



UPWIND

from the Arcata Marsh
Interpretive Center
Vol 23, Issue 3, Summer 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: Board Candidates Sought... Annual Meeting & Volunteer Appreciation Lunch... Upcoming Lectures... What's New at AMIC... Welcome Desk Volunteers Needed... Members-Only Boat Tour... Darlene Marlow... Marsh Work Days... Earthquake Lecture... MoJo Coastwalk... Board Candidate Application... Marsh Recreation History... Dog Poop... Bird Sounds Lecture... Artist... Projector... Visitor Comments... Calendar... Members & Donors

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

We are looking for at least 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 volunteer at least 4 hours/month (see page 5).

FOAM has a small membership base on which to draw. Why not attend our August 11 Board meeting (6:30 pm at the Interpretive Center), 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 407-0395 or 502-5080 to find out more.

P.S. Board applications are due by **Friday, August 26.**

Elliott Dabill

FOAM Annual Meeting & Volunteer Appreciation Lunch Set for September 25

Members and volunteers, please mark your calendars for Sunday, September 25, starting at noon. That is when FOAM will hold its yearly get-together with you.

We'll begin with delicious barbecued albacore by Dave Couch, supplemented by salads, drinks, and dessert. Then, Volunteer of the Year awards will be given out and the election results announced.

The 3rd Annual Arcata Marsh Bird of the Year award will be presented. You'll also get an advance look at FOAM's annual report, which summarizes what we've accomplished during the last year.

This year's event will include an art auction. If you'd like to donate a piece or two to raise money for FOAM, contact Sue Leskiw at 442-5444 or sueleskiw1@gmail.com.

Upcoming Lectures

On Friday, August 19, starting at 7:30 pm, Alec Howard will present on "Zero Waste in Arcata." He will share how the essence of the Arcata



Alec Howard.

Marsh—the model of a natural recycling system—can be applied to other materials. Alec will discuss the zero waste approach, the city's current programs, what possibilities await with Arcata's forthcoming Zero Waste Action Plan, and how we can all help work together toward a zero waste future.

After interning at a materials recovery facility in Sunnyvale, Alec moved to Arcata and spearheaded the city's outreach and compliance

(continued on p. 2)

2015-16 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

Mary Burke

Betsy Elkinton

Ivan Soto

Alex Stillman

Jane Wilson

George Ziminsky

FOAM website: www.arcatamarshfriends.org

efforts for Arcata's recently implemented styrofoam foodware ordinance. During his tenure at the city, Alec has engaged the community in waste prevention-related issues, reviewed Zero Waste strategies from municipalities nationwide, and assisted with implementing the city's various waste prevention programs and policies. Recently, he joined the Zero Waste Humboldt board of directors.

On Friday, September 16, starting at 7:30 pm, retired Humboldt State biology professor John DeMartini will enlighten us about "The Cryptic Lives of Gall Formers." His presentation will illustrate and discuss the causes of the "warts and bumps" occurring on local vegetation caused by insects.



A willow leaf with three galls induced by a wasp.

