



UPWIND

from the Arcata Marsh
Interpretive Center
Vol 31, Issue 3, Summer 2024

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... FOAM Annual Meeting/Volunteer Lunch September 29... Biodiversity Week Tours... Upcoming Lectures... What's Happening at the Marsh?... Marsh Medicine Tour... Board Candidate Application Form... HPS Marsh Cleanups... Crabs Game... Cycling Tours... Road Scholar... FOAM Lectures on YouTube... Wolski Memorial Donations... July/August Artists... Visitor Log... Calendar... Our Supporters

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

We are seeking at least 3 **current** FOAM members 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 (held the second Thursday, starting at 6:30 pm) and volunteer a minimum of 4 additional hours per month (see p. 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 707-502-5080 to find out more.

P.S. Board applications must be **received no later than Friday, August 23.**

— **Elliott Dabill**

FOAM Annual Meeting & Volunteer Appreciation Lunch Set for September 29

All current FOAM members and active volunteers are invited to this in-person event at the Arcata Marsh Interpretive Center on Sunday, September 29, starting at noon.

We'll begin with barbequed albacore, supplemented by salads, drinks, and dessert. Then, Volunteer of the Year certificate(s) will be given out and election results announced.

The 11th annual Arcata Marsh Bird of the Year award will be presented. You'll also get an advance look at the FOAM Annual Report, which summarizes what we've accomplished during the last year.

Special Tours to Celebrate California Biodiversity Days

FOAM is joining a statewide effort to celebrate California's biodiversity during the week of September 7 through 15. This year marks the fourth statewide California Biodiversity Day, a time to celebrate our state's unique biodiversity and encourage actions to protect it.

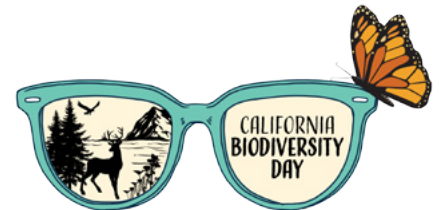
Here are the tours being offered:

► Saturday, 9/7, starting at 2 pm, "What is biodiversity and why does it matter?" with Lynn Jones.

► Sunday, 9/8, starting at 11 am, "Medicinal plants" with Neysa Budzinski.

► Sunday, 9/8, starting at 2 pm, "Basic birding diversity" bicycle tour with Andy Feinstein.

► Tuesday, 9/10, starting at 10 am, "Unseen parts of biodiversity: living things most never notice along Marsh trails" with Paul Johnson.



► Saturday, 9/14, starting at 2 pm, "Plant biodiversity" with Barbara Reisman.

Tours will last 1.5 to 2 hours and are free of charge. No pre-registration required; all ages welcome. Meet in front of the Interpretive Center,

2023-24 Board of Directors & Officers

Officers

President: Elliott Dabill

Vice-President: David Couch

Secretary: Lynn Jones

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

Other Board Members

Maria del Carmen Baron

Andy Feinstein

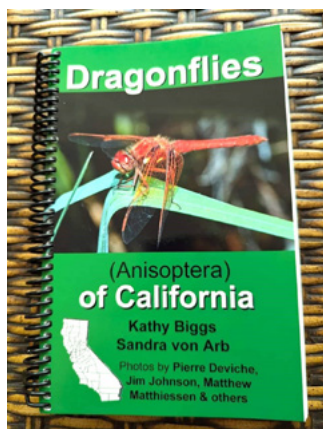
Ava Iorizzo

Paul Johnson

Mark Wilson

Website: www.arcatamarshfriends.org

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



Sandra's new dragonfly guide.

Insects Rule! in Upcoming FOAM Lectures

On September 4, wildlife biologist Sandra Hunt-von Arb will enlighten us about "Flying Jewels of the Marsh: An Introduction to Dragonflies." She will cover some of the Marsh's most commonly seen dragonflies and damselflies (Odonates) and also will speak on the natural transition from birding to dragonfly hunting: how dragonfly ID is similar to bird ID; the importance of good binoculars; birding hot spots near water are also dragonfly hot spots; and doing both can extend your day and your outdoor season.

