



# UPWIND

from the Arcata Marsh  
Interpretive Center  
Vol 32, Issue 4, Fall 2025

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**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

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*In This Issue: Upcoming Lectures... Holiday Tours... FOAM Annual Meeting / Volunteer Lunch (with Volunteer Awards, Election Results, Bird of the Year)... 35@35 Campaign Update... FOAM's Youngest Members... Research Grant... New AMIC Staff... Annual Report... Bay Trail... Pastels on the Plaza... What's Happening at the Marsh?... Biodiversity Tours... Nov/Dec & Jan/Feb Artists... Visitor Log & Comments... Events Calendar... Supporters*

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*Nick & Lucy Kerhoulas.*

## Upcoming Lectures on Redwoods, Flying Squirrels & Tree Frogs

On November 5, join Lucy and Nick Kerhoulas, resident researchers in the Cal Poly Humboldt (CPH) Forest Physiology Lab, for a free lecture entitled "From Isotopes to Flying Squirrels: A Fun Exploration of the Redwood Forest."

Lucy will kick off the session speaking about remaining old-growth redwood forests, examining the relationships among water use, growth physiology, climate, and forest management. Her husband Nick then will enlighten attendees about Humboldt's flying squirrels.

On December 3, CPH wildlife undergraduate Lindsey Mountz will relay the results of her Pacific tree frog research that is partially underwritten by a FOAM grant. Her study is assessing the impacts of invasive blackberries on these frogs near the Arcata Marsh.

Lectures begin at 7 pm at the Interpretive Center. The November lecture will be in-person only; the December session likely also will be livestreamed via Zoom.



*A portion of the King Tide Tour crowd of 70+ in January 2020.*

*Photo by Elliott Dabill*

## Holiday Tours on Tap

Join Barbara Reisman and other leaders TBD on FOAM's 25th 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 (AMIC) at 10 am on Thursday, November 27.

On Thursday, December 25, join leader Paul Wilson for a Christmas

Day tour; meet at 10 am at the Interpretive Center.

On Thursday, January 1, join leaders TBD for a New Year's Day tour; meet at 10 am at the Interpretive Center.

There likely will be a King Tide tour at the Marsh in December or January. The highest tides, according to the California King Tides

*(continued on page 2)*

## 2025-26 Board of Directors & Officers

### Officers

*President:* Elliott Dabill

*Vice-President:* Lynn Jones

*Secretary:* Rhodes Paris

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

### Other Board Members

Rachael Aguirre

David Couch

Suzanne Castiglione

Ava Iorizzo

Paul Johnson

Jenn Tarlton

**Website:** [www.arcatamarshfriends.org](http://www.arcatamarshfriends.org)

**Facebook:** [www.facebook.com/Friends.of.the.Arcata.Marsh](https://www.facebook.com/Friends.of.the.Arcata.Marsh)

Project, will be on December 4-6 and January 2 and 3. Watch local media and e-mails from FOAM for updated information.

Tours will happen, rain or shine. Call 707-826-2359 closer to the holiday events if you want to know whether the building will be open.

## FOAM Annual Meeting & Volunteer Lunch

*By Sue Leskiw*

On Sunday, September 28, FOAM held its 32nd annual meeting at AMIC. Over 45 members, volunteers, and guests attended — the highest number ever!

Lynn Jones and Rhodes Paris won Volunteer of the Year awards. Lynn led the highest number of interpretive tours (20), including monthly nature journaling classes she initiated. She has served as FOAM secretary for two years, is active on the exhibits committee, handles our social media, organizes our booth at Godwit Days, and steps in to do a myriad of special projects. Rhodes spent 51.5 hours at the AMIC welcome desk and took on special projects such as this summer's FOAM exhibit in the window of Moonrise Herbs on the Arcata Plaza. He has been working on a Marsh video that will show as a public service spot on local buses and is always willing to help at outreach events.

FOAM gave a shout-out to other Top 5 desk staffers Susan Halpin (152 hours), Jeannie Smalley (78.5), Gina Rogers (70), and Robbin Kohn (42, which would have been more if she hadn't broken her leg in June). [NOTE: FOAM has an unwritten rule that there should be at least 3 years between the same person winning the Volunteer of the Year award, so those putting in the most hours in a fiscal year may not necessarily win.] The other Top 5 tour leaders besides Lynn were Paul Johnson, Barbara Reisman, Andy Feinstein, and Paul Wilson.

