



# Lewis County

WASHINGTON STATE UNIVERSITY  
EXTENSION

## July-Sept 2021 Program Outcomes

## 2021 Plan of Work

EXTENDING KNOWLEDGE AND CHANGING THE LIVES OF LEWIS COUNTY RESIDENTS



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### Mission Statement

Washington State University Extension Lewis County helps people put research-based knowledge to work improving their lives, communities, and the environment.

To realize this mission, faculty and staff plan, conduct and evaluate research and experience-based educational programs to improve the lives of Lewis County residents.

WSU Extension Lewis County also employs the assistance of hundreds of volunteers and community partners and provides access to the resources available at Washington State University and the National Land Grant University Extension System.

### Local Programs Include:

- 4-H Youth Development
- Master Gardener/  
Master Recycling Composting Program
- Food Safety & Preservation
- SNAP-Ed Program
- Small Farm/Agritourism
- Stewardship Forestry
- Noxious Weed Education and Control
- Pesticide License testing

WSU Extension programs and employment are available to all without discrimination.  
Evidence of noncompliance may be reported through your local WSU Extension office.  
Washington State University, U.S. Department of Agriculture, and Lewis County cooperating agencies.



## 2021 SNAP-ED ACTIVITIES

- SNAP-Ed delivered educational trainings in the community, reaching primarily youth participants.
- Educators provided training programs reaching low-income families.
- PSE (policy, systems and environmental) reach across all sites.
- New partnerships were formalized, with PSE interventions provided at several sites.
- New 2021 partnerships were coordinated through baseline data collection at in-county sites and shared goal establishment at local sites.
- Student behavior change following SNAP-Ed training:

Students were observed making healthier meal and snack choices

# SNAP-Ed Program

## Situation & Issue

This project targets adults and children with messages that are consistent with the Dietary Guidelines and teaches the skills to select and prepare the lowest-cost, most nutritious (and tasty) foods. Educators emphasize increased consumption of fruits, vegetables, low fat milk, and decreased consumption of high fat and high sugar foods. Additional messages emphasize portion size and the importance of physical activity.

## Outcomes and Results for 2021

This quarter SNAP-Ed Lewis County wrapped up Farmers Market season at their various market sites, with a winter squash seed-saving activity at the Chehalis market.

Partnering with Lewis County Food Bank Coalition, SNAP-Ed is helping implement the Farm to Food Pantry grant, which provides funds to purchase local fresh produce to distribute at area food banks and pantries. The coalition was awarded an additional block of funding, increasing purchasing power directly from local farmers.





## 2021 4-H BY THE NUMBERS

- Over **813** reached through 4-H enrichment programs including
- **344** Youth traditionally enrolled in 4-H Clubs
- **106** Certified and Enrolled Adult Volunteers
- **25** teens in County Wide Teen Leadership Club

# 4-H Youth Development

## Lewis County 4-H Youth Program, July-September, 2021 (Covid-19)

Pam Watson, M.Ed., WSU Lewis County Extension, 4-H Faculty- WSU Assistant Professor

County 4-H volunteers work with youth in the framework of the "four Essential Elements" of positive youth development which are *Belonging/Bonding, Mastery, Independence/Leadership, and Generosity*. The 4-H membership year runs from Oct. 1 – Sept. 30 of each year. Youth and volunteers have from Oct. 1-April 1 (May 14, 2020-2021 year) to enroll/re-enroll each year.

### Impacts to youth were:

- **A total of 1,370 youth in all WSU Extension programs** reaching K-12<sup>th</sup> grade youth in Lewis and surrounding counties (rolling yearlong total)
- **106 4-H volunteers** in 4-H Volunteer Club Program with 36 of those as middle managers and/or in officer positions
- **344 youth** are in the year-long 4-H volunteer led club program, including 25 youth enrolled as youth volunteer leaders (Junior Leaders)
- "Outreach 4-H Programs" ranging from after school 4-H clubs to day camps to school enrichment (heavily modified for this year of course), Virtual Know Your Government (Feb.), and Experience 4-H Online workshops and clinics (NEW) had approximately **1,026** (rolling yearlong total). In spite of Covid-19 we reached several youth through virtual 4-H club meetings, packets passed out through local elementary schools with lunches on snacks and nutrition, and several 4-H outreach project related programs provided via zoom in a multi-county effort we are calling Experience/Explore 4-H.

