



UPWIND

from the Arcata Marsh
Interpretive Center
Vol 33, Issue 3, Summer 2026

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... Upcoming Lecture... Biodiversity Week Tours... What's Happening at the Arcata Marsh?... Board Candidate Application Form... Cycling Tour... Pints for Nonprofits... FOAM Annual Meeting This Fall... September/October Artist... Visitor Log... Calendar... Our Supporters

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

We are seeking **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 by 5 pm Tuesday, August 25.**

— **Elliott Dabill**

Upcoming Lecture

FOAM's First Wednesday Lecture Series will return from its summer hiatus on September 2 when Rob Fowler will present on the breeding birds of the Arcata Marsh.

Because 2026 is the first year of data collection for the statewide California Bird Atlas project, Rob began leading bi-weekly breeding bird surveys involving the general public. The goal was threefold: to increase knowledge of the breeding birds of the Arcata Marsh; to inspire the public to take a deeper interest in the breeding birds here; and to encourage birders to enter breeding bird observations from other locations into the California Bird Atlas.

Rob will talk about the first year's findings, the number of species confirmed as breeders, phenology of the nesting season, new discoveries, possible species that have never been confirmed as breeders here, and historical changes to breeding species at the Marsh. The presentation will definitely include a bunch of cute pictures of baby birds!

Rob works as an environmental program aide at the Marsh Interpretive Center. His favorite Hum-Co spot to go birding is the Arcata Marsh, due to the miles of trails and the diversity of birds one can see in



Rob Fowler.

the morning—sometimes over 100 species during the right conditions! Rob's seen 286 of the 345 species that have been found at the Marsh..

Starting time is 7 pm, with talks lasting about an hour, followed by Q&A. All lectures will be simulcast on Zoom at <https://humboldtstate.zoom.us/j/88248246788?pwd=Au-QSlOmC4Zwkq4hzWctlzTySkjKy-jY.1#success> and recorded for uploading to FOAM's YouTube channel [<https://www.youtube.com/@foam-friendsofthearcatamars3798>].

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

Suzanne Castiglione

David Couch

Ava Iorizzo

Paul Johnson

Mark Fletcher Linton

Gina Rogers

Jenn Tarlton

Website: www.arcatamarshfriends.org

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



Special September Tours to Celebrate California's Biodiversity

Once again, FOAM will join a statewide effort to celebrate California's biodiversity during the week of September 5 to 13. This year marks the sixth statewide California Biodiversity Day, a time to celebrate our state's unique biodiversity and encourage actions to protect it. Here's the schedule:

► Saturday, 9/5, 2 to 4 pm—Paul Wilson, "Species richness" (this fills the weekly Saturday tour slot)

► Sunday, 9/6, start time 10 am—Lynn Jones and Paul Johnson will guide attendees' participation in the statewide "Find 30 Species Challenge." It's helpful if you've downloaded the iNaturalist app at this link [Find 30 Species for CA Biodiversity Day 2026 Project](#) before you arrive. The group will be photographing and logging 30 or more wild plants, animals, or fungi. (If you can't make this mentored event, you still can participate on your own between September 5 and September 13.)

► Monday, 9/7, 9 to 11 am—Paul Johnson, "The mysterious and seldom-seen parts of biodiversity" (Interpretive Center will be closed)

► Tuesday, 9/8, 10 am to noon—Lynn Jones, "How do we increase and steward greater biodiversity?"

► Wednesday, 9/9, 11 am to 1 pm—Elliott Dabill, "How to identify eight common Arcata Marsh plant families"

► Thursday, 9/10, 10 am to noon—Barbara Reisman, "Introduction to lichens at the Marsh"

More tours may be added; watch local media and e-mail messages from FOAM for updates.

California Biodiversity Day is a time to celebrate the incredible biodiversity that exists throughout our state while also learning about ways

to be involved and actions we can take to conserve and steward the nature that sustains us. California is one of the most biodiverse regions in the world and is one of 36 global biodiversity hotspots. Within the United States, California is the state with both the highest total number of species and the highest number of endemic species (those that occur nowhere else), including over 30% of all plant and vertebrate species found in the country.

To learn more about California Biodiversity Day, visit the [California Biodiversity Day webpage](#).

What's Happening at the Arcata Marsh?

By Malcolm Ridings & Rob Fowler

What an exciting summer we had; well, maybe not the sunniest but there were plenty of reasons to smile. During the last half of July we experienced an actual summer, with mostly sunny days and high temps, bringing lots of visitors wearing shorts, t-shirts and sandals.

