



# UPWIND

from the Arcata Marsh  
Interpretive Center  
Vol 32, Issue 2, Spring 2025

**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: 35@35 Membership Campaign... Fish Interpretive Tour... Upcoming Lectures... New FOAM Board Member.... Marsh Dog Poop & Trash Clean-up... What's Happening at the Arcata Marsh?... Refreshing the Native Plant Garden... Making Books... Thank You Godwit Volunteers... Science Fair Awards... Results of Student Bird Art Contest... Upcoming Artists... Calendar of Events... Visitor Log... Our Supporters*



## FOAM Celebrates 35 Years by Seeking 35 New Members

By Sue Leskiw

When I noticed that 2025 was the 35th anniversary of FOAM receiving its nonprofit status, I wanted to mark the occasion by doing something special. In the 27 years that I've been involved with the organization, I can't remember it initiating a conscious membership campaign. I approached the Board about setting a goal this year, it replied "Go for it," and the "35@35" campaign was born.

Thus, to mark FOAM's 35th year of providing educational services to and funding projects at the Arcata Marsh & Wildlife Sanctuary, we're looking to expand our membership by at least 35 new members during 2025 (or re-sign up members who have been lapsed a year or more). We had a soft launch during the March art reception at AMIC, garnering five members. FOAM member Gina Rogers was up for promoting the campaign at our April lecture, which brought in a few more newbies.

Our Godwit Days booth in April presented a major opportunity to reach people, so we offered those joining during the festival a gift of their choice (logo bike bell, enamel pin, or embroidered patch). I created a poster listing select FOAM accomplishments over the years to inform people about what we do to make Arcata's crown jewel shine a bit brighter. Eight people signed up and sev-



*Arcata resident Carol McNeill was the first to become a new member of FOAM at our Godwit Days booth.*

*Photo by Lynn Jones.*

eral more have mailed in forms that they picked up at Godwit Days!

We hope that by spreading the word about all the things that FOAM has accomplished since it was found-

ed to help raise money to build the Marsh Interpretive Center, people who enjoy visiting the Marsh will be motivated to take that next step and become a member. One nearly-unbelievable fact is that FOAM has not ever raised its annual membership fees (which start at \$18 for students and seniors) since it came to be!

As a member, you'll receive our quarterly newsletter and e-mails approximately twice a month informing you of events of interest. Members are invited to our fall annual meeting and scrumptious volunteer appreciation lunch and can vote in (or even run for) our Board elections.

Here's a few other factoids from my poster:

► FOAM raised \$13K to help build the Marsh amphitheater, funded the native plant garden in front of

*(continued on p. 2)*

## 2024-25 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 Baron

Suzanne Castiglione

Andy Feinstein

Ava Iorizzo

Paul Johnson

Rhodes Paris

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)

**YouTube:** <https://www.youtube.com/@foamfriendsofthearcatamars3798>

AMIC, and underwrote many of the interpretive signs along the trails. We also contributed \$5K toward the salary of the City's new half-time Marsh groundskeeper.

► FOAM recruits volunteers to keep the Interpretive Center open on weekends and to lead weekly Saturday rain-or-shine Marsh interpretive tours, as well as by-request tours for schools and other groups.

► FOAM sponsors free lectures, art/photography shows, and special events (e.g., bike tours, nature journaling sessions, King Tide and holiday tours, nature crafts at Godwit Days). We published Marsh bird and plant guidebooks.

All members recruited during 2025 will automatically be entered in a prize drawing occurring at an invitation-only event next January. (I'm already collecting nature-related artwork, books, clothing, and puzzles to offer as prizes.)

