Washington State University Extension Grays Harbor 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 Grays Harbor County residents.

WSU Extension Grays Harbor 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.

**Partnerships**

Grays Harbor County and Washington State University have a long-standing partnership in providing educational programs and research-based information to residents throughout the county.

This partnership ensures that resources are committed from Federal allocations and University funds to keep important educational programs available in Grays Harbor County.

Other Grays Harbor County partnerships include:

- Greater Grays Harbor, Inc.
- Early Learning Coalition
- Timberland Regional Library
- Behavioral Health Resources
- Summit Pacific Medical Center
- ARC of Grays Harbor
- Grays Harbor Fairgrounds
- Senior Nutrition Program
- School Districts—Aberdeen, Hoquiam and Elma
- Community Services Office (CSO)
- Grays Harbor Community Hospital
- Grays Harbor Community Foundation
- GH County Public Health and Social Services
- WorkSource of Grays Harbor and Pacific Counties
- WA State Dept. of Agriculture (WSDA)
- Grays Harbor Conservation District

WSU Extension Grays Harbor County
PO Box 3018 (Mail) ~ 34 Elma McCleary Rd
Elma, WA 98541 360-482-2934

Cooperating agencies: Washington State University, U.S. Department of Agriculture, and Grays Harbor County
In response to the impacts of COVID-19 and distance learning, a new Drive-In Wi-Fi Hotspot is available to provide free temporary, emergency internet access for people who do not have broadband service to their homes. There is a specific emphasis on student access, but this is available to all residents for job searches, telehealth, telework, unemployment filing, census participation and other uses.

The area of North Grays Harbor County was identified as an area that has internet connectivity challenges. County Commissioner Vickie Raines reached out to Dan Teuteberg, WSU Extension Grays Harbor County Director, and asked if this area could benefit from a Drive-in Wi-Fi hotspot. After considering criteria such as connectivity speeds, parking facilities, cell service coverage, and partnerships, a location was selected.

Dan Teuteberg connected with local resident and business owner, Dave Crosby, to see if he was willing to host a Wi-Fi hotspot at his business, The Red Rooster. This location was an ideal spot because of parking, existing internet, and central location. Dave was immediately supportive and excited to partner with WSU Extension Grays Harbor County.

Dave, being so community-minded, is now hosting the Wi-Fi location which covers 1,000-2,000 feet of the parking lot. This location will include network security protocols and promote Governor Jay Inslee’s social distancing requirements during the COVID-19 pandemic. You are asked to respect the property of those who have offered its availability.

Dave had a simple request prior to agreeing to host the site; he wanted to share and seek support for the Green Lantern Lunch program. He is passionate for supporting local families and sees the Green Lantern Lunch program as a great local program helping families in need. This program was shared with WSU faculty and staff to see what support and options are out there.

If you are in need of internet access in the Humptulips area, please take advantage of this service. The Red Rooster is located at 2803 US-101, Hoquiam, WA 98550. To log on, look for the Wi-Fi network called WSU Guest or the Drive-In Wi-Fi. Both of these networks will prompt a short registration process that helps gather information on the use of this service. You will be asked to identify your uses such as education, telehealth, job search or government services. This information will help determine the important reasons we need to increase broadband availability to homes and businesses in our state.

This project was launched in collaboration with WSU Extension, the Washington State Library, a division of the Secretary of State, and the Washington State Broadband Office but has grown to include over a dozen partners and financial support from Microsoft, Avista Foundation and Washington State. Other partners include the Washington State Office of the CIO, NoaNet, Information Technology Disaster Resource Center, telecommunications providers, Public Utility Districts, Ports, community and technical colleges, the Office of the Superintendent of Public Instruction as well as local schools and libraries.

For information about the Green Lantern Lunch Program and how you can support it, please go to their website www.greenlanternlunches.org. For questions or more information about this effort, visit www.driveinwifi.wa.gov or contact: Monica Babine at babinem@wsu.edu, Russ Elliott at wsbo@commerce.wa.gov, or Cindy Aden at cindy.aden@sos.wa.gov.
The annual Family Forest Field Days are a staple of the WSU Extension Forestry programming and a great opportunity for forest owners to get out in the woods, do some hands-on learning, and network with forestry professionals. These events feature a rotation of over twenty classes, each taught by a local or regional expert in the field and often attract over 200 forest owning families.