Although summer tends to be the slowest time for wildlife and the lowest bird diversity, there were exciting happenings at the Marsh this season. First, a Gray Squirrel was spotted June 18 running down the trail to the G Street parking lot. Since then, it has been seen in various areas of the Marsh and even spent a few days around the interpretive center, feeding on pinecones! Who knows where this Gray Squirrel came from, but the species seems to be increasing in numbers along the coastal slope and is being reported from areas it previously never inhabited.

Everyone loves the Marsh's river otters, with many people anticipating when the first pups were going to show themselves. They finally did appear the first full week of July at Klopp Lake. Since then, the family has been seen almost daily from Klopp Lake, but they have been found in other areas of the Marsh, too. We wish the family well!

As of this writing, 30 species of birds have been confirmed as breeders this summer at the Marsh, in-

cluding a few documented firsts, like Purple Finch. If you want to learn more about the breeding birds of the Marsh, come to the first FOAM lecture after our summer hiatus. On Wednesday, September 2, Rob will present on the breeding birds of the Marsh, the breeding bird survey he conducted bi-weekly March through August at the Marsh, and the California Bird Atlas project where all these breeding bird data are being entered.

There was a mysterious happening at the Marsh this summer: someone in the middle of the night of June 22 drove their vehicle down the Butcher Slough Log Pond trail! Whoever it was, they ended up crashing into the interpretive heron sign near the southwest corner of the Log Pond. The sign was unharmed but the pedestal needed to be re-cemented by park maintenance. If you know anything about the incident, please reach out, so information can be added to the police investigation.

With the financial year resetting on July 1, we've been working hard to restock the bookstore. The lobby now has lots of books, some new stickers and patches restocked, many nature-inspired greeting cards, apparel, earrings, and more.

We had a few special tours. Malcolm led a bike tour for the Jefferson Community Center's Bike Group. About 10 children cruised around the Marsh, seeing many exciting scenes. They had a great time along the trails, spotting frogs, egrets, pelicans, and Western Sandpipers.

The City of Arcata is excited to announce that it will be offering a weekly tour of the wastewater treatment facility starting August 13. Every Thursday at noon, through September 24, join staff for a 1.5-hour tour. **You must preregister through the Interpretive Center**, as space is limited to 20 people. Attendees must wear closed-toe shoes and be above the age of 13. Participants should expect to walk long distances, go up and down stairs, and possibly encounter loud machinery.



Application for Membership on the FOAM Board of Directors for a 3-year term beginning October 2026

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 Tuesday, August 25.**

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 2026.

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: Tuesday, August 25.**



A sunny day with a mere 3 mph north wind, an enthusiastic group of cyclists (with great questions), and assistance from Marsh masters Malcolm Ridings and Gail Coonen made for a gratifying Second Sunday Cycle.

Second Sunday Cycle Down the Bay Trail

By Lynn Jones

With Andy Feinstein away, I shepherded a group of eight people south on the Bay Trail to “Brainard Hill,” the high point overlooking Humboldt Bay and site of the former California Redwood Company. Along the way we discussed the past, present, and future of the converted rail corridor and saw the Arcata Marsh from a different perspective.

We rode past and reviewed updates to our recently finished and still innovative wastewater treatment plant. We spotted pilings of the old shingle dock and identified the timbered hills that supplied the industry. We viewed watersheds that, after decades of rerouting and damming, once again drain into Arcata Bay.

Despite paralleling the freeway, the trail offers beautiful views of our North Bay, with lots of recovery and nature in full view. The trail runs from downtown Arcata, through the center of the Arcata Marsh, and to and through Eureka. It is wide, paved, ADA accessible, and has many pullouts and interpretive signs. Used by commuters, walkers, runners, skaters, strollers, wheelchair users—as well as bicyclists—the Bay Trail is already a well-loved section of what will eventually be the Great Redwood Trail.

[Note: Analog bikes, Class 1 and Class 2 e-bikes (motor assist up to



*First-place team The Marsh Mellows.
(From left) Andy Feinstein, Gigi Collins, George Ziminsky, and Rob Fowler.*

Redwood Curtain Brewery Pints for Nonprofits Night

By Lynn Jones

Are you a future contestant in FOAM’s trivia nights? Can you answer these questions: What male Arcata Marsh bird’s bill turns blue in the spring to attract females? *Salicornia pacifica* is the scientific name of what Marsh plant? (See p. 5 for answers.)