So, if you're not currently a member, please join. If you are a FOAM member, talk us up with your friends and urge them to become one of the 35 (or more!) who join our small, local nonprofit organization this year. Membership forms are available at the Interpretive Center, on the back page of this newsletter, and at <https://www.arcatamarsh-friends.org/wp-content/uploads/membership-application.pdf>

## Special Fish Tour May 10

FOAM is sponsoring a free guided walk to learn about the fish living in the tidally influenced ponds at the Arcata Marsh. Meet Cal Poly Humboldt graduate student Lily Olmo at 2 pm in the lobby of the Interpretive Center for a 90-minute, rain-or-shine walk. Lily and her research technicians will use a seine net in and around Klopp Lake to capture fish. Attendees then will be able to observe some of the common species up close in handheld viewing tanks.

Lily received a FOAM research grant for her studies of fish at the Marsh and the Humboldt Bay National Wildlife Refuge. (Visit our YouTube page to view her lecture.) FOAM is working with her to create a Marsh fish interpretive sign.

## Upcoming Lectures

On May 7, join Catalina Cuelar-Gempeler from the Cal Poly Humboldt Biological Sciences department for a presentation entitled "From Frogs and Bacteria to DNA: A Musical Science Journey." She will discuss mysteries of the biological world that are alive with music, taking you from the songs of frogs to the dynamic code embedded in the DNA. With original music by Marine Snow and featuring other Biology faculty, you'll learn about environmental issues, obscure marine organisms, the microorganisms living inside you, carnivorous plants, epigenetics, and more. No issue is too strange to marvel about our living world and sing along to catchy tunes!

On June 4, three Cal Poly Humboldt graduate students will enlighten us about native fisheries monitoring in Humboldt. Green sturgeon, Chinook salmon, and surf smelt are high-use or data-limited species that inhabit the oceanic coasts, estuaries, and bays in Humboldt County. Coastal California Native American Tribes have a deep cultural and traditional connection with these species, which play a crucial role in their food security and cultural heritage. However, overfishing, habitat loss, and climate change have caused major declines in the populations and diversity of these species; thus, determining their conservation status is a persistent goal.

Olivia Boeberitz (green sturgeon), Rachel Hein (Chinook salmon), and Daniel Montoya (surf smelt) are collaborating with the Blue Lake Rancheria and the Pulikla Tribe of the Yurok People to monitor these native fishes in Humboldt County and investigate vital research questions about their life history, ecology, and habitat (see three fish below).



*Rhodes at March 9 art reception  
Photo by Sue Leskiw.*

## FOAM's New Board Member

*By Rhodes Paris*

"I'm grateful to be able to give back to the Marsh through my service as a Board member. While living in Florida I used to have dreams about a place with massive trees where they met the sea. I didn't know where that place was, but when I moved to Humboldt eight years ago to be with my partner, I knew I was home.

I've always had a deep love for the natural world and unquenchable curiosity. It's been a lovely experience finding so many organizations that care about our planet's health in the area. I discovered the Arcata Marsh through a Humboldt Pet Supply's cleanup last year.

The Marsh is a truly special place and I felt a call to contribute to its continued success. I signed up to volunteer shortly afterward and have greatly enjoyed staffing at AMIC. I've also volunteered with Pulling Together in Trinidad, where we removed hundreds of pounds of invasive ivy, and am involved with the Cal Poly Natural History Museum and the Clarke Historical Museum.

I enjoy leisurely hikes with my dog, reading books, gardening, and art. Conservation is something I care deeply about, as is having a reciprocal relationship with the land. I hope to continue to use my enthusiasm and energy towards the continued growth of the Marsh."



## Dog Poop/Trash Pickup 5/18

Our G Street neighbor, Humboldt Pet Supply (HPS), is sponsoring its first Arcata Marsh cleanup of the year. Here's your chance to spend a few hours to help spruce up the Marsh by collecting garbage and dog waste.

Come by HPS (145 G St, Arcata) between 10 am and noon. They will outfit you with all the clean-up supplies you'll need, plus fuel you up with FREE Kinetic Coffee and donuts. Then head to the Marsh to pick up trash and pet waste at your leisure. Reconvene at HPS to weigh the waste and receive a gift bag for participating. The person with the most waste picked up wins a grand prize! No pre-registration necessary; all ages welcome, on two legs or four! Contact HPS with any questions at 707-633-6216.

