



UPWIND

from the Arcata Marsh
Interpretive Center
Vol 18, Issue 3, Summer 2011

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: Board Member Appeal... Bird Book... Docent Training... Annual Meeting & Volunteer Appreciation Lunch... Oyster Activities... Wildlife Camp... Coastweeks... Bike Tour... Work Day... Naturalist Column... Plant Walk... Allen Memorial... Candidate Application & Duties... Artist Statements... Calendar... Visitor Log... Donors

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

We are looking for TWO 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 5&6).

FOAM has a small membership base on which to draw. Why not attend our August 11 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 Thursday, September 1.

Sue Leskiw

New Bird Book Proves Popular

"Common Birds of the Arcata Marsh & Wildlife Sanctuary" – a full-color, 54-page book – was published by FOAM in late April. The book is now in its second printing, as the initial 150 copies were snapped up by a grateful public.

This collaborative effort among former FOAM Board member Ken Burton, current Board member Leslie Anderson, and local naturalist David Fix features the 50 birds most often reported from the Marsh to eBird. The spiral-bound guide is available for purchase at the Arcata Marsh Interpretive Center, Rookery Books, Northtown Books, and Strictly for the Birds. The price is \$14.95 plus tax.

FOAM would like to thank the *Eureka Times-Standard* and the *Arcata Eye* for highlighting our announcement of the book's availability in their newspapers.



Tour Training in September

FOAM expects to offer a 2-day training session to give volunteers background for leading tours at the Marsh. Come learn about Marsh history, birds, plants, wetlands, invertebrates, and wastewater treatment, as well as receive advice on interpretation and tips on leading tours. Call 826-2351 to put your name on the list to attend. At least 3 people must sign up for the session to occur.

Annual Meeting & Volunteer Appreciation Lunch Oct 2

FOAM members and volunteers are invited to attend FOAM's 17th Annual Meeting on Sunday, October 2, 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.

2010-11 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) — 707-445-3836

Secretary: Katy Allen (also Education; Exhibits; Membership) — 707-822-2312

Treasurer: Art Barab (also Exhibits; Saturday Tours) — 707-826-7017

Other Board Members

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

Mary Burke (Education; Website) — 707-599-1212

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

Megan McCue (Education; Art Exhibits; Docents) — 707-826-7487

Lance Torgerson (Education) — 707-269-0576

George Ziminsky (Habitat Concerns) — 707-826-9240

Membership Database — Janet Zich (also Exhibits; Website) — 707-822-4660

FOAM website: www.arcatamarshfriends.org



FOAM Board member Mary Burke points out critters in the "touch tank" created by Dave Couch. Photo by Sue Leskiw.

Oyster Activities on June 18

By Sue Leskiw

FOAM staged free educational activities at the Interpretive Center in conjunction with Arcata Main-Street's Oyster Festival. FOAM Board member Dave Couch created a sea creature touch tank on the front porch featuring sponges, crabs, oysters, and other animals. More than 20 children came by to participate in craft activities related to oysters: stringing bracelets with special shell and fish beads, making oyster-shell refrigerator magnets, and putting together egg-carton googly-eyed oysters. We also distributed "Omar the Oyster" temporary tattoos (courtesy of the State of Virginia's Coastal Zone Management Program) and "I Love Oysters" lapel pins.

FOAM thanks the volunteers who helped set up, clean up, and supervise the activities: Katy Allen, Mary Burke, Dave Couch, Sue Leskiw, Darlene Marlow, and Megan McCue. Sue also recruited the volunteers, selected the craft activities, purchased the supplies, picked through and cleaned oyster shells, made lunch, and printed flyers to distribute at the festival. Sue would also like to thank Mary Romaidis and J Berg for spending an evening helping her cut up egg cartons to make a couple of hundred oyster tops and bottoms!

FOAM Cosponsors Wildlife Biology Camp

By Sue Leskiw

On June 29, FOAM joined with Redwood Region Audubon Society (RRAS) to host a day-long camp for children age 9-12 at the Arcata Marsh. The session was part of the Wildlife Biology week of the Arcata Recreation Department's Natural Resources Science Camp. This is the fourth year that FOAM and RRAS have collaborated on the camp.

