Placement



L to R: Hemlock flowers, leaves, and stem. Images Courtesy: (c) 2003 Steven J. Baskauf, <http://bioimages.vanderbilt.edu>

Blankets (continued)

The event was a flurry of productivity. WCC members and volunteers produced seemingly countless numbers of stuffed hearts and fleece blankets for the grieving children of Bridges. These blankets will someday comfort children at summer camp who have experienced the tragic loss of a loved one. At the end of the day, after all the “thank yous” and “fare wells,” to the devoted volunteers the crew collectively beamed with a healthy glow. Thirty-one blankets, seventy-six stuffed hearts, twenty-three volunteers, one day of service. The event was a great success.

The members involved were Brandee Gregory, Chase Slaker, Jennifer Motley, their supervisor Courtney Irby and IP Margot Mansfield. The team finished the project by making a total of 61 blankets and over 300 stuffed hearts and delivering them to the Children’s hospital at the end of the week.



Volunteer Recognition

Mike Marson has volunteered alongside Washington Conservation Corps members located in Jefferson County for the past 5 years. His volunteer efforts focus on salmon restoration, a cause close to his heart as a long-time sport angler. Mike’s extensive knowledge of this iconic fish is a huge help in educating AmeriCorps members new to salmon identification. Often times, environmental work has a schedule of its own but Mike shows up to help, no matter the time. The majority of his volunteerism is assisting the North Olympic Salmon Coalition, but he has also worked with the Elwha Tribe and the Water Beachwatchers of Jefferson County. From beach seining to spawning surveys, Mike has played an enormous role in the efforts to restore historic salmon runs in Jefferson County. Mike explains his volunteerism “allows him to give back to a resource that he’s enjoyed for so long”.

Skagit Crew travels to Cedar River Watershed

The Skagit Crew recently traveled to the Cedar River Municipal Watershed to remove Blackberry and Holly from designated restoration sites.

Our crew’s fearless leader, Rob Crawford, was unable to make the trip, so the boys had to make the brutal journey alone. As this may have struck fear into the hearts of weaker men, the Skagit crew did not flinch in the face of adversity, but instead rallied to perform their duties in a superfluous fashion. Working under the clear-headed guidance of Sally (who is much too cool for a last name), the crew battled against a fierce enemy for three days, eventually emerging victorious against a swath of Blackberry that seemed to arise from the pits of hell itself. As it became clear that this patch stood no match for the crew, laughs of pity for the vicious enemy that lay dead at their feet could be heard in the distance. With root balls the size of a dragon’s heart; only a group as brazen as this could handle the task.

For a feast fit for the task at hand, the crew dined around a rib cage that lay just below in a wind-swept valley. Because the Skagit Crew is a part time spike crew, a stay in the finest accommodations that the state can provide accompanied the days of work at the watershed.

Crewmember Caleb Dobey could hardly contain his excitement when finding out the crew would be staying in Factoria, saying, “it’s been a dream of mine to always see Factoria. With its beautiful views of the Seattle skyline, set just behind I-90, ample entertainment opportunities and the friendly people, what more could a WCC member ask for.”

As the week concluded, Jeremy Westra, the bearded captain of the rag-tag crew, whose beard strikes other beards down as mere children’s play toys, set the truck’s bearings due North, out of the darkness that began to swallow the forest, and on to their respective homes, where vast wonders and treasure’s awaited them.



Article by Jake Silberman,
Skagit Spike Crew

About the Cedar River Watershed

As the Friends of the Cedar River Watershed explains: The Cedar River Municipal Watershed, 90,500 acres of forest land just east of North Bend, supplies more than two-thirds of the water King County residents and businesses use, over one hundred million gallons a day. The lower Cedar River Watershed is habitat for Chinook, coho, and sockeye salmon, as well as steelhead trout. The Cedar empties into Lake Washington, supplying clean water to refresh the lake, keep the floating bridges floating, and operate the Ballard Chittendon Locks where water from the lake meets Puget Sound.