## What's Happening at the Arcata Marsh?

*By Rachael Aguirre*

Here at the Marsh, we find ourselves experiencing the bright delights of spring. Flowers are blooming, birds are nesting, and the weather has begun to take a turn to the sunnier side. The native plant garden, located in front of the Interpretive Center, is a shining example of the abundance and ever-changing beauty of the Marsh.

We welcome new Marsh volunteers Heidi Gill, Bob Forrer, and Ian Chadwick, who have joined our pool to staff AMIC on weekends.

As construction at the wastewater treatment plant draws closer to its final phase, a new interpretive display reflecting the plant's upgrades soon will be installed. Students from the Cal Poly Humboldt environmental education and interpretation program are adding the final touches to their project, which will come to life in AMIC.

With the welcoming of spring, we have been hosting many more school groups and educational tours at the Marsh. We recently led a tour with a group from the National Association of Interpretation as part of its workshop training series.

In June, the City's Marsh Explorers Summer Camp will begin. Campers will investigate nature through experiments, outdoor adventures, individual projects, and engaging hands-on learning activities. Registration is available online through the City of Arcata's website or in person at the Recreation Office in City Hall.

In some exciting news, we have had multiple visitors report sightings of a Long-Tailed Weasel scurrying about the Marsh. Other recent rare sightings include an Orchard Oriole and a Green Heron.

AMIC has added many items for purchase. Come check out our brand-new bandanas, bird patches, earrings, books, stickers, t-shirts, and more!



*Native plant garden refreshers. Photo by Paul Johnson.*

## Able Bodies

*By Suzanne Castiglione*

A group of able-bodied volunteers met at the Native Plant Garden in front of the Arcata Marsh Interpretive Center on the sunny morning of April 12 to spruce up the garden's beds. Under the supervision of Paul and Lynne Abels, this group of energetic gardeners chipped in and got the work done before the morning was over. Approximately five yards of "microchips" were hauled by the bucketful from the parking lot to the garden area, where members of this crew tiptoed carefully around fragile new sprouts to spread the fresh material around the native plants.

Participants included two Lynn/Lynnes (Jones, Abels) and three Pauls (Abels, Johnson, Wilson), making it easy to remember first names. Also present were Ava Lorizzo, Marsh groundskeeper Jake Barger, and myself. In addition to this stalwart team, a couple of visitors from Wisconsin just couldn't resist the opportunity to join in the fun and get their hands dirty. They were warmly welcomed and appreciated!

## Making Books with Maureen McGarry

*By Lynn Jones*

To chase away rainy winter cabin fever, local author and watercolor artist Maureen McGarry taught a free workshop for FOAM on how to make accordion books. For two hours on February 22, five tables hummed with creativity at the Interpretive Center. What emerged were dozens of beautiful books, to be used as nature journals, gifts, sketchbooks, diaries, and storybooks.

Maureen introduced the process by sharing some of her own accordion books, done in watercolors, drawings, and collage. Along with step-by-step instructions and necessary tools, she provided all materials, including an array of colored and textured cover papers and all the filling paper cut to the right size, ready to assemble.

Participants saw old friends and met new ones. All were thoroughly engaged. Many took home several booklets and asked about future art workshops in the light and spacious center.



## Thank You, FOAM Godwit Days Volunteers!

FOAM sends out a heartfelt thank you to the following people who volunteered to help with its activities associated with April's Godwit Days Spring Migration Bird Festival:

Katy & Tom Allen, Suzanne Castiglione, Jenn Hajj, Sue Leskiw, Carol McNeill, Nancy Reichard, Gina Rogers, Jeannie Smalley, and Mary Severdia helped hang the 818 pieces of student bird art. Andy Feinstein, Rhodes Paris, Suzanne Castiglione, Lynn Jones, Sue Leskiw, and Connor took down the art.