What's New at AMIC

By Gretchen O'Brien

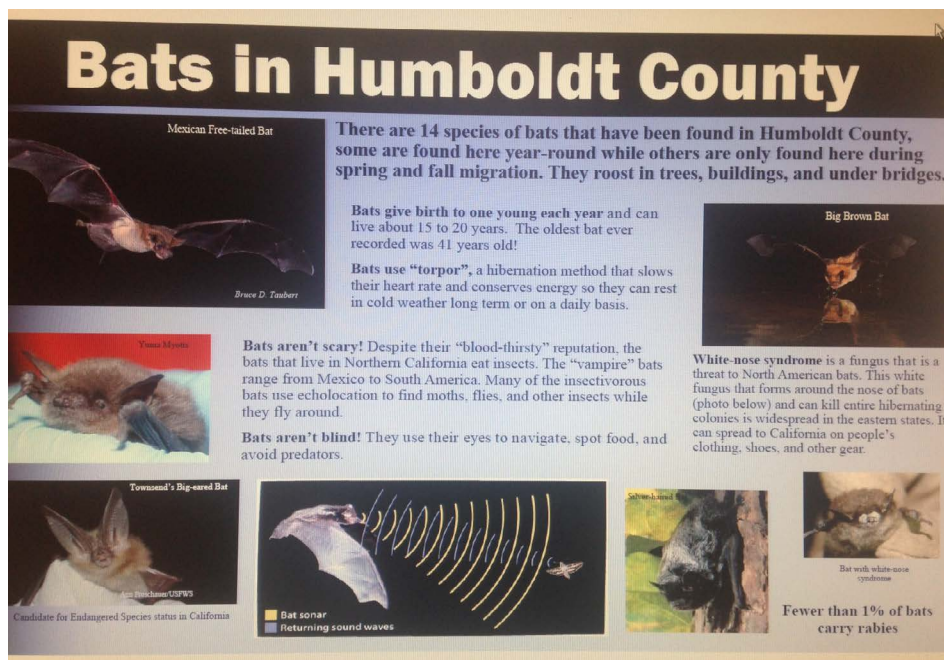
Summer is in full swing at the Interpretive Center, with summer camp kids livening up the afternoons. It has been fun watching the kids get excited about seeing otters, mud crabs, dragonflies, and birds. I've added two things to the exploration table: a dragonfly nymph carapace that was left on a willow branch when the dragonfly emerged in adult form and a spider that had already perished. Both specimens are in magnifier boxes.

A new "Bats in Humboldt County" interpretive poster is ready to be placed in one of the display cases. Did you know there have been 14 species of bats recorded in Humboldt County, either year-round or seasonally? Bats are interesting creatures

YOU Can Help Keep Interpretive Center Open on Weekends

FOAM and the City of Arcata ask all who enjoy recreating in our world-renowned Arcata Marsh to consider becoming a volunteer. Weekend welcome desk shifts are 4 hours, from 9 am to 1 pm or 1 pm to 5 pm. (Sometimes, two volunteers can split a shift and be there for only 2 hours.) Training is scheduled at your convenience (weekdays between 9 am and 5 pm at the Interpretive Center) and takes about 30 minutes. You'll need to fill out paperwork and get a Live Scan (fingerprinted) at the Arcata Police Department (at no cost to you) before becoming an official City of Arcata volunteer.

Tasks include opening and closing the building, selling bookstore merchandise, and directing people to the bathrooms. The experience of volunteering at the Interpretive Center is never the same from day to day, because you never know what interesting people will stop by and talk with you! Volunteers can access WiFi at the front desk. To find out more, call 826-2359.



New bat interpretive poster. Photo by Gretchen O'Brien.

that are sometimes misunderstood and could use our help to preserve their roosting sites and limit dangers to them.

The new short-throw digital projector is in place and worked perfectly during its trial run at Jay Patton's earthquake talk. The screen was raised 18", allowing for better viewing of slide shows.

The native plant garden is a little dry this time of year, but most of the plants have established well and will do fine. There some persistent non-natives remain and it is a constant effort to keep them at bay. I could use a couple of Garden Stewards to do some routine weeding. Please contact me at gobrien@cityofarcata.org or 826-2359 if you can help.



Dragonfly nymph carapace. Photo by Gretchen O'Brien.



FOAM members-only boat tour. Photos by George Ziminsky.

Members Kayak with Dave

On June 25, FOAM vice president Dave Couch led three kayakers on a low-tide tour of the California State Oyster Preserve. This was the third “Members-Only” event at the Marsh sponsored by FOAM. Dave and his wife in a canoe led the group out to the Bay to spot native oyster beds and the only casualty was his cell phone!

Participant Aldaron Laird, whose photos of Humboldt Bay are on display at the Interpretive Center through August, took the time to send Dave a thank-you email: “I had a great time paddling with you during the minus tide on Saturday. I really enjoyed being out there and seeing all the Olympia oyster beds and just paddling through the mud flats with the mist rising up in to the blue sky. It was fun.”

Volunteer Extraordinaire Darlene Marlow Passes Away

By Sue Leskiw

The FOAM family—and Humboldt County in general—lost a wonderful asset on June 6. Darlene was one of the nicest people I have ever known, and she shared that positive, welcoming spirit with Arcata Marsh visitors in several ways. She spent hundreds of hours greeting visitors at the front desk. Her obituary in the *Mad River Union* described how she became the “Princess of Poop,” by reading a book, *Everybody Poops*, to countless young children. “Grade school teachers would call up when they brought their classes to visit to request her presentation on how the sewage plant worked.”

