UPWIND

from the Arcata Marsh Interpretive Center
Vol 23, Issue 4, Fall 2016

Our Mission: To stimulate understanding of the Arcata Marsh & Wildlife Sanctuary, its relationship with Arcata’s integrated wastewater treatment system, the surrounding watersheds and bay, and their link with the Earth’s water cycle

In This Issue: Upcoming Lectures... Thanksgiving Walk... Pastels... Annual Meeting & Volunteer Appreciation Lunch... Bird of the Year Award... Bill Prescott... New at AMIC... Euro Cyclists Visit Marsh... Recruiting HSU Students... Gall & Zero Waste Lectures... Annual Report... Artist Statements... Visitor Log... Calendar... Supporters

Upcoming Lectures
On Friday, October 21, starting at 7:30 pm, Phil Johnston will present on “The Diverse & Abundant Weasels of Humboldt County: A naturalist’s perspective.” He will discuss the abundance, ecology, and behavior of our local mustelid species, with an emphasis on long-tailed weasels, northern river otters, and American minks, all of which call the Arcata Marsh home. This talk will shed light into the secret lives and geographically unique behaviors and adaptations of our local weasels, as well as the historical and current conservation measures in place to manage and protect these species. Phil is a professional wildlife tracker and wildlife biologist, currently running the Hoopa Fisher Project on the Hoopa Valley reservation. He has studied, tracked, and photographed mustelids and other wildlife in Humboldt County and surrounding Northern California areas for 7 years.

On Friday, November 18, a representative from the Northcoast Regional Land Trust will speak on “Lay of the Land: Protecting Wild & Working Lands.”

On Friday, December 16, Mary Ann Madej, a Board member of the Coastal Ecosystem Institute of Northern California, will enlighten us on “Stream Channels vs. Tidal Channels: What’s the difference & why should we care?”

On Friday, January 20, Craig Benson, Natural Resources Services Division director at the Redwood Community Action Agency, will present on “Watershed Rehabilitation, from Riverine to Estuarine.”

FOAM lectures at the Interpretive Center are free to the general public. For more information, or to guarantee a seat, call 826-2359.

Turkey Day Exercise
Join Jenny Hanson on FOAM’s 17th annual Thanksgiving Day tour of the Marsh. If you’d like to set out on a 90-minute leg-stretcher before your big dinner, meet Jenny at the Interpretive Center front deck (center will be closed for the holiday) at 10 am on Thursday, November 24.

FOAM Square on Plaza
FOAM again participated in Pastels on the Plaza on October 1. Artist Melanie Dabill reproduced the FOAM Marsh Wren logo, created last year by Gary Bloomfield. Thanks again, Mel, for contributing your talent to advertise FOAM!

2016-7 Board of Directors & Officers

Officers
President: Elliott Dabill
Vice-President: David Couch
Secretary: Katy Allen
Treasurer (Ex Officio): Sue Leskiw (also UPWIND Editor)

Other Board Members
Stan Binnie
Cindy Kuttner
Bill Prescott
Ivan Soto
Alex Stillman
Jane Wilson

FOAM website: www.arcatamarshfriends.org
Facebook: www.facebook.com/Friends.of.the.Arcata.Marsh
Annual Meeting & Volunteer Appreciation Lunch

By Sue Leskiw

On Sunday, September 25, FOAM held its 23rd annual meeting and volunteer appreciation lunch at the Interpretive Center. Nearly 30 came to enjoy an albacore barbecue lunch by David Couch, with FOAM Board members providing side dishes.

City naturalist Gretchen O’Brien presented a Volunteer of the Year award to Pam Brown for her front desk staffing and dog waste management efforts. The other recipient, Barbara Reisman, was unable to attend, but was recognized for her front desk staffing, tour leading, invasive plant pulling, and helping out at community outreach events. Each received a certificate and $35 gift card for the Interpretive Center bookstore.

The third annual Arcata Marsh Bird of the Year award was given out (see this page).