FOAM volunteers serving drinks and washing dishes during the Friday opening reception were Maria Baron, Michelle Conover, Gail Coonen, Elliott Dabill, Sharon Ferrett, Ava Iorizzo, Robbin Kohn, Lee Mitchell-Brown, Leslie Rodeland, Lynn Rouse, Sandra Sommer, and Leonard & Susan Thorsell.

Rachael Aguirre, Katy & Tom Allen, Renshin Bunce, Gail Coonen, Roger James, Lynn Jones, Stephanie McCaleb, Karolyn Merz, Rhodes Paris, Lynn Rouse, Jeannie Smalley, and Matt Sandoval staffed the FOAM table in the Bird Fair.

Katy Allen, Sarah Borque, Eadie Eichelberger, Sharon Ferrett, Sue Leskiw, Mary Ann Madej, and Leslie Rodeland handled activities during the family nature crafts.

Paul Johnson snapped photos of the winning bird art and nature

writing students, as well as took pix during the opening reception.



*FOAM booth staffers Karolyn Merz and Stephanie McCaleb; Gail Coonen and Alex Stillman clean up at the reception. Photos by Paul Johnson. Nature crafts participants. Photo by Sue Leskiw.*

## FOAM Gives Out Two Science Fair Awards

*By Sue Leskiw*

The 2025 Humboldt County Science Fair was held in March at the Sequoia Conference Center in Eureka. This is the 19th year that FOAM has given out awards for the best projects related to wetlands. Judges were Board members Lynn Jones and Paul Johnson and myself.

The first-place award of \$100 went to "How Does Temperature Affect Dissolved Oxygen Levels?" by Lela Caruso, a seventh-grader at Jacoby Creek School. Lela hypothesized that colder water would hold more dissolved oxygen (DO) than

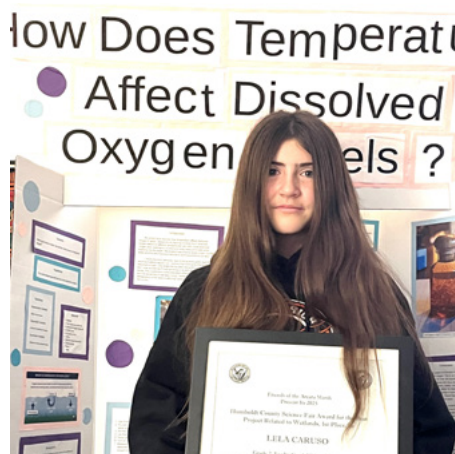
warmer water. The background of her project was the effect of global warming on the DO levels that fish need to survive.

She took DO readings in hot (medium setting on a stove) and cold (cooler filled with ice) water while bubbling oxygen into the water, looking for the maximum saturation each temperature could hold. Lela did indeed find that cold water could hold more DO than hot water (on average, approximately 40% more).

The second-place award of \$50 went to "Biological Purification of Water" by Paul Hawkins, an eighth-grader at Jacoby Creek School. Paul examined how two natural options for purifying water — the bacteriophages "Phage-1" and "Floraphage" — would affect bacterial growth in untreated Mad River water (control) and Eureka potable water. [Phage-1 kills *Staphylococcus*, *Pseudomonas*, *Saligella*, and *Samonella*, while Floraphage kills *Campylobacter*, *Jejuni*, two types of *Samonella*, *Seroccar*, and *Staphylococcus*.]

Paul did bacterial counts for the control, potable water, and two bacteriophages using Petri dishes incubated at 90 degrees F for 24 hours. He found that the control had substantial bacterial growth, the potable water had very low growth, Phage-1 showed a reduction in bacteria of 62-74%, and Floraphage averaged a 67% decrease. He demonstrated some viable natural options for purifying water in lieu of Humboldt County's use of chemicals that produce haloacetic acids, bromochloromethane, and chloroform, all listed as potential carcinogenic agents.

