



UPWIND

from the Arcata Marsh
Interpretive Center
Vol 25, Issue 3, Summer 2018

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... Invasive Plant Work Day... What's New at the Marsh... Seeking Volunteers... Souvenir Patch... Radio Show... DoggiPoo News... Board Candidate Application... Book Launch Celebration... Dog Poo Cleanups... Amphitheater Dedication... Bird Evolution... Fungi... Artist... Visitor Comments... Calendar... Members & 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 volunteer at least 4 hours/month (see page 3).

FOAM has a small membership base on which to draw. 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 31.**

Elliott Dabill

FOAM Annual Meeting & Volunteer Appreciation Lunch Set for October 7

Members and volunteers, please mark your calendars for Sunday, October 7, starting at noon. That is when FOAM will hold its yearly get-together with you.

We'll begin with delicious barbequed albacore by Dave Couch, supplemented by salads, drinks, and dessert. Then, Volunteer of the Year awards will be given out (a certificate, AMIC bookstore voucher, and our immeasurable thanks) and the election results announced.

The 5th 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.

Upcoming Lectures

On Friday, August 17, Arcata City Engineer Doby Class will speak about "Sea Level Rise & Arcata Marsh Wastewater Treatment Changes."

On Friday, September 21, Humboldt State wildlife professor Jeff Black will speak on "North Coast Otters: Merging Citizen Art & Sci-



August speaker Doby Class.

ence." *North Coast Otters* will be a collection of unique pieces of otter art, which will be displayed at local businesses, festivals, galleries, schools, and other public areas. Jeff will enlighten lecture attendees about this intersection of art, nature, and science.

All lectures are free and begin at 7:30 pm at the Interpretive Center. Seating is limited to 50 people. For more information or to reserve a seat, call 826-2359.

2017-18 Board of Directors & Officers

Officers

President: Elliott Dabill

Vice-President: David Couch

Secretary: Katy Allen

Treasurer: Sue Leskiw (*Ex Officio*; also UPWIND Editor)

Other Board Members

Stan Binnie

Richard Brown

Cindy Kuttner

Bill Prescott

Alex Stillman

Jane Wilson

Mark Wilson

Website: www.arcatamarshfriends.org
Facebook: www.facebook.com/Friends.of.the.Arcata.Marsh

Sept 15 Marsh Work Day

On Saturday, September 15, FOAM, the City of Arcata, and Redwood Community Action Agency are co-sponsoring a work day at the Arcata Marsh. Between 9 am and 1 pm, volunteers are sought to pick up trash, remove non-native plants, or get rid of invasive cordgrass (*Spartina*). The City will provide tools, gloves, food, and beverages. Dress to get dirty; wear close-toed shoes. Meet in the South G Street parking lot. Call 825-2163 or email Eservices@CityofArcata.org for more information. Help polish this jewel of Arcata's open spaces by donating at least an hour within this 4-hour event!

What's New at the Marsh

By George Ziminsky

► Summer camps have been in full swing at the Interpretive Center. Meeting from 1 to 5 pm every weekday. Each camp (Young Explorers, ages 4-6, and Marsh Explorers, ages 7-9) lasts one week. There have also been seven morning tours for local schools through the "Explore the Coast" program.

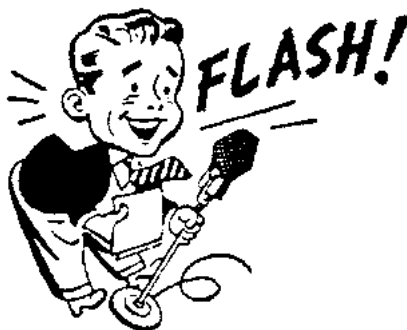
► The native plant garden in front of the Interpretive Center has received hours of needed attention, thanks to the efforts of California Native Plant Society's Pete Haggard, FOAM board member Stan Binnie, and volunteer Patrick Gaffney.