The Cedar River Watershed provides a biological preserve in the midst of our growing region. It protects nearly 14,000 acres of old growth forest, supplies water for the largest run of sockeye salmon in the lower 48 states, and shelters Rocky Mountain elk, common loons, spotted owls, cougar, black bear, osprey and bull trout. The Cedar River Watershed is also the source of some of the nation’s foremost environmental research, and it chronicles 9,400 years of human use, the oldest verified human use at that elevation in the Cascades.

Save money and the Planet

The WCC's Washington Energy Corps initiative has proven highly successful, surpassing expectations and helping communities in need. In King, Mason, Pierce, Thurston, Skagit, Snohomish and Yakima counties, 1,535 multi-family, low-income and senior housing units have benefitted from these efforts, lowering their carbon footprint and reducing energy costs. Crews install compact fluorescent light bulbs, low-flow showerheads and kitchen sink aerators. They also wrap hot-water heater pipes, put in smoke and carbon monoxide detectors, and educate residents about energy conservation.

You can do this same work in your own home to reduce your carbon footprint and put some extra money in your pocket. Below are tips for installing faucet aerators, and this, combined with low flow showerheads can reduce your water usage by 50 percent.

Installing Aerators:

Bathroom and kitchen aerators are screw in attachments with wire screens that mix air into the water flow. These aerators can be added to most standard faucets to reduce flow rates without reducing water pressure. They also reduce energy costs used to heat water.

1. Check your faucets for threads inside. Most are pre-threaded, even older sink faucets.
2. You may have an aerator already installed. If so, check the flow rate of your existing aerator (located on the side) and compare this to the flow rate of new aerators to see if an upgrade is worthwhile (aerators are \$0.50 - \$10 and the savings are often seen within just a few months). The lower the Gallon Per Minute (GPM), the more water the aerator will conserve.

3. If aerators are already present, remove them by hand or wrench. Bring these with you to ensure the proper size for your new aerators.
4. Purchase your new aerator. For kitchen faucets, 2 GPM is ideal and 1.5 GPM or lower is recommended for bathrooms.
5. Install new aerators, remembering to clean the screens of mineral deposits and sediments periodically.



Creepy Crawlers

Now that the weather has warmed, there are new dangers lurking at our restoration sites. Safety reports include everything from arachnids to wasps as threats to safety while in the field. One of these critters is particularly dangerous because they are such effective carriers of disease. Ticks can be found clinging to low-lying vegetation where they wait for a suitable host to brush by. Once aboard a host, they look for a suitable feeding site, and burrow their mouthparts to suck its blood. A meal may last from several minutes or even as long as a few weeks depending on their life stage, type of host, and species of tick. While feeding, their bodies engorge with blood; the tick can enlarge to be many times their original size. It is during feeding that the tick may infect the host with disease. Although diseases spread by ticks are rare in Washington State, there are still some cases of tick-borne diseases reported in our state every year.



Image Courtesy: Scott Bauer, <http://www.ars.usda.gov>

So, whether you are pulling Crupina, building a trail, or surveying a wetland, there are a few precautions you can take against being bitten by one of these hitch hikers. Your most basic defense is to wear long pants and long sleeves. Tucking in your pants to your socks or boots and your shirt will keep ticks on the outside of your clothing. Also, wearing light colored clothing will allow you to see these dark colored creatures more easily. Most importantly, check yourself thoroughly for ticks.

If you are unfortunate enough to have a tick bite you, remove promptly. Using tweezers, grab the tick as close to the skin as possible and pull straight out. If the mouthparts remain attached to your skin, consult your physician about its removal. Monitor the bite site and take notice of "flu-like" symptoms or rash. If you develop symptoms, contact your physician.