"While the current way that water is treated is extremely effective in killing ALL bacteria... there are critical GOOD bacteria that are necessary for a healthy human biome that are also being killed. Phages can be selective in the bacteria that are killed. There is an alternative to decrease or completely discontinue the use of harmful chemicals. By using phages, there will not be a massive kill, allowing us to preserve the bacteria that will be a natural probiotic... for healthier immune systems and stomach biome."



*FOAM first-place science fair winner Lela Caruso. Photo courtesy of Humboldt County Office of Education.*



## Results of 22nd Annual Student Bird Art Contest

By Sue Leskiw, Contest Coordinator

Some 818 school kids pulled out paints, pencils, pastels, or paste to enter the 22nd Annual Student Bird Art Contest. Cosponsors were Friends of the Arcata Marsh and Redwood Region Audubon Society.

The contest was held in association with mid-April's Godwit Days Spring Migration Bird Festival in Arcata. All entries were displayed at the Arcata Community Center for public viewing during the festival.

Copies of cash prize and honorable mention winning artwork are on display at AMIC through June. Winners were spread across 30 different schools! Public viewing is possible Tuesdays through Sundays between 10 am and 5 pm and Mondays from 1 to 5 pm. A downloadable booklet containing the artwork and photos from the April 19 awards ceremony will be posted sometime in May at [www.godwitdays.org](http://www.godwitdays.org), [www.rras.org](http://www.rras.org), and [www.arcatamarshfriends.org](http://www.arcatamarshfriends.org).

Awards totaled \$750, with 47 cash prizes plus 39 honorable mentions. The winners were:

### Kindergarten & Grade 1

► 1st Place: Lily Varzgah, Homeschooled, Red-breasted Nuthatch; Nova Connelly, Union Street Charter, Northern Harrier

► 2nd Place: Thomas Willson III, Orleans Elementary, Scrub Jay; Asher Stein, Northern United Charters, Turkey Vulture

► 3rd Place: Olea Vance, Alder Grove Charter, Anna's Hummingbird; Onyx Austrus, Northern United Charters, Common Yellowthroat

► **Honorable Mentions:** Ember Freedlund, Mattole Elementary, Purple Finch; Nicholas Flemming, Mattole Elementary, American Crow; Seraphina Fosnaugh, Northern United Charters, White-tailed Kite; Rose King, Union Street Charter, Anna's Hummingbird; Oliver Caldwell-Russo, Union Street Charter, Spotted Owl



### Grade 2

► 1st Place: Fiona Varzgah, Homeschooled, Spotted Owl; Wren Rushby, Coastal Grove Charter, Cedar Waxwing

► 2nd Place: Sawyer Mathieson, Ridgewood Elementary, Northern Flicker; Harper Rybeck, Northern United Charters, Ruby-throated Hummingbird

► 3rd Place: Emilia Wright, Ridgewood Elementary, Anna's Hummingbird; Brynlee Steele, Fieldbrook Elementary, Mallard

► **Honorable Mentions:** Della Zdrazil, Garfield Elementary, Tufted Puffin; Sylvie Davis, Garfield Elementary, American Goldfinch; Owen Lowe, Seaforth Montessori, Scrub Jay; Niamh Horcasitas, Fuente Nueva Charter, Spotted Owl

### Grade 3

► 1st Place: Sylvia Tout, Garfield Elementary, Cinnamon Teal; Iona Ennis, Mattole Elementary, American Kestrel

► 2nd Place: Cody Herman, Morris Elementary, Steller's Jay; Emory Thoreson-Veeh, Garfield Elementary, American Kestrel

► 3rd Place: Autumn McTague, Northern United Charters, Snowy Plover; Henry Schmidt, Cutten Elementary, Bald Eagle