Pam has continued to meet with county committees/boards through phone and zoom meetings when those options have been made available. Lewis County 4-H Council meetings are made up of 4-H volunteers, 4-H Teens, and parents. We have continued to meet each month. Each Council meeting has contained an educational portion for up to one hour prior to the meeting, sometimes focused on volunteers and other times focused on youth education. This quarter's education included Resuming 4-H In-person application, video, and a discussion on the county fair and what options to pursue. Continued participation with community board groups such as Lewis County Thrives, WA Ag in the Classroom, Centralia Coalition, and Morton Up!; these meetings have been educational and supportive for members and to the community too during Covid-19. All of the community groups are planning to move ahead with different community support efforts in the spring and summer with more normal events/activities being planned for fall 2021.



**Providing programs that foster opportunities for experiential learning and life skill development to help youth become confident, contributing citizens.**

To stay abreast of state-wide information twice-monthly zoom meetings through WSU are participated in based on the program area of Extension and 4-H. In June these were reduced back to once a month as during pre-Covid time. We have had staff meetings once a month to stay in touch with our WSU Lewis County Extension Office partners. Pam has also been a part of several state-wide discussion groups for youth animal science and adolescent leadership development, two of her 4-H focus areas. Pam has provided leadership to several county, state-wide, and national opportunities in the areas of Experience/Explore 4-H, communication & expressive arts, and poultry by hosting/co-hosting/tech support for 48 live broadcast (rolling yearlong totals) zoom sessions. Because WSU 4-H programs were allowed to start having club meetings in person in late May, after volunteers went through an application and short training (only 10 clubs out of about 37 went through this process), the effort continues to be made to stay in contact with the 4-H youth of Lewis County by: encouraging 4-H Volunteers to get a free Zoom or other free video chat capable program to have virtual 4-H meetings. These are a time to check-in, have a short learning session about 4-H project work, a social time to interact, and have some fun. Our multi-county regional group consisting of Lewis, Cowlitz, Wahkiakum, Pacific, and Thurston counties continue to put together several project related, multi-county, virtual programs, called Experience/Explore 4-H, with our average decreasing as we wind down for the summer to 4 programs per month. While these meetings do not make up for the time spent together in club meetings they do give the youth and adult volunteers a place to interact and learn about different 4-H project areas. The most challenging part of keeping 4-H active and engaged has been the lack of high-speed technology and connectivity throughout the county.

**WHAT THE RESEARCH SAYS ABOUT 4-H**

4-H'ers are:

- Nearly 4x more likely to make contributions to their communities
- About 2x more likely to be civically active
- Nearly 2x more likely to participate in science programs during out-of-school time
- 2x more likely (Grade 10) and nearly 3x more likely (Grade 12) to take part in science programs compared to kids in other out-of-school time activities
- Nearly 2x more likely to make healthier choices

*The Positive Development of Youth:  
Comprehensive Findings from the 4-H  
Study of Positive Youth Development*





## Program Summary

- ◇ Assistance was provided to **145** Lewis County residents/landowners interested in Noxious Weed Control
- ◇ Staff received and followed up on **70** inquiries and/or reports about tansy ragwort
- ◇ ~**280** acres of hay and forage products were inspected and approved for the Weed Free Washington Wilderness Hay & Mulch Management (WWHAM) Program.
- ◇ Ongoing weed control activities included scotch broom control in Packwood, purple loosestrife in Galvin and Curtis communities, knotweed in Chehalis, and additional work on US Forest Service land in Randle, among other areas.
- ◇ **4** landowners completed the requirements for the Stewardship Incentive Program (SIP) and received their “mini grant” reimbursements. To date, the SIP program has provided \$700 in reimbursements to landowners during 2021.

# Lewis County Noxious Weed Control Board

## July – September 2021

It is the mission of the Lewis County Noxious Weed Board to serve as responsible stewards of the land in Lewis County, working to protect and preserve our natural resources from the damaging effects of noxious weeds. We develop programs that reflect local priorities, meets the needs of county landowners and carries out the mandate of the Washington State noxious weed law. The Weed Control Program provides weed prevention strategies, educational programs, technical assistance and enforcement actions to control or eradicate noxious weeds in our county.