Article by Ann Carlson, Port of Seattle IP

WCC IPs participate in Chick Pick at the Port of Seattle

IPs, Ann Carlson and James Duncan participated in the red-tailed hawk Chick Pick at SeaTac Airport this May. Every year wildlife biologists remove bird of prey offspring at the airport to prevent potential dangerous collisions with planes. Wildlife control around airports is a major issue. Birds of prey, along with other wildlife, have an affinity for the wide-open spaces and thermals that airports provide. Many people remember the high profile emergency landing of a plane on the Hudson River due to collisions with waterfowl. Most birds of prey that hang around the airport have learned how to avoid planes and provide an additional service by controlling rodents and birds. The exception is the inexperienced hawk chicks and rather than pose a risk to humans and themselves, the Port of Seattle relocates them to a new home.

During the Chick Pick, an arborist climbs up nest trees and removes the fledgling birds which are allowed to stay until they reach an age (3-4 weeks) where they can healthily be removed from the nest and brought to a site in Bow, Washington. At this site, they often are adopted by other red-tailed hawks. "Our birds have zero mortality," said Bud Anderson, the bird of prey expert at the airport and Director of a Falcon Research Group in Bow. The SeaTac Airport has a comprehensive wildlife program that not only includes birds of prey but also management of coyotes, fish, birds, vegetation (habitat) and wildlife "attractants" such as open ponds. Any wildlife that can pose a hazard or may be hurt by the airport's regular operation is monitored and managed. As part of the WCC Individual Placement program, James and Ann have the opportunity to explore the relations that the Airport and general Port of Seattle organization has with the environment.

Article By James Duncan and Ann Carlson



L to R: James Duncan assisting Arborist John with slinging a line up a cottonwood tree; Ann Carlson holding a red-tailed hawk chick; The red-tailed hawk chicks ready to be removed to their new home!

Continuing the CCC Legacy

Here in Olympic National Park we do a lot of meaningful work with the maintenance crew, but rarely are we offered such an opportunity as we did this November. Our crew shop, a Civilian Conservation Corps (CCC) built stone pump house had trees growing on its cedar shake roof. As it is a historically recognized building, our crew had the unique opportunity to replace the roof with traditional cedar shakes. Though we have experience installing metal roofs, roofing with cedar is complicated enough that we had a sit down tutorial before beginning. Everyone found this a valuable opportunity to learn an historic art. In the cold weather, even prying apart the stacks of new cedar shakes was a challenge, but the chance to preserve our own shop made it worthwhile. Located near Olympic National Park headquarters, the shop is a visible reminder of the WCC presence in the park. We took pride in positively representing the WCC. With WCC roots stemming from the CCC tradition, it was meaningful to preserve a piece of such a legacy.

Olympic National Park Crew: John Simeone, Callie Stark, Erika Knight, Joe Kirsch, Kevin Watson & Justin Zarzeczny (supervisor)



Stories from Jefferson County

Little Quilcene River by Katie Gibbons & Carolyn Wilkins

Since beginning the service year, our crew has been involved in a major restoration project at the mouth of the Little Quilcene River. This project began two years before the existence of our crew with the goal of restoring the mouth of the river to its historical function as a natural estuary. Years of farming and logging practices upstream had created a large delta cone at the mouth of the Little Quilcene, which had accumulated a great deal of sediment prohibiting tidal action in the estuary. The Hood Canal Salmon Enhancement Group along with several other partners worked to remove over 25,000 cubic yards of sediment from the mouth and construct a new river channel.

Our crew entered the restoration project in November to begin revegetating the mouth of the river with native riparian plants. Restoring native vegetation along the river helps decrease river temperature, improves dissolved oxygen levels, reduces erosion along the banks and helps recruit large woody debris in the channel. The Little Quilcene is important spawning ground to several salmonid species including steelhead and summer chum and restoring these habitat functions is essential to maintaining a healthy salmon run.

We began our work at the upper stretch of the project site in the early-succession alder forest, infested with invasive knotweed and blackberry. Our crew went in with brush cutters and hand tools to clear over 1000 planting circles in the dense blackberry for conifer trees in hopes of jump-starting succession of the riparian forest.

We then moved downstream to the delta cone, where only grasses and alders had taken root after many years of disturbance had rid the area of all native seed stock. We began the restoration of this area by clearing spaces in the grass to plant native shrubs and trees. The delta cone is a diverse site with several distinct ecological zones including tidal influenced wetlands, young alder forest, and a seasonal high river flood zones. The plant species chosen for this site were specific to each zone. Our crew planted over 3,500 shrubs and trees throughout the 4.5-acre restoration site.