Outgoing Board members Maria Baron and Andy Feinstein received special recognition awards, Maria has been the moving spirit behind resurrecting FOAM's month-



*Lynn Jones and Heather Schmidt.  
Photo by Sue Leskiw.*

ly lecture series, empties dog waste disposal DoggiPots, heads up logistics for FOAM's sponsorship of the Godwit Days opening reception, and serves on the exhibits committee. Andy morphed his love for riding his beloved bicycle Ernie into leading a monthly interpretive cycling tour of the Marsh and produced a prize-winning music video entitled "Go, Go, Rakezilla!" — to the tune of Blue Oyster Cult's "Godzilla" — about removing invasive spongeplant from the Log Pond. He also helps at special events and put together a decent training module on alternative teaching strategies and educational games that involved long pieces of string. Both Maris and Andy plan to continue volunteering with FOAM.

Sue Leskiw — who has volunteered for FOAM since 1998 in a myriad of roles — was surprised by a framed Certificate of Outstanding Service proclaiming her "Volunteer of the Decade." Designed by new Board member Rachael Aguirre, the award thanks Sue for "your years and years of dedicated service to FOAM. Thank you for your hard work, the help you have provided others, and your commitment to excellence in everything you do. The board of directors would never have made it without you."

This was the twelfth year that FOAM has presented an Arcata Marsh Bird of the Year award, which recognizes the rarest bird spotted within the Marsh between 9/1/24 and 8/31/25. The winner was Summer Tanager, a first Marsh record, spotted by Rob Fowler on September 23, 2024. The bright red adult male was singing near the first I Street



*Rhodes Paris & Heather Schmidt.  
Photo by Sue Leskiw.*



*Maria Baron, Andy Feinstein, and  
Heather Schmidt. Photo by Sue Leskiw.*



*Sue Leskiw, with volunteer thank-you  
cake. Photo by Mark Larson.*

parking lot. It was the 344th avian species confirmed at the Marsh!

Elliott reviewed highlights of the 2024/25 Annual Report (see pages 5&6). Fifty ballots were received from FOAM members. David Couch, Ava Iorizzo, and Lynn Jones were elected to another 3-year term. Rhodes Paris and Jenn Tarlton had their appointments confirmed and Rachael Aguirre was welcomed as a new Board member.





*2025/26 FOAM Board members. (From left) Lynn Jones, Rhodes Paris, Suzanne Castiglione, Rachael Aguirre, David Couch, Jenn Tarlton, Sue Leskiw (ex officio), Elliott Dabill, Ava Iorizzo, Paul Johnson. Photo by Paul Wilson.*



*(Left) Top welcome desk staffers Gina Rogers, Robbin Kohn, Susan Halpin, and Jeannie Smalley  
(Right) Top tour leaders Paul Wilson, Lynn Jones, Andy Feinstein, and Paul Johnson. Photos by Sue Leskiw.*



*Just a smidgen of the prizes that will be up for grabs at the new members' reception in early 2026. Photo by Sue Leskiw.*

## Update on FOAM's 35@35 Campaign

*By Sue Leskiw*

I'm excited to relay that we just reached 50 new members during 2025, surpassing our goal of 35 to celebrate FOAM's 35th birthday! My hope is that, by the end of the year, we'll have a net gain of at least 35 (subtracting non-renewals).

FOAM will be hosting a reception in early 2026, inviting all the new members and their families. There will be food, drinks, and LOTS of prizes to select from. Offerings run the gamut from:

- ▶ Nature art (e.g., framed spotted owl print by Linda Parkinson, egret painting on wood background)
- ▶ Home and yard décor (e.g., inlaid frog stepping stone, metal butterfly wreath and owl on branch)
- ▶ Wearables (e.g., hummingbird hat, Guatemalan embroidered birds T-shirt, sea turtle necklace)
- ▶ Puzzles and games (e.g., national park package, coloring books)
- ▶ Books (e.g., large Audubon prints, hiking)
- ▶ Kids' stuff (e.g., games, flower press kit, stuffed animals)

Those who joined during 2025 will receive an invitation, once a date has been selected for the get-together.



