



UPWIND

from the Arcata Marsh
Interpretive Center
Vol 30, Issue 4, Fall 2023

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: Four Special Tours... New AMIC Staffer... FOAM Annual Meeting/Volunteer Appreciation Lunch (Including Volunteers & Bird of the Year and Election Results)... What's Happening at the Arcata Marsh?... Pastels on the Plaza... No-Name Pond Update... FOAM at Prairie Creek Centennial... Anne Weiss Remembrance... Biodiversity Tours... AMIC Visitor Stats... Nov/Dec & Jan/Feb Artists... Calendar... Our Supporters



*A portion of the King Tide Tour crowd of 70+ in January 2020.
Photo by Elliott Dabill*

Four Special Tours on Tap

Join leaders Jenny Hanson, Lynn Jones, and Sharon Levy on FOAM's 23rd annual Thanksgiving Morning Ramble at the Marsh. If you'd like to set out on a 90-minute leg-stretcher before your big dinner, meet them in front of the Interpretive Center at 10 am on Thursday, November 23.

On Monday, December 25, join leader Paul Wilson for a Christmas Day tour; meet at 10 am at the Interpretive Center.

On Monday, January 1, Paul Johnson will be the docent for a New Year's Day tour; meet at 10 am at the Interpretive Center.

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.



Neysa Budzinski.

New AMIC Staffer Hired

By Neysa Budzinski

I am the new environmental programs aide at the Arcata Marsh Interpretive Center, serving the 1 to 5 pm afternoon shift. I come from the

(continued on page 2)

2023-24 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

Maria Baron

Andy Feinstein

Ava Iorizzo

Paul Johnson

Lynn Jones

Mark Wilson

Website: www.arcatamarshfriends.org

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

Outdoor Recreation Department at the East Bay Regional Park District, where I worked with communities primarily in underserved areas. I've spent years coordinating and leading kayaking and canoeing outings in wetland areas, ecological awareness programs for teens, as well as camping trips for blind and disabled folks.

I also worked as a naturalist for Hostelling International for many years, leading interpretive programs in coastal areas. One of my areas of interest is edible and medicinal plants, particularly the indigenous uses of native plants and trees.

I immensely enjoy introducing people of all ages to the natural world. I'm very excited and grateful to be working at AMIC, interacting with the public who come to enjoy the unique and beautiful Marsh and its wild inhabitants throughout the seasons. When I'm not at the center, I am hiking in Humboldt and beyond, sustainably foraging, taking photographs, and making medicinal preparations.



2023/24 FOAM Board members. (From left, back row) David Couch, Sue Leskiw (ex officio), Elliott Dabill, Andy Feinstein, Lynn Ryan. (Front row) Ava Iorizzo, Maria Baron. Not shown: Paul Johnson, Cindy Kuttner, Mark Wilson.

Amphitheater Dining at FOAM Annual Meeting

By Sue Leskiw

On Sunday, September 24, FOAM held its 30th annual meeting. Approximately 30 members and volunteers attended the lunch held in the outdoor amphitheater, which was followed by an indoor PowerPoint by Board president Elliott Dabill.

Susan Halpin and Robbin Kohn won Volunteer of the Year awards. Susan covered 52 weekend shifts at the front desk between September 1, 2022 and August 31, 2023. She was there every Saturday from 9 am to 1 pm! Susan calls AMIC her favorite volunteer gig, explaining that she loves meeting and helping so many visitors.

Robbin covered 34 shifts at the welcome desk during the same period. Coincidentally, 3 years ago, Susan and Robbin were the two individuals chosen as Volunteers of the Year! FOAM also gave a shout-out to Jeannie Smalley and Al Wolski, who served more than 20 shifts each.



Recreation Director Heather Schmidt & Robbin Kohn. Photos by Sue Leskiw.

This was the tenth year that FOAM has presented an Arca-ta Marsh Bird of the Year award, which recognizes the rarest bird spotted within the Marsh between September 1, 2022 and August 31, 2023. The winner was Ovenbird, with only a second Marsh record. A singing bird was heard on June 13, 2023 and relocated by at least three other birders that same day. The finder wishes to remain anonymous, but coincidentally is the same person who found the first Ovenbird at the Marsh in December 2013! This

secretive warbler is rare in summer west of central Colorado, Wyoming, and Montana.