President Elliott Dabill reviewed highlights of the 2015/16 Annual Report (see pages 5&6) via a Powerpoint presentation. Secretary Katy Allen reported that 44 ballots had been received and Stan Binnie, David Couch, and Cindy Kuttner were elected to fill 3 of the 6 open slots on the Board. [NOTE: At the October 13 Board meeting, Bill Prescott was appointed to the Board (see p. 3). Two slots remain vacant.] Mary Burke, Betsy Elkinton, Janet Zich, and George Ziminsky retired from the Board.

This year, the annual meeting included a silent auction of art pieces donated by Jane Wilson and Gail Coonen (see p. 7).

Third Annual Arcata Marsh Bird of the Year Award

By Sue Leskiw

As part of the FOAM annual meeting, winners and honorable mentions for this award were recognized by emcee Tom Leskiw. The goal of the Arcata Marsh Bird of the Year Award is to recognize rare birds (and their finders) spotted from or within the borders of the Marsh that are subsequently enjoyed by other observers. So that FOAM could present the award at its annual meeting, the window for birds to be considered was set as September 1, 2015 through November 30, 2016. Candidates were compiled from Audubon Field Notes, eBird, and personal experience of the selection committee.

Unlike the first two years of this award, there were no candidate birds that were rare for Humboldt County or that stayed around to let many people observe them. Instead, the contenders were birds that are not often seen at the Marsh itself.

The Arcata Marsh Bird of the Year award went to Mountain Chickadee, first seen by Tristan McKee on November 11, 2015 at Klopp Lake. This was the second record for the Marsh and the first since 1984. FOAM’s George Ziminsky, who was birding with Tristan, relayed that it was a “rare experience, seeing all three local chickadee species—Black-capped, Chestnut-backed, and Mountain—in one field of view.”

Two honorable mentions were also recognized. The first was Black Oystercatcher, which Rob Fowler spotted offshore in Arcata Bay on May 6, 2016. He saw it while doing a Walking “Little Big Day” at the Arcata Marsh as part of the Tim McKay Memorial Birdathon to benefit the NEC and Redwood Region Audubon. Between 8:30 am and 2:50 pm, Rob walked 6.2 miles and saw 94 species, with the Oystercatcher being the highlight.

The second honorable mention went to Red-breasted Sapsucker, first seen and photographed by Alan Peterson on November 24, 2015. (You may be familiar with Alan from his fantastic film of a White-tailed Kite family at the Marsh or from his wonderful Facebook photo posts of all sorts of Marsh critters.)
New Board Member Appointed at FOAM Meeting

Bill Prescott, one of FOAM’s newest but very active volunteers, answered Board president Elliott Dabill’s call at the Annual Meeting, submitting a candidate statement to serve on the Board. He wrote: “Working as a volunteer at the Interpretive Center, I have been impressed with the role of the Marsh in the community and therefore would like to increase my involvement with the organization.”

Bill moved to Humboldt County from Rhode Island, where he monitored osprey nests for Rhode Island Audubon and volunteered with Save the Bay and the University of Rhode Island’s Watershed Watch. He noted that “in each organization, I performed hands-on activities such as eelgrass restoration and water quality testing.” Besides his strong interest in ecology and the environment, Bill is “quite enamored of American history,” serving as a tour leader and interfacing with grade school children at a historical site in North Kingstown.

The FOAM Board approved Bill’s appointment October 13. Welcome, Bill, and thank you for taking your volunteer service to a new level!

---

What’s New at AMIC

By Gretchen O’Brien

The Interpretive Center has had a makeover! New electric heaters and hand dryers will help move the building toward being solely solar powered and reduce waste. New carpeting has been installed, the floors were polished, and the exterior has been power washed.

My grant application for a beach wheelchair was approved! We will soon have a stainless steel wheelchair with big balloon tires that will help wheelchair-dependent folks traverse the Marsh trails in style and comfort.

The exhibit hall has been rearranged to create an established reading corner, for folks to peruse all the wonderful children’s nature and science books that were donated to FOAM. A comfy chair is next.

---

Euro Cyclists Tour the Marsh

By Sue Leskiw

On October 1, the FOAM website received a message from three young touring cyclists on a 10-month, 10,000-kilometer journey from British Columbia to the tip of Argentina. The members of Cinecyclo Tour Panamerica—Guillaume Blanchet and Victor David from France and Tom Mueller from Switzerland—had heard about the Arcata Marsh during their studies in environmental engineering as an example of ecosystem services and wanted to stop by for a tour and put in some volunteer work. “We love the idea of treating wastewater with constructed wetlands and your idea of involving citizens for volunteering in this action is really smart.”