► Sharon Levy's new book, *The Marsh Builders*, is now on sale at AMIC, plus we have a fresh supply of FOAM's recycled cotton tote bags.

FOAM Needs Leaders for Monthly Slower-Speed Tour

Starting in November, FOAM is seeking volunteers to lead a slower-speed Arcata Marsh 2 pm tour on the last Tuesday of each month. These 60- to 90-minute tours meet at the first parking lot on South I Street in from Samoa Boulevard and are intended for visitors who are unable to keep up on the regular Saturday tours. You would not need to commit to leading the tour every month—we are looking to form a pool of volunteers that we would

contact each month re: their availability. This feature has been handled for many years by Jane Wilson and FOAM would like to see it continue, as it reaches a different audience than the usual Saturday tours. Please email sueleskiw1@gmail.com if you are willing to be put on a list of potential leaders.



FOAM Is on the Airwaves

By George Ziminsky

The EcoNews Report is a long-running weekly program under the auspices of the Northcoast Environmental Center. It airs every Thursday from 1:30 to 2 pm on KHSU (90.5 FM). With myself as host, FOAM now is responsible for programming four 30-minute segments a year, airing in those months with a fifth Thursday.

FOAM's first show aired on May 31, featuring an interview with local author Sharon Levy about her new book, *The Marsh Builders: The Fight for Clean Water, Wetlands, and Wildlife* (now available at AMIC, Northtown Books in Arcata, and Blake's Books in McKinleyville).

The next FOAM program will air August 30, with guest Susannah Manning, biologist and project coordinator with Redwood Community Action Agency's (RCAA) Natural Resources Services division. We will discuss the ongoing salt marsh restoration and *Spartina* removal efforts at the Arcata Marsh. This program will help get the word out about the September 15 volunteer workday at the Marsh, cosponsored by the City of Arcata, FOAM, and RCAA.

Besides being livestreamed and broadcast, EcoNews Report segments are available as podcasts and archived at www.khsu.org. Please tune in!



Arcata Marsh Souvenir Patch

By Bill Prescott

In response to many requests, FOAM is pleased to announce the availability of an embroidered souvenir patch at the Interpretive Center bookstore. The patch, which features a Marsh Wren, was designed by Gary Bloomfield, local artist and noted birder. The image is modeled after the FOAM logo, which Bloomfield also created.

The patch will provide a nice memento for both local and out-of-area visitors. They initially will be sold at a special low price of \$3, thanks to a donation by Brett Watson, Arcata City Council liaison to the FOAM Board of Directors. The patches should be available for sale in mid-August.

DoggiePoo News

By Cindy Kuttner

Here's a pep talk for all dog owners: Please pick up your dog's poop! It is toxic to wildlife at the Marsh. The water, plants, insects, fish, birds, otters...they can all get sick from the bacteria in dog poop. So PLEASE, Bag It, Carry It, and Dispose of It in the many well-placed trash receptacles—several of them purchased by FOAM—around the Marsh. Poop bags are available for free at many locations along the trails..

[As an aside, on July 27, I did my weekly poop-collecting walk from the green wall on South I Street to the bird blind dedicated to my late husband Guy and found 37 piles of poop!]

Application for Membership on the FOAM Board of Directors for a 3-year term beginning October 2018

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 31.**

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 2018.

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 31.**



Sharon Levy and FOAM Board member Jane Wilson at the book sale/signing table on June 8. Photo by Sue Leskiw.

More Than 80 Attend Arcata Marsh Book Launch

By Sue Leskiw

On June 8, FOAM and the City of Arcata co-hosted a gala event to mark the publication of local author Sharon Levy's book, *The Marsh Builders: The Fight for Clean Water, Wetlands, and Wildlife*, by Oxford University Press. The celebration at the Arcata Community Center included a free public reception, book sale and signing, presentation by Sharon, and commentary from panelists involved in the creation of the Arcata Marsh & Wildlife Sanctuary.