Elliott reviewed highlights of the 2022/23 Annual Report (see pages 5&6). Forty ballots were received from FOAM members in good standing. Paul Johnson was elected to another 3-year term.



What's Happening at the Arcata Marsh?

By Heather Schmidt

Early rains have signaled the turning of the seasons and so the turning of the page. George Ziminsky is stepping away from his position staffing the Marsh Interpretive Center. While he will remain employed by the City in other capacities, he will no longer hold a regular presence at AMIC. We want to recognize the years of work that he put in and all the meaningful connections he made with Marsh visitors. We would also like to welcome the new staffer Neysa Budzinski (see article, page 1). Come by and introduce yourself!

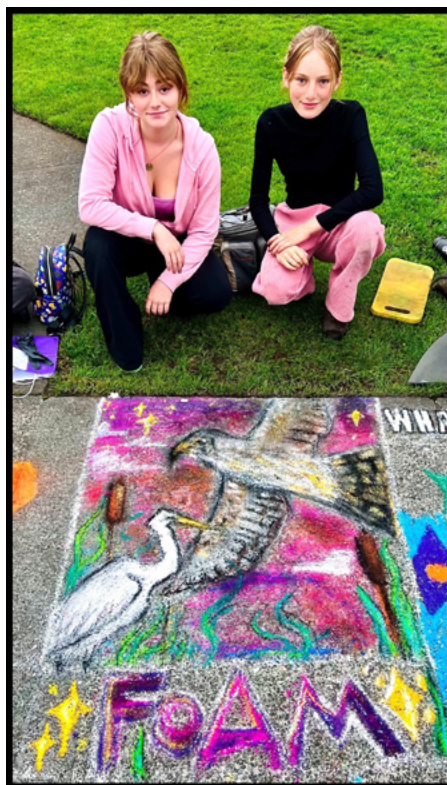
We continue to experience a shortage of volunteers to staff AMIC on weekends. If you are interested, please call or visit the Interpretive Center — we'd love to have you join our roster of those who take their love of the Marsh to a higher level.

Wastewater treatment plant upgrades continue, with construction throughout the Marsh. Over the last few months, multiple trail closures have been instituted and things have looked a bit of a mess. Those projects taking place along I Street, Klopp Lake, and adjacent trails are scheduled to wrap up at the end of November. After that, we should see far fewer impacts to public access.



George Ziminsky leaving AMIC following his November 1 farewell party.
Photo by Robbin Kohn.

The otters don't seem to mind all the commotion. Regular sightings of a group of up to four have recently been reported in Klopp Lake. Stop by AMIC and share what wonderful wildlife you are seeing in the Marsh.



FOAM square by October (left) and Thea. Photo by Stacy Mintey.

Pastels on the Plaza 2023

By Sue Leskiw

This year, I returned to an artist selection formula that has worked beautifully in the past: choose from among the winners of the most-recent Student Bird Art Contest, which is cosponsored by FOAM.

Arcata High student October Mintey and Coastal Grove Charter middle schooler Thea McKnight both have won multiple awards over the years, so I asked them to work together on our square for this annual fundraiser for Northcoast Children's Services.

The two came through brilliantly, collaborating on an eye-catching chalk drawing of a Great Egret and an American Kestrel sharing the Arcata Marsh. Thank you October and Thea for sharing your artistic abilities once again with FOAM!

An Update on No Name Pond

By Paul Johnson

In the summer 2023 issue of UPWIND, I described a leak that had drained most of the water out of No Name Pond. The result: the vast majority of the cattails in the pond did not grow back last spring, with the pond dry and dominated by dead cattails all summer.

In August, Wahlund Construction — the company that has been doing much of the upgrade work on the wastewater treatment system — began installing new pipes in the dike that encloses Klopp Lake and separates No Name Pond from Butcher Slough. Word from the City is that Wahlund found the damaged pipe that ran beneath the dike and repaired it.

For the past two months, water has been building up again in the pond (see photo) and there is no further sign of water leaking under the dike and draining into Butcher Slough. Hooray! It will be exciting to see if the cattails recover in the spring. If so, I'm sure that the Marsh Wrens will be ecstatic.