*Tamara, Jeremy, and Cora at FOAM Annual Meeting. Photo by Alex Stilman.*

## Starting Them Early

*By Sue Leskiw*

I'd like to introduce you to FOAM's youngest members, who were recently signed up by one grandmother and one great-grandmother!

FOAM member Mary Ann Madej recently submitted a membership in the name of "Cora Watson and Family." When I asked her who these people were, she replied that Cora was her brand-new grand-daughter. Those of you who attended the FOAM annual meeting may have seen two-and-a-half-week-old Cora, with her parents Tamara Wolski and Jeremy Watson.

Recently, Alex Stillman, who has long been associated with the Arcata Marsh and FOAM, sent in a membership for "Blake." In response to my query about who this was, she replied that Blake is her new great-grandson!

We welcome these youngsters to the FOAM family and salute their early introduction to the Arcata Marsh and its wonders.



**Hummingbird: a bee that has successfully tricked everyone into thinking it's a bird. — From "The Birding Dictionary" by Rosemary Mosco**



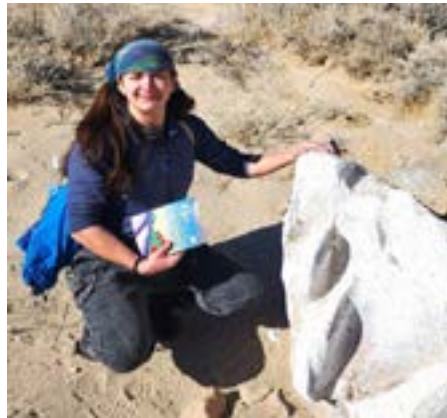
*Lindsey Mountz at Annual Meeting. Photo by Sue Leskiw.*

## FOAM Awards Research Grant

*By Sue Leskiw*

Lindsey Mountz, a Cal Poly Humboldt wild-life student, has been awarded funding for her senior project. This fall, she is studying how Pacific tree frog populations near the Arcata Marsh respond to removal of invasive Himalayan blackberries. Lindsey will use our support to purchase PVC pipe and equipment to record frog vocalizations. (Afterward, the equipment will stay with the Wildlife Department, to be used by other students.)

She will present her results at the December FOAM lecture (see page 1). Lindsey and her faculty advisor, David Sinn, were able to attend the FOAM annual meeting, where she gave a short presentation about her project. There was much interest among the attendees, whose questions will be answered at Lindsey's talk.



## Meet the New AMIC Staff

My name is Malcolm Ridings (left photo). I am a new environmental program aide at the Arcata Marsh Interpretive Center. I recently graduated from Cal Poly Humboldt, where I received a Bachelor of Science in Environmental Science Management with an emphasis in Environmental Education and Interpretation. During my time in college, I was heavily involved in the community and worked with various nonprofits. My work for a program called CollegeCorps really sparked a passion in me to find places where I can help people, my community, and the natural world. I love the outdoors and sharing my enthusiasm about it.

Outside the Marsh you might find me hiking, rock climbing, baking, or in a local theater production. I am excited to join the Marsh team and share my knowledge, humor, and passion about the natural world. I have immensely enjoyed meeting you and I cannot wait to hear new voices at the Marsh.

My name is Evan Mercure (right photo). I'm one of the new staff members at AMIC. I'm happy to be transitioning into the education and interpretation side of things here at the Marsh. The Marsh isn't entirely new to me, as I worked for the City of Arcata's natural resource crew for over two years. I have a Bachelor's degree in Forestry from Cal Poly Humboldt and have worked in the natural resource field for over 4 years.

I enjoy spending my free time exploring outdoors with my partner and dog. I'm a very passionate mountain biker, trail builder, and film maker. I'm grateful for all the recreation opportunities and access to public lands here in Humboldt County. I'm looking forward to learning more about the unique wildlife and ecosystem here at the Arcata Marsh & Wildlife Sanctuary.