The 30 copies of the book on hand sold out in under 30 minutes, prompting FOAM to hold a second round of Powerpoint talk and sale/signing at the Interpretive Center on July 20, attended by 22 people.

Sharon relayed information about a proposed regional sewage treatment system, serving from Eureka to McKinleyville, that was proposed in the early 1970s in response to the federal Clean Water Act. She reviewed the history of sewage treatment in general, going back to efforts to combat cholera and the "Great Stink" on London's Thames River in the 1800s.

Then, Sharon introduced us to George Allen and Bob Gearheart, two HSU professors involved in Arcata's resistance to building a huge, energy-intensive regional plant. George, a fisheries prof, used sewage to raise salmon, demonstrating to the city that sewage could be a resource, not just a problem to get rid of. Bob, an environmental engineering prof, promoted the idea of using wetlands to naturally filter polluted water. Using wetlands to treat sewage is more complicated than the usual activated sludge process, requiring more time and space and having lower performance at certain times of the year.

Arcata's system has been described as the "grandmother of municipal treatment wetlands," a pioneering system copied many places (tens of thousands of systems, particularly in the developing world). But

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Three of the political principals in the fight against HBWA in 1974. (From left) Wesley Chesbro, Alexandra Fairless (Stillman), and Dan Hauser.



Some participants on the June 9 history walk. Photo by Gary Bloomfield.

(continued from p. 4)

our natural system is in the process of changing, because the plant sometimes violates its water quality permit standards in winter, resulting in fines. Rain increases the amount of sewage needing treatment at the same time that plants in the ponds and marshes perform less well at filtering out pollution. Arcata is in the process of adding an oxidation ditch and installing aerators in the oxidation pond, which is predicted to triple the treatment plant's energy use.

The panel of Wesley Chesbro, John Corbett, David Couch, Bob Gearheart, Dan Hauser, Bob Rasmussen, and Alex Stillman—a mix of scientists/engineers and politicians involved in the fight against HBWA (the Humboldt Bay Wastewater Authority) back in the 1970s—then took center stage, offering comments and anecdotes about their experience in the fight to create the Arcata Marsh & Wildlife Sanctuary.

The following afternoon, Sharon, Alex, Bob Rasmussen, and Wes led a special 2-hour history tour at the Marsh attended by nearly 20 people. Topics of discussion ranged from the 2-mile-long dock with horse-drawn cars that was the first operating railroad in the state, to bringing kids to Mount Trashmore on Sundays to watch the gulls fight over food, to how sewage treatment has improved oyster health in Humboldt Bay.

You can purchase Sharon's book at the Marsh Interpretive Center, Northtown Books in Arcata, and Blake's Books in McKinleyville.

Marsh Dog Poo Clean-up Dates 2018

These events are sponsored by Humboldt Pet Supply, located on South G Street. Upcoming dates are August 18, September 15, October 20, November 10, and December 8.

To help, show up at the South G parking lot at 9:30 am. Coffee and snacks provided. Pick up is from 10 to 11:30 am. Tools are provided. Families and dogs are welcome.



July 6 amphitheater dedication. Photo by Alex Stillman.

How Wiyot Dances & Ceremonies Were Reawakened

By Jane Wilson

Over 40 people attended the dedication of the Arcata Marsh outdoor amphitheater on July 6. The blessing ceremony began with Wiyot tribal chair and cultural director Juwaksh Ted Hernandez lighting a plant root. As the smoke rose, he thanked the creator for all life, plants, animals, and earth and requested blessing of the land and attendees.

Ted and his wife Rose are very spiritual, beautiful people. He described a spirituality that included all, from the stories the elders tell to animals, to tribes, to DNA. One of his first statements was “women are our strength and our medicine.” Without strong women, there would be no balance. And from witnessing this remarkable couple, I could feel their strength.