Seventeen kids arrived at the Interpretive Center to start with a low-tide critter collection "Mud Walk." Leaders were FOAM vice-president Elliott Dabill and former Board member Melinda Bailey. Former Board member Bob Rasmussen joined Elliott and Melinda to help the students operate the microscopes and identify what they had collected. A highlight was Elliott's dissection of a clam. FOAM Board member George Ziminsky helped set up and clean up the viewing stations, while FOAM president Sue Leskiw was responsible for scheduling activities, recruiting volunteers, making lunch, and taking photos.

The day was capped off by a bird walk led by RRAS volunteers Tom Leskiw and Chet Ogan, plus George. Highlights were an American Bittern that ran across vegetation, a female Mallard with 7 or 8 ducklings preening on a stream bank, two Peregrine Falcons, and close-up views of an American Robin feeding two nestlings.

FOAM provided \$120 to sponsor a child to attend the camp. FOAM thanks all the volunteers for their knowledge and good spirits.

Coastweeks in October

In recognition of the statewide Coastweeks celebration, FOAM plans to hold free events for the public at the Arcata Marsh. Details were pending when this issue went to press. Watch for announcements in local media or call the Interpretive Center at 707-826-2359 for more information closer to October.



(Top) Melinda Bailey helps campers collect critters from Bay mud. (Middle) Elliott Dabill wows the kids by dissecting a clam. (Bottom) George Ziminsky looks for birds to show the students. Photos by Sue Leskiw.



Julie Neander of the City's Environmental Services Department (back to camera) gives bike tour participants information about Marsh restoration projects. Photo by C Bligh of Greenwheels.

Wetlands/Restoration Bike Tour

By Mary Romaidis

June 25 could not have been a more perfect day for a bike ride. The sun was out, the temperature was mild, and about 20 cyclists showed up in the Interpretive Center parking lot to start an 8-mile tour of Arcata's McDaniel Slough/Janes Creek restoration projects. Julie Neander of the Environmental Services Department was an excellent tour guide, while members of Green Wheels assisted in keeping the group together and safe.

Julie provided information on the work that has been done on the McDaniel Slough Project and future improvements planned for the area. The route then took us into Arcata to view the restoration work the City has done at several locations. The group saw first-hand how the invasive reed canary grass takes over a stream. Where canary grass has been eradicated, native plants and trees are able to grow and the waterway is opened up. We observed the results of the work done at the south fork of Janes Creek, now an ideal setting to wander through on the path and enjoy nature.

The bike tour also included looks at restoration on 11th Street, along Zehndner and Q Streets, Westwood Manor Park, and Stewart Court. It was exciting to hear about plans to partner with a school to create access to the creek and surrounding hillside that would then be used as an outside classroom.

The approach to protecting and improving in-stream and riparian habitat has evolved over the years. It was amazing to see what has been accomplished and to hear what will be done in the future. The bike tour was a wonderful way to get information on what it takes to protect the environment, make positive changes, and help beautify the community at the same time. It takes dedicated people and the support of the community to accomplish all of this.

[Editor's Note: The tour was cosponsored by FOAM, Green Wheels, and the City of Arcata. Future tours are at the planning stage.]

July Marsh Workday

On Saturday, July 16, FOAM joined with the City of Arcata and the Northcoast Environmental Center to sponsor a work day at the Arcata Marsh. Ten volunteers spent the morning removing invasive plants from among the salt grass and other native plants at the newly created salt marsh area on South I Street.

FOAM thanks the following people for their labor of love: Paul Abels (who became the Arcata Eye's "Eye of the Week"), Rain Ananael, Lynnette Chen, Elliott Dabill, Steve Gustafson, Sue Leskiw, Ruthie Schaefer, Josh St Clair, Katie White, and George Ziminsky. FOAM would like to thank the City for providing a wonderful spread of bagels, muffins, and cookies to fuel the workers and Javier Nogueira to supervise.

The next FOAM-sponsored work day is slated for December. (If you don't want to wait until then, we invite you to join our "Drop-of-a-Hat" Marsh Brigade, which will utilize small groups to tackle targeted spots requiring cleanup. Call George at 826-9240 to get on the call list.)



(Top) Ruthie Schaefer and Rain Ananael of NEC enjoy the work. (Bottom) HSU student Katie White pulls weeds. Photos by Sue Leskiw.