## 2024/25 FOAM Annual Report (Issued 9/28/25)

**Tours:** 12,568 adults and children visited the Arcata Marsh Interpretive Center (AMIC) between September 1, 2024 and August 31, 2025, an increase of 1108 from the previous 12 months. Two hundred seventy of them participated in the 55 Saturday tours led by FOAM docents. There were 43 special-request tours with 434 attendees – including Road Scholar groups -- a decrease of 45 tours and 135 attendees.

**Education:** In September, FOAM offered five special tours to celebrate California Biodiversity Day. Leaders were Lynn Jones, Neysa Budzinski, Andy Feinstein, Paul Johnson, and Barbara Reisman.

FOAM's First Wednesday lecture series continued, with presentations by Sandra Hunt-von Aeb (dragonflies); Sharon Levy (native bees); Janelle Chojnacki (ravens and plovers); Alex Bauer (fish eDNA); Andrew Wolff (beneficial uses of the Arcata Marsh); Aldaron Laird (sea level rise in northern unit of the Arcata Marsh); Lily Olmo (fish in human-made wetlands); Catalina Cuellar-Gempeler (biology and music); Olivia Boeberitz, Rachel Hein, and Daniel Montoya (native fisheries monitoring in Humboldt); Alicia Hamann (Eel River dam removal); and Jennifer Kalt and Sylvia van Royen (Butcher's Slough).

Sue Leskiw worked with local eBird reviewer Rob Fowler to update the Arcata Marsh Bird List, adding 14 new species since the 2017 version was printed.

**Public Events:** FOAM presented its 11th Arcata Marsh Bird of the Year award at its September 29 annual meeting. The winner was Purple Gallinule, a first Marsh record found by Yana Valacovich and Nicole and Tom King.

In October, FOAM participated in Pastels on the Plaza, a fundraiser for Northcoast Children's Services. Two multi-year Student Bird Art Contest winners – highschoolers October Mintey and Ram Virnave — served as artists.

In November, Elliott Dabill and Barbara Reisman led a King Tide tour, attended by under 30 people (due to a conflict with a high school cross country meet that eliminated parking on South I Street).

FOAM sponsored its 24th Thanksgiving tour, attended by over 25 people and led by Paul Johnson, Ren Bunce, and Jenny Hanson, with Tom Leskiw providing bird ID help. Also in November, Lynn Jones launched her monthly nature journaling sessions at the Arcata Marsh.

In December, FOAM's Christmas tour was attended by nearly 20 people and led by Paul Wilson.

On New Year's Day, Paul Johnson and Ren Bunce led a tour for eight people in heavy rain.

In February, artist Maureen McGarry instructed approximately 20 people in a free workshop to create accordion-foldout nature books.

In March, for the 19th year, FOAM sponsored awards at the Humboldt County Science Fair. Judges Sue Leskiw, Lynn Jones, and Paul Johnson awarded two cash prizes. First place went to Lela Caruso, a 7th grader at Jacoby Creek School, for "How does temperature affect dissolved oxygen levels?" Second prize went to "Biological purification of water" by Paul Hawkins, an 8th grader at Jacoby Creek School.

In partnership with Redwood Region Audubon Society, FOAM sponsored the 22nd Student Bird Art Contest. Eight hundred eighteen entries were received from Humboldt County students in grades K12. Forty-seven cash prizes and 39 honorable mentions were given out at an April ceremony during Godwit Days, photographed by Paul Johnson. Eight FOAM volunteers joined Audubon and Godwit Days helpers to post all the art entries during the festival, while copies of the winners were displayed at AMIC in May and June.

For the third year, FOAM staffed the Friday opening reception at Godwit Days. Maria Baron recruited 13 volunteers to pour drinks and wash dishes. Six FOAM volunteers hosted three tables of activities as part of a Saturday afternoon family nature crafts "mega-palooza." Thirteen volunteers took shifts at FOAM's information and sales table. Mark Wilson led a kids' nature walk at the Marsh.

In May, Lily Olmo led a special fish tour based on her research partially underwritten by FOAM. Nearly 20 people walked out to Klopp Lake, where two helpers netted fish that were put into portable glass viewers and identified by Lily.