Sandra has worked in northern California for nearly 30 years, specializing in sensitive and endangered species. Recently she found her true passion, Odonates. In her spare time, she conducts surveys throughout California and helps organize an annual Dragonfly Blitz. She co-founded Biodiversity Education and Research Foundation, whose mission is to foster ecological stewardship through science and education. Sandra co-authored a guide with Kathy Biggs, *Dragonflies (Anisoptera) of California*.



Sandra Hunt-von Arb.



Sharon Levy.

On October 2, local science writer and FOAM docent Sharon Levy will speak on "Discovering Native Bees." When she received an assignment in the early 2000s to cover colony collapse disorder in honey bees, Sharon learned that modern agriculture depends on domesticated honey bees, introduced from Europe, that are trucked thousands of miles cross-country to pollinate crops. While honey bees get most of the press, native bees are under serious threat from insecticides, habitat loss, and introduced diseases. They are striking, beautiful creatures, and in many cases, more effective pollinators than honey bees.

As a volunteer for the California Bumble Bee Atlas, she has learned firsthand about the bees that pollinate plants at the Arcata Marsh, Malel Dunes, and other local habitats. Sharon will review the basic ecology of some local native bees, share photos of pollinators at work, and explain the need for bee conservation.

Sharon is also working on an updated edition of *The Marsh Builders*, her book based on the history of the Arcata Marsh.



Silver bee, or Pacific dune digger, at Lanphere Dunes.

What's Happening at the Arcata Marsh?

By Heather Schmidt

Summer has brought many new faces to the Marsh Interpretive Center. Not only have we seen visitors from near and far but thanks to recruitment efforts by FOAM, we have had a slew of new volunteers come aboard. We'd like to welcome Ruth Davis, Michelle Irvine, Kalani Baker, Rhodes Paris, Howard Croy, and Karen Berscheidt, all of whom have joined us since the end of May. Howard, Kalani, Michelle, and Karen have been trained to staff the Interpretive Center and are already signing up to cover shifts.

At the end of June, we said goodbye to City employee Carmen Sahu-gun, who moved out of the area. In August, we will welcome new staffer Jaylin Molina. Jaylin is a Cal Poly forestry graduate and loves exploring the outdoors. She has interpretive experience working at Prairie Creek Redwoods State Park, among other qualifications. We look forward to getting to know her.

The City of Arcata is currently recruiting a NEW part-time position of Marsh Groundskeeper. Working with the FOAM Board, the City developed this position to support vegetation management within the Marsh and Wildlife Sanctuary. Duties will include removing invasive plants, clearing viewpoints such as birding blinds, and maintaining Marsh trails. In time, the groundskeeper will take the lead on organizing volunteer workdays. This position will be supported by a \$5000 contribution from FOAM to help fund the first year's wages. A complete job description and application is posted on the City's website.

Marsh Medicine

By Neysa Budzinski

On Father's Day, I led a 2-hour interpretive medicinal plant walk for members of the public. I began with a land acknowledgement and emphasized that non-native people would have little to no information

(continued on p. 4)

Application for Membership on the FOAM Board of Directors for a 3-year term beginning October 2024

FOAM Bylaws allow for **individuals who are FOAM members in good standing** 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 23.**

Questions? Contact FOAM president Elliott Dabill at 707-502-5080, 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 2024.

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.
- ▶ Complete the paperwork and training to become a City of Arcata volunteer within 3 months of taking office.
- ▶ 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 23.**



Neysa (at left) shares a specimen with a participant on her medicinal plant tour.
Photo by Paul Johnson.



Attendees follow Neysa down the trail.
Photo by Paul Johnson.

about plant medicine without the knowledge that has been shared by the Wiyots and other indigenous people. This traditional ecological knowledge (TEK) is still being used and practiced to this day. Many plaques identifying native plants in the garden in front of the Interpretive Center include the Wiyot names for these sacred herbs and flowers.

Starting in the native plant garden, I instructed attendees about the edible and medicinal properties of plants such as Oregon grape, *Yerba buena*, *Uva ursi*, and California poppy. Participants were given a handout, so that they could have printed information about the plants being discussed. After exploring the garden, we set off on the trail around Butcher's Slough. There we saw beneficial native and non-native plants such as horsetail, cleavers (bed-straw), willow, hawthorn, cattail, and wild rose.