I enlisted George Ziminsky and Katy Allen to head up a tour and invasive plant removal and got everything lined up for October 7. The cyclists, who were carrying all their supplies on their bikes (no support vehicle) arrived at AMIC at 9 am. The goal of their journey was to “explore projects powered by motivated people striving to protect/improve our environmental and organize public screenings via their pedal-powered moving cinema.” A previous tour of Senegal by other members of Cinecyclo had the group screening movies and documentaries via a pedal-powered generator and projector. After hearing that their projection system had been stolen in Vancouver, Canada, Katy asked if the trio had set up a GoFundMe-type campaign to replace their equipment, but because the system was one-of-a-kind that took Guillaume’s father a year to build and perfect, money was not the solution. They hoped that a replacement system would be shipped to meet them in Bogota, Colombia (where they will be flying after biking to San Diego). They will then be able to share videos in the villages they travel through on their way to Tierra del Fuego by May 2017.

Tom, Guillaume, and Victor were very impressed with the philosophy behind the establishment of the Arcata sewage treatment plant. Since entering the United States, they had visited two locations selected as representative of innovative environmental projects: the Elwha dam removal site in Olympic National Park and the Arcata Marsh. Following a Marsh tour and lunch, the three buckled down to pull weeds for a few hours. Katy and her husband Tom graciously hosted them for the night and said it was “fascinating to hear their perspective on the Arcata Farmer’s Market plaza scene as well as our most-unusual election year.”

and not using single-use containers. Unfortunately, manufacturing goes the opposite way of zero waste. We are surrounded by unnecessary containers, plastic seals, and monstrous hybrids. Butcher paper, carry-out cartons, ice cream containers, doctor’s office cover-ups, etc., are made of 2 layers of paper with a layer of plastic in between, making them non-recyclable. Cotton-polyester clothes are laced with plastic.

Arcata is working on a zero waste action plan. Zero waste means nothing sent to landfills or incinerators. The emphasis on recycling is the biggest public education challenge in waste prevention. Arcata is too small to have infrastructure to handle all recycling. Metal is highly recyclable, plastic is partially recyclable, but when all kinds of plastic are mixed together, they’re just trash. Glass and some kinds of paper are recyclable, but both to lower-grade substances. Remember the monstrous hybrids? They relegate lots of “paper” to landfills, using gasoline-powered vehicles to transport it. What ends up in landfills is 37% compostable, and 12% is recyclable paper. Food is our #1 waste.

Solutions?

• Take food containers, including utensils and cups, everywhere, or buy non-throw-away ones. Festivals, picnics, potlucks.

• Compost, compost, compost! Even some paper. Support Arcata’s plan for any business that has food waste to compost. Earth tubs, which mix and supply heat to hasten composting, will be distributed to places with lots of foods waste. Paper towels may be composted. When buildings are demolished, there should be a plan where all the materials will go to be repurposed.

• Reuse in original forms or repurpose. Combine old clothes to make new. Make hair clips out of zippers. If you have rags and clothes you would like to see made into paper or something else, look up www.DonateStuff.com. (It took 19 pounds of my clean cotton rags at no cost to me.)

• Join and utilize Scrap Humboldt on South H Street.

• Recycle!
Tours: Some 14,192 adults and children visited the Arcata Marsh Interpretive Center between September 2015 and August 2016, down 1,157 from the previous 12-month period. Some participated in the weekly 2 pm tours and monthly “Slower-Speed” tours offered rain or shine by FOAM docents. FOAM also provided docents for 36 special-request group tours.

Education: FOAM presented its second Arcata Marsh Bird of the Year Award(s) at its October 4 Annual Meeting. It was a tie between George Ziminsky for spotting a Sage Thrasher and Alexandra Lamb for finding a Yellow-billed Cuckoo.