As one might guess, the COVID-19 crisis has made a gathering of this kind impossible to be held safely in-person. This has not stopped the WSU Extension Forestry team, which is collaborating to hold a statewide online Family Forest Field Day on October 24th. This event will feature many of the same classes that forest owners are used to, such as forest health, combating invasive species, improving wildlife habitat, forest farming mushrooms, thinning, tree planting, and more.

In an effort to keep the “field” in the Field Day, the team will be bringing the field to you this year. Instead of having forest owners watch multiple PowerPoint presentations, we will be recording our expert speakers in the field, allowing them to provide real-life demonstrations and access to a range of sites that would not be possible even during the typical in-person event. These videos will be streamed via Zoom with the speakers available to discuss and answer questions.

While WSU Extension Forestry’s mission is to provide in-depth and hands-on learning experiences to forest owners, the health and safety of the landowners that attend our classes is the priority. While online events are not always ideal, Extension is working hard to develop creative approaches that will provide valuable learning experiences to the communities we serve.

Keep an eye out for more information on the online Family Forest Field Day at forestry.wsu.edu.
Patrick Shults, WSU Extension Forester

**FREE EVENT—YOU NEED A FREE ZOOM ACCOUNT & REGISTER BY 5 PM ON FRIDAY, OCTOBER 23, 2020 at: [https://forestry.wsu.edu](https://forestry.wsu.edu)**
Family Cake Decorating Challenge
The second annual 4-H Cake Decorating Challenge was held July 15 – August 8. Traditionally, the challenge takes place during the Grays Harbor Fair, but this year participants did the work at home. 4-H families worked together as a team by making a plan and distributing the work evenly among their family “team”. Teams then submitted photos of their work and a document describing their planning process, the responsibility of each team member, and how their cake reflected the theme “Families Staying Strong With 4-H”. We received some inspiring entries, and families were grateful for the opportunity to participate in a fun and delicious at-home activity. All participants received a Recognition Certificate along with fun 4-H swag.

Staying Connected with 4-H Families
As we navigate the uncertainty of COVID-19, 4-H staff have adapted to a schedule that includes a blend of working both remotely and in the office, depending on the needs of the program. We continue to successfully host events and meetings in a virtual format. Regularly scheduled Office Hours and Council meetings are well attended by both youth and adults via Zoom. We continue to share resources for families to stay connected and engaged in learning throughout this time. These resources are available on our website and Facebook page to all families in our community.
Laura collects her 4-H Summer in a Bag.

“‘You did an impressive job putting them (Summer in a Bag) together and making sure there’s something to interest everyone. I showed our Marketing team so they had a better idea of what the planting kits were used for and they both agreed, that even as adults, they would have a lot of fun with it.’” Karen, Learning and Development Specialist, OCCU

4-H Summer in a Bag

With families facing unforeseen challenges due to COVID-19, Grays Harbor County 4-H staff and volunteers have had to quickly understand the impact to families and respond with action to support our young people.

Not being able to meet face-to-face has been a challenge, but 4-H staff and volunteers are meeting that challenge with new and innovative opportunities, including the “4-H Summer in a Bag” project. This project was a collaboration between 4-H staff and volunteers and has provided more than 100 youth throughout our community a way to continue fun and learning at home. The bags are reusable drawstring cinch sacks filled with supplies and instructions for nine different activities to keep kids learning by doing.

Each activity provides an opportunity for families to spend time together creating and exploring; projects include tin can lanterns, campfire cooking, string art, bird feeders, lemon batteries, origami, constellation exploration, gardening and more! A major deciding factor on which activities to include was based on our ability to provide the supplies needed to complete each project. A few additional basic supplies such as tools and ingredients that families are likely to have on hand were all that were needed to complete the activities.

It definitely takes a village to put together a project of this size and we are grateful to the individuals and businesses who generously supported the project: Our Community Credit Union for providing gardening kits, Bayview Lumber for providing plywood and nails, Home Depot for providing bird feeder kits and Michael Bigelow for providing the “lighting a bulb with lemons” experiment. We will continue our work to ensure young people and families have the resources to stay connected and engaged with the 4-H program throughout this time. We don’t know what the coming weeks will bring, but what we do know is that the Grays Harbor County 4-H program is prepared to rally around our young people. Working together we will get through this and our young people will thrive.

