



# UPWIND

from the Arcata Marsh

Interpretive Center

Vol 17, Issue 2, Spr/Sum 2010

*In This Issue: Board Member Appeal... Annual Meeting/Volunteer Appreciation Lunch... Docent Training... Invasive Plant Work Day... Marsh Happenings... Godwit Days Thanks... Science Fair Winner... Board Nomination Form & Description of Duties... Student Bird Art Contest Winners... Plant Column... Proclamation Honoring FOAM... Artist Statements... Errata... Visitor Log... Calendar... Thanks to Supporters*

## Why Wouldn't YOU Make a Good FOAM Board Member?

We are looking for THREE FOAM members (or people willing to join the organization) who care about the Arcata Marsh & Wildlife Sanctuary and would like to translate that feeling into action. If you've wondered about a new way that you can help the Marsh, here's your opportunity! Board members are expected to attend monthly meetings and serve on at least one committee (see details, pages 3&4).

FOAM has a small membership base on which to draw. Why not attend our July 8 Board meeting, to see what it's all about? You'd be working with a great group of people to improve a place we all love. Please call me at 442-5444 to find out more.

P.S. Board applications are due by August 23.

*Sue Leskiw*

### Annual Meeting & Volunteer Appreciation Lunch Sept 26

FOAM members and volunteers are invited to attend FOAM's 16th Annual Meeting on Sunday, September 26, at the Interpretive Center beginning at noon.

Following lunch, FOAM will hold its annual business meeting, where ballots will be counted and election results tabulated. The annual report and Volunteer of the Year awards also will be presented.

### Tour Training in August

As this issue went to press, FOAM expected to offer a 2-day training session on August 14-15 to give volunteers background for leading tours at the Marsh. Call the Interpretive Center at 826-2351 to put your name on the list to attend. For those of you who are "chomping at the bit" to lead Marsh tours, Saturday tour coordinator Art Barab may be able to offer individualized instruction. Call him at 826-7017 to arrange a "shadow tour."

### Help Pull Plants in July

On Saturday, July 24, FOAM and the City of Arcata are cosponsoring a work day at the Arcata Marsh. Volunteers will remove invasive plants from 9 am to 1 pm. Dress to get dirty and bring work gloves. The City will provide tools, bags, drinks, and snacks. To sign up to help, please call Dennis at 825-2163.



### 2009-10 Board of Directors & Officers

#### Officers

*President:* Sue Leskiw (also UPWIND Editor; Mailing; Publicity; Exhibits; Scrapbook; Website) — 707-442-5444