Andy Feinstein continued his monthly bicycling interpretive tours of the Marsh (every Second Sunday), with backup from Lynn Jones and Gail Coonen.

*(continued on page 6)*



**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 Jeff Provolt, Josh Overington, Aldaron Laird, a “30 Years of Godwit Days” history display (curated by Sue Leskiw & Alex Stillman), Student Bird Art Contest winners, and Maureen McGarry.

**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 Stuart Moskowitz for leading tours and emptying DoggiPots and to Gina Rogers for covering many shifts at the AMIC welcome desk, especially filling on for City staff on weekdays.

**Miscellaneous:** In November, FOAM sponsored a second spongeplant (frogbit) eradication event using kayaks on the Log Pond. Twenty students from the Cal Poly Humboldt Natural Resources Club joined FOAM Board members and Arcata Recreation co-director Heather Schmidt to spend several hours removing this invasive South American plant, using oversized rakes termed “Rakezillas.”

In late December, Sharon Levy, long-time FOAM docent and author of “The Marsh Builders” book, passed away. FOAM received memorial donations totaling \$6100 in her name.

In February, Andy Feinstein entered his music video, with original lyrics to the tune of Blue Oyster Cult’s “Godzilla,” in a new contest sponsored by Visit Lost Coast (Shelter Cove). “Go, Go, Rakezilla” was filmed at the Arcata Marsh using Andy’s daughter and two of her bandmates, with footage of actual spongeplant eradication projects interspersed. The film won one of two prizes awarded!

In March, FOAM launched its “35@35” campaign — a membership drive to recruit at least 35 new members during 2025 to celebrate its 35th anniversary — at an AMIC public reception for the Godwit Days history display, cosponsored by FOAM and the birding festival. The campaign continued through tabling at Godwit Days, announcements by Gina Rogers at each First Wednesday lecture at AMIC, and a feature article by Sue Leskiw in an August issue of the Times-Standard.

In April, a group of FOAM volunteers spruced up the beds in the native plant garden in front of AMIC by hauling and spreading five cubic yards of wood chips.

In June, Rhodes Paris put together a window display at Moonrise Herbs on the Arcata Plaza that featured FOAM and bookstore products from the Interpretive Center.

In July, Alex Stillman and Suzanne Castiglione started a project to clean all the interpretive signs throughout the Arcata Marsh.

**Membership:** As of August 31, FOAM had 243 members (36 more than last year!). One hundred twenty-five are Regular members, 83 are reachable Life Members, and 32 are Life Members that either are deceased or have an undeliverable address.

**Fiscal Accounts:** As of August 31, FOAM had a checking account balance of \$35,368.79. As of 6/30/25, FOAM had a balance of \$66,881.35 in its Humboldt Area Foundation account. Expenditures totaled \$13,434.76 and revenues totaled \$30,645.27. The largest expenditures incurred were for 1) salary support for the City’s Marsh groundskeeper position (\$5000); 2) insurance (\$1803), and 3) UPWIND printing and mailing (\$1593). Major revenue sources were donations (\$23,393, including \$11K from Mark & Sydney Larson and \$6K from the estate of Sharon Levy), membership dues (\$5809), and merchandise sales (\$908). FOAM gained \$6449.69 on its HAF Fund between 7/1/24 and 6/30/25 (paying management fees of \$915.19).

**Board of Directors:** Three current Board Members (Suzanne Castiglione, Elliott Dabill, and Paul Johnson) are continuing. David Couch, Ava Iorizzo, and Lynn Jones are running for another term. Rhodes Paris and Jenn Tarlton are running to confirm their appointment. Rachael Aguirre is running for the first time. Maria Baron and Andy Feinstein declined to seek another term.

— Elliott Dabill, *President*



## Bay Trail Brings More People Through Marsh

By Lynn Jones

Whether or not you frequent the Bay Trail you've likely noticed an uptick in usage since July, when the link between Arcata and Eureka was finished. Cyclists, pedestrians, and every other imaginable non-motorized vehicle came out in force on June 28 to celebrate the connection (that runs parallel to Highway 101) between the two biggest communities on the Bay.