In 2013, when re-establishing ceremonies and dancing at Tulawat Island near Eureka, the Wiyots needed to remember their age-old traditions from before the 1860 massacres. So they, including young people and elders, started dancing as best they could. Their desire, spirituality, and sincerity woke up their DNA and allowed them to re-experience what had meant so much to them. I am in awe of the union of tradition and science. What is genetic and what is not is an ongoing debate. But many think who you are is a result in large part of your genetics.

Animals are most important: their actions, sounds, and sacrifices. Dances came from the animals: the flicker, the condor, the otter, the bear; all birds and animals. Birds have names for the sounds they make. Almost all the animals make beautiful sounds that are heard again in the Wiyot songs. When dancing, animal hides are held up. Animals are held in reverence because they sacrificed their fur. After the people dance, the animals dance.

One dance, the brush dance, heals a sick child or elder. Young men and women participate. The young men leap inward to scare away sickness. Another dance is the jump dance. Some dances are open to the public. Sometimes, these dances are demonstrated at Redwood Acres Fairground in Eureka.

On August 25, Wiyot Days will take place at Table Bluff reservation. Cameras are not allowed at the dances unless specific permission is given. (Would you take pictures of people praying or meditating or other personal spiritual pursuits?) Also, you don't take another's song without their permission (which they might give). Sing your own song. The Wiyot elders' stories are their history and their teachings.

The Wiyot Tribe and City of Eureka are strong partners. The Wiyots and the other four local tribes—Yurok, Hoopa, Tolowa, and Chilula—respect each other, work together, and dance together.

Bird Evolution

By Elliott Dabill

My July lecture covered the topic, once controversial, that birds evolved from dinosaurs. I began with a brief history, from Darwin's prediction of transitional fossils and Thomas Huxley's analysis of the most famous fossil, *Archaeopteryx lithographica*. The American Golden Age of dinosaur discovery involved two men in the 1800s, March and Cope, who were sworn enemies that sometimes blew up fossils rather than let the other find them and advance in reputation! Despite their bitterness, the two introduced us to famous beasts like *Tyrannosaurus rex* and *Brontosaurus*, along with literally hundreds of new species. After that, dinosaur fever declined until the new Golden Age that is happening right now.

Xing Xu, was from a poor family but did well in the Chinese school system. He hoped to become a physicist, but China doesn't work that way, and he was assigned to study paleontology. He got lucky by describing some cool fossils and was bitten by the fossil bug for life. He is foremost among published paleontologists, one of the greats of all time, and relevant to my talk, has described in scientific literature over 50 new species of dinosaur that had feathers. He turned out to be the right man at the right time in the right place: China. Although new, important fossils are turning up all over the world, China has an abundance of very detailed specimens. Starting with *Sinosauropteryx* in 1996, all doubt about the origins of birds has been put to rest, as Chinese fossils are teaching us how complex and wondrous the world was in the Cretaceous (around 100 million years ago). Dinosaurs have been discovered with other dino bones in their stomachs, along with birds and the same kinds of pebbles that birds eat today to help them grind their food.

Let's do an exercise: name all the features that characterize birds. You will list feathers and a beak, but don't stop there. What do you know about their circulatory system? Respirato-



ry? Keep going! Dedicate your life to it, as these amazing scientists have done, and now compare your list to what we have learned about these feathered dinosaurs. The results, all shocking when they were new, is that there is no feature of bird anatomy or physiology that wasn't first demonstrated in a dinosaur that was *not* a bird. Take the iconic *Tyrannosaurus rex*, 40 feet long, swallow you in one bite, maybe two. A related Chinese dinosaur called *Yutyrannus* was covered in feathers, 27 feet long, and maybe a pack hunter. This kind of evidence suggests that all members of the theropod dinos might have had feathers, and some hints point to the possibility that if it was any kind of dinosaur, it might have had feathers of some kind. There were dinosaurs the size of a room with beaks, no teeth, covered in feathers, with wings (with claws on them), and scaly legs like a chicken. Google *Gigantoraptor* to take a look.

