

Meet The Board!



Sarah Mangum,
Board Member

Sarah stumbled upon PCRS in early 2004 while attending Tacoma Community College for an Associate of Arts and Science degree. Since then, she has devoted countless hours to this organization as a volunteer. She loves the mission of the organization and the many opportunities the organization provides. Sarah will be attending the University of Washington, Tacoma, to continue her education in the biological/environmental sciences. Sarah is the recipient of the 2005 CHB Volunteer of the Year Award.

PCRS Eelgrass Monitoring & Assessment Project

Puget Creek Restoration Society [PCRS] is focused on reestablishing viable runs of Chum and Coho within the Puget Creek watershed as part of a network of salmon habitats. Salmon need healthy eelgrass habitat in the nearshore area where migrating young fry must hide and feed as when they first enter the Bay. Therefore, when reintroducing salmon into Puget Creek we must also focus on supporting healthy eelgrass in the nearshore area for the survival of salmon migrating from Puget Creek and for Chinook, Cutthroat and Steelhead from the Puyallup River system as well.

Eelgrass is also an essential habitat in the life cycle of many other fish and marine animals. It provides cover and forage for salmonids and hundreds of other fish, crustaceans, and macro-invertebrates. Eelgrass and other seagrass species are used as an indicator of estuary health throughout the world because they respond to many natural and human caused environmental variables. Changes in abundance or distribution of this resource are likely to reflect changes in environmental conditions and affect many species that depend on eelgrass.

With the Puget Creek Beach Eelgrass Monitoring and Assessment Project we study the size and health of the eelgrass beds located at the mouth of Puget Creek. The project serves as a hands-on, underwater study site where local marine biology students and scuba divers can learn about the health of eelgrass beds in Commencement Bay. Divers and on-shore assistants use GPS systems, video and still photos to plot the beds and record data.

Specific to Puget Creek Beach, these eelgrass beds are essential to the survival of Coho smolts and Chum fry coming from the creek. By studying the health of the eelgrass in this area, our data will help in the push to protect Puget Creek Beach for habitat in perpetuity and while discerning if an eelgrass enhancement project might be necessary in the future.

Through these activities, the resulting reports, and by sharing what we learn with other organizations, we are able to increase public awareness about eelgrass, salmonid survival, and near-shore habitats throughout Commencement Bay and the region.



Kinnikinnik Fun Facts

Name and Location: Kinnikinnik (*arctostaphylos uva-ursi*) forms a dense evergreen ground cover. It is found mostly in the mountains and coniferous forests. It can grow to about 12 feet in length but averages less than 8 inches in height.

Identification: Kinnikinnik can be identified by its thin gray bark that flakes off to reveal smooth red bark. The flower is white or light pink; its berries are bright orange or red and are eaten by birds, small mammals, deer, elk and bear. The wide spreading root system makes this native plant good for stabilizing steep banks.

Fun Facts: The word kinnikinnik is Algonquian for *mixture*. Historically the leaves of the kinnikinnik have been used for many things. Native Americans have long known of its healing powers and have used the leaves to make cleansing lotions. The leaves have been known to contain an astringent and powerful antiseptic that is still sold commercially. It has helped many sufferers of kidney and bladder ailments and has been used as a diuretic as well. The Chippewa smoked the leaves as a cure for headaches; in Russia it is sold as "Caucasian Tea" and is used for stomach and urinary disorders including bedwetting; and Alaskan villagers use it as a laxative. Early traders would use the plant as a place to sleep because its dense foliage provided a soft mat.

Information gathered from www.humeseeds.com, www.aaanativearts.com, and Washington State University Cooperative Extension.

- Eva Harrow, Treasurer



Meet The Board!



Jack Whale,
Board Member

I'm 46 years old, I have a wife and four children ages 27, 26, 22, and 7. I was disabled from the fire service in 2003. Now, I will be attending The Evergreen State College in the fall in pursuit of a B.S. in Computer Science. I have been volunteering my time with a couple of non-profits for almost two years as a bookkeeper and a network administrator.

PCRS T-Shirts

Great news! Puget Creek Restoration Society now has their own official t-shirt! We currently have sky blue and grey shirts in M, L, XL & XXL, and plan to have more colors available in the future. Collect them all! There are very few sky blue shirts remaining, so get yours now while they last. \$9 for members & \$11 for non-members. Call or email us to arrange a time to pick up your shirt. Or, pay the postage and we will mail one to you



Hello!

Welcome to new members and welcome back for those renewing memberships! We're glad to have you all!

Betsy & David Potts, Katie Downs Restaurant, Matt Heddin, Dr. Ron McCormick, Steve Northcutt, Ben Price, Puyallup Tribe of Indians, Kyle Price, Natalie Kopytko, Susan Penhale, Russell Matching Gifts, Henry Haneda, Washington State Department of Transportation, Proctor Starbucks, Bellarmine Preparatory School, and Pierce County Native Plant Salvage Program.



The new and improved membership cards

Grants!

Without the great support of the following organizations and others like them we couldn't do all the great work we do.

Metropolitan Parks Department of Tacoma, National Fish & Wildlife Foundation, and City of Tacoma.

Come Join a Committee

Membership and Outreach Committee:

If you're a people person, then you're the person our people are looking for. The Membership and Outreach Committee is responsible for the newsletter you're reading at this moment! We also work to increase and inform our membership base, and have a few educational projects in the works. We are also in the process of completing a membership and volunteer database, which we will be responsible for maintaining. If you are educationally or promotionally minded, please drop by one of our meetings the first Tuesday of each month at 6:30 pm at the PCRS office downtown. See you there!

Fund Raising and Grant Writing Committee:

We did a good job naming this committee. The title really says it all, don't you think? We could use a hand coming up with new and creative ways of funding our restoration and education endeavors. Right now we have a few in process, including an on-line auction for some beautiful framed wildlife prints. There are a number of grants "in the works" as well, with many more that need to be written. If you have some great ideas for new fund raising projects, have some know-how when it comes to writing grants, or if you'd like to know more about the process, please feel free to join us at our committee meeting the second Monday of each month at 6:30 pm in the PCRS office.

Terrestrial and Nearshore Committee:

If you like to get your hands in the dirt, this is the committee for you. If you prefer to keep your digits clean – well, you belong here, too! This committee is responsible for invasive plant removal, native plant placings, studying the eelgrass, and a number of other hands-on restoration activities. We also deal with issues such as changing the tree cutting ordinance in the City of Tacoma, Critical Areas Ordinance regulations, monitoring and research endeavors, and GPS/GIS work and a lot of other interesting stuff. Remember the articles about the fish ladder and the PIE pond in past newsletters? That was us! If you would like to be a member of this committee, or if you'd just like to watch how we work for an evening, please feel free to join us at the PCRS office the third Thursday of any month. We'd love to have you!