



UPWIND

from the Arcata Marsh
Interpretive Center
Vol 28, Issue 4, Fall 2021

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

In This Issue: Upcoming Lecture... Thanksgiving Leg-Stretcher & King Tide Tour Scheduled... FOAM Annual Meeting Report... New Puzzle... Native Plant Garden Update... 2020/21 FOAM Annual Report... Arcata Marsh Bird of the Year Winners... Pastels on the Plaza Square... A Tribute to Katy Allen... November/December & January/February Art Shows... Calendar... Members & Donors



Aldaron Laird.

Upcoming Lecture

On Friday, January 21, at 7:30 pm, environmental planner Aldaron Laird will present on "King Tides on Humboldt Bay: A Preview of Sea Level Rise." A Zoom link will be sent to local media, posted on the FOAM website, and e-mailed to FOAM members, volunteers, and past lecture attendees approximately one week prior to the lecture.

Wiyot Acknowledgment

The Arcata Marsh and Wildlife Sanctuary is located on the unceded land of the Wiyot People, who continue to remain in relationship to these lands through ceremony, culture, and stewardship. They are important parts of the history of and continuing knowledge of this place.



Some of the King Tide Tour attendees on January 11, 2020. Photo by Elliot Dabill.

Two Special Tours Coming Up

Join leaders Paul Johnson, Alex Stillman, and Jean Santi on FOAM's 21st annual Thanksgiving Day Tour of the Marsh. If you'd like to set out on a 90-minute leg-stretcher before your big dinner, meet in front of the Interpretive Center at 10 am on Thursday, November 25. (The Interpretive Center will be open IF volunteer staffers are found.)

On Sunday, January 2, Elliott Dabill will lead a King Tide Tour at the Marsh. **Meet at 11 am at the first parking lot on South I Street, in from Samoa Boulevard.**

Tours will happen rain or shine. Bring a mask to comply with COVID rules. For more information, call 707-826-2359.

2021-22 Board of Directors & Officers

Officers

President: Elliott Dabill

Vice-President: David Couch

Secretary: Cindy Kuttner

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

Other Board Members

Paul Johnson

Lynn Jones

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Jean Santi

Mark Wilson

Website: www.arcatamarshfriends.org

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



Volunteer of the Year Lynn Jones.

Again, No BBQ Albacore, But FOAM Zooms On

By Sue Leskiw

On Sunday, September 12, FOAM held its 28th annual meeting virtually, making it the second year with no in-person gathering due to COVID. President Elliott Dabill narrated a PowerPoint presentation.

Lynn Jones was presented with the Volunteer of the Year award for her work setting up and posting to a FOAM YouTube channel, expanding content on FOAM's Facebook page, taking the lead on signage for the native plant garden, repainting wooden signs, and coordinating FOAM's tabling at a LatinX outreach event.

The contributions of some other volunteers also were noted: Paul and Lynne Abels, for their work designing, installing, and maintaining the native plant garden in front of the Interpretive Center, and long-time FOAM Board member and volunteer Katy Allen (see article, p. 6).

The eighth annual Arcata Marsh Bird of the Year award went to George Ziminsky for Gray Catbird, a new Marsh record spotted on June 21, 2021. The runner-up species was Great-tailed Grackle, found by Tom Leskiw on October 18, 2020. This sighting was a fourth Marsh record (see article, p. 5)

Elliott reviewed highlights of the 2020/21 Annual Report (see pages 3&4). Elliott Dabill, Jean Santi, and Mark Wilson were re-elected to the Board, with 49 ballots received from members in good standing.

New Puzzle Ready for Solving

By Mark Wilson

Children (and adults) visiting the Arcata Marsh Interpretive Center are in for a treat! There's a new, big, handcrafted, wooden jigsaw puzzle to help them get excited about discovering the wonders of the Marsh and the rich and varied natural life forms that the Marsh supports.

The puzzle is a replica of the beautiful natural history drawing created by renowned local artist and naturalist Gary Bloomfield. The drawing and the puzzle feature marsh life above and below the water level, including a Pacific chorus frog, red-legged frog, Marsh Wren, leech, dragonfly, and stickleback and mosquitofish. These creatures are joined by hydra, cyclops, *Tubifex* worms, a *Paramecium*, *Daphnia*, and more.

The drawing includes magnifications of water and plants, showing the invertebrates and microorganisms as they would be viewed through different levels of magnification in a microscope.