I knew her best from her involvement with family nature crafts at Godwit Days. Darlene was always among the first to sign up to help.

Her favorite activity was stringing water cycle bracelets, where each colored bead stood for a different element in the scientific process of evaporation and precipitation.

Darlene served on the FOAM Board for 2 years. She also showed her nature photography at the Interpretive Center. She was one of only four people to win the Arcata Marsh Volunteer of the Year Award twice, her last recognition being in 2014.



Darlene’s 2014 Volunteer Award.

Two Marsh Work Days Held

By Javier Nogueira

FOAM participated in two invasive plant removal days at the Arcata Marsh. On June 11, 10 volunteers—5 California Conservation Corps members, 4 FOAM members, and Craig Benson from Redwood Community Action Agency—worked to remove poison hemlock and Himalaya blackberry encroaching on the Log Pond trail near the Interpretive Center. About 3 cubic yards were collected. Another hotspot treated was *Spartina* (cordgrass) on the banks of Butcher Slough, with about 0.5 cubic yard taken out. The weather was beautiful and morale was high.

The second volunteer work party occurred July 9. The focus again was removal of *Spartina* from the banks of Butcher Slough, with 0.75 cubic yards pulled. It rained during most of the morning and turnout was low (5 people).

Earthquake/Tsunami Lecture

By Jane Wilson

On July 22, Dr Jason (Jay) Patton presented to 38 people about ground shaking, convergent plate boundary fault systems, tsunamis, and layers of sediment that can tell tales of their history. His topic was extremely timely, as a 4.8 magnitude earthquake occurred near Humboldt Bay the day before he spoke!

He has posted a video at www.youtube.com/watch?v=WJjayvfqxes and at http://earthjay.com/?page_id=4086. His website contains more info on his subject matter, plus recommends other sources that cover such material as why very old spruce stumps have barnacles, what are ghost forests, orphan tsunamis, and the many layers of sediment associated with old earthquakes and tsunamis.

Earthquakes happen periodically. While there are a lot of emergency services, it could take a while for them to reach people in need. It’s better to be personally prepared with 3 months’ worth of food and water stored in your house, plus some in your vehicle. The good news is that once a year, everyone can have a party to eat up the stored food!

MoJo Coastwalkers Stop by the Arcata Marsh

By Sue Leskiw

In late May, two young women who are on a 1200-mile expedition “to raise awareness of the California Coastal Trail (CCT) and build a connected community of coastal stewards” visited the Arcata Marsh. Morgan (Mo) Visalli and Jocelyn (Jo) Enevoldsen, with their van support driver Alisan Amrhein, left the Oregon border on May 1, planning to trek 96 days and reach the Mexican border August 4.

The three women had met during graduate school at UC-Santa Barbara, where they were pursuing Master’s degrees in coastal marine resource management. After grad school, they each were awarded a California Sea Grant State Fellowship. During her year with the Coastal Conservancy, Jo found out about the CCT and shared her inspiration with the other two, who then applied to the California Coastal Trail Association for a grant to become trail ambassadors. The trio proposed to walk or bike the CCT, “mapping our route, collecting trail information, and spreading the word about the trail along the way! The goal is to reawaken awareness about the CCT and jumpstart a movement to get it completed.” (At present, the trail is approximately half built, crossing property owned by more than 100 jurisdictions.)

FOAM Board member George Ziminsky ran across the two on the Hammond Trail Bridge as he was removing graffiti and picking up trash. “Mo and Jo were meeting up with Alisan in the support van, so we started talking about their trip. Redwood Community Action Agency had a table to survey Hammond Trail users in the parking area and the girls were excited to meet community members working on trail and environmental issues. Even though the Marsh is not part of the Coastal Trail, they were interested the Marsh’s function, history, and use by the community, so I offered to give them a tour on their ‘off day’ from hiking that Sunday. Mo took pictures and video of the tour: the



pictures are posted on their blog; the video will be used as part of a film on community involvement in coastal issues that they will compile after the hike.”