*Vice-President:* Elliott Dabill (also Education; Computer) — 707-601-6068

*Secretary:* Janet Zich (also Membership; Website) — 707-822-4660

*Treasurer:* Art Barab (also Exhibits) — 707-826-7017

#### Other Board Members

Katy Allen (Education; Membership) — 707-822-2312

Leslie Anderson (Design; Art Exhibits; Website) — 707-822-6444

Ken Burton (Habitat Concerns; Education) — 707-825-1124

David Couch (Special Events) — 707-839-4253

Robert Rasmussen (Education) — 707-822-5305

Lance Torgerson (Education) — 707-826-1525

## Marsh Happenings

- The monthly last Saturday tours of the Wastewater Treatment Plant have been discontinued at the request of the City of Arcata, which cited risk management issues. Docents on general tours will be happy to answer questions about the treatment process, but cannot take attendees through the gate.
- FOAM has purchased two spotting scopes and tripods for use in the Interpretive Center and by tour leaders.
- FOAM has underwritten the cost of equipment and art supplies for the City of Arcata's new Marsh Explorers and Young Explorers summer camps. For more information, visit [www.cityofarcata.org](http://www.cityofarcata.org).
- FOAM is in the process of designing special apparel to recognize volunteers who staff the Information Desk and lead tours at the Marsh. FOAM T-shirts will be reprinted in several colors for sale at the bookstore.
- FOAM Board member and graphic designer extraordinaire Leslie Anderson is working on several education projects for the Marsh. First, a board to hang on the Interpretive Center porch to allow visitors to measure their "wingspan" compared to large birds found at the Marsh. The idea stemmed from a display that Arcata City Mayor Alex Stillman saw while traveling in Alaska. (A smaller board will let visitors measure their "handspan" compared to smaller local birds.) Second, a binder with color photographs of the 50 most common birds at the Marsh. FOAM life member David Fix generously contributed the text describing the birds; FOAM Board member Ken Burton conceived the project, selected the birds to feature, and researched their seasonal abundance and locations within the AMWS; and Board member Janet Zich offered to proofread the material. FOAM hopes to publish the results for sale at the bookstore.
- FOAM docent Jenny Hanson is enlisting members of the local chapter of the California Native Plant Society to collect information about the locations of Marsh plant species. FOAM president Sue Leskiw will be the point person to create a database that can be sorted according to multiple factors by tour leaders and other interested persons.

## Thanks, Godwit Helpers

Volunteers who staffed the FOAM booth at the Godwit Days Festival in April were Katy Allen, Art Barab, Ken Burton, Dave Couch, Elliott Dabill, and Janet Zich. Sue Leskiw set up and helped take down the booth, which featured the beautiful new FOAM poster produced by Leslie Anderson. Darlene Marlow, Sue Leskiw, Katy Allen, Shana Stearn, and Lori Loveall – plus the high-energy high school students from the Sequoia Park Roots & Shoots Club (Kai Neander, Aubrey Page, Ananda Grey-Stewart, Cesar Murillo, and Guthrie L'Herogan) — welcomed 80-100 children and parents for art and nature craft activities. Dave Couch led a field trip of the wastewater treatment plant.



Volunteer Shana Stearn watches as Taylor Wheeler folds a bird puzzle during FOAM nature craft session.

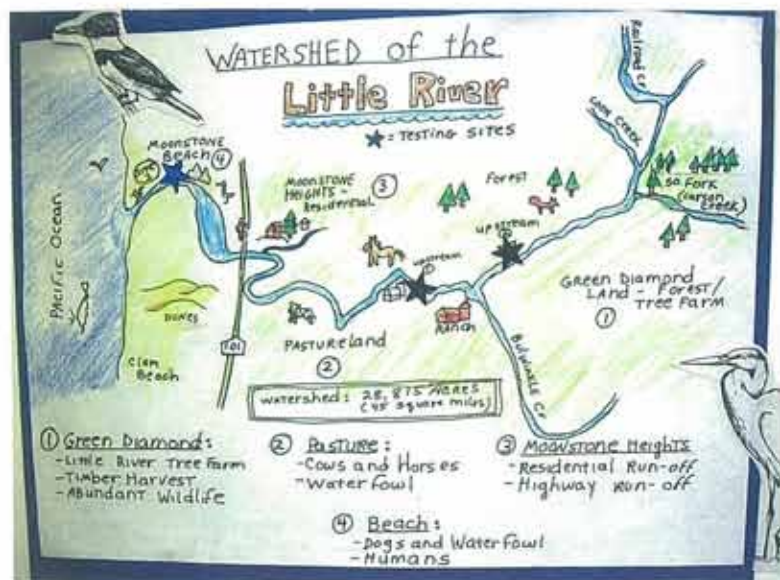


Roots and Shoots president Kai Neander (right) helps a participant make an eagle talon keychain.