Dan Teuteberg
County Director & 4-H Youth Development Specialist

4-H empowers youth to reach their full potential, working and learning in partnership with caring adults.
No Fair…We’ve Got a Virtual Alternative

County fairs are often the highlight of the 4-H year and allow 4-H members to display projects and to participate in educational experiences. Fairs provide opportunities for 4-H members to demonstrate new knowledge, abilities, skills and attitudes. Fairs also provide recognition of a job well done, while allowing youth to practice the life skills of teamwork, cooperation, communication, and sportsmanship.

Since we can’t be face-to-face at the fair this year we created an opportunity for youth to show their 4-H projects virtually via the first Virtual 4-H Showcase. Several 4-H volunteers and 4-H staff worked hard to ensure a fun and educational opportunity for members to enter their projects and highlight their year of learning.

The Virtual 4-H Showcase included categories for members to exhibit their animal projects by submitting a video or photos and a short essay outlining their learning throughout the year. Thoughtful planning provided many different class options for members, including standard classes that they would enter at fair such as Showmanship along with fun additions like Barn Tour, Costume, and a Day in the Life.

Still life projects such as photography, art, science, baking, clothing, gardening and food preservation were entered by submitting photographs along with narratives, recipes, and supply lists as specified in the 4-H Virtual Showcase Exhibitor Guide. There was also an opportunity for members to present Table Setting and Public Presentations live via Zoom to a panel of volunteer judges. All participants received virtual ribbons and a Virtual 4-H Showcase tee shirt as a thank you and acknowledgement for their commitment to project learning. The Virtual 4-H Showcase ran July 14 – August 2.

“I PLEDGE my HEAD to clearer thinking, my HEART to greater loyalty, my HANDS to larger service and my HEALTH to better living for my club, my community, my country and my world.”
SNAP-Ed Nutrition

Supplemental Nutrition Assistance Program

BY THE NUMBERS
2020

Total Reach 848
20 youth series, 3rd, 4th, 6th & 7th grades

Youth reached: 376
Adult Outreach: 472
Indirect Contacts through online learning and resource sharing:
   Schools: 629
   Community: 6,925
Policy, System & Environmental (PSE) Reach: 9,385

Getting the Word Out

Grays Harbor SNAP-Ed was asked to distribute the Washington Food Security Survey designed by the University of Washington and Washington State University. This survey was developed to evaluate COVID-19 impacts on Washington State food security. Open to all residents 18 years and older, the researchers hoped to capture residents’ experiences with impacts due to the pandemic and how COVID-19 has changed how they get food. SNAP-Ed enlisted all of its school and community partners to send to their parents and clients. Results of the survey were published September 9, 2020 and included input from 2,621 residents in 38 of Washington's 39 counties. The full brief can be found at:


Julie Guyton
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Getting the Word Out

The Regional Food Security Project launched in July and August to help unemployed, under-employed or recently laid off workers and their families due to the pandemic. Because few participants applied in Grays Harbor County, SNAP-Ed was asked to spread the word to our school and community partners (potential reach = 6000+). Qualifying participants will receive Food Security Boxes filled with farm-fresh food for 10 weeks at no charge. Handouts and recipe cards are provided in each box, which correspond to special online cooking and food preservation classes. The boxes will be distributed at a central location by the SW Washington Food Hub. The project is funded through worker dislocation resources from Pac Mountain Workforce Development Council.

This program is brought to you through the generous support of the SW Washington Growers Association "Food Hub", the Thurston EDC, NW Agricultural Business Center and WSU Agricultural Extension; and made possible through the Department of Labor, Employment Security Department and a grant for COVID-19 Disaster Relief.

Adapting SNAP-Ed During the Pandemic

SNAP-Ed continued to support the food banks’ efforts to nourish the community by providing seasonal produce recipes, resource sheets on cooking dry staples included in pre-packed food boxes, and posting food safety and hygiene signs.

Online nutrition support promoting healthy eating and active living were shared with partner schools to be used with their summer distance learning programs. Nutrition education materials were compiled weekly, and links to kids’ cooking and physical activity videos were also included.