Some participants shared their observations about birds and insects that we saw along the way. The group's discussions of plants and trees led to learning about galls that were seen on willow leaves. A vocal Black-headed Grosbeak followed us for a while. The walk was leisurely and we ended up covering about 1 mile.

My next medicinal plant walk is planned for 11 am to 1 pm on Sunday, September 8, as part of the program that FOAM is putting together to celebrate California Biodiversity Days (see p. 1).

Thanks, Humboldt Pet Supply, for a Cleaner Marsh

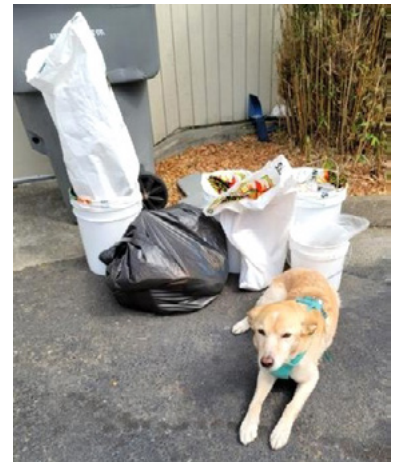
FOAM supplied docents to accompany once-a-month Saturday morning dog-poop-and-trash Marsh cleanups in May and July. Board member Andy Feinstein was first up on May 18. He was joined by four volunteers, including an Arcata City councilperson. After enjoying complimentary Kinetic Koffee and Don's Donuts at the HPS store on G Street and picking up supplies (doggie bags, buckets, trash grabbers), three of the cleanup crew drove to the first parking lot on I Street to start "Doody Duty." As the group continued along the Bay trail, collecting dog waste and trash, Andy "slipped in random Marsh tour facts and identified birds." Upon meeting up with the other two trash collectors and George Ziminsky (who was out removing graffiti and checking encampments near East and West Ponds), discussion ensued about illegal camping at the Marsh and its associated negative environmental impacts. The group returned to HPS, to weigh its haul for the day: 28 pounds of waste removed from the trails. "It was a good experience and beneficial on many levels," commented Andy.

In June, nine adults and two children participated, picking up 27 pounds of trash.

On July 27, Board member Lynn Jones joined in on the last HPS-sponsored cleanup of 2024. Armed with Marsh decals to hand out, she met volunteers who wanted to link their task with an informational Marsh



Volunteers and Daisy the Dog from June Marsh cleanup.



Daisy with the proceeds from July's cleanup. Both photos courtesy of HPS.

tour. While some headed off at their own pace, two people joined Lynn—latex gloves on, buckets in hand—for a productive poop search starting at the Interpretive Center, around Klopp Lake, and back along Jolly Giant Creek. Many good questions were discussed about the Marsh past, present, and future; about native and non-native plants and animals; and about the innovative wastewater treatment system. Ten participants cleaned up 30 pounds of dog waste and garbage. "What good fortune it is to live in a community with responsible businesses, active citizens, and a forward-thinking government that all make it possible to maintain our beautiful reconstructed wetlands," summed up Lynn.

FOAM thanks its G Street Good Neighbor Humboldt Pet Supply for organizing these clean-up events and providing sustenance and parting gifts to the volunteers. See you again next April!



Paul and Andy outside the ball park.

FOAM Tables at Crabs Game

By Sue Leskiw

On June 30, FOAM Board members Andy Johnson and Paul Johnson set up a FOAM table outside the Arcata Ballpark entrance. The community outreach was done at the suggestion of Hambro Recycling, which offered nonprofit organizations the opportunity to table at a Sunday afternoon Humboldt Crabs game, then receive the proceeds from containers recycled during the event.

Paul and Andy took FOAM and Marsh brochures and were prepped to hand out colorful Marsh logo decals to anyone who stopped by the booth. They gave out maybe a dozen stickers. "Most of our conversations were a minute or two, as everyone was anxious to get inside and get a seat. We didn't have long conversations with anyone," reported Paul.