## Science Fair Award Winner

The winner of FOAM's fifth annual award at the Humboldt County Science Fair for the best project related to wetlands was Ryan Thomas, a 7th grader at Laurel Tree Learning Center's Mattole Valley Charter School who lives in Trinidad. The hypothesis for his project, entitled "Water Quality of Little River, Moonstone Beach, as Reflected in Bacterial Counts," was that his testing would prove that swimming in the Little River could present a health hazard. His findings indicated that the number of Coliform bacteria fluctuated weekly, rising after a rainfall, although not exceeding state standards for recreational use. Bacterial levels were highest at Moonstone Beach and an upstream ranch house and lowest in his home's toilet bowl. His hand-drawn map of the watershed is shown below.

The \$50 prize was awarded in March at a ceremony at Humboldt State University. Judges were Sue Leskiw and Elliott Dabill. Ryan sent a card to FOAM thanking the group for "this prestigious award" and adding that he was "honored to be recognized by FOAM." He plans to use the money "to learn more about the natural world around us."



## 2010 Student Bird Art Contest Results

By Sue Leskiw

Over 600 local K-12 students pulled out paints, pencils, pastels, or paste to enter the Seventh Annual Student Bird Art Contest held in association with Godwit Days. FOAM cosponsored the competition with Redwood Region Audubon Society (RRAS). All art was displayed at the Arcata Community Center during the Festival (April 16-18). Color copies of the winners were hung at the Arcata Marsh Interpretive Center during May and a binder there contains copies of winners throughout the lifetime of the contest.

Some 50 awards totaling \$500 were given out, thanks to FOAM and RRAS. Thirty-two were monetary prizes, plus 18 honorable mentions. Five awards for best depiction of a bird in its habitat, funded by FOAM, were distributed.

The sponsors would like to thank the judges for accepting the daunting task of selecting the award-winning pieces: Leslie Anderson, Louise Bacon-Ogden, Art Barab, Gary Bloomfield, Denise Homer, Sue Leskiw, Sara Starr, and Gwen Thoele. We would also like to thank Strictly for the Birds in Eureka and the Arcata Marsh Interpretive Center for serving as drop-off points for the entries. A big acknowledgment of appreciation goes to the people who helped push-pin the artwork to the walls of the Community Center: Katy and Tom Allen, Louise Bacon-Ogden, Art Barab, Jeanne Charles, Sue Leskiw, Chet Ogan, "Rogers," and Gil and Mediha Saliba and their grandson Silas (plus those who took it down - Sue Leskiw and members of the California Conservation Corps).

The winners were:

### Kindergarten

1st Place: Finn Nosbaum, Mistwood Montessori, American Robin

2nd Place: Cicely Jones, Morris Elementary, American Robin

3rd Place: Ariana Burchill, Casterlin School, Acorn Woodpecker

### Grade 1

1st Place: Allison Ash, Scotia School, Red-breasted Nuthatch

2nd Place: Decho Angeloff, Scotia School, Anna's Hummingbird

3rd Place: Larry Tracy, Trinity Valley School, Peregrine Falcon

### Grade 2

1st Place: Ada Bavin, Fuente Nueva, Great Egret

2nd Place: Lindsey Maher, Freshwater Elementary, California Quail



3rd Place: Nazalin Dickerson, Fuente Nueva, Western Grebe

### Grade 3

1st Place: Cassandra Brosseau-Valvo, Fuente Nueva, American Goldfinch

2nd Place: Perrin Turney, Kneeland School, Cedar Waxwing

3rd Place: Sophia LaRosa, Fuente Nueva, Mallard

### Grade 4

1st Place: Emma Harris, Union Street Charter, Cedar Waxwing

2nd Place: Celeste Riggan, Orleans Elementary, American Robin

3rd Place: Iain Fox, Cutten School, Cinnamon Teal

### Grade 5

1st Place: Kaya Fabbretti, Fuente Nueva, Cedar Waxwing

2nd Place: Madrone Topolewski, Garfield School, Anna's Hummingbird

3rd Place: Kaylie Hodnett, Ferndale Elementary, Peregrine Falcon

### Grades 6-7

1st Place: Rhea Burtram, Freshwater Elementary, Purple Finches

2nd Place: Morris Barnes, Fieldbrook Elementary, Western Screech Owl

3rd Place: Aidan Carter, Fuente Nueva, American Goldfinch

### Grades 8-12

1st Place: John Nordberg, Arcata High, Tufted Puffin

1st Place: Sarah Crisp-Foster, Fortuna High, Forster's Tern

2nd Place: Pathanin Panasri, North Coast Prep & Performing Arts Academy, American Avocet