SNAP-Ed also distributed 2500 recipe cards and bookmarks throughout the community promoting the new Live Well online resource at wasnap-ed.org. Live Well provides a wide variety of food assistance and healthy living resources for low-income individuals.
The Summer: All in-person planning stopped as of mid-March and we moved as much as possible into a virtual mode of delivery. The Master Gardener training shifted to Zoom sessions with Master Gardener Trainees working on their own in the forests and gardens of the community. A very fun scavenger hunt took place with small groups going into their local areas to identify and discuss the local plants.

Youth Outreach: Master Gardeners are working with the Ocosta School district to develop a collaborative learning experience for students.

Education for Adults: No in-person workshops have happened since the Stay Home, Stay Safe guidelines were established in March. We engaged with 12 seniors at one of the county senior living facilities via Zoom. They learned about and practiced propagation techniques. The Interns who planned this activity created planting kits that were delivered to the site prior to the event.

Visit our website: pnwmg.org
E-mail: pnwmg@yahoo.com.
Grays Harbor Master Gardeners provided education to the readers of local newspapers through regular gardening articles. Interns in the North Beach area have written gardening posts for our Facebook site and created video gardening lessons for Facebook. Three of our new interns have written gardening articles for the regional newspapers.

**Plant Clinic:** We are continuing to focus on having skilled Master Gardeners respond to questions submitted through the *Ask a Master Gardener* link on our website. This has been advertised through newspaper and social media. We have had questions on velvet grass, garlic, dahlias and more.

**Annual Garden Tour:** This year’s Garden Tour was cancelled as Stay Home, Stay Safe guidelines remained in effect and the Harbor saw a spike in cases in July.

**Master Gardener Trainee Graduation:** The first of two graduation events for the 2020 Master Gardener Training graduates was held September 26. For the first time, the new 2020 class of Master Gardener Trainees attended their “Drive Up Graduation” events scheduled around the county. It was fun to celebrate with them while maintaining social distance, wearing masks, etc.!

**Our Current Focus:** Live videos of container planting and growing over the fall and winter season are in process at our North Beach demonstration beds. Watch our Facebook site—address is on the back page.
The Grays Harbor Noxious Weed Program has been busy helping landowners with technical advice, noxious weed control, and education. This summer 18 private landowners were assisted with difficult knotweed patches and the Noxious Weed Program also assisted the Chehalis Basin Land Trust and two Washington State Parks with knotweed as well.

The Noxious Weed Program has partnered with the Conservation District to help control knotweed within their project area in order to prepare for construction of Large Woody Debris projects on the Wynoochee. Knotweed control is also underway through a WSDA grant upriver assisting 12 landowner and timber companies. The DNR enlisted the Noxious Weed Program to coordinate efforts for noxious weed control between the Port of Grays Harbor, City of Montesano, WDFW, private landowners and Northwest Rock Inc.

Two noxious weed volunteer events with the Stream Team took place controlling yellow flag iris, Himalayan blackberry, scotch broom, and tansy from McDonald Creek and Elliot Slough wetlands. COVID-19 guidelines were carefully followed to ensure volunteer safety.

Noxious Weed Coordinator Kiley Smith pulled over 200 pounds of tansy ragwort, loaned weed wrenches to 8 landowners, and released 400 scotch broom bio-control beetles.

Kiley Smith
Coordinator
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Responsible for encouraging control of noxious weeds and promoting awareness of invasive plants to the public for economic and environmental health
$125 for a 9-week course offered fully online through Zoom!

- Starts October 20th running through December 15th, 2020 (with a break November 3rd).
- Class meets every Tuesday from 6:00 pm to 8:30 pm.
- Scholarships are available for Military Veterans and anyone for which the course fee is a barrier. Reach out for more information.

This summer was another successful year for the Aberdeen Sunday Farmer’s Market. Each weekend visitors and local community members flocked to the market to support local farmers and artisans. The WSU Extension Small Farms program was able to support the Market by providing financial aid resources and farmer outreach.

The Farm to Food Pantry program had another successful year as well. Working with Coastal Harvest and the Hunger Coalition, the program was able to purchase over $3,000 worth of produce from Grays Harbor Farmers to provide to local food pantries. Plans are underway to increase the program’s funding and farmer participation in 2021.

The Small Farms program assisted the Southwest Washington Food Hub, Pacific Mountain (PacMtn) Workforce Development Council, and Coastal Community Action Program with setting up a drop site for a Food Security Box program. The program provides weekly fresh food boxes for families in Grays Harbor.