The Humboldt Bay Trail is a transportation corridor that uses parts of original Wiyot canoe channels and pathways that, after 1850, became railroad infrastructure. The modern trail project has been completed in phases, with the next phase linking Eureka to College of the Redwoods. The trail offers a car-free route to connect communities, improve road safety, and offers recreational opportunities.

On the Arcata side of the trail, near the Corps Yard, a counter detects pedestrians and bicycles coming from the Marsh and going toward the Marsh. According to EcoVision, which tracks the data, trail usage between January and April 2025 (pre-connection) showed an average of 80 pedestrians and 52 bicycles daily, with Thursdays being the highest use for walkers and Tuesdays for cyclists.

Following the opening of the Humboldt Bay Trail, the average daily number of cyclists at the trail counter rose from 100 per day in May to 369 in July, a 267% increase. Additionally, the yearly daily average rose from 70 in 2024 to the current year's average of 156 in 2025, representing a 123% increase over the previous year's average. Recently volume has remained above historical peaks for both cyclists and pedestrians, indicating a sustained increase in usage along the Arcata section of the trail. Pedestrian activity along Humboldt Bay Trail North has also increased, reaching levels comparable to previously recorded highs. Notably, there has been a consistent 16% increase in average daily pedestrian usage in the first half of 2025 and a 23% increase from the 2024 average. While the increase is smaller compared to cyclist data, the data indicate higher consistent pedestrian activity across the week.

The completion of the Humboldt Bay Trail has significantly increased pedestrian and cyclist activity, in both directions, on the Arcata portion of the trail. Usage has risen by notable margins and, importantly, this increase has been sustained over nearly two months.

Are more people bike commuting now? Has the trail become a safe place for families to walk and bike? Is the trail a tourist attraction? Will usage change during winter? The City of Arcata will continue to track trail use and FOAM will welcome and adapt to new numbers in the Marsh community.

For more information and maps of the trail and next phase, go to Humboldt County's website, Bay Trail (<https://humboldt.gov.org/1923/Humboldt-Bay-Trail>).



Nasrin, Maya, and Olivia work on the FOAM square. Photo by Megan Maier.

## Pastels on the Plaza 2025

By Sue Leskiw

This year, I modified the artist selection formula of choosing from winners of the most-recent Student Bird Art Contest, which is cosponsored by FOAM. Instead of picking individual students, I contacted three local art teachers of older students, to ascertain whether designing a 3' x 3' artwork that evoked "Arcata Marsh" could be a class project. Those teachers couldn't generate enough interest on somewhat short notice, so I reached out to teachers of younger students.

I was ecstatic to get a positive response from Megan Maier of Fuente Nueva Charter School in Arcata. (The school has had many winning entries over the 22 years of the contest.) She stated that her fifth graders were up to the task of designing a piece of art, then transferring it to a concrete sidewalk. I told Megan to not limit the subject matter to birds, but might incorporate otters, frogs, or other Marsh denizens.

Her entire class collaborated on the project, deciding that an egret, otter, and ducks made the final cut. Five students – Sivan Erez, Olivia Johnson, Zoi Culver-Hines, Maya

(continued on page 8)

(continued from page 7)

Marcos Pro, and Nasrin Cabrales – worked on different parts of the design throughout the morning.

Thank you, Fuente Nueva fifth graders, for sharing your artistic abilities with FOAM. And including our organization's name in Spanish!

## What's Happening at the Arcata Marsh?

*By Malcolm Ridings*

As summer turns to fall and winter is on the horizon a slew of changes has arisen at the Marsh.

A lot of construction has been happening around the Marsh. Construction is wrapping up on a new sidewalk along I Street. We are excited to have this project that will facilitate pedestrian.

We also look forward to the AMIC audio system upgrade, expected to take place over the next couple of weeks. Underwritten by FOAM, this should make future lectures better than ever.

A vegetative management project in Hauser Marsh involved removal of plants that were clogging up wastewater flow. This is an important reminder that the Arcata Marsh is a constructed natural area. For it to do its job of filtration, management is sometimes needed. Many people had questions concerning the otters. According to CPH wildlife professor Jeff Black, the construction has had a very small impact on them. The otters continue to use their slide in that area and are returning to the pond at night.