FOAM’s free lecture series, coordinated by Jane Wilson, continued, with presentations by John DeMartini on duck parasites, Jane Bothwell on medicinal plants, Mike Wilson on the Samoa Mill cleanup, Hanna Nielsen on climate change attitudes, Jennifer Kalt on water quality/billboard removal/sea level rise awareness, Stephen Kullmann on Indian Island restoration, Lynnette Chen on the Arcata Dog Park, Ken Burton on bird sounds, Gretchen O’Brien on Arcata Marsh trails and recreational history, Jay Patton on earthquakes and tsunamis, and Alec Howard on Zero Waste in Arcata. Retired HSU biology professor John DeMartini began a series of First Friday (at 1 pm) interpretive talks to explain the science behind the AMIC exhibits.

In March, for the 11th year, FOAM funded awards at the Humboldt County Science Fair. A $50 prize for the best project related to wetlands went to “Climate Change and Oysters: Does water temperature affect oyster feeding rate?” by Vivian Gerstein, a 7th-grader at Jacoby Creek School. A $25 second prize was awarded to Perrin Turney, a 10th-grader at Six Rivers Charter High School, for his research on “The Effect of Water Pollution on Microorganisms at the Arcata Marsh.”

FOAM received a grant from the Strong Foundation to underwrite printing a Jr. Marsh Explorers Activity Book, created by Gretchen O’Brien and Leslie Anderson, which will be used in Arcata’s summer camps at the Marsh and be sold in the bookstore.

FOAM cosponsored a Marsh District map being created by Scrap Humboldt.

Public Events: In September, Milt Boyd, Katy Allen, Stuart Moskowitz, Barbara Reisman, Pam Brown, and George Ziminsky staffed a FOAM table at the Volunteer & Community Involvement Fair held at HSU. In October, FOAM again sponsored a square at Pastels on the Plaza, with art by Melanie Dabill and Alex Cordoba. In November, Jenny Hanson led FOAM’s 16th Thanksgiving Day morning “leg stretcher,” attended by 25 people. Jane and Richard Wilson helmed FOAM’s 8th New Year’s Day Ramble, attracting 21 participants, and initiated a Christmas Day walk that boasted 22 people, 2 dogs, and 2 newsmen. A wooden flyer display case crafted by Eagle Scout Westin McHaney was mounted outside the AMIC front entrance.

In February, Barbara Reisman and Milt Boyd tabled on behalf of FOAM at the HSU Career Expo & Volunteer Fair. In March, FOAM again cosponsored Take a Child Outside (TACO) Day at the AMWS, a free festival of fun outdoor play for kids and their caregivers. Ivan Soto and Betsy Elkinton led groups out on the floating dock, while Katy Allen, Sue Leskiw, and Gretchen and Alex O’Brien staffed an activity table where kids identified animal tracks. In April, two HSU students organized a Pints for Nonprofits event at Redwood Curtain Brewery that raised over $500. Also in April, Jenny Hanson led a plant-focused walk at the Marsh as part of a California Native Plant Week celebration.

In partnership with Redwood Region Audubon Society, FOAM sponsored the 13th Student Bird Art Contest at Godwit Days. A record-smashing 980 entries were received from grades K-12 throughout Humboldt County. Thirty-eight cash prizes and 35 honorable mentions were awarded at Godwit Days in April.

In April, FOAM continued its participation in the Godwit Days Spring Migration Bird Festival. Approximately 25 children plus their parents took part in FOAM’s free family nature activities coordinated by Sue Leskiw. The kids made peanut butter pinecone bird feeders, clay bird ornaments, paper bird hats, peace dove handprints, oyster shell refrigerator magnets, and hanging paper birds. Two children’s bird walks at the Marsh were led by Mary Burke, while Dave Couch and George Ziminsky led a combined bird walk/wastewater treatment plant tour as part of the festival schedule. FOAM volunteers also staffed an information/sales table in the vendor area, coordinated by Sue Leskiw, and helped hang bird art entries.

(continued on p. 6)
In June, Dave Couch led FOAM’s third “Members-Only” event, a canoe/kayak tour of the California State Oyster Preserve.

In August, Leslie Anderson, Karolyn Merz, Alex Stillman, and Milt Boyd staffed a FOAM table at the Volunteer & Community Involvement Fair held at HSU.