► **Honorable Mentions:** Camille Kerhoulas, Garfield Elementary, California Quail; Lucia Hernon, Cutten Elementary, Northern Flicker; Vasili Tokarev, Homeschooled, Anna's Hummingbird; Antonio Fuentes Rodriguez, Northern United Charters, Northern Flicker; Iko Shipley, Agnes J Johnson Charter, Hummingbird

### Grade 4

► 1st Place: Ona Kypta, Garfield Elementary, Spotted Sandpiper; Esa McGowan, Alder Grove Charter, Snowy Plovers; Cameron Riley, Union Street Charter, Osprey

► 2nd Place: Wilder Brosemer-Brown, Northern United Charters, Common Raven; Avery Skehen, Mattole Elementary, Great-horned Owl; Skylar Kaskinen, Northern United Charters, Wood Duck

► 3rd Place: Stella Brents, Union Street Charter, Pileated Woodpecker; Iver Vu, Fuente Nueva



Charter, Purple Finch; Aubree Harrison, Redwood Preparatory Academy, Bald Eagle

► **Honorable Mentions:**

Brynn Thrash, Garfield Elementary, Cinnamon Teal; Asher Troyer, Northern United Charters, Pileated Woodpecker; Banyan Villagomez, Union Street Charter, Western Grebes; Aurora Martin, Morris Elementary, Spotted Owls; Kenzie Christianson, Cutten Elementary, Peregrine Falcon; Nadia Dervin, Whitethorn Elementary, Sharpshinned Hawk

**Grade 5**

► 1st Place: Emma Varzгах, Homeschooled, Pileated Woodpecker; Margot Nims, Garfield Elementary, Chestnut-backed Chickadee

► 2nd Place: Bella Kanaga, Jacoby Creek School, Snowy Plover; Ivan Tokarev, Homeschooled, Peregrine Falcon

► 3rd Place: Elena Cudahy, Jacoby Creek School, Chestnut-backed Chickadee; Madden McCall, Northern United Charters, Mallards

► **Honorable Mentions:**

Emma Studebaker, Northern United Charters, Varied Thrush; Heidi Tout, Garfield Elementary, Brown Pelican; Harper Elliott, Blue Lake Elementary, Bald Eagle; Veda Vance, Alder Grove Charter, California Quail; Saebra Ester, Garfield Elementary, Mallard; Isolde Thayer-Randall, Trinidad Elementary, Red-shouldered Hawk

**Grades 6&7**

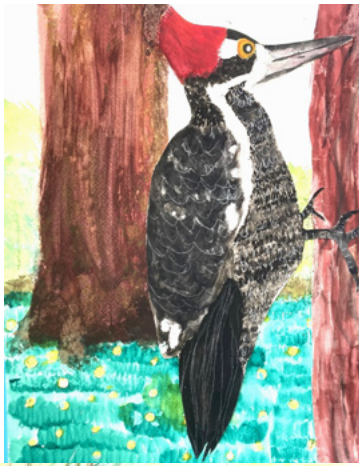
► 1st Place: Clover Zinsmann, Winship Middle School, Snowy Plovers; Daisy Eldridge, Agnes J Johnson Charter, Varied Thrush

► 2nd Place: David Grienauer, Pacific View Charter, Steller's Jay; Isaac Sisouphanh, Winship Middle School, White-tailed Kite

► 3rd Place: Leonardo Freitas, Northern United Charters, Belted Kingfisher; Mackenzie Powell, Cutten Elementary, Peregrine Falcon

► **Honorable Mentions:**

Kenzie Payne, Northern United Charters, Rufous Hummingbird; Zoey Moore, Sunny Brae Middle School, Spotted Owl; Natalia Dimmick, Zane Middle School, White-



te-tailed Kite; Mikalah Jackson, Cutten Elementary, Common Loon; Sasha Woods, Sunny Brae Middle School, California Quail; Ayla Dunn, Northcoast Preparatory Academy, Chestnut-backed Chickadee