Gary's original work hangs inside the Interpretive Center next to the western-most window. The puzzle was crafted by FOAM Board member and Humboldt State biology professor Mark Wilson.



The new oversized wooden Marsh jigsaw puzzle. Photo by Mark Wilson.

Native Plant Garden Update

By Lynn Jones

If you've been tracking the seasonal progress of the native plant garden in front of the Interpretive Center, you have watched the plants fill out and naturalize in the setting. With support from FOAM and the City of Arcata, siblings Lynne and Paul Abels planned and planted throughout last winter. Humboldt County native plants representing two broad vegetation zones are now established and attracting animal life to their flowers, berries, and habitat.

According to designer Lynne Abels, the garden was planned around the ecological concept that native Humboldt County birds and

insects (and snakes and frogs...) thrive among native plants versus introduced species. Native species host many caterpillars, which are the primary food for birds raising babies. It takes 6,000 caterpillars to raise one family of chickadees. Gardens with only introduced species often will be bug- and bird-life deserts. (Although a real desert is more productive!)

Native plants are also better adapted to our soils and seasonal precipitation. In the shady woodland/riparian zone closest to the building, the gum plant (*Grindelia stricta*) is spilling into the wild ginger (*Asarum caudatum*) at the base

(continued on page 5)

2020/21 FOAM Annual Report (Issued 9/12/21)

Tours: After the Arcata Marsh Interpretive Center reopened on weekends only starting June 5, 2021, 1,001 adults and children visited between then and August 31. Ninety-two of them participated in the 15 weekly Saturday 2 pm tours led by FOAM docents that resumed on May 15. There were no special-request tours between September 1, 2020 and August 31, 2021.

Education: FOAM's free lecture series continued via Zoom, with presentations by Adam Canter on Wiyot cultural geography, Jerry Rohde on historic Arcata wharves, Mark Wilson on the natural history of microorganisms, Jaime Carlino on rat poison is wildlife poison, David Couch on the Arcata wastewater treatment plant upgrade, Mark Wilson continuing his microorganism natural history theme (focusing on wastewater), and Karlee Jewell on her otter research and the HSU North Coast Otters art project.

FOAM underwrote the cost of sending 6 LatinX kindergarteners through second graders to Marsh Explorers Camp.

Katy Allen continued to represent FOAM on Redwood Region Audubon Society's Cat/Bird Committee, which is sponsoring a tour of seven "catios" (fenced outdoor spaces for cats) in September 2021.

Public Events: FOAM presented its seventh Arcata Marsh Bird of the Year awards at its September 12 Zoom annual meeting. The winner was Trumpeter Swan, discovered by Mark and Lucas Stephenson, Lucas Corneliusen, and Amaya Bechler. The runner-up award went to Yellow-throated Vireo, spotted by Greg Gray. Both were first records for the Marsh.

In March, for the 15th year, FOAM sponsored awards at the Humboldt County Science Fair. Sue Leskiw and Lynn Jones judged the online entries and awarded two \$50 first prizes. The winner in the junior division (grades 5-7) was Anya Seiler, a 6th grader at Jacoby Creek School, for her project to find bacteria that would decompose microplastics. The winner in the senior division (grades 8-12) was another Jacoby Creek School student, 8th grader Jackson Zagone, who investigated the presence of microplastics in Humboldt Bay oysters.

In partnership with Redwood Region Audubon Society, FOAM sponsored the 18th Student Bird Art Contest. Participation rebounded somewhat from a low of 160 entries in 2020 to reach about 300 digitally submitted entries from grades K-12 throughout Humboldt County. Twenty-seven cash prizes and 19 honorable mentions were given out--although not in person, as the mid-April Godwit Days Spring Migration Bird Festival was held via Zoom.

In June, FOAM tabled at a LatinX outreach event at Arcata's Redwood Park. Lynn Jones and Paul Johnson handed out Spanish-language Marsh materials, answered questions about the Marsh, and helped children make otter masks.

FOAM underwrote the cost of displaying an otter sculpture—"The Humbirder" by Shawn Gould—as part of the North Coast Otters Public Art Initiative through Humboldt State University's Wildlife Department.

FOAM purchased a wireless tour guide system with one transmitter and 15 attendee headsets.

Marsh and Wildlife Through the Eyes of Local Artists: Since December 1998, FOAM has sponsored art and photography shows at the Interpretive Center that are representative of the scenery, plants, birds, and animals that inhabit the Marsh and Humboldt Bay. Due to AMIC closure, the only art show during the last year was a combined show of the Student Bird Art Contest cash prize winners from 2020 and 2021, which was displayed from June through August.