“Folks have been blown away by the fresh produce and sharing recipes, pictures, and stories. Many folks are cooking with their families and teaching their kids to use the fresh produce.

One family receiving a box told PacMtn this is the first fresh food access they have had in months. PacMtn really wanted to extend a thank you.” -Stephen Bramwell

This winter WSU Extension Grays Harbor and Mason County Small Farms programs will be offering “Cultivating Success Whole Farm Planning” for nine weeks. Registration will be open in the first week of October.

Kiley Smith
Coordinator
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Supporting small local farmers through education, marketing support, and statewide program implementation
Family Living Program
Healthy eating, active living, and improved wellness

The award-winning Grays Harbor Food Access Map includes locations across the county where produce and other food can be found. This map serves as a guide to help county residents access food banks, feeding programs, farms selling produce, etc. and has had more than 1375 views to date.

We partnered with Pacific Mountain (PacMtn) Workforce Development Council, the Southwest Washington Food Hub and the Coastal Community Action Program to site the Aberdeen pickup for the Regional Food Security Project produce boxes as well as promoting and encouraging families affected by COVID-19 to enroll in the program (see program details on the Small Farms page). Additionally, we partnered with PacMtn to secure much needed on-farm labor.

Three Diabetes Prevention Programs (DPP) continued through the summer. Lifestyle coaches used alternate contact methods for those challenged by technology or bandwidth. About a third of those participating in the program have struggled with weight gain during COVID-19, much like the population at large. Those that have continued to lose weight, have lost a total of 185 pounds, with an average weight loss of 7.5% surpassing the program goal. Most program participants continue to engage in well more than 150 minutes of physical activity a week, taking advantage of our Grays Harbor summer weather. As often occurs, participants who enter the program with elevated A1c readings, bordering on diabetes, report drops, leaving them free from prediabetes.

We were fortunate to receive a grant extension that supports the DPP. With the continued funding, we will be able to cover most of the fall program costs.

The Grays Harbor Home and Community Educators were able to hold a July in-person council meeting where we provided copies of the 2020 Grays Harbor Farm Fresh Guide.
Consumer Food Safety

Food Safety & Food Preservation Program

Pressure Gauge Testing & Food Safety Calls

Our delivery of information to the public has changed dramatically since we had to close our doors to the public in March. Soon after, the ceiling in our building collapsed and flooded the office. With a combination of working from home and temporary office space, we had to find a new “normal”. We created a list of safety protocols to follow once it was determined that we could test pressure canner gauges safely for the public while our office is still closed. That has been working out very well. The public has been very receptive to the safety guidelines and are very appreciative. The majority of gauge testing clients this year are new. We try to develop a rapport while educating them about the importance of testing each year just before canning. We also support and guide them with their canning endeavors.

We have seen an increase in help requests. We had 35 calls logged this time in 2019 and already have 53 this year. We all have heard reports about the increase in gardening due to the COVID-19 pandemic along with the world-wide canning lid shortage as people are trying to preserve their garden’s bounty. Some of the questions were: found a jar of mayonnaise expired 2019 - is it safe to eat; found a pickle jar frozen in the fridge; do cherries need to be pitted before freezing; do I need to use fresh water for every canner load of pinto beans; can he cut back the canning time on green beans as he feels they are overcooked; seeing liquid loss when canning swiss chard; my grandmother taught me to cover the hot canning jars with a towel, why is that no longer true; my Marionberries were full of worms; I need help with canning tuna; I need ideas to use up my beets; can I water bath salsa with corn and beans in it; I need help canning chili; jars of green beans are breaking in my canner; do I need to peel rhubarb before freezing; and what do I look for in a new canner, dehydrator and electric canner (not recommended)?

Consumer Food Safety notices and recalls were shared to our Facebook page from Dr. Stephanie Smith, WSU Consumer Food Safety

Sue Sparkman
Office Manager
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Visit Our Facebook Pages:
WSU Extension-Grays Harbor County
Grays Harbor County 4-H
Grays Harbor Noxious Weeds
Living Well in Grays Harbor
WSU Small Farms Grays Harbor
WSU SNAP-Ed Grays Harbor
WSU Master Gardeners of Grays Harbor and Pacific Counties

SNAP-Ed

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