

## A WEEK IN CAPITAL FOREST

By: Shawnee Bunyard, Thurston County Spike Crew AmeriCorps Member



### IN THIS ISSUE:

<i>A Week in Capital Forest</i>	1-2
<i>AmeriCorps in Saipan</i>	3-4
<i>Ecology Food Bank Garden</i>	5
<i>WCC Snapshots</i>	6-7
<i>Alumni spotlight</i>	8
<i>Sudoku</i>	9
<i>Truck Talks</i>	10

What does a week in the majestic Capital State Forest look like? No matter what time of year you visit the forest it is a magical world unlike any other, transporting you to another universe. Capital Forest is located just 20 minutes west of Tumwater. Our AmeriCorps WCC crew spends most of their time there, from brushing trails and cleaning up campgrounds to building a very nifty little item completely new to me, called a puncheon which is a piece of broad roughly dressed heavy timber, with one face finished flat that is used in structural framing.

A puncheon is installed to make a clear path over bogs, natural springs, small creeks, or over very rocky ground - areas that cannot be moved or drained by other means. Puncheons are preferred in areas where the ground does not have a solid base, holding up muddy, gooey, and sticky sections of trail. Very sturdy when built correctly, ATVs and even small trail tractors can go over puncheons.

That's where we came in. Old cedar planking installed over a small creek and extending west of the trail due to the natural spring underneath created a big gooey mess on the trail. A few days before we started this project, a trail tractor tore out the old cedar planking that was over the spring. This rotten cedar planking was a danger to people hiking, riding ATVs and dirt bikes on the trail.

Thankfully there was an old logging landing not far up above the trail so we hauled in all the lumber by truck and trailer to the top. We then used the ATV to drag down the large 8x8s boards and the huge 16 foot stringers. We set up a fire brigade to bring down the 44 five-foot planks to use for the decking.



Break time! AmeriCorps members try to get out of the mud to enjoy a bite to eat.



**SEND US MATERIAL TO BE PUBLISHED IN THE NEXT NEWSLETTER!**  
 Please send your stories (800 words or less), photos, and updates for publishing to Sadie at [Sadie.Normoyle@ecy.wa.gov](mailto:Sadie.Normoyle@ecy.wa.gov)

## A WEEK IN CAPITAL FOREST CONT...

We spent the first day scraping off the really deep mud and creating a place for the water to flow down in to the creek. We also started setting a firmer foundation for the concrete brick to form a stable spot for our 8x8s to hold up our decking and stringers. This was a very muddy and soggy process, but we had a blast operating as a team to dig out the mud and start this project.

We were all excited for the second day to start getting ready to lay the bricking and 8x8s down. Every day we set goals for ourselves and to the whole crew. Our goal on the second day was to get the stringers set and nailed in. By the end of the day we had all the decking in on the first 16 foot section and we were ready to start on the second section. We completed projects great as a team, so we were able to exceed our goal.

The third day we set the rest of the stringers and installed all of the decking for the last 16 foot section. We operated efficiently, so we even started on the west side approach. This included digging three-foot deep holes and prepping the face boards so that on the final day we could lay the last of the boards and haul in gravel to complete the approach. That only left the east side approach and the bull rail to be installed on the fourth and final day to complete our puncheon.

I was unable to be there on the last day, but the crew pulled together and still completed all of the tasks while being down one person. We finished a project that, at first, we were not sure we would be able to complete in four days. We even brushed the trail, leaving it looking pretty leading up to the puncheon. It was tough, and took a willingness to get downright muddy, like we had been in pig slop all day, but we got it done!

This project keeps the ATV traffic flowing and allows the public to see some amazing sites and enjoy the fresh air all while not leaving their backyards. We have a lot more to do to make these trails available to the public, but you can count on us to make sure they will be ready for the next time you need some fresh air, and a walk into the majestic Capital Forest.



The whole crew double checked measurements before nailing anything down.



Left: AmeriCorps Crew supervisor Dyami Quilici checking out the final project.