Publicity & Communication: We would like to thank newspapers, radio and TV stations, and online websites for helping us get the message out about our weekly tours, art exhibits, Zoom lectures, and other special events at the Marsh. FOAM continues to publish its quarterly newsletter, UPWIND.

Lynn Jones created a FOAM YouTube channel—where FOAM Zoom lectures have been posted—and reinvigorated the FOAM Facebook page.

City Relations: FOAM paid for construction materials (e.g., sand, gravel, wood chips) and plants used by the brother-sister volunteer duo of Paul and Lynne Abels to create the new native plant garden in front of the Interpretive Center.

FOAM funded two “Volunteer of the Year” awards, presented to Robbin Kohn and Susan Halpin.

Membership: As of August 31, FOAM had 189 members (same number as last year), 98 of whom are Life Members. [NOTE: Twenty-eight of the Life Members are either deceased or have an undeliverable address.]

Fiscal Accounts: As of August 31, FOAM had a checking account balance of \$33,162.52. As of 6/30/21, FOAM also had \$17,224.27 in a fund set up at the Humboldt Area Foundation (HAF).

Expenditures totaled \$8,344.48 and revenues totaled \$9,744.43. The largest expenditures incurred in the past year were for 1) purchasing plants and construction materials for the new native plant garden in front of AMIC, 2) insurance, 3) underwriting children to attend Marsh Explorers Camp, and 4) UPWIND printing and mailing. Revenue sources were membership dues (\$4,858) and donations (\$4,886.43). There were no merchandise sales this fiscal year, due to AMIC bookstore closure and no Godwit Days booth. FOAM also earned \$4,394.23 in interest/dividends/capital gains on its HAF Fund between 7/1/20 and 6/30/21 (minus management fees of \$279.95).

Board of Directors: Five current Board Members (David Couch, Paul Johnson, Lynn Jones, Cindy Kuttner, Bill Prescott) will be continuing. Three (Elliott Dabill, Jean Santi, Mark Wilson) are running for another term. Katy Allen, Richard Brown, and Cosette McCave are retiring.

— Elliott Dabill, *President*

(continued from page 2)



One of the 25 plant tags installed in the native plant garden.
Photo by Lynn Jones.

of the red dogwood (*Cornus sericea*) branches. This area is adapted to winter-saturated heavy soils and includes bog lupine (*Lupinus polyphyllus*), which is found elsewhere in the Marsh.

The coastal chaparral/prairie section is drier and windier. The northwest area, mulched with sand, includes plants found in sand dunes and the coastal strand, such as dune goldenrod (*Solidago spathulata*) and seaside buckwheat (*Eriogonum latiflora*). In another section, mulched with chips, silk tassel (*Garrya elliptica*) takes the brunt of the wind and protects some of the other plants in that area.

Southeast, toward the pathway, the soil is clay. There, you'll find plants that tolerate soggy conditions. A mounded area shows off a coffeeberry (*Frangula californica*). Toward the top of the path, you'll find a pocket succulent garden, anchored by bluff lettuce (*Dudleya farinosa*) and stonecrop (*Sedum spathulifolium*).

The Abels goal is to have a garden that blooms for pollinators from early spring through the fall. To find a current plant list—including common names, botanical names, and Wiyot names of which we are aware—visit <https://www.arcatamarshfriends.org/amic-native-plant-garden/>



Marsh Birds of the Year finders George Ziminsky and Tom Leskiw. Photo by Sue Leskiw, taken during 2014 Marsh Explorers Camp.

Seventh Annual Marsh Birds of the Year

By Sue Leskiw

2021 marks the seventh year that FOAM has given out an award for the “best” bird spotted at the Arcata Marsh. This year’s time period for consideration was September 1, 2020 through August 31, 2021.

Gray Catbird was awarded Bird of the Year. It was spotted by George Ziminsky on June 21, 2021. This sighting represented the first Marsh record for this notoriously skulky bird that stayed around until June 22, allowing five birders to report it to eBird. Catbirds widely range across the US and southern Canada, except for the West Coast and Nevada/Utah/Arizona.

The second-place avian find at the Marsh was Great-tailed Grackle. It was seen by Tom Leskiw on October 18, 2020, while he was hawk watching. The grackle was relocated the next day near the Arcata Safe-way and continued hanging around the Uniontown Shopping Center parking lot until October 26, allowing 20 individuals to report it to eBird. It is the fourth Marsh record for this species, whose usual range is between Louisiana and Southern California, as far north as Lake Tahoe.