Andy had a slightly different take on the experience: "Although a majority of the fans avoided eye contact or acknowledging our obvious booth, I had several positive interactions. A few people had recently moved here and we encouraged them to visit the Marsh. Some people had lived here for years but hadn't been to the Marsh in a long time, so we encouraged them to visit. One person asked about donating, so I directed them to the Interpretive Center... As fans shuffled past, if

they did not notice us or intentionally looked away, I announced that 'All the recycling from the game will be donated to FOAM, so drink up.' That got some people's attention and agreement!

Paul sorted the 4.5 bags of CRV (kinda messy because some containers still had liquid in them) and took them to the buyback center across from the Marsh. The return was \$37.

Second Sunday Cycling Tours Keep Rolling Along

FOAM Board member Andy Feinstein and his trusty bike Ernie have been continuing the monthly cycling interpretive tours at the Marsh. The May event happened to fall on Mother's Day and one FOAM member brought her daughter along as two of the four attendees. Andy told us that the tour "went quite well and no pedestrians were harmed or endangered!"

Four cyclists—a father and two teenage sons from Eureka and a man from Arcata—joined Andy on June 9. Their route explored the native plant garden, the invasive spongeplant in the log pond, the perimeter and workings of the wastewater treatment plant, the oxidation ponds, Klopp Lake, and back along the red-legged frog habitat. There were "some slow meanderings with lots of interpretive stops, and also some fast riding along open stretches. Good conversations, lots of questions, great weather," reported Andy.

The next ride will be August 11. Meet in front of the Interpretive Center at 2 pm. Bring a bike; eBikes are welcome. Heavy rain cancels.



Mother's Day selfie by Andy Feinstein.



Starting point of May 12 bicycle interpretive tour. Photo by Sue Leskiw.

Road Scholar Marsh Trips

By Elliott Dabill

There will be eight visits to the Marsh this summer by the Road Scholar non-profit organization, with up to 25 people in each group. Participants hail from all over the country (plus Canada) and spend a couple thousand dollars on a package that includes costs for motels, food, transportation, and interpretation at all stops. The places they visit range from 5-mile hikes in state and national parks to strolling through Old Town Eureka or visiting the zoo. Part of one day is spent at the Arcata Marsh.

During June, Paul Johnson and I greeted three of the groups on different Wednesdays for a typical tour of the Marsh. On the last of those, the travelers told me a shocking story. Their group coordinator came down with pneumonia and had to return home. Four people got COVID, including a driver of one of the two vans they use. The study leader, who describes what everyone is looking at for 4 days in our area and planned the entire tour, died the night before in his hotel room. You can imagine the panic at Road Scholar and my shock when they called to ask if I would strap on a microphone and describe Redwood National Park for 8 hours the next day. Call me crazy, but I've never been so excited, and spent the day talking biology and relaying all the stories I could think of regarding our beloved trees.

Road Scholar's regional manager then asked if I could cover two weeks in July, to fill in before the new study leader could start in September.

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(continued from p. 5)

ber. I was happy to say yes, but then in a panic pulled out or purchased at least a dozen books to remind myself what someone would want to know when seeing our local sights. I'm good with the trees, but how would I narrate a passage through Old Town Eureka? I found some notes that I took on a walking tour with local historian Jerry Rohde, typed them up, and practiced a few times before arrival. I dusted off an hour-long lecture on local geology (eg, subduction zones, rock types, volcanoes) that I had given before.

If you want to travel, these groups are guaranteed to want the information you can offer on the sights, they are well-informed and friendly, and I still can't believe my luck at getting to hang with them for the duration.

I didn't intend this article to be a sales pitch for this company but I left this rather intense experience impressed with its ability to solve all the creature comforts and educate people at the same time. I took a trip with them 10 years ago to Costa Rica and was pleased then with the level of interpretation and the magnificence of the country.

We still have a few groups coming through the Marsh this September on Wednesdays around 2 pm, so give a wave if you see them and be happy about their joy in seeing your hometown venues.

A Second Chance at Watching FOAM Lectures

By Sue Leskiw

Although FOAM has been offering its First Wednesday Lecture Series both in person at the Interpretive Center and live on Zoom this year, their dates and times are not convenient for everyone. Did you know that Lynn Jones has been uploading the recorded presentations to FOAM's YouTube page, so you can watch them at your leisure?