Right: The view from up on the landing overlooking Montesano.

Project photos submitted by Dyami Quilici's crew.

# MEETINGS, VOLUNTEERS, AND ALL THE FOOD IN-BETWEEN

By: Adeline Wisernig, Olympic National Park AmeriCorps Crew Member

*Note: In early October, Washington Conservation Corps sent a team of eight AmeriCorps members and two crew supervisors to Saipan for a disaster response assignment. Below is a description of the team's travel and mission written by AmeriCorps members Adeline Wisernig and David Fine. David is currently serving in Saipan, a commonwealth of the United States. Most of the team returned late October; four members and a supervisor will remain there until November 25.*

The sun was shining all weekend as the week's efforts culminated in our most successful volunteer turnout yet!



WCC AmeriCorps member Ashtyn Moss helps demo an unsalvageable structure at a weekend service event. Photo submitted by Adeline Wisernig.

Our crew has been traversing this small island attending all sorts of community events from church services to college classes. All the while, we've been providing team lead trainings and inviting the individual communities to volunteer for our big planned event with Commonwealth Advocates for Recovery Efforts (C.A.R.E) that took place Saturday October 24<sup>th</sup>. C.A.R.E is the organization formed to lead long-term recovery efforts here on the island. Headed by the leader of United 4 Saipan, Jenny Hegland, the organization is set up to coordinate the relief effort past the initial response period which we have been involved in this month. With our term quickly coming to an end, our databases are being incorporated into larger systems like the Red Cross's CAN system, and our roles are being transferred into

the community.

Perhaps the most unique event that some of our team members attended this week was a festival at the local Hindu Temple. We were invited to attend this event in order to gather members of the community who are still in need of assistance after Typhoon Soudelor. We heard that the temple itself was still badly damaged, and we found it full of standing water due to roof damage. The community greeted our members with incredible hospitality. As guests, our crew was invited to eat and it was ensured that our plates were always full, always. Children laughed and played and engaged our crew while we got information from homeowners about the help still needed to get their homes back to livable conditions.

Then came our big Saturday event. We rounded up 74 volunteers from various communities to help us with a large-scale debris sorting and removal in the Village of Chalan Kanoa. Everyone from parishioners to high school students to FEMA officials were out helping move tin and wood in over 90 degree heat. We hauled the debris to places our trusty dump truck and backhoe could access. Hydration, of course, was key and together we assisted six individual households in large-scale clean-up projects and also sent a canvas team out to gather more information about village needs. Saturday was so successful that several of the volunteers asked to come back the next day to help finish up a couple of sites that needed touch ups; we were at it again Sunday morning for round two.

For many of us this weekend felt like a true manifestation of our mission. We brought together different communities around the island for the common goal of helping one village. This, now, can act as a precedent for what can continue in the long-term recovery stage of this relief effort.



# FOND FAREWELLS AND A NEW HELLO ON TOP OF TAPOCHAU

By: David Fine, Mount Vernon Skagit Spike Crew AmeriCorps Member

Last Friday the dust finally settled at the Joint Field Office (JFO), the place our AmeriCorps team had called home for four weeks. The four of us that remained looked at each other and smiled. It was the first time since we arrived that the JFO was quiet, but remaining team members, Alan Richardson, Jackson Owens, Evan Nally and David Fine, had no time to enjoy it. There was another volunteer event tomorrow and another four weeks of service to complete in Saipan. With a new (old?) crew comes a new mission assignment: those still here in Saipan are currently focusing on volunteer capacity building, finding new team leaders, and finding those who will carry on the mission of helping those in need. There is much more to be done before the last of our AmeriCorps team departs on November 25.

In between all the chaos of packing for home, we identified a new site for the weekend volunteer event: Garapan, perhaps the ritziest part of Saipan. However, just one road down and the veneer of glitz and glamor quickly peels away; the destruction of Typhoon Soudelor is still plainly visible. There are damaged homes with debris that has been piling up for three months, homes without roofs, and trees precariously perched over homes and families still living in them. Garapan is an eerie reminder of the stark contrast that exists in many places of the haves and have-nots.