A refilled No Name Pond.
Photo by Paul Johnson.

FOAM Joins Prairie Creek Centennial Celebration

By Lynn Jones

FOAM was among the organizations tabling at the 100th birthday of Prairie Creek State Park, held August 26 in Orick. Paul Johnson, Carmen Sahagun, and myself staffed our booth.

We were excited to be included in this festival of conservation and naturalist communities. Our booth displayed some of Paul Johnson's

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Lynn and Carmen chat with FOAM booth visitors. Photo by Paul Johnson.

beautiful photos of the Arcata Marsh. Along with information about the Marsh, we provided activities that compared the redwood and Marsh ecosystems, plus a nest-building activity that explored the needs of different kinds of birds.

The celebration was fun! Lots of visitors, plenty of action, great food, and good speakers. It was a bit smoky (though Crescent City folks came down to get OUT of the smoke). Many travelers took Marsh maps and planned to stop by and visit, while quite a few people asked about volunteering.

September Marsh Biodiversity Tours Held

By Elliott Dabill

Between September 2 and 8, FOAM scheduled five special tours to celebrate California Biodiversity Day. Paul Johnson led two with good turnout. Nobody can compete with his ability to zoom in on anything and bring it to life. One of his favorites is the willow by Butcher Slough, with its gobs of tent caterpillars and their shenanigans.

The third tour introduced new leader Renshin Bunce, paired with me, where she expanded her knowledge of the wastewater treatment system into appropriate biodiversity topics.

I then offered two plant biodiversity tours. The idea was to cover eight common families as an introduction to broader plant knowledge, based on *Botany in a Day: The Patterns Method of Plant Identification* by Thomas Elpel. Nobody showed for the first tour, but I stopped crying when a couple told me that they saw the announcement and drove down from Oregon to participate in the second session. They and three others got the full eight-family plant treatment!

FOAM's mission is to educate, so we three leaders did that. The important idea of biodiversity was a perfect conversation starter.



In a photo from FOAM's 2002 annual meeting, Anne Weiss (left) was presented with an Honorary Life Membership by president Patty Siering (who passed away in 2017). Photo by Sue Leskiw.

A Remembrance of Anne

By Sue Leskiw

Anne Weiss, a FOAM Board member in the early years of the organization, passed away September 8 at the age of 90.

I met Anne in 1998, shortly after I moved to Humboldt County from Maryland. I walked into a FOAM Board meeting, where Anne was presiding, and volunteered to take on the task of editing the organization's quarterly newsletter, UPWIND. Soon after that, I was appointed to the Board, where I served with Anne until her retirement in fall of 1999.

While Anne wasn't on the very first Board of Directors, when the organization was incorporated in 1992, she joined soon afterward, beginning her service in 1994. She continued volunteering for FOAM by handling membership duties until mid-2006. She was made an Honorary Life Member in 2002 (see photo).

Anne was the type of person who got things done without drawing attention to her efforts. I was unaware of her accomplishments or events that had shaped her life until I read her obituary in the *Times-Standard* as well as an article in the October issue of *Senior News*.

She grew up in Minnesota, where she attended the University of Minnesota starting in 1952. As Anne volunteered for Adlai Stevenson's first campaign for president (a clue as to why she had a large display of old political campaign buttons in her Jacoby Creek house decades later!), she met her future husband Roger. They moved to northern California in 1959, where Roger taught chemistry at HSU. In 1973, Anne (with degrees in English and teaching) applied for the job of executive director of a new agency to provide services for seniors. She served until 1986 as head of what would become the Humboldt Senior Resources Center, retiring to give her and Roger time to travel the world.

2022/23 FOAM Annual Report (Issued 9/24/23)

Tours: 10,477 adults and children visited the Arcata Marsh Interpretive Center (AMIC) between September 1, 2022 and August 31, 2023. One hundred sixty-six of them participated in the 37 weekly Saturday 2 pm tours led by FOAM docents. There were 15 special-request tours with 487 attendees, including a June Coastwalk group.