## Program Highlights

Lewis County Noxious Weed Control Board participated in the SW Washington Fair August 17-22, 2021 as guests of the Lewis County Master Gardeners in the floral building. Despite having lower attendance than previous years, returning to the fair offered an excellent opportunity to talk with Lewis County residents about their weed control concerns. Staff were able to answer a variety of questions from local landowners and distributed an array of brochures, booklets, and other educational materials.



Happy to be back! The Lewis County Noxious Weed Control Board returns to the SWW Fair.

With the help of WSU Director, Patrick Shults, the Lewis County Noxious Weed Control Board also launched an online survey for local residents, available for several weeks in August and September. The survey provided residents with an opportunity to give feedback and direction on how the Noxious Weed Control Board could provide the highest quality of customer service and landowner assistance to residents, vacationers, foresters and agricultural land managers. Over 350 people participated in the survey. The Board found the results to be valuable for future programmatic planning and is in talks to implement some components of the recommendations as we speak.



Nearly 11 months after Eurasian watermilfoil, a Washington state class B noxious weed, was first observed by Lewis County Weed Control staff in Mineral Lake, chemical treatment was successfully completed on August 31, 2021. Weed Control staff was on site during the treatment to lend support to the contractors and answer any questions that community members or lake visitors might have. The treatment was completed in just 3 hours and very few visitors (<10) were observed. Weekly post treatment observations made by Weed Control staff would seem to indicate that the treatment has been a success, however, this will ultimately depend on milfoil growth observed in the spring of 2022. Funding for this project was provided by a grant from Washington Department of Ecology, awarded on July 1, 2021, for the control of early aquatic infestations.



Clockwise from top left. (1) Eurasian watermilfoil prior to treatment. Flowering stalks are observed above surface and large biomass is visible below surface. (2) Post treatment, 2 days, flowering stalks are no longer visible. Biomass below surface is still visible but is lower in the water column. (3) Eurasian watermilfoil close up.





### Lewis County MG Demonstration Gardens

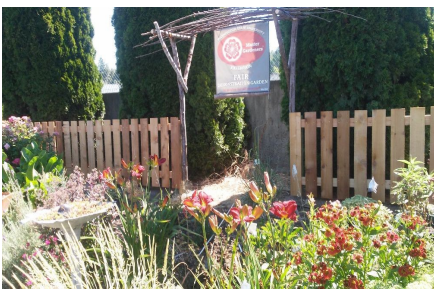
#### Borst Park



#### Providence Place



#### SW Washington Fairgrounds



#### Salkum Timberland Library



# WASHINGTON STATE UNIVERSITY

## LEWIS COUNTY EXTENSION

### *Master Gardener Program*

The **WSU Master Gardener (MG) Program** is a public service program that provides university training to volunteers for the purpose of enabling them to serve their communities by providing horticultural, gardening, landscaping, and pest management advice, free workshops, and other educational outreach to the public.

MG volunteers are committed to using our four **Demonstration Gardens and Greenhouse** to educate visitors about how to plant, maintain, and harvest food crops and other useful plant products. These gardens also serve as a great teaching tool and social opportunity for trainees and Certified MGs alike.

Our second annual **Fall Plant Sale** at our demonstration greenhouse at Borst Demonstration Garden was a great success in September and many local customers were grateful we were there again.

Our **Plant & Insect Clinic (PIC)** is an excellent resource for the community for plant or insect identification or management recommendations. Clients are welcome to drop off samples at our office or email images for our volunteers to research, identify, and diagnose issues who then provide them with practical, science-based information.

To **highlight the importance of the PIC**, one appreciative client—whose home and body was reportedly infested with tiny, biting insects but was told it was in her imagination (Delusional parasitosis)—admitted that “[she] was *contemplating suicide* by dousing [herself] with gasoline and lighting a match because of it”.

Thankfully, by using the **PIC’s high-powered digital microscope**, microscopic mites (*Demodex brevis*) were found on a sample she brought into the PIC for us to diagnose. Although it was determined to be a medical case and beyond our ability to provide treatment recommendations, we were able to provide her and her doctor with scientific information based on our diagnosis at the PIC.

This is just one of many examples of how MGs are able to help the community using their knowledge and research skills to identify and manage a wide-range of pests.