**Grades 8-12**

► 1st Place: Sequoia Manchester, Eureka High, Snowy Plover

► 2nd Place: Evie Dowd, (Garberville) Leggett High, Cinnamon Teal

► 3rd Place: Timuulin Page, Zane Middle School, Great Blue Heron

► **Honorable Mentions:**

Ricardo Freitas, Northern United Charters, Red-shouldered Hawk; Amanda Malle, Winship Middle School, Great Egret; Bailey Vue, Zane Middle School, Barred Owl; Lily Baldwin, Zane Middle School, Western Screech Owl; Fleda Burton, Far West Christian Academy, American Crows; October Mintey, Redwood Coast Montessori, Morning Mourning Doves; Ram Virnave, Academy of the Redwoods, Red-necked Phalarope

**Best Bird in Habitat Awards**

► Niamh Gaffney, Grade 2, Seaforth Montessori, Nuthatches; Daphne Stork, Grade 3, Pacific View Charter, Snowy Plover; Kaylee Bramlett, Grade 4, Redwood Preparatory Academy, Snowy Plovers; Cicada Pierce, Grade 5, Orleans Elementary, Great Blue Heron; Kai Ault, Grade 6, Cutten Elementary, Mallards

**MAY/JUNE ARTISTS  
STUDENT BIRD ART WINNERS**

Color copies of cash prize winners and honorable mention avian art from the 22nd annual contest for Humboldt K-12 students will be on display.



**JULY/AUGUST ARTIST  
MAUREEN MCGARRY**

I moved to Humboldt in 1975, attended Humboldt State, and for over 35 years taught art in primary and secondary education in schools. Special projects included murals, art installations using recycled materials, and multicultural art projects.

From 1990 to 1995, I owned a video business, producing docu-

(continued on p. 7)

mentaries independently and with youth. Topics included Indian language restoration, multicultural education, recycling and waste reduction, and solar energy projects.

Between 2000 and 2010, I developed and directed the Arts in the Afternoon program through the City of Arcata for at-risk teens. The program offered teens opportunities in ceramics, silk painting, video production, acrylic painting and more.

After receiving a graduate certificate in gerontology in 2011 from the University of Massachusetts, I served as director of the Humboldt/Del Norte Retired Senior Volunteer Program (RSVP) and Volunteer Center of the Redwoods through 2019.

Upon retiring from RSVP, I was the lead artist for Art for the Young at Heart, teaching art to seniors for two years during the COVID-19 pandemic. When children came back to classrooms, I returned to teaching art at four elementary schools to English-language learners.

I paint in watercolor and have shown in numerous venues in Humboldt. From 2019 until 2022, I was a member of the Trinidad Art Gallery, an artist collective. I have written and illustrated two self-published children's books and have a draft version of another.

In 2024, I received a grant to attend a month-long artist residency in Galway, Ireland. That same year, I served as a resident artist for Redwood National and State Parks.

My volunteer experience includes participating in many programs at Youth Educational Services as an undergraduate at HSU. I was active with Citizens for Social Responsibility in the 80s and 90s. Starting in 1999, I coordinated a legislative review group that researched, discussed, and reported input to state-elected legislators.

In the early 2000s, I participated in the Arcata Community Forum, focusing on needs of Arcata youth and developed and coordinated the New Orleans Youth Project for 3 years. I served as a commissioner of Arcata's Nuclear Weapons-Free Zone. In 2014-15, I volunteered at the Bar-O-Boys Ranch, a juvenile detention center in Del Norte as well as

Potawot Community Food Garden and Food for People. I was a Board member at Redwood Community Action Agency from 2014-16. In the following year, I served on Arcata's Public Safety Task Force, which led to becoming a member of the Equity Arcata Design Team.

In 2019, I began volunteering with Border Angels in migrant shelters in Tijuana. After the pandemic in 2023, I began volunteering at shelters in Mexicali with Gente Unida, a human rights border coalition, becoming a Board member during that year.

I continue to paint watercolors and stay involved in my community. I am developing a project to provide self-care art workshops for survivors of sexual assault and hope to return to Ireland to develop another children's book.