Marsh and Wildlife Through the Eyes of Local Artists: Since December 1998, FOAM has sponsored monthly art shows representative of the scenery, plants, birds, and animals that inhabit the Marsh and Humboldt Bay. This past year, Patricia Sennott, Dana Ballard, Terry Dotson, Ray Fowler, Jan Ramsey, Kathy O’Leary, David Price, Student Bird Art Contest Winners, and Aldaron Laird were featured. Alex Stillman scheduled the art shows, which became bi-monthly in nature in May.

Publicity & Communication: We would like to thank newspapers, radio, and TV stations for helping us get the message out about our weekly tours, monthly art exhibits and lectures, and other special events at the Marsh. The Mad River Union deserves special recognition for continuing to publish a “Wren-o-meter” that displayed the progress of FOAM’s Capital Campaign. FOAM continues to publish its quarterly newsletter, UPWIND.

City Relations: FOAM continued its Capital Campaign to build an outdoor amphitheater and upgrade the AV system in the Interpretive Center until the end of 2015 (see “Fiscal Accounts” below). A new projector system was installed and the screen was raised.

In October, January, July, July, and September (United Way Day of Caring), FOAM co-sponsored invasive plant workdays at the Marsh, with most focusing on invasive cordgrass (Spartina) removal.

FOAM funded two “Volunteer of the Year” awards, presented to Milt Boyd and Ivan Soto.

Susan Ornelas replaced Paul Pitino as FOAM’s representative to the Arcata City Council.

Membership: As of August 31, FOAM had 161 members in good standing, 75 of which were Life Members and 4 were Honorary Life Members.

Fiscal Accounts: As of August 31, FOAM had a checking account balance of $39,442.17. [NOTE: $12,995 of that amount is earmarked for the Capital Campaign.] FOAM also has $10,403.40 in a fund set up at the Humboldt Area Foundation (HAF).

Expenditures totaled $5,173.17 and revenues totaled $11,314.60 (of which $2,050 is earmarked for the Capital Campaign). The largest expenditure incurred in the past year was $1,400 for insurance. Revenue sources were membership dues ($3,426), non-Capital Campaign donations ($4,121.31), merchandise sales ($1,024.75), reimbursements ($464.14), and interest/dividends/capital gains on the HAF Fund ($228.40 as of 6/30/16).

Board of Directors: Five current Board Members (Katy Allen, Elliott Dabill, Ivan Soto, Alex Stillman, and Jane Wilson) will be continuing, one (Dave Couch) is running for another term, and two new candidates (Cindy Kuttner and Stan Binnie) are running. Richard Wilson passed away. George Ziminsky, Mary Burke, Janet Zich, and Betsy Elkinton are leaving the Board.

—Elliott Dabill, President
Visitor Log

The Interpretive Center saw 1058 visitors in May, 1258 in June, 1543 in July, 1356 in August, and 1338 in September.

Calendar of Events

[Docent tours leave the Interpretive Center every Saturday at 2 pm]

October—Bird photographs by Ken Burton
October 21—Weasel lecture by Phil Johnston, 7:30 pm (see p. 1)
November/December—Wildlife & landscape paintings by Paula Golightly
November 10—FOAM Board Meeting, 6:30-8 pm
November 18—Lecture on protecting wild & working lands by a representative of the Northcoast Regional Land Trust, 7:30 pm (see p. 1)
November 24—Thanksgiving Morning Ramble, 10 am (see p. 1)
December 8—FOAM Board Meeting, 6:30-8 pm
December 16—Stream vs tidal channels lecture by Mary Ann Madej, 7:30 pm (see p. 1)
January 12—FOAM Board Meeting, 6:30-8 pm
January 20—Watershed rehabilitation lecture by Craig Benson, 7:30 pm (see p. 1)

Thanks to Our Supporters, August-September 2016

- **Best Friends** ($100+): Mary Lou & Alan Lowry*; Robin Rusk; Don Staudenmaier; Heather Verville & Rick Brazeau
- **Sponsors** ($50-99): Katy & Tom Allen (NEW Life Members!); Richard & Chris Beresford; John & Julia DeMartini; Bob Peck
- **Friends** ($18-49): Paul & Margaret Abels; Stan Binnie & Kim Tays; Karen Cunningham (Coos Bay, OR); Jim Lennon; Christine Lyons (Watsonville); Anne Merryfield; Beverly Post
- **Donations:** Life Members Ron & Melanie Johnson ($100) and Sue Lee & Archie Mossman ($35). Artwork was donated to a silent auction at the annual meeting by Jane Wilson and Gail Coonen (who obtained free framing from Bob at Arcata Frame). Sold items yielded $275. AMIC donation box, $26.