The finders of both species were sent certificates recognizing their finds.



Gray Catbird. Photo by Rob Fowler.



Great-Tailed Grackle, Uniontown Shopping Center.
Photo by Sarah Hobart.



Melanie's creation on the Arcata Plaza.
Photo by Elliott Dabill.

FOAM Square on the Plaza

FOAM once again participated in Pastels on the Plaza, a fundraiser for North Coast Children's Services, in October. A beautiful depiction of sunset/sunrise over the Arcata Marsh was rendered by Melanie Dabill. Thank you, Mel, for sharing your talent to promote FOAM!

Long-Time FOAM Board Member Katy Allen Retires

By Sue Leskiw

I first met Katy and her husband Tom when the three of us volunteered at the Northcoast Environmental Center's yard sale, when the organization moved out of its Victorian house in Northtown in 2009. At the time, I was president of FOAM. I spent time between ringing up sales talking up the organization with Katy, who had retired the previous year from teaching at Arcata's Pacific Union School. My solicitation for her to run for the FOAM Board bore fruit in fall 2009. Ever since, her presence has vastly enriched FOAM in many ways.

Katy is what I call a "doer," someone who steps forward and dons many hats, depending on what's needed. It was not difficult for me, who serves as the main picture taker at FOAM special events, to find many photos of her in action.

Katy started out serving on FOAM's Education Committee, then added Membership and Exhibits to her roster. She took over as Secretary in fall 2010, a position she held until October 2021.

But her resume extends beyond Board and Committee work to include Marsh tour leader, Interpretive Center welcome desk staffer, and Marsh invasive plant and trash pickup work day participant. The totality of her work led her to be recognized as FOAM's Volunteer of the Year in 2012.

Where Katy excels is volunteering at special events, especially those involving children. She helps out at FOAM events that are part of Arcata's Godwit Days Festival: staffing family nature craft activities and hanging Student Bird Art Contest entries in the lobby and hallways of the Arcata Community Center. Katy often staffs FOAM outreach tables, during efforts to recruit Humboldt State students to volunteer at the Marsh or to inform Humboldt County school teachers about what the Marsh has to offer their students. She had helped out at Take a Child Outside (TACO) Day and the City's Marsh Explorers summer day camps, as well as led bilingual



(Top) FOAM Board, fall 2014, Katy is third from left. (Middle row) Betsy Elkinton and Katy, 2013 Teacher Fair; Katy hanging bird art at Godwit Days 2014. (Bottom row) Katy, helping out at FOAM family nature crafts, Godwit Days 2011; Katy and former City Naturalist Denise Homer, Volunteer of the Year award, fall 2012. Top photo by Tom Leskiw; middle left, unknown; remainder by Sue Leskiw.

(Spanish-English) tours (for Fuente Nueva Charter School and the McKinleyville EcoClub, both in 2012).

She and Tom even opened their home in 2016 to Cinecyclo Tour Panamerica, three young men from France and Switzerland who were on a 10-month bicycle journey from British Columbia to the tip of Argentina. The trio had selected to tour the Arcata Marsh—and pull out some invasive plants!—as “being representative of an innovative environmental project,” as they took their pedal-powered moving cinema on the road.

Lately, Katy has represented FOAM at monthly meetings of Redwood Region Audubon Society's Cat/Bird Committee and participated in Humboldt Pet Supply's poop pickup days at the Marsh.

Katy, your upbeat personality and shining spirit will be sorely missed. We salute your 12 years of yeoman service and appreciate your continuing help with Marsh tours and desk staffing. We take solace in the knowledge that FOAM may call on you when it needs another “doer” for a special event.



NOVEMBER/DECEMBER ARTIST PATRICIA SENNOTT

Experimenting with variations of monotype printmaking allows me great freedom to interpret what I notice in daily life. Quiet moments spent observing local flora and fauna can be transformed with just ink, brayers, and cotton swabs. Being able to attempt this transformation in the studio feels like such a luxury. For example, after bringing home some aspen leaves from our campsite at a remote hot spring in Oregon, I drew the bird that lived near our camp and also rolled the leaves themselves through the press and onto the image.