Depending on COVID restrictions, **in-person MG training** will resume in January 18, 2022. A **hybrid training** option will also be available for working and distant residents throughout Lewis County. Besides learning a variety of home horticulture, environmental stewardship, and community engagement skills, trainees will learn how to properly identify, research, diagnose, and provide recommendations for PIC clients who are often in desperate need of our help to enjoy a “pest-free” life.



# REDUCE REUSE RECYCLE

WSU Master Recycler Composters of Lewis County



## WASHINGTON STATE UNIVERSITY LEWIS COUNTY EXTENSION *Master Recycler Composters*

The **WSU Master Recycler Composter (MRC) Program** is a partnership between WSU Extension, Lewis County Solid Waste, and WA Dept. of Ecology that supports and trains volunteers to provide educational demonstrations, workshops, and other information to the public about reducing, reusing, and recycling solid waste.

Floral Park site (Google Earth 2018)



MRCs volunteers support Lewis County Solid Waste and the community by assisting at many events including **Christmas Tree and Styrofoam Recycling, Tire Recycling, and the Leaf Exchange**. Through these and other events, MRCs help prevent thousands of pounds of solid waste from going to the landfill and saves the county thousands of dollars in disposal-related costs.

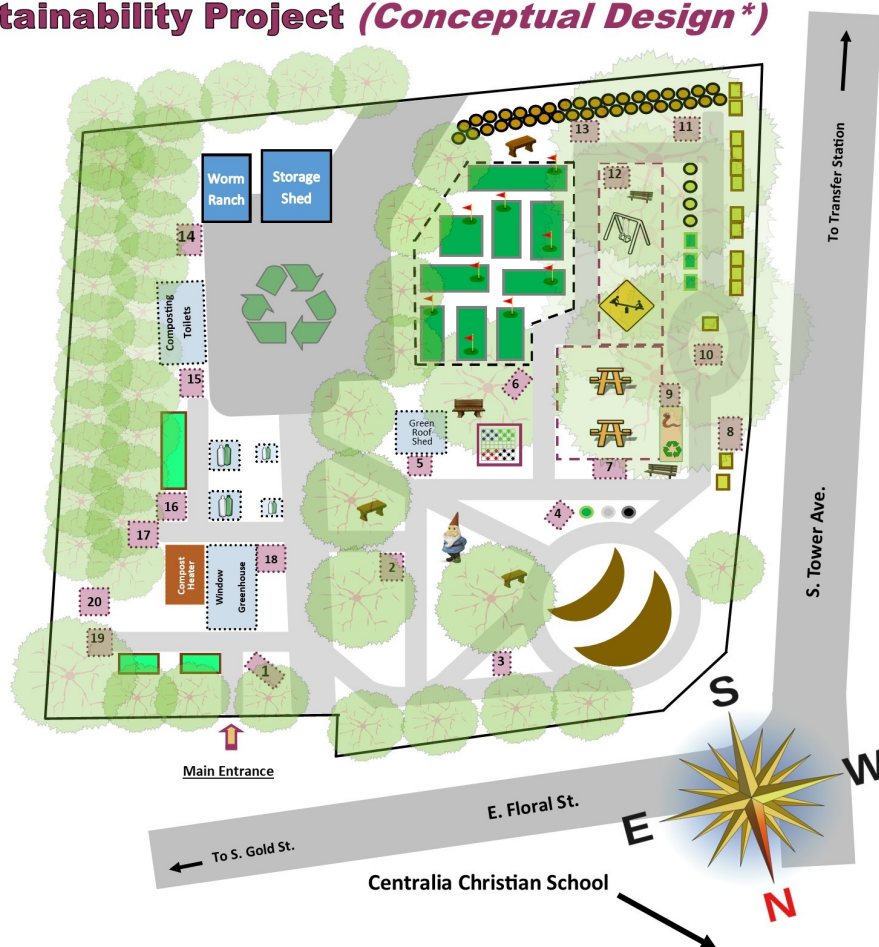
Since July 2021, MRCs volunteered **155 hours** and contributed **\$4,203 in Total Economic Impact** to Lewis County through various outreach-related events and activities.

Our new demonstration site, the **Floral Park Sustainability Project** will be an important tool to recruit new volunteers and to promote our mission of helping Lewis County residents become more “waste-conscious” and sustainable.