The story is exciting and complex; it involves good science, bad motives as fake fossils are produced and refuted, human foibles, visions of a former world only hinted at as you watch a chicken lay an egg. There's lots more, but I get so excited by the subject that I would have to start a blood pressure medication if I kept it up, so I will recommend one of many good books to summarize the story. Read *Flying Dinosaurs: How Fear-some Reptiles Became Birds* by John Pickrell.

The dinosaurs did not die out from the asteroid that caused so much havoc 66 million years ago. Flying dinos made it through, and there are now an estimated 18,000 species of them. They have been a dominating life form for 225 million years. Humans have been around for about 300,000 years. We should feel humble.

Fungi in the Arcata Marsh Ecosystem

By Jane Wilson

Maria Friendman, biology and botany teacher at College of the Redwoods, is absolutely delightful. She loves to entertain and titillate her audience. If you get a chance, take a class from her; you won't regret it.

Mold is beautiful! Fungi farm algae! Fungi are more related to us than they are to plants! They are among the largest and oldest organisms! Fungi can poison or revitalize, make ant zombies, and lasso microscopic worms. Fungi-Christmas??

Fungi are heterotrophic: they eat other plants, living or dead. Fungi have chitin in their cell walls, which makes them closer to crabs than to moss or trees. Fungi, including unicellular yeasts, have a nucleus in every cell, differentiating them from bacteria and other eukaryotic organisms. Fungi are parasites and decomposers.

Lichens are all around the Arcata Marsh. Although they are beautiful pioneers for collecting soil, they are not plants, even though plants are part of their makeup. Those resourceful fungi farm algae. They provide the structure and algae photosynthesize the food.

Maria relayed some fun facts about fungi found at the Marsh:

- ▶ Honey mushrooms (*Armillaria ostoyae*), which grow in association with conifers, have been discovered in Oregon's Malheur National Forest to cover 3.4 square miles and be 2400 years old! They eat trees, both living and dead.

- ▶ Jack-o-lantern mushrooms (*Omphalotus olearius*) are orange gilled, bioluminescent, and remind some people of chanterelles. Eating them would be an unfortunate mistake, however! Golden chanterelles have been seen at the Marsh.

- ▶ *Philobolus* is a little mushroom that grows on herbivore poop.

- ▶ Field button mushrooms (*Agaricus*) are found around the Log Pnd.

- ▶ Witch's butter parasitizes other mushrooms.

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Maria dubs the mycorrhizal network referred to throughout this summary the “wood wide web.” The mycorrhizal network is absolutely astounding and central to sustaining life. One disturbing fact is that members of the mustard family--including wild mustard and wild radish--inhibit the mycorrhizal fungal threads.

Santa Claus and Amanita muscaria? Poisonous? Hallucinogenic? I suggest you look up online “Shaman Claus,” the shamanic origins of Christmas. It’s not talking about the religious aspects, but Christmas trees, decorations, stockings, going up and down the chimney, and of course Santa Claus and his reindeer. In a nutshell, a shaman, dressed like an amanita mushroom, harvested these very poisonous mushrooms, cut them in beautiful strips, and hung them on the conifer under which they were growing. Drying them made them less poisonous; also putting them in stockings over the hearth. Then, there’s feeding them to reindeer and shamans and being on the lookout for yellow snow. The rest is up to you.



SEPTEMBER/OCTOBER ARTIST DAVID SCHUMAKER

I became interested in photography as a child over 65 years ago. I received my first “real” camera, a 35mm Japanese copy of a Leica, from my parents for my high school graduation. After graduation, we moved from Southern California to Santa Cruz and I started working for a newspaper in Watsonville. My boss was an internationally acclaimed

photojournalist, Sam Vestal, who had won a Pulitzer Prize for his news photography. I started working in the darkroom, processing Sam’s negatives and printing them for publication in the Watsonville Register Pajaronian. Eventually, Sam sent me out on assignments and soon I was responsible for all of the photographs in the Saturday edition.