Calendar of Events

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

May/June—Display of winning Student Bird Art (see p. 5&6)

May 7—Lecture “From frogs and bacteria to DNA: A musical science journey” by Catalina Cuellar-Gempeler, 7 pm (see p. 2)

May 8—FOAM Board Meeting, 6:30-8 pm

May 10—Fish interpretive tour with Lily Olmo, 2 pm (see p. 2)

May 11—Second Sunday Cycling Tour w/ Andy Feinstein, 2 pm

May 18—Humboldt Pet Supply Marsh Clean-up, 10 am (see p. 3)

May 25—Nature journaling class with Lynn Jones, 10 am

June 5—Lecture on native fisheries monitoring by Olivia Boeberitz, Rachael Hein & Daniel Montoya, 7 pm (see p. 2)

June 8—Second Sunday Cycling Tour with Andy Feinstein, 2 pm

June 12—FOAM Board Meeting, 6:30-8 pm

June 17—Plant identification workshop with Paul Wilson, 5:30 pm (must pre-register)

June 29—Nature journaling class with Lynn Jones, 10 am

July/August—Watercolors by Maureen McGarry (see p. 6&7)

Visitor Log

Over the last 3 months, visitors from the following states besides California have signed the logbook at the AMIC front counter: AK, CO, GA, ID, MA, MI, MN, MT, NJ, NC, ND, OR, WA, and WI. Plus Brazil!

Thanks to Our Supporters, late January through April 2025

► **Best Friends (\$100+):** Bill & Catherine Alexander; Brian & Ellen Cypher\*; Katherine Davenport; Beth Frink\*; Glen & Dee Anne Jones; Steven & Carol Pearson (Portland, OR); Tom Schrader\* (cookies for March Godwit Days pictorial history reception)

► **Supporters (\$50-99):** Pam Brown; Carolyn Jones\*; Cynthia Rudick (Canton, OH); David Tyndall & Chris Angell

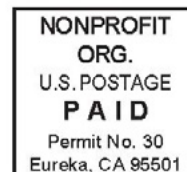
► **Friends (\$18-49):** Judith Brown\*; Rick St. Charles; Donna Clark\*; Mary Ann Clark (South Lake Tahoe)\*; Michelle Conover\*; Kathryn Donahue\*; Miriam Elizondo; Andy Feinstein; Genia Garibaldi\*; Esther & Neil Gilchrist; January Hawkes\*; Eva Janson\*; Carol McNeill\*; Kathleen McTague\*; Steven Monrad (Berkeley)\*; Joyce & Fred Neighbor; Michele Olsen & Roland Lumberson\*; Daphne Osell & Dave Soldarini\*; Rhodes Paris\*; Victoria & Gregory Reinsel\*; Charmayne Replogle; Gisela Rohde; Patricia Sennott; Sherman Shapiro\*; Sandra Sommer; Steve Stamnes; Joan Watanabe\*; Valerie Williams\*

► **Donations in Honor of Sharon Levy:** Sharon's estate (via husband Hugh Scanlon, \$6000); Katy & Tom Allen (\$100)

► **Donations in Honor of Dan Went:** Ann Howland (Bloomington, IL, \$100); Sharon Townsend (Altoona, IA, \$100); Suzanne Cantrell (Pleasant Hill, IA, \$50)

**Other Donations:** Hambro Recycling, \$7.49; AMIC donation box, \$104  
\* = New member

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



ADDRESS SERVICE REQUESTED

**Mark Your Calendar for:**

**Biology & Music Lecture, 5/7**

**Fish Interpretive Tour, 5/10**

**Second Sunday Cycling with Andy, 5/11 & 6/8**

**Humboldt Pet Supply Marsh Clean-up, 5/18**

**Nature Journaling with Lynn, 5/25 & 6/29**

**Native Fish Monitoring Lecture, 6/4**

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