### Floral Park Sustainability Project (*Conceptual Design \**)

#### Activities & Features

- ⇒ Upcycled 9-hole Mini Golf Course
- ⇒ Upcycled Playground Toys
- ⇒ Hands-on Recycling-based games
- ⇒ Upcycled Lawn Board Games
  - Chess
  - Checkers
  - Scrabble
  - Dominoes
  - Matching & more
- ⇒ Picnic & seating areas
- ⇒ Educational displays
- ⇒ Live demonstrations
- ⇒ Informational kiosks
- ⇒ Special tours & classes
- ⇒ Public workshops including:
  - Residential Composting
  - Worm Composting
  - Hugelkultur
  - Pop Bottle Structures
  - Upcycling With Tires
  - Yard & Garden Upcycling
  - Know Your Recyclables
  - Know Your Soils



Legend	

- 1) Main entrance kiosk & map
- 2) Upcycled landscaping
- 3) Hugelkultur
- 4) Bio-digesters
- 5) Green Roof
- 6) Upcycled mini-golf
- 7) Reducing food waste
- 8) Killer compost
- 9) Worm composting & recycling
- 10) Composting bins & systems
- 11) Terraced composting
- 12) Upcycled playground toys
- 13) Tire retention wall
- 14) Worm Ranch
- 15) Composting toilet demo
- 16) Upcycling gardening
- 17) Compost heater
- 18) Upcycled greenhouses
- 19) Pollution remediating plants
- 20) Pesticide reduction methods

0 5 10 20 40 feet  
Approximate Scale 1 : 240

\* Project modifications & completion date based on volunteers, available resources, and community feedback.



## IN THEIR WORDS

Messages from program attendees during COVID-19

“During everything that has been going on, retreating into the forest and applying what we have learned from the Coached Planning class has been a fantastic way to spend the time.”

“WSU-Extension educational programs have contributed not only to my understanding of forestry principles, but also immeasurably to maintaining my sanity during the past many months of pandemic isolation. Thank you!”

“Though it would be difficult to replace hands on experience with on-line, this was a very good substitute. I, also, think it is a valuable education approach to reach more people who have small forests or who are thinking of buying forest property. Even without COVID, it is unlikely that we would have attended this workshop in person, so this was a wonderful opportunity for us.”



# Forest Stewardship Program

## July - September, 2021

WSU Extension Forestry serves communities throughout the state by providing opportunities to learn about forest management through research-backed information and experts from around the Pacific Northwest. These efforts engage landowners in forest stewardship and help them actively manage their forests towards a variety of goals and objectives, including forest health and restoration, timber production, wildlife habitat, carbon sequestration, and other ecosystem services. The Extension Forestry program for southwest Washington is based in the Lewis County office and serves nine counties in the region.

### Programming

Extension Forestry is best-known for offering immersive, hands-on learning opportunities to landowners who value forest stewardship. In the spring of 2021, the following programs were offered to landowners in Lewis County:

- **Fall Forestry Seminar** – two part workshop including webinar presentations from WSU and USFS research faculty followed by two in-person tours of local tree farms to discuss forest stand dynamics, resilience, and management methods.
- **Community Science Training: Ash Seed Collection** - training opportunity available for landowners interested in supporting USFS emerald ash borer resilience research. Landowners were trained to identify, collect, and catalogue ash seed for genetic studies.

### Programming Summary:

- 12 hours of forestry programming delivered
- Production of 3 class recordings available on Youtube for ongoing viewing
- **Over 100 forest owners attended summer programs**
- **Individual assistance provided to 83 forest owners in Lewis County, including five site visits**



Oregon ash is Washington's only native ash species and is threatened by the emerald ash borer beetle.

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ctices  
in their forest based on  
what they learned at an  
Extension Forestry program

58% of respondents  
reported having spent more  
time engaged in forest  
management on their  
property since taking a class

19% of respondents owned  
forested property in Lewis  
County



# Forest Stewardship Program

July - September, 2021

## **PROGRAM HIGHLIGHT: Ash Seed Collection Training**

Emerald ash borer is an invasive boring beetle that has devastated ash tree species in the eastern United States. It has spread as far west as Colorado and threatens Washington's native ash species, Oregon ash, when it arrives. Oregon ash occupies an important niche in forest ecosystems, being one of few trees that can tolerate wetlands.