Here is an excerpt from their blog about their visit to Arcata: “While traveling through the area, we got to explore Arcata, a cute college town where Humboldt State University is based. We had two fun experiences in Arcata. The first was exploring the Arcata Marsh and Wildlife Sanctuary, which includes 307 acres of estuarine habitat. The Marsh is also part of the City of Arcata’s unique wastewater treatment facility. Wetlands naturally filter and purify water and in Arcata, they are used as a final treatment step, to turn wastewater into a resource. We met George Ziminsky, an incredible coastal steward who is constantly volunteering his time to pick up trash, clean graffiti off of signs, and improve trails. George, you are an inspiration!” (All of us all agree with their assessment!!)

(Above) Mo, George, and Jo, birding the Marsh. (Left and below) Photos from the MoJo Coastwalk website.



Below is a poem they wrote about their upcoming adventure:

We Three Sisters of the Sea

Could think of nowhere else
That we would rather be
And so we hatched a plan
To hike where sea meets land
A thousand miles or more
While always by the shore
We walk to tell the tale
Of a half-built coastal trail
And how we all must care
For a coast that we all share
So come out and say hello
Walk a mile or share a meal
Where California’s gold
Meets Pacific Ocean teal

A check of the Coastwalk’s Facebook page (www.facebook.com/mojocoastwalk) shows them on schedule, giving a campfire talk at San Clemente State Beach in Orange County (half-way between Los Angeles and San Diego) about their experience on July 29. For more information, visit www.mojocoastwalk.com.

**Application for Membership on the FOAM Board of Directors
for a 3-year term beginning October 2016**

FOAM bylaws allow for individuals to request nomination for election to the Board of Directors. The election will be held by mailed ballot prior to the Annual Meeting. Information about nominees will be sent to all members in early September as part of the Call to the Annual Membership Meeting process. **To insure inclusion in the membership mailing, this form must be received by Friday, August 26.**

Questions? Contact Elliott Dabill at 407-0395 or 502-5080, e-mail edabill@me.com.

1. I would like to be a candidate for the Board of Directors for a 3-year term beginning in October 2015.

Name _____

Address _____

Phone (home/cell) _____ e-mail _____

2. I have read and do accept the provisions of the “Specific Duties of Board Members” below:

- ▶ Attend the monthly meeting of the Board of Directors and actively participate in its decision-making process.
- ▶ Commit to at least four (4) hours a month of additional activities, which can include staffing the Interpretive Center, leading tours, and/or participating on at least one committee or special project.
- ▶ Participate to the extent possible toward the success of public events that promote the Marsh.
- ▶ Assist with fundraising by making a personal donation so as to be a current member of FOAM and solicit donations from friends and individuals known to support our goals.

3. Candidate statement: Suggested content — What is your vision for the Marsh, your area of active interest in the Marsh, any related background/expertise? (Continue on separate sheet if needed.)

**Snail mail to Sue Leskiw at 155 Kara Ln, McKinleyville CA 95519 or
scan and e-mail to sueleskiw1@gmail.com. Deadline for receipt: Friday, August 26.**

Recreation in the Arcata Marsh: Then & Now

By Jane Wilson

Gretchen O'Brien, the Arcata city naturalist who has created such magic for the nature garden in front of the Marsh Interpretative Center and the displays inside, gave the June FOAM lecture. It was fun walking through the Marsh afterward, thinking about the first trails built there. We are so fortunate walking to now have nearly 5 miles of trails; in 1981, there were 1.5 miles, from Klopp Lake around Mount Trashmore. It was not until 2003 that there was a trail to the oxidation ponds.

In 1981, fishing was allowed in Klopp Lake—as it is today—but only in a restricted area parallel to the parking lot, using barbless hooks and no live bait.

The Marsh trail system is going to be expanded via an 8-foot-wide paved trail with 2-foot shoulders, similar to one through Shay Park, paralleling Foster Avenue. For those who love the Marsh, this 12-foot footprint might be an anathema. However, there are many good reasons for it: it will follow existing trails; there will still be miles of unpaved trails to walk; it will extend the Humboldt Bay Trail, a safe bicycle commuter route between Arcata and Eureka; it will give Marsh access to the handicapped. Our trails are flat and wide enough, but they are bumpy with buried rocks. John DeMartini and I lead a monthly slower-paced walk. Most people who use wheelchairs and walkers do not come back a second time, as it's just too difficult navigating.