Currently we are working on treating and maintaining this planting site in order to keep invasives at bay and encourage native plant growth. Restoring the delta cone of the Little Quilcene is a huge undertaking, requiring many years of maintenance, monitoring, and the coordination of many groups. Our work is only the beginning, but eventually the site will be restored to an estuary and again be dominated by natives and provide habitat for salmon and other riparian animals. We are proud to be part of this project and look forward to returning years from now to see the difference that our efforts have made.



Green Scourge By James House and Austin Garcia

Our crew was recently given the task to survey and inventory invasive Japanese Knotweed (*Polygonum Cuspidatum*) and Buddleja Davidii (butterfly bush) along the Dosewallips River. It was as much of an educational experience as it was an adventure; requiring some on-the-job GPS/GIS training in addition to learning a bit about what Japanese Knotweed is and why it is such a menace to our local ecology. In this article, we invite you to share in our experiences and adventures.

Knotweed is a green scourge for many reasons. It will readily choke out any existing plant life in the areas it grows to make room for its own expansion. In urban environments, it will easily damage roads, pavement, buildings and other structures. In the local riparian sites, it will literally choke out channels of their capacity to carry water. The World Conservation Union labels it as one of the world's worst 100 invasive plant species. Butterfly Bush is almost as loathsome, excluding any other plant life from growing where it takes root.

Our crew had the rare chance to pioneer areas along the Dosewallips River that have never before been surveyed for Japanese Knotweed. Suited up in waders, life jackets, and our backpacks, we trekked through the dense vegetation along the river to seek out and make note of any knotweed we came across via our GPS units. At times, it really did feel like more of an adventure than "just another job"; there were times we needed to scale steep cliffs, climb tall logjams, and precariously balance ourselves along the raging white waters of the Dosewallips in late spring, as the snowmelt and the heavy rainfall of the season surged into the river.

Though there was quite a bit of knotweed found, we considered ourselves fortunate that we were not stumbling into patches every few yards. Quite a bit of hiking was involved in moving from clumps to patches, but in the end we succeeded in taking a number of points to assist in the location of these knotweed habitats. We genuinely enjoyed our time allowed with this project, and it will be a great privilege to come out once again to follow through with the treatment of the "Donkey Rhubarb Menace".

(See page 7 for Jefferson County member pictures)

WCC Now Hiring

The WCC is recruiting for our 2010-2011 AmeriCorps service year. We are looking for 180 young adults (ages 18-25) interested in committing a year of service to the natural resources of Washington State. In exchange, we commits to providing excellent on-the-job training along with three weeks of formal training. These trainings include a member orientation and 2 week-long training sessions in topics of the member's choosing.

Member Orientation

Member orientation is booked full of requisite training classes that may sometimes be a bit too much class time for our members accustomed to working outdoors all day. Fortunately, our First Aid course allows for plenty of outdoor, hands-on activity, complete with makeup and costume, to break up the monotony. The triage simulation is realistic enough that we notify the Ecology building to avoid erroneous calls to 911.

After being made-up with blood and assigned injuries, the thespians in the group truly shine. Hand pumps filled with fake blood replicate arterial wounds in need of immediate pressure and ghostly white face paint adorns the faces of the casualties. Tensions run high as the remainder of the class takes on the role of first responders. The injured judge their response, perhaps critically, as they have permission to die if the responder fails to respond timely or properly to their wounds. One or two members enjoy the assignment of acting out a belligerent victim and do so believably.