Seasons Around the Marsh – Summer

By Denise Homer

Listen. What are the sounds of summer? This afternoon, it was the incessant calling of a juvenile Peregrine Falcon. Following the sound, I located two Peregrine Falcons, an adult and a juvenile on the power tower by the wastewater treatment plant. Juveniles, on the wing but still dependent on their parents to bring them food, will call incessantly when hungry. This fluffy-looking juvenile had a 3-hour wait and called the whole time. And if you haven't heard this call, it's loud. Loud enough it first caught my attention over the sounds of 20 young Marsh Explorers making bird feeders in the Interpretive Center. The question of the hour -- or 3 -- was, "What is that sound?" The scope got lots of use as I showed off the two peregrines. It was easy to see the white facial markings on the adult and the fluffier, streaky-brown feathers of the juvenile, along with its open mouth!

And while the begging sound was a bit monotonous, it represents nothing short of a miracle. By 1970, there were just two known nesting pairs in California, with the species listed as endangered. A huge effort was undertaken to rebuild the population, with the banning of DDT being perhaps the most-significant factor in recovery. By 1998, 167 nest sites were occupied.

Though Peregrine Falcons are known to be cliff nesters, and have nested on skyscrapers in the eastern US, here in Humboldt County, they also nest in old-growth redwoods.



As the juvenile called through the afternoon, I overheard one of the Marsh Explorers ask, "What is that sound? Is it a monkey? Are there monkeys at the marsh?" No, I thought, it's the sound of persistence, patience, and hope. It's the sound of a modern miracle. Then, suddenly, I noticed the silence, looked up, and the birds were gone.

Blooms in June Plant Walk

By Jenny Hanson

Strolling through the blooming plant displays with sun shining and a gentle wind was an enjoyable way to spend a couple of hours on Saturday, June 11. Four visitors from out of town, two area residents, and two FOAM docents joined Jenny Hanson and Rich Ridenhour for a blooming plant tour cosponsored by FOAM and the North Coast Chapter of the California Native Plant Society).

Some of the plants that called attention to themselves were showy, whitish masses of Poison Hemlock (*Conium maculatum*) and the yellow, white, and mauve of Wild Radish (*Raphanus sativus*) flowers. But there were other delicacies, like the two yellow trumpets and dark shiny berries of Twinberry (*Lonicera involucrata*) and the deep magenta of the rare Humboldt Bay Owl's Clover (*Castilleja ambigua humboldtensis*). Both are native to the area.

Along the Klopp Lake trail were shows of Yellow Glandweed (*Pentstemon viscosus*), an introduced plant that seemed more abundant this year. Among the newly blooming crop of weedy, yellow composite flowers was Common Sow Thistle (*Sonchus oleraceus*), in competition with the ubiquitous Hairy Cat's Ear (*Hypochaeris radicata*). There was a riot of grasses and other green vegetation being spurred to new heights by our recent rains: among them were two species of climbing vetch (*Vicia sativa*, *V. benghalensis*), which added splashes of purple to the mix.

This walk was one of a series that focuses on common, conspicuous blooming plants at the Arcata Marsh through the seasons. The next walk will be held in the fall.



George Allen at Arcata Marsh Plaque Dedication in 2008. Photo by Sue Leskiw.

George Allen Memorial

By Sue Leskiw

Dr George H Allen, HSU professor emeritus of fisheries, passed away on May 9. His widow Beverly asked that donations be made to FOAM in lieu of flowers. FOAM has received over \$800 from those wishing to remember George (see list, page 7).

One of the donors enclosed a card to FOAM, relaying that "George's humor and curiosity and persistence were an inspiration... I can't help but smile when I think of George -- he was a character of the best sort!"

To understand his connection with FOAM and the Arcata Marsh, we reproduce here some text from his obituary: "George's experience with wastewater aquaculture and his work with graduate students in raising trout and salmon in tertiary treated wastewater made him an excellent candidate to work in collaboration with the City of Arcata and HSU to create the internationally recognized artificial marsh wastewater treatment system which is part of the Arcata Marsh and Wildlife Sanctuary. The AMWS received an award and grant from the Ford Foundation making it possible to build the Interpretive Center. For his work on the marsh project, an AMWS marsh was named in his honor."