To make a monotype, I roll a thin layer of oil-based ink onto a sheet of hard plastic and wipe away ink with cotton swabs and paper towels to form an image. The wiped plate is placed on the bed of an etching press, covered with damp archival paper, then pushed through the press. The pressure forces the ink into the paper fibers. What comes out is almost always a surprise, which is just one part of what attracts me to this hand-made, one-of-a-kind art process.



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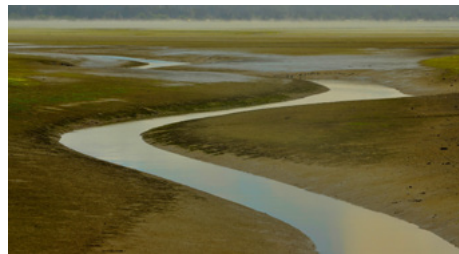
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of.the.Arcata.Marsh***

I studied art at the University of Kentucky and in Denmark, later graduating from HSU. My focus continues to be monotype printmaking, in various methods, portraying native birds and botanicals, along with forays into acrylic painting.

I have exhibited widely in group and solo shows in Humboldt County. Two Eureka traffic control boxes now display my flowers, insects, and colorful shapes! My studio in Northtown Arcata is open by appointment for anyone wishing to experience monotype printing; private lessons are available. I can be reached at psennott@gmail.com, 707-496-1922, @patriciasennott, and Patricia Sennott Art on Facebook.

I have been mapping and studying Humboldt Bay (Wigi) for the last 20 years. I have prepared sea level rise vulnerability assessments on the Bay, co-founded the Humboldt State Sea Level Rise Initiative, and recently launched HSU's Humboldt Sea Level Rise Public Forum.

I've spent a lot of time kayaking, hiking, and photographing on Humboldt Bay. I am particularly attracted to the dynamic inter-tidal zone, the landscape of channels, mudflats, and salt marshes between the extreme King and Minus Tides. The Bay and its reflecting waters and ever-changing atmospheric displays are a joy to observe and photograph.



JANUARY/FEBRUARY ARTIST ALDARON LAIRD

As an environmental planning consultant, I have been active since 2010 in promoting a regional approach to sea level rise planning on Humboldt Bay. I am also an avid kayaker who has circumnavigated all 102 miles of the Bay's shoreline. My photographs of Humboldt Bay have been featured at the Morris Graves Museum of Art.

Calendar of Events

November/December—Art show by Patricia Sennott (see this page)

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

November 25—Thanksgiving Leg-Stretcher, 10 am (see p. 1)

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

January/February—Photography exhibit by Aldaron Laird (see this page)

January 2—King Tide Tour, 11 am (see p. 1)

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

January 21—King Tides/Humboldt Bay Sea Level Rise lecture by Aldaron Laird, 7:30 pm (see p. 1)

February 10—FOAM Board Meeting, 6:30-8 pm

Thanks to Our Supporters, August through mid-October 2021

► **Best Friends (\$100+):** John & Julia DeMartini; Virginia (Gina) Rogers; Jack Sniado III (Hollywood, FL)*; John & Mary Stuart (\$750, NEW Life Members!)

► **Sponsors (\$50-\$99):** Margaret Abels; Richard & Chris Beresford; Susan O'Connor; Bob Peck

► **Friends (\$18-49):** Gisele Albertine; Betsy Elkinton & Brett Vivyan; Jane Fusek*; Lynn Hornecker; Nancy Ihara; Paul Johnson; Cindy Kuttner; Jim Lennon; Anne Merryfield; Rita Orlandini; Barbara Reisman; Berti Welty & Jo Weisgerber

► **Other Donations:** \$200 from Life Member Stuart Moskowitz; \$165 from Berti Welty & Jo Weisgerber; \$100 from Life Member Sharon Levy; \$100 from Anne Merryfield; \$100 from Larry Womack (in memory of Beverly Post, former FOAM member and volunteer who passed away in May 2021); \$60 from Boldly Rising HSU Tour (Santa Rosa); \$10 from Nancy Ihara; \$42 from AMIC donation box. * = New member

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Mark Your Calendar for:

Thanksgiving Leg-Stretcher, 11/25

King Tide Tour, 1/2

King Tide/Sea Level Rise Lecture, 1/21

MEMBERSHIP APPLICATION



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Please check the appropriate membership category:

☐ Individual \$25 ☐ Family \$35 ☐ Student/Senior \$18

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☐ I would like more information about volunteering for FOAM,

FRIENDS OF THE ARCATA MARSH, PO Box 410, Arcata CA 95518

arcatamarshfriends.org

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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.