Education: Three of FOAM's Roving Naturalists (Elliott Dabill, Sharon Levy, and Lynn Jones) upped their game by completing coursework at College of the Redwoods' fall 2022 semester, to achieve certification as California Naturalists.

In January, FOAM contributed \$1,000 to the Humboldt Wildlife Care Center/Bird Ally X, supporting its purchase of property in Manila as a new base of operations.

In late April and early May, FOAM sponsored 4 days of docent training, the first such activity since July 2019. Ten people completed the course and several already have led Marsh tours.

FOAM produced Marsh stickers, to hand out during tours and to AMIC visitors.

Cindy Kuttner continued as FOAM's representative on Redwood Region Audubon's Cat/Bird Committee.

Public Events: FOAM presented its ninth Arcata Marsh Bird of the Year award at its October 2 annual meeting, which returned to an in-person event. The winner was Yellow-throated Warbler, a first Marsh record discovered by Dennis Wolfe of Portland, OR.

In October, FOAM once again participated in Pastels on the Plaza, a fundraiser for Northcoast Children's Services. Sharon Ruchte served as the artist.

In November, FOAM sponsored its 22nd Thanksgiving tour, attended by 20 people and led by Alex Stillman and Jean Santi, with Tom Leskiw and Jenny Hanson providing bird and plant help.

In December, FOAM sponsored a Christmas tour attended by 20 people and led by Ken Burton and Paul Johnson.

On New Year's Day, Lynn Jones led a tour for 20 people. On January 21, Elliott Dabill and Barbara Reisman once again led a King Tide tour, attended by 25 people.

In March, for the 17th year, FOAM sponsored awards at the Humboldt County Science Fair, which returned to an in-person event. Sue Leskiw and Lynn Jones awarded four cash prizes. First place went to Nova Garwood, a 6th grader at Jacoby Creek, for "Is Dog Scat Pollution a Problem on Humboldt County Trails?" Her goal was to map on which of 17 trails uncollected dog poop is found, then to analyze whether it is left more frequently on urban or rural trails, closer to trailheads, or on trails that do not provide collection bags and cans. She concluded that urban trails with collection have the most stranded dog poop on trails. Second prize went "Sorbent Solutions" by Sol Buwalda-Coradines, a 5th grader at Fuente Nueva Charter. She tested polyvalent paper towels, common household paper towels, moss, kitchen sponges, polyester yarn, and kitty litter, to see which would absorb the most oil from water. Third place went to Kiera McIver, another 5th grader at Fuente, for "Is Your Water Safe to Drink? Macroinvertebrates to the Rescue." Kiera tested upper and lower Jolly Giant Creek for benthic macroinvertebrates (small aquatic animals and larvae), because they occur in higher numbers where the water is less polluted. Alexandra Morris, an Arcata High junior, received a special award for her 3-year project, "Save the Day by Saving the Bay," another test of removing oil from water. She found that feathers absorbed the greatest quantity of oil.

In partnership with Redwood Region Audubon Society, FOAM sponsored the 20th Student Bird Art Contest. To commemorate this milestone, past multi-year contest winner Tori McConnell—who helped judge the entries this year—was selected by Godwit Days to design the 2023 T-shirt, which had a small inset of one of her high school art pieces. Participation held steady near 650 entries from grade K 12 students throughout Humboldt County. Forty-one cash prizes and 39 honorable mentions were given out during an April ceremony held at the Arcata Community Center during Godwit Days. FOAM and RRAS also hosted a Student Bird Art reception during the May art show at AMIC.

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FOAM took the lead organizing the Friday opening reception at Godwit Days in April. The effort, headed up by Maria Baron, recruited seven volunteers to pick up food contributions, pour drinks, keep the refreshment table stocked, and wash dishes.

Also at Godwit Days, FOAM hosted four tables of nature craft activities — bird/otter masks, bird hats, Marsh critter ornaments, and wooden sticker ornaments/bird beak wheels — as part of a Sunday afternoon nature crafts “mega-palooza,” thoroughly enjoyed by many children, parents, and grandparents. FOAM staffed an information and sales table during the festival, signing up four new members. Elliott Dabill gave a 10-minute talk about the Marsh prior to the Friday keynote.