2nd Place: Miguel Manzano, Fortuna High, Steller's Jay

3rd Place: Cassidy Jewell, Alder Grove Charter, Cedar Waxwing

3rd Place: Ben Taggart, Northern Humboldt Community Day School, Bald Eagle

### Best Depiction of Bird in Its Habitat Award

Kailey Fuerstenberg, Grade 2, Lafayette School, Great Blue Heron

Lauren House, Grade 2, Morris School, Spotted Owl

Keaton Sullivan, Grade 4, Garfield School, Spotted Owl

Mary Echo, Grade 6, Coastal Grove Charter, Chestnut-backed Chickadee

Jubilee Grant, Grade 10, Northcoast Learning Academy, Egret

### Honorable Mentions:

Kindergarten, Luan Scrivner, Owen Hamm, Evelyn Wilhelm, Julian Baltzley

Grade 1, Kyshia Donahue, Zoe Booth

Grade 2, Eva Phelan, Leo Janzen

Grade 3, Desirae McGee, Lukas Downing, Holly James, Zoey Hilton

Grade 4, Carson Pope, Kristina McHaney

Grade 6, Liam Achterberg-Munoz

Grade 7, Steven Hostler

Grade 8, Carolyn Mitchell-Rice

Grade 11, Jennie Mullen

## Plants of the Marsh

A series by Melinda Bailey

### CALIFORNIA POPPY (*ESCHSCHOLTZIA CALIFORNICA*)

Plants are like people in that they take advantage of opportunity. This spring, our area received plentiful rainfall and apparently most plants have welcomed the moisture. If you walk the paths of the Arcata Marsh and Wildlife Sanctuary this season, the plants are humongous. There are horsetails 5 feet tall, shrubs that have doubled in size, and grasses everywhere (if they haven't been mowed down). Studded among these presumably happy plants are some healthy specimens of the California poppy.

The California poppy (*Eschscholtzia californica*) is special to most Californians, although it occurs in over 30 states. It grows best in dry places, but inhabits coastal foothills as well. The flowers have four petals that are usually bright orange, although they can be yellow. This flower is known as the flame flower and copa de oro ("cup of gold").

During the day, the delicate fan-shaped flowers open up and at night, they close. There are some places in California where the hills are truly golden because they are carpeted by the California poppy; the most famous is the Antelope Valley Reserve in the Mojave Desert. However, if you pick the right day, you can see a brilliant display geographically closer to Humboldt: Bear Valley off Highway 20 east of Clear Lake or the foothills near Oroville known as Table Bluffs.

It is illegal to pick or damage a California poppy, which became the state flower in 1903. If you want to establish this flower in your yard, buy seed from a reputable nursery.

When in bloom, this plant usually stands 1-2 feet tall with green leaves that are heavily divided. It can be a perennial or an annual. In well-drained soil, poppies easily reseed but they do not transplant very well. Poppies belong to the Papaveraceae family, which includes the Matilija poppy (*Romneya coulteri*) and the Opium poppy (*Papaver somniferum*). There are over 300 species of poppy. There is no opium in the California poppy, although it can be used as a mild sedative and pain reliever.

*Eschscholtzia californica* was named by Adelbert Von Chamisso in 1816. He was a naturalist and member of the Prussian Academy of Sciences. The story goes that when he arrived in San Francisco



Bay (his new home), the hills were covered by these golden flowers. He grew fond of them and named the plant after a colleague, Johann Friedrich Eschscholtz.