* = New member

---

**NOVEMBER-DECEMBER ARTIST**

**PAULA GOLIGHTLY**

I am a native Northern Californian. I grew up adjacent to ranches, allowing me to become very familiar with open spaces and wildlife early in childhood. These beautiful places motivated me to capture what I saw using pencil, pen, and paint. I have a representational art style depicting landscapes and wildlife using media ranging from acrylic and oil paints to watercolor and pen and ink.

I am primarily self-taught. My artwork represents unique places and moments in time I always want to remember and putting them on paper or canvas ensures that others can also share in these experiences.

I completed a BS degree in Wildlife Biology at HSU in the early 1980s. My studies provided the scientific basis to critically understand the ecology of fish, wildlife, and habitat interactions. This background, combined with my ever-present artistic nature, has proved critical to how I represent wildlife and landscapes in my artwork. I hope that sharing these images will help others to more fully connect to the beauty that exists all around them in any given moment.

I have been showing my artwork for over 35 years. I balance a full-time career as a professional fish and wildlife biologist while also working as an artist.

---

**JANUARY-FEBRUARY ARTIST**

**ROBERTA “BERTI” WELTY**

I enjoy creating objects that delight the eye and intrigue the imagination. My sculptures and woodcuts hint at stories that the viewer is invited to construct in his/her mind. My current series of woodcuts, “Relics of a Bygone Era,” celebrates both the history and beauty of the Humboldt Bay area. By capturing historical objects before they completely disintegrate into the landscape, I help the viewer to imagine what life might have been like for people living in times past. I honor what came before by portraying these relics in a positive light and placing them in a contemporary context.

I have a unique, life-affirming perspective that allows me to see and catch the beauty in all of life. This pervades my art. My art nickname, “HerOwn View,” hints at my slightly oblique way of perceiving and portraying the world around me. Nature, the human condition, beauty, and interesting images inspire my art, which can be whimsical at times.

I discovered art late in life. After retiring and moving to Humboldt in 2002, I surrendered to the artistic muse that calls me to explore various media. My primary focus has been “wet dark room” black/white photography, lost wax bronze sculpture, and relief printmaking. I recently graduated with honors from HSU with a BA in Studio Art. In my studies I enjoy interacting with, and being challenged by, younger artists.

---

**“Elegance” woodcut.**

"Oil painting of Arcata Marsh 2012."
Friends of the Arcata Marsh
PO Box 410
Arcata CA 95518
ADDRESS SERVICE REQUESTED

Mark Your Calendar for:

Weasel Lecture, Oct. 21
Land Protection Lecture, Nov. 18
Thanksgiving Morning Walk, Nov. 24
Stream/Tidal Channels Lecture, Dec. 16
Watershed Rehabilitation Lecture, Jan. 20

MEMBERSHIP APPLICATION

Name _____________________________________________________________________________
Address ___________________________________________________________________________
City, State, ZIP ____________________________________________________________________
Phone _______________________________ E-mail ______________________________________

Please check the appropriate membership category:

___ Individual $25 ___ Family $35 ___ Student/Senior $18
___ Sponsor $50 ___ Best Friend $100 ___ Life Member $750
___ I would like more information about volunteering for FOAM,

FRIENDS OF THE ARCATA MARSH, PO Box 410, Arcata CA 95518 www.arcatamashfriends.org

A tax-exempt, nonprofit 501(c)(3) organization, EIN #68-0232871. All donations are tax deductible.

If you are receiving a complimentary copy of this newsletter, please consider joining FOAM.

If you were a member, but have allowed your membership to lapse, please renew.
(See mailing label for your expiration date.)

Interpretive Center street address is 569 South G Street, Arcata.
FOAM mailing address is PO Box 410, Arcata CA 95518. You can reach us by phone from 9 am to 5 pm Tuesday through Sunday and 1 to 5 pm Monday at 707-826-2359.