Canvassing on Friday with the remaining team of four showed us just how disruptive a major shakeup can be on our disaster response efforts. One volunteer showed up, so the remaining folks looked for potential sites by themselves, finding large debris piles and homeowners still in desperate need. In stark contrast to the canvassing event, 76 volunteers showed up the next day ready to help. We assisted three homeowners, gutted three homes so the owners could start to rebuild and sorted 110 cubic yards of debris. The volunteers here never cease to amaze us with their amazing work ethic, and the new leaders that were identified at every site, eager for a new opportunity to help others.

After Saturday's event, the four "Saipanions" downed a quick lunch and bought some costumes for a "Trunk or Treat" event taking place at the recently reopened Joeten-Kiyu Public Library. Trunk or Treat is an event where children go to a safe public place, and organizations decorate their car trunks to hand out candy. Buying silly pirate wigs, scuffing up our clothes, and tying bandannas over our body we handed out candy to over 5,000 children. We destroyed our throats with our thick salty accents and told the same lame pirate jokes over and over again. Our favorite was, "What is a pirate's favorite letter of the alphabet? You might think it is R, but is actually the C."

The next morning we greeted a new member of our pirate crew, WCC supervisor Jesse Rogers, with a traditional Saipan breakfast of Spam and rice. Still struggling with jet lag, we overloaded this brave, new Saipanion with information about the island and took him to Mount Tapochau to show him the entirety of Saipan.

Goodbye to Mom and Dad (or rather, WCC supervisors Rob Crawford and Ernie Farmer - I'll let you readers decide which is which), goodbye technological wizard Teddy Lasky, goodbye public resource guide expert Ashtyn Moss, goodbye professional renegade Mikenzie Rost, goodbye blog aficionado and resident artist Adeline Wisernig. We have big sandals to fill, thanks to your accomplishments. There is still much to be done, but with your great help to get us started, all of us can leave Saipan in a better state.



Dressing up for the "Trunk or Treat" event. Photo submitted by David Fine.

# END OF THE SEASON: A LOOK AT THE WCC ECOLOGY FOOD BANK GARDEN



In order to wrap up the growing season, the Food Bank Garden located at the Department of Ecology hosted a squash harvest and garlic planting party. Throughout the day we harvested over 800 pounds of squash to donate to the Thurston County Food Bank where it will be distributed to local community members. This wraps up a season that produced corn, squash, greens and other vegetables.

Volunteers also planted rows of garlic in order to prepare for the next season. The garlic that was planted will be ready for harvest in spring or early summer. Upcoming projects include planting cover crops and prepping the tools and irrigation system for the winter. Next spring the garden will be in full swing again! If you are interested in being added to the email list for the garden to hear about our volunteer opportunities, email: [Sadie.Normoyle@ecy.wa.gov](mailto:Sadie.Normoyle@ecy.wa.gov).

Photos by Sadie Normoyle



# WCC SNAPSHOTS!



On October 27, several AmeriCorps WCC members planted wheat at the Governor's mansion with First Lady Trudi Inslee. (Photos by Sadie Normoyle).

Above: Wheat prepared to be planted.

Upper right: AmeriCorps member Courtney Johnson helps during a bread making workshop led by Jonathan Bethony.

Lower right: Different stages of bread making are shown by Jonathan Bethony. From dough to final product.



Old school slope restoration in Metaline Falls by the Walla Walla Spike and the Spokane Spike AmeriCorps Crews. This is the start of a 42 year watershed restoration project that Seattle City Light must complete to recertify their Dam on the Pend Oreille River. (Photos submitted by Adam Hein's and Greg Dunbar's crews).



Above: A second year AmeriCorps WCC member during S-212 saws training course at New Member Orientation Training (NMOT) at Cispus Learning Center. New members rotated through different class sessions while returning members focused on disaster response curriculum.