Many California Indians cherished the poppy as both a source of food and an oil extracted from the plant. A Native American legend describes how the gold of California was deposited in the earth from the golden flowers of the poppy after the plant sheds its blooms. We can all rejoice in this sunny time of year with this bright flower in our midst.

## FOAM Honored by City

In a letter last December, the Arcata City Council and staff sent FOAM a letter expressing its "sincere appreciation for the countless hours of community service the members of your organization have contributed toward the stewardship of Arcata's watersheds." Mayor Mark Wheatley thanked FOAM for its "sweat equity and commitment to restoring our creeks, forests, and wetlands." FOAM was one of 11 nonprofit groups named by the City that cumulatively enlisted over 300 volunteers who donated over 1300 hours during 2009. A proclamation recognizing Arcata's Community Watershed Stewards was presented at the December 2, 2009 City Council meeting.

## JULY ARTISTS ANITA PUNLA & FRIENDS

*Interpretations in Yarn* is a collaboration of mother, daughter, and friends who enjoy the craft and art of knitting. This show provided us an exciting focus: to knit items with patterns of nature as the basis of design. Vine and leaf. Turtle tracks. Ocean currents. Falling rain. Bird's nest. Summer meadow. The exhibit includes shawls, scarves, and hats.

There are many reasons why we knit. Knitting is fun, relaxing, meditative, and creative. It offers a connection to a lineage of mothers and grandmothers. We knit in solitude or in a social setting. We knit for the sheer love of making something beautiful; we knit as community service. *Interpretations in Yarn* involved not only finding patterns of nature, but also finding yarn — color, texture, weight — to match the intent of the pattern.

Anita Punla uses deep soothing colors of nature: greens of cactus or cilantro, blues and purples of deep water. "I learn from each pattern I knit. I learn from the silence in the knitting as well. This exhibit — working with nature designs — added an intention to what is already an exciting and meaningful experience."

She'ifa Punla-Green is a sophomore at North Coast Preparatory and Performing Arts Academy. She started knitting when she was 7 years old. She is organizing a knitting group of teens who will knit items for donation as community service. "I enjoy knitting not only because it is fun, but because it is also a combination of art and math, two of my favorite things."

All show contributors knit at *Knitter's Lane* in the Bella Vista Shopping Center off Central Avenue in McKinleyville. The store not only offers yarn and needle art supplies, it is a gathering place to knit and to share knitting ideas, experiences, and stories. Owner April Lane says "We are more than a group of people with a common interest; we are a community intent on carrying on a tradition."



## AUGUST ARTIST JAMIE FORD

I was born and raised in the Bay Area and moved to Humboldt in 2005. I remember having a camera in my hand even as a little boy, but have been more seriously enjoying photography for the past 15 years. During that time, I have moved between film and digital, black & white and color, macro and landscapes, and weddings and abstracts. The world

that exists through the viewfinder has always held an alternate space for me to explore and express my emotions and opinions.

My most-notable photographic experiences include the dunes and ghost towns of Namibia, safaris in South Africa, and thru-hikes of the Pacific Crest, John Muir, and Lost Coast trails. I was a grand prize co-winner in the 2007 Economic Fuel competition for a collaborative effort to combine documentary photo-mosaic photography and geologic seismic study. My photos and exotic hardwood frames have been displayed in various local businesses and I look forward to sharing many more.

Currently, I have developed a digital technique that mimics the look of shooting with Ilford's SFX (near-infrared film). This is a very high-contrast black & white film that I used years ago and always enjoyed the added drama that it gave the subject. I have also added a classic sepia tone to the process that warms the image slightly, giving the viewer an invitation to explore the textures of the subject.

This collection of images was intended to gather representatives of the many faces and roles that the bay and marsh have been and seen. I hope that you enjoy viewing these images as much as I did creating them.