Formal Training

In addition to this orientation and on-the-job instruction, WCC members receive 2 weeks of formal training in topics of their choice. These are 40 or 80-hour courses and most result in a valuable certification. WCC members choose from:

- Ethnobotany
- Geographic Information Systems and Global Positioning Systems (GIS/GPS)
- Introduction to Wetlands and Proper Functioning Conditions (PFC)
- Hazardous Materials Response (HAZWOPER)

- Wilderness Advanced First Aid (WAFA)
- Wilderness First Responder (WFR)
- Wildland Firefighting

WAFA (40 hour) and WFR Certification (80 hour) are highly sought after résumé builders for our members. These courses focus on trauma care, environmental topics, and medical emergencies. Wetlands Assessment and PFC are two important tools used in the environmental field and GIS and GPS are the latest technologies. Ethnobotany is consistently a member favorite for training, providing information on native plants of the Pacific Northwest, including identification, food and medical uses, and historical Native American uses.

The Wildland Firefighting Training is a course for entry-level firefighters that provides participants with firefighting techniques, suppression equipment and safety, and fire behavior. The resulting certification is a Red Card that enables WCC members to fight wildfires anywhere in the country. WCC members who attend this training may not only put their Red Cards to use while in the WCC, but well beyond, as they go on to work for our partnering firefighting agencies, post-service.

Another valuable certification for our response efforts is Hazardous Materials Response. HAZWOPER participants learn to recognize and reduce exposure to hazardous materials, enabling our members to respond to hazardous spills. This is the same training required of certified Spill Responders. Often times, this certification is a condition of employment for these positions and is a jumpstart for our members looking to enter this field, post-service.

During the second week-long formal training, WCC members have the opportunity to gain training in a second subject area or expand on their first training course with certifications like Wilderness First Responder (expanded WAFA course) or Wildland Pumps and Saws (extended fire training). This year, the WCC has also added courses on sustainability, heavy rigging applications and safety ropes.

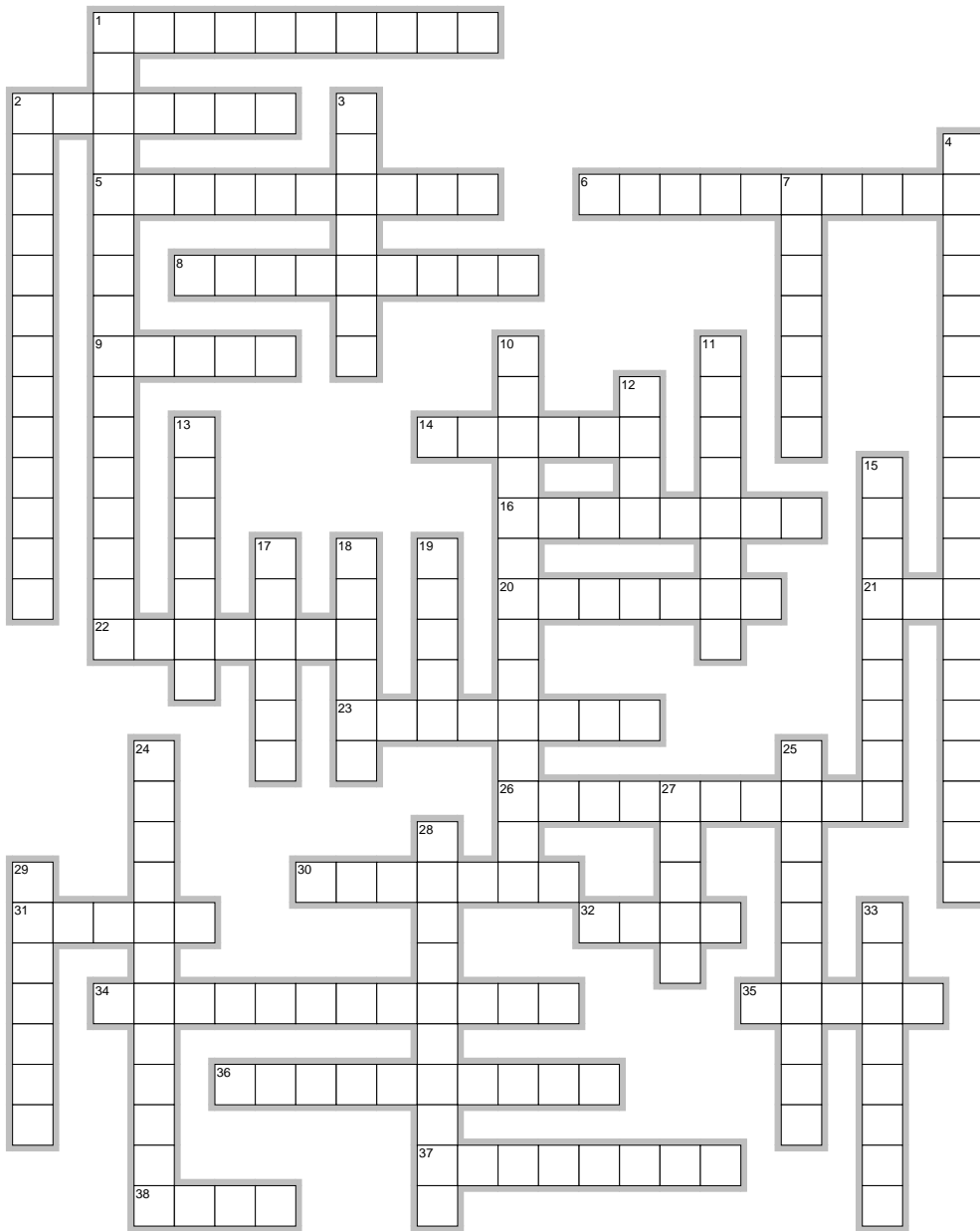
The WCC service year starts at the beginning of October and concludes at the end of September the following year. Typical work includes building trails, planting trees and other natural vegetation and biological monitoring. There are WCC crews and Individual Placements in over 30 locations across the state. Members receive the state minimum wage and a \$5,350 scholarship from the national AmeriCorps program after completing their service. For more information, visit the WCC website at <http://www.ecy.wa.gov/wcc>