Upper Right: An AmeriCorps WCC member practices CPR techniques.

Right: Returning members during a disaster response simulation at NMOT.

(Photos by Laura Schlabach and Jennifer Storvick)



*“To be good, and to do good, is all we have to do”*

-John Adams



# ALUMNI: WHERE ARE THEY NOW?

By: Erika Reddington, King Conservation District WCC AmeriCorps Member 2012-2014

Before I started my WCC term, I wasn't sure what to expect. I had an open mind about the assignment, the kind of crew I would be serving with, or what experiences I would have.

I was fortunate to have great crews for both of my WCC terms. All of us embraced the challenge of manual service in the elements of mother nature, and made the best of difficult situations. During my first year, I was given the opportunity to deploy not only once, but twice. The first deployment was 30 days to New Jersey to lend a hand in clean up after Hurricane Sandy. We served with other Americorps groups, the community, churches and a multitude of individuals and group volunteers that donated their time to help us out.

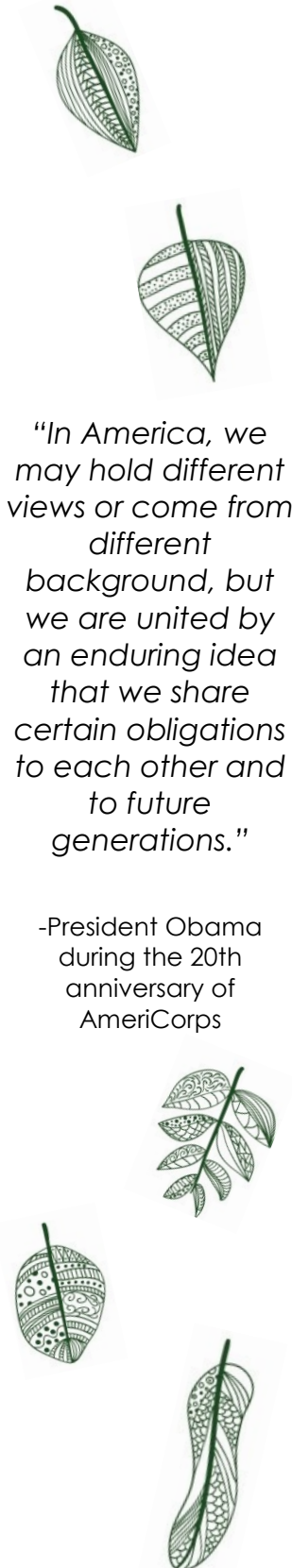
The second deployment was 30 days in Alaska where clean up was needed after the Yukon River flooded a tiny town called Galena. My crew and I served with a couple of other WCC crews as well as 2 other AmeriCorps groups, one from Minnesota and one from Iowa in order to clear out as much debris as possible so the townspeople could start rebuilding right away. Both experiences helped shape the person I am today and boosted my knowledge and skill set for future employment.

I'm currently working for Washington State Department of Transportation as a Natural Resource Technician. My job entails working outside conducting restoration and mitigation work such as planting native plants, brushcutting, applying and controlling noxious weeds, fence construction, setting up irrigation lines, and other various work. Even though it mostly involves mandatory mitigation for the state, the job is rewarding and I love it!

The advice I would give to other AmeriCorps members is to enjoy your time with WCC, even when the project is hard or crew dynamics are taxing. The time will fly by! Make the most of your term to gain as much experience and knowledge as possible. Foster connections, get to know people you serve with. You never know who or what will help you launch a career outside of WCC.