Board member Jenn Tarlton's college class of environmental educators led a Wonders of Wetlands tour for Union Street Charter students. Many young minds were shown how the Arcata Marsh is both a useful tool for people and a home for wildlife.

The Jefferson County (OR) Open School will visit the Marsh for a tour focusing on climate change. FOAM president Elliott Dabill will lead a November tour for UC Naturalists, where they hope to learn more about our unique wastewater treatment facility and use of treatment ponds.

A few other schools have visited on field trips. As the school year progresses, we expect to see many more students visit us to learn more about this amazing natural area.



## Biodiversity Tours Held

FOAM once again celebrated California Diversity Day by offering five special tours between September 6 and 13. Total attendance was 48 adults, with sessions ranging from one to 17 people.

Paul Wilson kicked it off by exploring ecological theory (biodiversity tends to lead to the health of the land and waters, a la visionary conservationist Aldo Leopold). Next up was Lynn Jones, speaking on marsh biodiversity. Elliott Dabill then instructed attendees how to identify eight common Arcata Marsh plant families. Paul Johnson followed with guiding people on unseen parts of biodiversity (living things most people never notice along Marsh trails). The closing tour was led by Barbara Reisman, who informed attendees about plant biodiversity.



*"Marsh Jungle Gym"  
by Louise Bacon-Ogden.*

## NOVEMBER/DECEMBER ARTIST LOUISE BACON-OGDEN

I describe myself as a black-and-white artist, rendering minute detail in ink or graphite. I am also fond of ink wash, scratchboard, sumi-e (Japanese ink painting), and calligraphy.

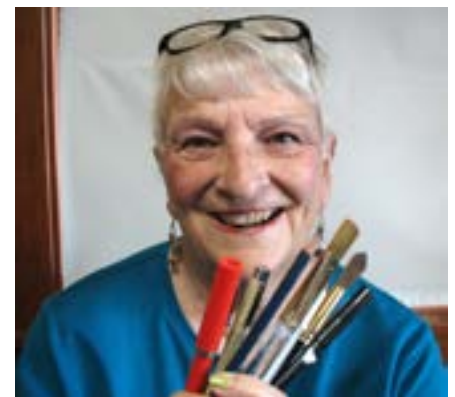
Friends encouraged me to "do color," so I took classes in oil, colored pencil, oil pastels, and watercolor pencil. Watercolor has been my biggest challenge, with me taking a myriad of classes, including a plein air watercolor tour to Greece in 2018.

My love for detail kept me from producing convincing watercolor. However, the Greek trip was a "light bulb" experience. Buoyed by a new sense of confidence, my watercolor improved.

Taking the "Art for the Young at Heart" Zoom class — plus COVID self-isolation — propelled more experimentation. Stumbling onto YouTube helped me discover a watercolor technique that is just perfect for me: loose watercolor. I still create black-and-white and colored images with superb detail, peppered with very loose watercolor impressions.

I opened my mind to new and different art styles. I was asked to teach art via Zoom during COVID. From there I began in-person classes in varied media at various venues. I teach at the Center for Spiritual Living, OLLI (through Cal Poly Humboldt), three area senior centers, Silvercrest and Alder Bay senior residences, plus one-on-one and group private classes. I offer classes from ages 10 to adult. My goal is to turn anyone into a creative soul.

Contact me about classes or displayed artwork at [goldfinch-garden116@gmail.com](mailto:goldfinch-garden116@gmail.com).



*To view a digital copy of this newsletter — in color and with working links — go to [www.arcatamarshfriends.org](http://www.arcatamarshfriends.org), select FOAM, then Publications, then the issue name (25fall-online).*



## 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.**



### JANUARY/FEBRUARY ARTIST BERTI WELTY

#### *"Around Humboldt Bay"*

I took up art after I retired. While working on my Bachelor's degree in studio art at then Humboldt State University, I experimented in many media before focusing on my two favorites: wood block prints and bronze sculpture. Several of the pieces in this show are part of my series "Relics of a Bygone Era." Most of these images are from photos that I took while kayaking Humboldt Bay.

The pen-and-ink of the pelican was inspired by a picture I took of a pelican flying over Klopp Lake. The wood block prints include several different processes. Most are simple, one block carvings from which several prints can be made.