WCC Crossword Puzzle

NOTE: For answers with 2 words, fill in without spaces.

First Crew/IP to successfully complete and return this puzzle to HQ wins a prize!



EclipseCrossword.com

Across

1. Urtica sting soother
2. A place for autos to swim
5. Vancouver named it after Peter (2 words)
6. Climate Conference city (2009)
8. Often asks, "Who cooks for you?
Who cooks for you all? (2 words)"
9. roaming crew
14. Wheel, Zone, or Country
16. New Zealand nettle with a license to kill
20. county, tree, and cleft-chinned actor
21. Energy saving light (acronym)
22. Bivalve, not bird
23. Capitol Lake invader (2 words)
26. Dies back at end of growing season
30. Finger-like lobes
31. Travels in a 1.6 million mile loop
32. Disease danger of #38 Across
34. The Olympic's southern little sisters (2 words)
35. _____ oak, a lone native"
36. The study of insects
37. Wooden walkway
38. Warm weather worry

Down

1. Europe "star" bird, turned invasive (2 words)
2. "The power is yours!" he exclaims (2 words)
3. Species first to return
4. A one-person WCC crew (2 words)
7. Under Yellowstone and Hawaii
10. 1st USFS chief and recently added crew
11. Two-year life cycle
12. Marine transient that eats 13 Down
13. local, barking otariid (two words)
15. Washington has five (pl)
17. A grand dam
18. Eastside city celebrating its 125th birthday
19. Battle fern
24. Oreamnos americanus (2 words)
25. Weapon of choice for ants & nettles (2 words)
27. Just short of Rainier
28. National week in May
29. Off Coast Event: Pacific _____ Oscillation
33. Founded by Gaylord Nelson (2 words)

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.



July 2010
Volume 6, Issue 2
Ecology Publication 10-06-021

If you need this publication in an alternate format, please call 360-407-7248. Persons with hearing loss can call 711 for Washington Relay Service. Persons with a speech disability can call 877-833-6341.

Washington Conservation Corps

Washington Department of Ecology
PO Box 47600
Olympia, WA 98504-7600
Website: www.ecy.wa.gov/wcc
Telephone: (360) 407-7038