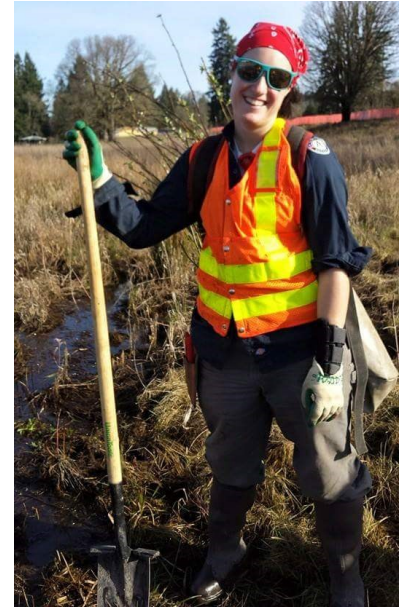
One of the best memories of being a part of the program was making a difference, big or small. Anywhere I went, I felt good about the service I was doing, knowing it was helping someone else. I feel enthralled that I got to be a part of the WCC and it helped prepare me for "real life." To every member in the organization, have fun and "Get Things Done!"

Photos submitted by Erika Reddington



*"In America, we may hold different views or come from different background, but we are united by an enduring idea that we share certain obligations to each other and to future generations."*

-President Obama during the 20th anniversary of AmeriCorps



At a site in Battle Ground planting willow last February.



At the King Conservation District plant sale in March of last year.



# WASHINGTON CONSERVATION CORPS SUDOKU PUZZLES\*!

	2		1	7	8		3	
	4		3		2		9	
1								6
		8	6		3	5		
3								4
		6	7		9	2		
9								2
	8		9		1		6	
	1		4	3	6		5	

Easy

		2						
		3		1				6
	4			2			3	
1					3			9
		5				4		
2			6					8
	9			7			4	
7				8		5		
						3		

Medium



**Answers from last week!**

**Photo Contest: Olympic Marmot**

**Crossword:**

- |                                                                                                                                                                        |                                                                                                                                                      |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Across</b></p> <p>4. MAIA BELLON</p> <p>5. CLINTON</p> <p>8. APPLE</p> <p>9. HOH</p> <p>10. SALISH SEA</p> <p>12. DAVID DOUGLAS</p> <p>13. WESTERN RED CEDAR</p> | <p><b>Down</b></p> <p>1. WESTERNHEMLOCK</p> <p>2. BOLDT DECISION</p> <p>3. RAINIER</p> <p>6. ISAAC STEVENS</p> <p>7. RAINFALL</p> <p>11. SPOKANE</p> |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|

\* Just for fun! No prizes with this activity. Check the back page for an opportunity to win WCC swag.



Like us on Facebook!

[www.facebook.com/washingtonconservationcorps](http://www.facebook.com/washingtonconservationcorps)

### Accommodation Requests:

To request ADA accommodation including materials in a format for the visually impaired, call Ecology, 360-407-7248. Persons with impaired hearing may call Washington Relay Service at 711. Persons with speech disability may call TTY at 877-833-6341.

Washington Department of Ecology  
PO Box 47600  
Olympia, WA 98504-7600  
[www.ecy.wa.gov/wcc](http://www.ecy.wa.gov/wcc)

**October 2015**  
**Volume 12, Issue 2**  
**Ecology Publication No.**  
**15-06-022**



## WASHINGTON CONSERVATION CORPS “TRUCK TALKS”

Looking for some inspiration for getting to know your co-workers? Try using these discussion questions to get to know your new co-workers better!

1. What personal achievements make you proud?
2. What is your role in your family?
3. Who would be your ideal celebrity neighbor?
4. What are you good at? What do you wish you were better at?
5. What does it mean to be "normal"?
6. Is it ethical to eat meat?
7. What would your dream home be like?
8. What is more important, intent or impact?
9. What nicknames have you ever gotten or given?
10. What is confidence? How do you get more of it?
11. What news stories are you following?

Submit your suggested truck talk topics for next month's newsletter to supervisor Alicia Kellogg at: [alicia.kellogg@ecy.wa.gov](mailto:alicia.kellogg@ecy.wa.gov).

*Feel free to suggest anything fun, creative, philosophical, deep – just remember to keep it professional!*

*Bonus question: First person to send in the answer wins a WCC sticker!*

**What type of tree is this?**

*Hint: It's the state tree!*



## ABOUT THE WCC

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 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 around 300 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](http://www.ecy.wa.gov/wcc).