## SEPTEMBER ARTIST LINDA PARKINSON

A California native, I have been painting animals and portraits since childhood. After graduating in animal sciences from University of Maryland, post-graduate studies in wildlife at Humboldt State involved me in wildlife rehabilitation and education, which inspired my transition to wildlife art.

I work in several media, including watercolor, acrylic, and oil and continue to expand my artistic knowledge and experience. I have attended several workshops, including John Seery-Lester's Master Class, WES Jackson Hole Workshop with Robert Bateman, and Bear-tooth School of Art with Paco Young and John Seery-Lester. I am an active member of local artist groups and support local, national, and international wildlife and environmental organizations with donations of my artwork.

I have shown and won awards for my watercolors in California and Oregon and have pieces in private collections worldwide. In 1997, my painting "Captive Beauty" was juried Best of Show at the Humboldt County Fair, then went on to



take 2nd Place in the Best of Show Competition at the 1998 California State Fair.

In June 2003, I was the featured artist in American Falconry magazine. That same year, my watercolor of a Northern Spotted Owl was accepted into the Oakland Natural History Museum's juried show of native California species, "The Art of Seeing." In 2002, my original watercolor "Baby Brown Pelican" was a finalist in the Artist's Magazine's Annual Art Competition. This painting won Best of Show for watercolor in the Mendocino Marine Wildlife International juried show in March 2007. Also in 2007, my "Harris Hawk" painting was a finalist in the Artist's Magazine Art Competition in the animal category. In 2008, my painting "The Promise," featuring Northern Gannets, won Best of Show in watercolor at the Mendocino Marine Wildlife International Juried Show.

My artwork has been published in Wildlife Art Magazine and in two books: *Namibia: The Independent Traveler* and *Catalog of California Seabird Colonies*. In 1999, I was commissioned by the City of Arcata to create artwork for Godwit Days.

## Recognition & Thanks, March-June 2010

- **Best Friends:** Elliott Dabill; Aldaron & Christy Laird
- **Sponsors:** Sue Leskiw; Claire Perricelli; Nancy Reichard
- **Friends:** John Clagett; Kathryn Corbett; Esther Gilchrist; Nina Haedrich; Lance Hardie & Grace Marton; Marie Kelleher-Roy; Alan Laurent; Carol Moné Pressnall; Carol & CJ Ralph; Frank & Christel Shaughnessy; Carl & Susan Tuck; Cynthia Woods & Kelly Rood
- **Donation:** \$100 matching gift through IBM from Steve & Carol Pearson (Portland, OR)

## Errata

The last issue (Winter 2010) of UPWIND contained several errors that will be corrected here. The bird photo by Mike Anderson (page 5) was a Black-crowned Night-heron, not a Great Blue Heron. Board member Katy Allen took over membership duties from Sue Leskiw (page 1). The first name of the \$1000 special donor Richard Sandborn was incorrectly given as Charles (page 5). FOAM regrets the errors.

## Visitor Log

The AMIC had 1593 walk-in visitors during February, 1499 in March, 1903 in April, and 1819 in May.

## Calendar of Upcoming Events

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

July — Knitted, creations by Anita Punla, She'ifa Punla-Green, and friends

Thurs, July 8 — FOAM Board Meeting, 6:30-8 pm

Sat, July 24 — Invasive Plant Work Day, 9 am-1 pm (see article, page 1)

Sat, July 31 — Reception for July artists, 2-4 pm

August — Black & white photos by Jamie Ford

Thurs, August 12 — FOAM Board Meeting, 6:30-8 pm

Sat/Sun, August 14-15 — FOAM Volunteer Training (see article, page 1)

Mon, August 23 — Deadline for FOAM Board applications (see pages 3&4)

September — Paintings by Linda Parkinson

Thurs, September 9 — FOAM Board Meeting, 6:30-8 pm

Sun, September 26 — FOAM Annual Meeting & Volunteer Appreciation Lunch, noon (see article, page 1)