Following is a list of the topics that you can enjoy by visiting <https://www.youtube.com/@foamfriendsoft-hearcatamars3798>.

2024 Presentations:

- ▶ Pete Haggard, Marsh insects, amphibians, and reptiles
- ▶ Dave Couch, Oysters in Humboldt Bay
- ▶ David Loya, City of Arcata plan for sea level rise
- ▶ Jerry Rohde, East side of Humboldt Bay
- ▶ Ken Burton, Who were those birds named after?
- ▶ Dave Couch, Progress on the wastewater treatment plant upgrade

2021 Presentations:

- ▶ Karlee Jewell, North Coast otters—citizen science and art
- ▶ Adam Canter, Wiyot ethnobiology in North Bay
- ▶ Mark Wilson, Bacteria and wastewater treatment

Elliott Dabill's Miscellaneous Practice Presentations:

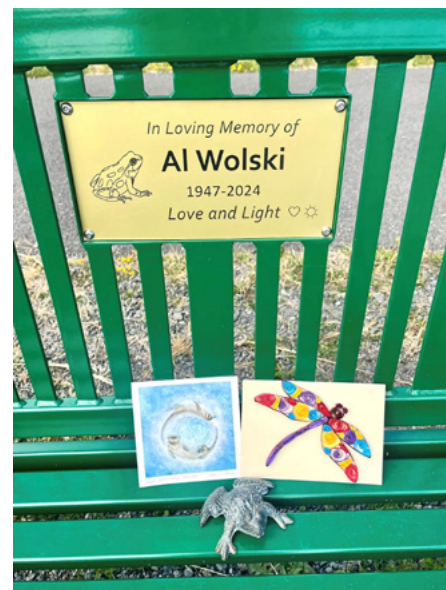
- ▶ Courtship in birds
- ▶ Arcata Marsh
- ▶ Evolution of birds

Memorial Donations for Al Wolski Pass \$1K

By Sue Leskiw

Al's obituary last January listed FOAM as one of two nonprofits suggested to receive donations in his memory (see Winter 23/24 UPWIND). Since then, 11 people—some local, others from Illinois, Oregon, and Pennsylvania—have donated between \$20 and \$250 to FOAM. Because Al was such an accomplished gardener, FOAM plans to use the money for improvements to the native plant garden in front of the Interpretive Center (eg, hoses, replacement plants).

I recently found out that a memorial bench has been installed in Al's name. It is located on the paved Bay Trail, approximately 0.4 miles south of the Corps Yard parking lot. It's on the right, facing the Bay, just past the second transmission tower. Next time you pass by that way, sit for a minute and remember all the volunteer hours that Al put in at the AMIC welcome desk, as well as what a truly nice person he was.



Plaque on Al's bench.

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.



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Clarkia by Patricia Sennott.



Douglas Iris by Sierra Rose.

JULY/AUGUST ARTISTS “Floral Interpretations at Arcata Marsh”

During July and August, a show curated by Patricia Sennott will be on display at the Interpretive Center. Included are works from eight local artists who are inspired by this special area on the north shore of Humboldt Bay: Leslie Scopes Anderson, Mike Anderson, Andrew Daniel, Joyce Jonte’, Paul Rickard, Sierra Rose, Molly Ryan, and Patricia Sennott. Media employed include watercolor, acrylic, gouache, oil, photography, and cyanotype photography (a camera-less technique using iron salts and the sun).

Artists’ Statements

Leslie Scopes Anderson & Mike Anderson: We have been photographing birds for more than a dozen years, winning awards from National Geographic, Audubon, Nature Conservancy, Nature’s Best Photographs, Cornell Lab of Ornithology, and California’s Wildlife Photo of the Year. Leslie’s plant photos illustrate the field guide, *Common Plants of the Arcata Marsh*, published by FOAM, while her shots of all types of creatures grace most of the interpretive signage that she designed along Arcata Marsh trails.

Joyce Jonte’: I’ve been drawing and painting all my life. Florals and botanicals are among my favorite subjects. I also have spent my life picking berries along the trails and hillsides of Northern California. Participating in this show inspired me to paint from my photos of ber-

ries that can be found at the Arcata Marsh.