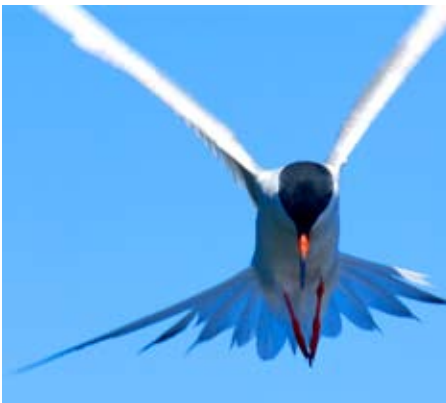
(continued on page 7)



AUGUST ARTIST

JIM WELSH

Jim Welsh has been a frequent exhibitor at the Arcata Godwit Days Festival. His work has been exhibited nationwide and is currently displayed at the Indian West Emporium in Eureka. He works from his studio in the Fieldbrook valley. His training in zoology and lifetime of field observation and travel combine to create significant works of art depicting animals and birds in their native habitat. jtpaw@humboldt1.com.



OCTOBER ARTISTS

MIKE & LESLIE ANDERSON

“Nature’s Balance: a Photo Essay”
Mike, a retired HSU engineering professor, and Leslie, a graphic designer, explore the symmetry and asymmetry of birds in this new show. They have been photographing wildlife in the Humboldt area for about 6 years. During many patient hours, they have captured striking images

of common birds in artistic and unusual poses. They love the chance to relate directly to nature through their photography, and hope the viewer will feel this connection, also. mikesbirdphotos@suddenlink.net

SEPTEMBER ARTIST

MICHAEL HARRIS

As the son of Professor Stan Harris, I have spent many a day in nature with my dad as we looked for birds. Recently, I have been taking my father on daily walks at the Arcata Marsh, keeping his love for birds and nature alive as he ages. I was offered the opportunity to show photographs that I have taken on our daily walks and am pleased to share them here! I have tried to create images that portray the intimacy and joy that fill me as I walk with Dad at the Marsh. My hope is that, through these photographs, you can share with us the bonds that we feel for each other and Nature.



Visitor Log

The Interpretive Center had 2005 visitors in May, 2162 in June, and 2203 in July.

(continued from page 4)

An historical article by George was included in the first issue of UP-WIND that I served as editor (Fall 1998). He also kicked off a series of “Master Tours” by Marsh founders and leaders in October 1998.

Thank you, George and Beverly, for caring so much about FOAM and the Arcata Marsh. FOAM will uput the funds to good use in its educational outreach efforts.

Calendar of Upcoming Events

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

August – wildlife paintings by Jim Welsh

August 11 – FOAM Board Meeting, 6:30-8 pm

September – photographs by Michael Harris

September – FOAM Volunteer Training, dates to be determined

September 1 – Deadline to receive Board candidate applications

September 8 – FOAM Board Meeting, 6:30-8 pm

October – bird photos by Mike & Leslie Anderson

October – Coastweek events, dates and topics to be determined

October 2 – FOAM Annual Meeting & Volunteer Appreciation Lunch, noon

October 13 – FOAM Board Meeting, 6:30-8 pm

Recognition & Thanks, May-July 2011

☛ Best Friends (\$100): Sue Leskiw (new Life Member!); Wild Birds Unlimited (Santa Rosa)

☛ Sponsors (\$50): Carol Moné Pressnall; Nancy Reichard (new Life Member!)

☛ Friends: Ben & Midge Catching; Elliott Dabill; Lance Hardie & Grace Marton; Margaret Lasak; Keith Mobbs (Brisbane); Carol & CJ Ralph; Frank & Christel Shaughnessy; Gwen Thoele

☛ Special Donation: Times Printing Company (\$120); belated thanks to Alex Stillman for new bird sighting clipboard and bottle collection sign

☛ Donations in memory of George Allen (\$825 total): Blair Burroughs (Seattle); Paul Dayton (LaJolla); Ronald Fritzsche; Jim & Thea Gast; Mr & Mrs Alvin Henke (St Paul, MN); Joan & Edwin Pierson; Nancy Reichard; Rich Ridenhour; Jan Rowen; John & Jenny Sullivan; Donna Taylor; June Thompson; Sara Turner