The U.S. Forest Service is conducting genetic research on ash throughout Washington and Oregon, hoping to discover natural resistance to the emerald ash borer before it is established in the area. Doing so would allow forest managers to quickly plant back resistant trees and minimize damage to fragile ecosystems.

This training was offered to landowners interested in engaging in community science and contributing Oregon ash seed from their property to the study. Attendees were taught how to identify and property collect and catalogue seed for the study. In the event that genetic resistance was discovered, these landowner's trees would become a critical resource.

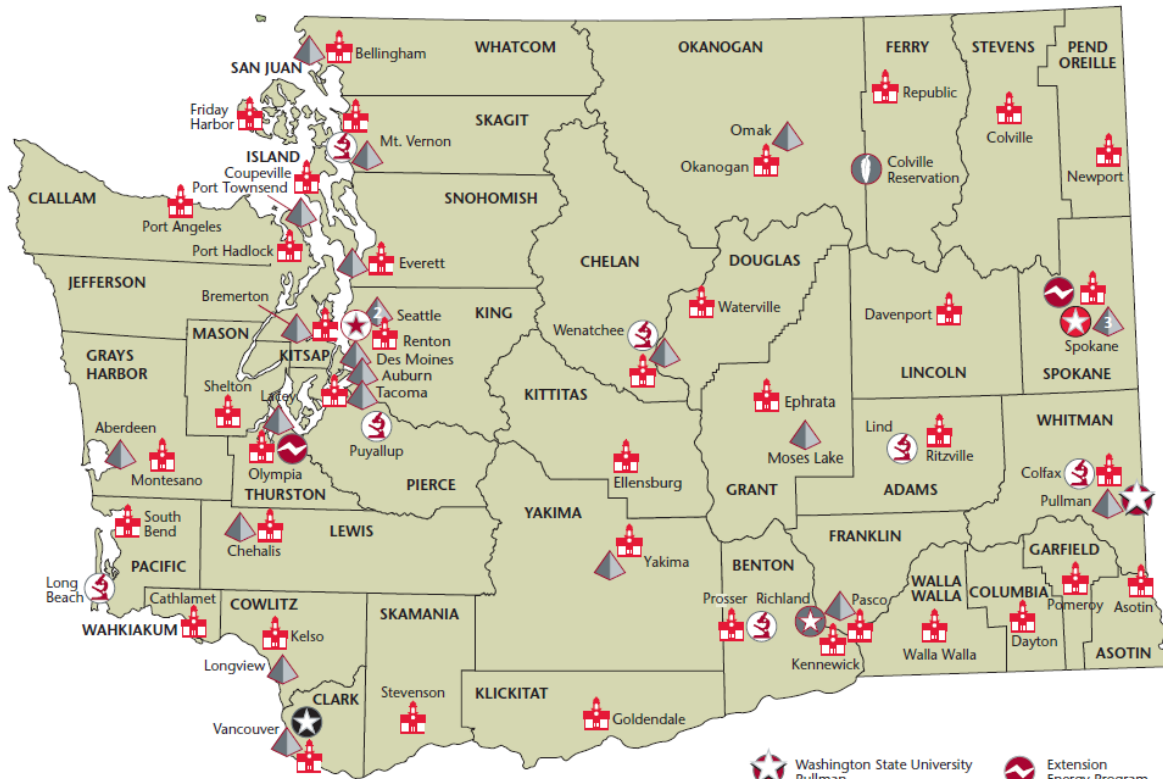
## **The Forest Overstory: A Podcast for Forest Owners**

COVID-19 has forced us to get creative in how we reach landowners to deliver forestry education. With this in mind we've secured funding to try a new method of delivery, podcasting. The Forest Overstory is a podcast hosted by Sean Alexander (WSU Extension Northeast) and myself. Our goal is to explore forestry topics in greater detail through conversations with researchers, foresters, landowners, and other experts in the field.

Episodes will be released once per month starting October 1st. They can be found on Apple Podcast, Spotify, Google Podcast, Stitcher, and Soundcloud. This podcast was paid for by the Society of American Foresters - Inland Empire Chapter.



# Washington State University



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Revised 1/24/12



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