There is a copy of Gretchen's Powerpoint on the AMIC computer. Besides the bicycle commuter route, you can see plans for a proposed boat launch, as well as the many environmental studies and mitigation projects that must be completed before trail construction is begun.



Why Pick up Dog Poop from the Marsh?

By Jane Wilson

What's the difference between dog poop and raccoon, otter, possum, or fox poop? Nobody picks that up. There's a relatively small population of wild mammals in the Marsh, compared to the many, many dogs that come through with their owners, both locals and visitors. In the US, 10 million tons of dog poop are left on streets and paths. How many tons in Arcata? How many in the Marsh? People are very careful to manage their young children's poop, even if by non-degradable means, but managing their pets' poop is a fairly new concept. It is made absolutely necessary by the population explosion of pets that accompany their owners on walks.

Dog poop left in the Marsh can cause a host of diseases in humans, other dogs, and wild animals. It can be infested by *Salmonella*, *Giardia*, *E coli*, roundworms, and hookworms. "But isn't dog poop fertilizer?" you may ask. Fertilizer in the wrong places can be very damaging. Entering water bodies via rain runoff can cause algal blooms due to the high nitrogen content, not to mention the water pollution. High nitrogen content in the soil favors many invasive plants, which replace natives.

Please, do not leave your bag of poop by the side of the path or toss it in the bushes. There is no poop fairy, contrary to many dog owners' beliefs. Bags are available in many locations in the Marsh, in Arcata, and at garbage disposal places.

All About the Birds

By Jane Wilson

Ken Burton is a great teacher, whether along trails observing birds or giving an indoor lecture. He creating a presentation full of beauty and knowledge as part of the FOAM lecture series on May 20. The 35 people in attendance learned about bird sounds in general and those of individual species.

The talk began with quiet, imagining a world without bird songs.

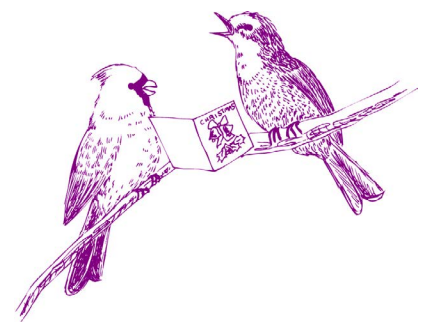
Could that actually happen, given global warming, pesticides, herbicides, habitat destruction, and noise pollution, which might keep birds from hearing each other?

Birds, except for New World vultures, produce sounds through the syrinx, located at the base of the trachea where it divides into the bronchi. Many birds, including songbirds, are able to control the right and left halves of the syrinx separately, thus singing with two independent voices at the same time. Birds can hear all the little details of songs. If their songs are slowed down, people can hear some of what birds hear. A short burst of song can have 400 notes.

Passerines (perching birds) include songbirds, not all of which sing (e.g., ravens). The group also includes birds that aren't songbirds, like night-herons. Songbirds learn songs by listening and practicing. They are predisposed to listen to sound. I've heard it debated whether male or female humans have an easier time with life. With songbirds, females have the easier time growing up, as they don't have to constantly learn songs to attract mates and proclaim their territoriality.

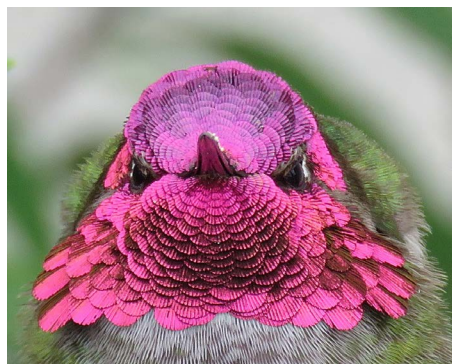
Some thoughts about mimics. Mimicry is learned and used for survival and procreation. Birds have been heard to mimic birds that don't live in the same area. Could they have gotten the songs from other mimics? Steller's Jays mimic hawks to scare other birds away from a food source. Much of our sound pollution is mimicked. Birds that hang out with chickadees have learned to speak chickadee to warn of danger.

There was so much more included in Ken's presentation, all riveting. I have taken personal instruction from him and plan to sign up for more.





American Bittern.



Anna's Hummingbird.