"Reflected Memories" is a reduction print, commonly called a "suicide print" because you can't go back! Each copy is made from the beginning. After minimal carving a light ink is laid down and many copies made. After more carving, another slightly darker color is laid down. This continues until the darkest color complete the image. Lining up the paper has to be exact each time through the press. This image of the fisherman's statue honors their memory.

Copies of most of these prints are available at a reasonable price. Interested persons can contact me at [bertijo@humboldt1.com](mailto:bertijo@humboldt1.com).



*Pelican pen-and-ink by Berti Welty.*

## Visitor Log & Comments

In addition to California, visitors signing the AMIC logbook since the summer issue of UPWIND hailed from 17 states: Alabama, Alaska, Arizona, Arkansas, Florida, Massachusetts, Montana, Nevada, New York, North Carolina, Ohio, Oregon, Pennsylvania, Tennessee, Texas, South Carolina, Utah, and Washington. International visitors called France, Mexico, and Spain their homes.

Here are just some of the messages that visitors wrote in the logbook: "Great bird sightseeing. Merci"... "Glad it's here"... "Fine spot. Friendly too"... "So glad to be back and see the lovely marsh AND the bumblebees!"... "Took me way too long to come here!"... "Thank you, Biodiversity Week!"... "Thank you for a great tour"... "Great marsh,

great birds!"... "Very interesting and great"... "Beautiful trail"... "Love me marsh"... "I birded with my friends today"... "Birds rock."

## Calendar of Events

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

November/December—Nature art by Louise Bacon-Ogden

November 5—Redwoods/flying squirrels lecture by Lucy & Nick Kerhoulas (see p. 1)

November 9—Cycling tour with Andy Feinstein, 2 pm

November 13—FOAM Board meeting, 6:30-8 pm

November 27—Thanksgiving Morning Ramble, 10 am (see p. 1)

November 30—Nature journaling with Lynn Jones, 10 am

December 3—Tree frog research lecture by Lindsey Mountz (see p. 1)

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

December 14—Cycling tour with Andy Feinstein, 2 pm

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

December 28—Nature journaling with Lynn Jones, 10 am

January/February—Humboldt Bay art by Berti Welty

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

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

January 11—Cycling tour with Andy Feinstein, 2 pm

January 25—Nature journaling with Lynn Jones, 10 am

## Thanks to Our Supporters, August through mid-October 2025

► **Best Friends (\$100+):** Elizabeth Etgen (Sacramento); Virginia (Gina) Rogers; John & Donna Sloan (Fresno); James Smith, Jr

► **Supporters (\$50-99):** Dan & Jody Greaney\*; Richard Ridenhour (New Life Member!)

► **Friends (\$18-49):** Liz Armigo\*; Blake Lewis Bailey\* (see article, p. 4); Karen & Randy Bartch (Grass Valley)\*; Tatum Carlin\*; Roger James & Mary Gelinas\*; Ava Iorizzo; Paul Johnson; Gabrielle Kirk\*; Robbin Kohn; Karen Lu\*; Maggie McKnight; Miller Family\*; Leslie & Joel Rodelandier\*; Diane Ryerson & Walt Paniak; Laurie Takao; Cora Watson & Family\* (see article, p. 4)

► **Other Donations:** Life Member Stuart Moskowitz, \$1000; Life Member Carol Laursen (Carmichael), \$250; Life Member Timothy Stewart (Santa Rosa), \$100; Life Member Don Staudenmaier, \$18; AMIC donation box, \$127

\* = New member

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

ADDRESS SERVICE REQUESTED

**Mark Your Calendar for:**

**Redwoods/Flying Squirrels Lecture, 11/5**

**Bike Tours, 11/9, 12/14, 1/11**

**Nature Journaling, 11/30, 12/28, 1/25**

**Thanksgiving Ramble, 11/27**

**Frogs & Blackberries Lecture, 12/3**

**Christmas Tour, 12/25**

**New Year's Day Tour, 1/1**

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**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](http://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.*

*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 1 to 5 pm on Monday and 10 am to 5 pm Tuesday through Sunday at 707-826-2359.*