In August, FOAM staffed an information and activity table at the 100th anniversary of Prairie Creek State Park in Orick.

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. Participating artists/photographers were Neil Gilchrist, Andrew Daniel, Steven Taylor, Mike and Leslie Scopes Anderson, Student Bird Art Contest winners, and Lynn Niekrasz.

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, and other special events at the Marsh. FOAM continues to publish its quarterly newsletter, UPWIND.

City Relations: FOAM funded two “Volunteer of the Year” awards, presented to Jeannie Smalley for 132 hours staffing the welcome desk and to George Ziminsky, for spending so much time outside his paid staffing patrolling the Marsh, erasing graffiti, picking up trash, reporting illegal camping and RV over-parking, and keeping track of birds and their nests. The City presented a special recognition award — metal egret yard art — to the brother-sister duo of Paul and Lynne Abels, who envisioned, proposed, oversaw, and labored mightily to create all three phases of the native plant garden in front of the interpretive center.

As a follow-up to the June 2022 meeting with the City (see last year’s annual report), 11 FOAM members submitted survey data on vehicles present along South I Street near sunrise and after sunset, to bolster our request that the City begin locking the gate overnight. The City Council approved changes to the gate closure hours in early January, a new gate was constructed, and overnight closures were instituted.

Carmen Sahagun joined George Ziminsky to split weekday staffing duties at AMIC.

Membership: As of August 31, FOAM had 204 members (11 more than last year), 109 of whom are Life Members. [NOTE: 32 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 \$45,458.48. As of 6/30/23, FOAM also had \$15,759.01 in a fund set up at the Humboldt Area Foundation (HAF).

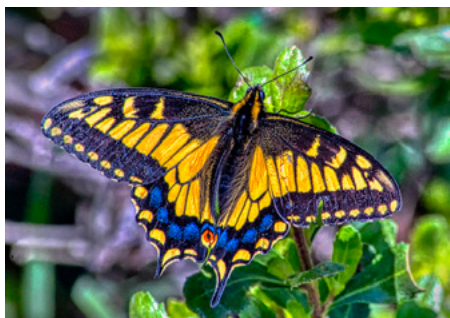
Expenditures totaled \$11,404.36 and revenues totaled \$15,658.06. The largest expenditures incurred were for 1) insurance (\$1467), 2) docent training (\$1390), 3) reprinting the FOAM bird book (\$1380), and 4) printing Marsh stickers to give away (\$1321). Revenue sources were donations (\$8058.48), membership dues (\$5216), and merchandise sales (\$837.30). FOAM gained \$1608.54 on its HAF Fund between 7/1/22 and 6/30/23 (plus paid management fees of \$259.46).

Board of Directors: Eight current Board Members (Maria Baron, David Couch, Elliott Dabill, Andy Feinstein, Ava Iorizzo, Lynn Jones, Cindy Kuttner, and Mark Wilson) are continuing. One current Board member (Paul Johnson) is running for another term. One Board member (Jean Santi) resigned and one other (Bill) Prescott) declined to seek another term.

— *Elliott Dabill, President*

AMIC Visitation Stats

Since mid-July, tourists from 19 states besides California have signed the visitor log book: Arizona, Colorado, District of Columbia, Florida, Hawaii, Iowa, Illinois, Indiana, Maryland, Michigan, Missouri, Montana, New York, Oregon, Pennsylvania, Texas, Virginia, Washington, and Wisconsin. International visitors flocked from Belgium, Germany, Ireland, Spain, Sri Lanka, Taiwan, and the United Kingdom!



Swallowtail Butterfly by Dana Utman.

NOVEMBER/DECEMBER ARTIST DANA UTMAN

Photography is a wonderful way for me to hang out with nature. I take my camera every time I walk, hike, or explore the outdoors. I first became excited about the art while visiting an Israeli kibbutz at age 17.

I have learned though practice, workshops, and university classes how to hone my abilities as an artist. Perhaps the most important knowledge I learned is that creativeness is found within oneself, not from a book or a set of rules. It all starts from the heart. Art should be unique, personal, and soulful. I know it helps me understand the world around me.