SEPTEMBER-OCTOBER ARTIST KEN BURTON

My show, entitled "Uncommon Views of Common Arcata Marsh Birds," will feature birds that can be found at the Marsh, although not all the photos were taken there. I am a local ornithologist and guide who has been passionate about birds most of my life. I have studied them all over the world and firmly believe that the Arcata Marsh is one of the best birding locales anywhere. A Marsh docent since moving here in 2005, I am the author of *Common Birds of Northwest California* and coordinator of Redwood Region Audubon's Saturday morning bird walks at the Marsh.



New Projector at the Interpretive Center

Some of the money raised during FOAM's Capital Campaign has been spent installing a short throw projector to use during presentations. The system got its baptism during Jay Patton's earthquake/tsunami talk in July and passed with flying colors. The projection screen was also raised, reducing the potential for heads blocking attendees' views of the Powerpoint slides.



Follow FOAM on Facebook at
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[of.the.arcata.marsh](http://www.facebook.com/friends.of.the.arcata.marsh)

Visitor Info & Comments

Living in Humboldt County, we may take the Marsh in our midst for granted. But people from across the US and around the world make it a point to stop here and treasure this Arcata jewel. Since the last issue of UPWIND, guests from Alabama, Arizona, California, Florida, Georgia, Iowa, Kansas, Louisiana, Massachusetts, Ohio, Oregon, Texas, and Washington—as well as Australia, Belgium, Canada, Ireland, and Scotland—signed the visitor book at the front desk. Some take the time to write comments; here are some of the adjectives used to describe the Arcata Marsh & Wildlife Sanctuary: amazing, awesome, beautiful, cool,

Calendar of Events

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

August—Humboldt Bay photographs by Aldaron Laird

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

August 19—Lecture on Zero Waste by Alec Howard, 7:30 pm (see p. 1)

August 26—Deadline to apply for FOAM Board candidacy (see p. 5)

September-October—Bird photographs by Ken Burton

September 2—Stories behind AMIC exhibits by John DeMartini, 1 pm

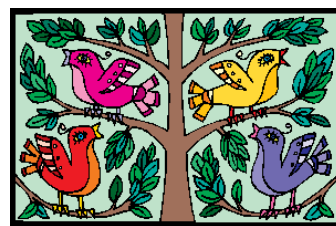
September 8—FOAM Board Meeting, 6:30-8 pm

September 19—Lecture on gall-forming insects by John DeMartini, 7:30 pm (see p. 2)

September 25—FOAM Annual Meeting & Volunteer Appreciation Lunch, noon (see p. 1)

October 7—Stories behind AMIC exhibits by John DeMartini, 1 pm

fun, great, informative, inspiring, interesting, lovable, nice, pleasant, super cute, and wonderful. What words would YOU use to describe this place?



Thanks to Our Supporters, May-July 2016

► Sponsors (\$100+): Susan Halpin
► Friends (\$18-49): Duke & Lee Albright; Thomas Cairns; Geba Greenberg (Forks of Salmon); Lance Hardie & Grace Marton; Janette Heartwood; Karolyn Merz; Keith Mobbs (Brisbane); Susan O'Connor; Frederick Pierce & Patricia Smith; William & Carolyn Prescott*; Mary Romaidis*; Frank & Cristel Shaughnessy; Berti Welty & Jo Weisgerber*; Karen Zeck

► Donations: In memory of Richard Wilson—\$100 from Lesa Coleman; \$100 from Diane & Norman Hawk; \$75 from Nancy Ihara, and \$50 from Diane DeFord. In memory of Darlene Marlow, \$100 from Jane Wilson. \$75 from unknown donor through PayPal Giving Fund. \$50 from Lauren Pinkus "in honor of the WONDERFUL Betsy Elkinton, who is getting married. She became my friend in 2nd grade, over 30 years ago." AMIC donation box, \$137.70.

* = New member

FOAM
Friends of the Arcata Marsh
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Arcata CA 95518

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Mark Your Calendar for:

Zero Waste Lecture, 8/19

Board Candidate Application Deadline, 8/26

Stories Behind AMIC Exhibits, 9/2

Gall-forming Insects Lecture, 9/16

Annual Meeting/Volunteer Lunch, 9/25

Stories Behind AMIC Exhibits, 10/7

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

arcatamarshfriends.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.