I left Santa Cruz to attend San Francisco State University, then got a job at the California Academy of Sciences using my photographic skills as part of a team trying to discover how birds navigate at night. Although I have spent most of my life in public education as a teacher, principal, and district superintendent, I always had a camera with me.

My great joy is bird and street photography around Arcata, Eureka, and McKinleyville. I can be reached at 834-1928 or davidschumaker@gmail.com.

Visitor Comments

Since our last issue, international visitors from Canada, Germany, New Zealand, and Switzerland have signed the guest book at the welcome desk. US visitors hailed from exactly half of the 50 states: Arizona, California, Colorado, Florida, Georgia, Hawaii, Illinois, Maine, Maryland, Massachusetts, Minnesota, Missouri, Nebraska, Nevada, New Hampshire, North Carolina, Ohio, Oregon, Pennsylvania, Tennessee, Texas, Utah, Virginia, Washington, and Wisconsin.

Many of them took the time to write a comment. Here is a sam-

Calendar of Events

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

August—Photographs by Matt Filar

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

August 17—Lecture on changes to the Arcata Treatment Plant by Doby Class, 7:30 pm (see p. 1)

August 18—Humboldt Pet Supply Dog Poo Cleanup, 9:30 am (see p. 5)

August 31—Deadline to apply for FOAM Board candidacy (see p. 3)

September-October—Photographs by David Schumaker

September 13—FOAM Board Meeting, 6:30-8 pm

September 15—Invasive Plant Work Day at the Marsh (see p. 2)

September 15—Humboldt Pet Supply Dog Poo Cleanup, 9:30 am (see p. 5)

September 21—Lecture on North Coast Otters art project by Jeff Black, 7:30 pm (see p. 1)

October 7—FOAM Annual Meeting & Volunteer Appreciation Lunch, noon (see p. 1)

pling: “Got 4 life birds!,” “Terrific displays,” “Fantastic habitat!,” “Great welcome center,” “We love it here and our kids had a blast!,” “Kiddo is obsessed with baby ducks,” “Thanks to all the volunteers,” “Great place to visit,” “George was a great help orienting us to the area,” “So nice, thank you,” “Beautiful avocets,” “We love walking at the Marsh,” “Let’s remove all non-natives,” “A birding destination!”

Thanks to Our Supporters, mid-May through July 2018

► Best Friend (\$100+): Susan Halpin; Ed Murray*; CJ & Carol Ralph; Rich Ridenhour

► Friends (\$18-49): Doug Carroll*; Melanie Dabill*; Maria Friedman*; Eve & Robert Gill; Janette Heartwood; Moonlight Macumber*; Marsha Mielke; Mary Romaidis; Frank & Christel Shaughnessy; Patricia Sundgren Smith & Frederick Pierce; Karen Zeck

► Donations: Janyce Nieman, \$200; Tom & Katy Allen, \$100 in memory of Frank Schmidt; Steven & Carol Pearson (Portland, OR), IBM matching donation, \$100; Brett Watson, \$100 for Arcata Marsh patches (see p. 2); Mary Romaidis, \$40; \$103 from donation jar at June 8 event (see p. 3); \$168.60 from AMIC donation box

* = New member

FOAM
Friends of the Arcata Marsh
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Arcata CA 95518

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Mark Your Calendar for:

Wastewater Plant Changes Lecture, 8/17

HPS Dog Poo Pick-up, 8/18

Board Candidate Application Deadline, 8/31

Invasive Plant Work Day, 9/15

HPS Dog Poo Pick-up, 9/15

Otter Art Project Lecture, 9/21

Annual Meeting/Volunteer Lunch, 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.