I have used photography in almost all my work: as a North Group Sierra Club executive committee member, a national Sierra Club coach, in my climate change column in the *Mad River Union*, a California state park interpreter, a letter carrier, and a union official with the National Association of Letter Carriers.

Photography is a tool that can be used to help tell any story. In this show, I will take you on a day's journey, from Jacoby Creek to the Arcata Marsh to Mad River Beach.



JANUARY/FEBRUARY ARTIST ALDARON LAIRD

"Sea Level Rise: North Unit of the Arcata Marsh"

My show will display photographs of the North Unit of the Arcata Marsh and Wildlife Sanctuary. This area contains five marshes, four ponds, one lake, a boat launch, 3.5 miles of trails, one mile of City access streets, and an interpretive center. The Marsh is very much on the frontline for sea level rise impacts this century.

Less than a foot of sea level rise during a 2005 New Year's Eve extreme water event (9.6 feet at NOAA's North Spit tide gauge), caused by a King Tide and storm surge, resulted in Governor Schwarzenegger declaring a state of disaster on Humboldt Bay. That is less than a foot higher than our mean annual maximum tide (average King Tide) of 8.8 feet! The diked shorelines on Humboldt Bay are extremely vulnerable to a small sea level rise of just 1-2 feet.

The North Unit, under existing shoreline conditions, is vulnerable to

sea level rise of 1.6 feet (0.5 meter) to 3.3 feet (1.0 meter), which we are most likely going to experience in the near term and this century.

I have lived in Humboldt since 1975. I am a retired environmental planning consultant who has specialized in sea level rise vulnerability assessments and adaptation planning on Humboldt Bay. I am also an avid kayaker who has circumnavigated all 102 miles of Humboldt Bay's shoreline and a landscape photographer.

A lecture to complement my show is tentatively scheduled for Friday, January 12.

Calendar of Events

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

November-December—Photographs by Dana Utman

November 23—Thanksgiving Morning Ramble, 10 am (see p. 1)

December 7—FOAM Board Meeting, 6:30-8 pm

December 25—Christmas Day Tour, 10 am (see p. 1)

January-February—Photographs by Aldaron Laird

January 1—New Year's Day Tour, 10 am (see p. 1)

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

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

January 12—Sea level rise lecture by Aldaron Laird (tentative)

Thanks to Our Supporters, mid-July through mid-October

► **Best Friends (\$100+):** Elizabeth Etgen (Sacramento); Mark Freed*; Mark & Sydney Larson; Anne Merryfield; Ed Murray; Bill & Carolyn Prescott; Gina Rogers; James Smith

► **Supporters (\$50-99):** Margaret Abels; Susan O'Connor; Bob Peck; Emily Sinkhorn

► **Friends (\$18-49):** Karen Angel; Karen Cunningham (Coos Bay); Betsy Elkinton & Brett Vivyan; Lynn Hornecker (Murrieta); Nancy Ihara; Paul Johnson; Robbin Kohn; Kathleen Kolodny; Cindy Kuttner; Moonlight Macumber; Karolyn Merz; Rita Orlandini; Barbara Reisman; Diane Ryerson; Shawn & Nancy Stone (Los Angeles); Roberta Welty & Mary Jo Weisgerber

► **Donations from Life Members:** Paula Dawson (Mill Valley), \$200; Barbara Barratt, \$100

► **Other Donations:** Humboldt Educare (Arcata), \$11,903.21; David Weiss, \$500 (in memory of his mother, Anne Weiss, see p. 4); Eric Wier & Laura Frank Charitable Trust (San Luis Obispo), \$500; Lorraine Miller-Wolf, \$100 (in memory of Anne Weiss); AMIC donation box, \$201.17

* = New member

FOAM
Friends of the Arcata Marsh
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Mark Your Calendar for:

Thanksgiving Ramble, 11/23

Christmas Tour, 12/25

New Year's Day Tour, 1/1

King Tide Tour, 1/11

Sea Level Rise Lecture, 1/12 (tentative)

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.

The Arcata Marsh Interpretive Center street address (not for mail) is 569 South G Street, Arcata.

*FOAM's mailing address is PO Box 410, Arcata CA 95518. You can reach us by phone
from 9 am to 5 pm Tuesday through Sunday at 707-826-2359.*