Paul Rickard: After retiring from teaching full time, I now paint outdoors (en plein aire) almost every day, capturing local landscapes in the fog, sun, or Humboldt County mist. I find inspiration from dark pines and tall redwoods and resiliency in gray skies and ever-changing tides. I’m driven to express the wonder of both the mundane and the magnificent through watercolors.

Molly Ryan: I grew up surrounded by art, painting watercolors with my mom, Joyce Jonte’. In my 20s I discovered that I love working with acrylics. I strive to bring flowers to life in my work.

Patricia Sennott: The Arcata Marsh has been a source of fascination for me since early 1980, not long after I arrived in Arcata. (Back then we called it “The Bird Sanctuary.”) Alongside birds, amazing otters, and constantly changing bodies of water, plants offer beauty and fascination. Both native plants and uninvited but now naturalized botanicals provide endless subject matter for visual artists. For this show, I worked in watercolor and cyanotype, an early form of photography that does not require a camera.

Visitor Log

Besides California, people from 16 states signed the front desk log book: Arizona, Colorado, Connecticut, Florida, Hawaii, Illinois, Indiana, Maryland, Michigan, New Jersey, New Mexico, New York, North Carolina, Oregon, Texas, and Wash-

ington. International visitors hailed from Canada, India, Spain, Switzerland, and the United Kingdom.

Calendar of Events

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

July/August—Multi-artist show on flowering plants of the Marsh

August 11—Interpretive Tour by Bicycle with Andy Feinstein, 2 pm

August 23—Deadline to apply for FOAM Board candidacy (see p. 1)

September 4—Dragonfly lecture by Sandra Hunt-von Arb, 7 pm (see p. 2)

September 7—“What is biodiversity and why does it matter?” tour with Lynn Jones, 2 pm (see p. 1)

September 8—Medicinal plants tour with Neysa Budzinski, 11 am

September 8—Basic birding diversity bicycle tour with Andy Feinstein, 2 pm

September 10—“Unseen parts of biodiversity: living things most never notice along Marsh trails” tour with Paul Johnson, 10 am

September 12—FOAM Board Meeting, 6:30-8 pm

September 14—Plant biodiversity tour with Barbara Reisman, 2 pm

September 29—FOAM Annual Meeting & Volunteer Appreciation Lunch, noon-2 pm (see p. 1)

October 2—Native bee lecture by Sharon Levy, 7 pm (see p. 2)

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

October 13—Interpretive Tour by Bike with Andy Feinstein, 2 pm

Thanks to Our Supporters, May through July 2024

► **Best Friends (\$100+):** Richard Ridenhour; Jane Riggan
 ► **Supporters (\$50-99):** Emily Sinkhorn; Laurie Takao*
 ► **Friends (\$18-49):** Karen Angel; David Brown* (Anderson, CA); Catherine Dean; Monica Simms & John Helie; Lynn & Steve Jones; Jean Kaiwi; Kathleen Kolodny; Moonlight Macumber; The McKnight Family; Karolyn Merz; Nancy Noll; Mary Romaidis; Patricia Sundgren Smith; Randy Terra; Paul Wilson

► **Donations from Life Members:** Carol Laursen (\$1000), in memory of her husband Richard; Susan Holt (\$500)

► **Other Donations:** Colin Carlberg & Glennda Couch-Carlberg (Rocklin, CA), \$100 in memory of Al Wolski; Road Scholar group, \$90 (see p. 5); Mary Romaidis, \$75; Hambro Recycling, \$46.08 from Arcata facility donation box; AMIC donation box, \$152

* = New member

FOAM
Friends of the Arcata Marsh
PO Box 410
Arcata CA 95518

ADDRESS SERVICE REQUESTED

Mark Your Calendar for:

Bicycle Interpretive Tour, 8/11

Board Candidate Application Deadline, 8/23

Dragonfly Lecture, 9/4

**California Biodiversity Week Special Tours,
9/7, 9/8, 9/10, 9/14**

FOAM Annual Meeting/Volunteer Lunch, 9/29

Native Bee Lecture, 10/2

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.*