On Wednesday, June 17, Redwood Curtain Brewing Company—our Marsh District neighbor—offered FOAM \$1 for every beer sold that day! The business opened its front room for a Marsh display and provided a sound system so that FOAM Board member Rachael Aguirre could lead seven teams in a rousing Marsh trivia game!

Gina Rogers greeted customers, educating them about our otters, birds, tours, and memberships. Barbara Reisman and I kept score for the trivia contest. The first (Marsh Mellows), second (Witty Wastewater Warriors), and third (Vicious Fishes) place winners took home gift certificates for AMIC swag.

Families, FOAM members, pub regulars, and out-of-towners participated in the evening fun. Redwood Curtain donated \$225 to FOAM, our share of the day’s earnings.



Scorekeepers Barbara and Lynn.

FOAM Annual Meeting & Volunteer Appreciation Lunch This Fall

When this newsletter went to press, the FOAM Board had not met to settle on a date for the Annual Meeting. It will be on a Sunday afternoon in late September or early October.

All current FOAM members and active volunteers will be invited to this in-person event at the Arcata Marsh Interpretive Center, starting at noon.

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

The 13th 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.

Invitations will be mailed out with the election ballots in early September.

20 mph) are welcome on City trails designated for bicycles but must follow multi-use trail etiquette <https://www.cityofarcata.org/813/Electric-Vehicles-Infrastructure>].



Aldaron Laird photographing a bear at Stone Lagoon. Photo by Larry Hewitt.

SEPTEMBER/OCTOBER ARTIST Aldaron Laird

"Exploring Wildlife by Kayak"

I have been kayaking for 26 years. One of my favorite aspects of kayaking is my wildlife encounters. Observing wildlife from the water, as opposed to walking the shoreline, is a very different experience. Wildlife does not appear to be as threatened by my presence. I can sit and float offshore and watch the creatures as they use the shoreline.

During my many years of exploring Humboldt's lagoons (Wigi/ Humboldt Bay, Big, Dry, Stone, and Freshwater) I have taken some interesting photographs of wildlife. This exhibit will share a few of them.

My 2026 book "A Photographic Exploration of Humboldt's Lagoons" contains quite a few wildlife photographs, as does my 2024 book "Photographic Exploration of Wigi." Both were published by Cal Poly Humboldt University Press.



Follow us on Facebook
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Friends.of.the.Arcata.Marsh](http://www.facebook.com/Friends.of.the.Arcata.Marsh)**

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.



*"For quite a while I observed a cinnamon bear eating grass on Stone Lagoon from my kayak."
Photo by Aldaron Laird.*

Answers to the Marsh Trivia questions on page 4: The Ruddy Duck's bill turns blue in the spring to attract females. *Salicornia pacifica* is pickleweed.

Visitor Log

Besides California, people from 16 states signed the front desk log book: Arizona, Arkansas, Colorado, Connecticut, Florida, Idaho, Maryland, Michigan, Missouri, New Mexico, North Carolina, Oregon, Texas, Utah, Washington, and West Virginia. International visitors hailed from Mexico and Viet Nam.

Thanks to Our Supporters, June-July 2026

► **Best Friends (\$100+):** Carolyn Jones; Jane Riggan; Mary Romaidis; Wilson Family Trust (NEW Life Membership for Paul Siri Wilson)

► **Supporters (\$50-99):** Karole Ely

► **Friends (\$18-49):** Judith Brown; Gigi Collins*; Winifred Creamer & Jonathan Haas; Catherine Dean; January Hawkes; Ava Iorizzo; Joe James; Jean Kaiwi; Mark Fletcher Linton*; Karolyn Merz; Nancy Noll; Laurie Takao & Charles Notthoff; Randy Terra; Nancy & John Vanspeybroeck

► **Donations from Life Members:** Barbara Barratt, \$200; Pamela Kessler, \$100

► **Other Donations:** Elliott Dabill, \$250 (proceeds of Marsh talk given to Humboldt Unitarian Universalist Church); Pints for Nonprofits at Redwood Curtain Brewing Company, \$225; AMIC donation box, \$86

* = New member

Calendar of Events

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

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

August 25—Deadline to apply for FOAM Board candidacy (see p. 1)

August 30—Nature journaling with Lynn Jones, 10 am

September/October—Wildlife photographs by Aldaron Laird

September 2—Breeding bird surveying at the Arcata Marsh lecture by Rob Fowler, 7 pm (see p.1)

September 5—Biodiversity Tour #1 "Species richness" with Paul Wilson, 2-4 pm (see p. 2)

September 6—Biodiversity Tour #2 "Find 30 Species Challenge" with Lynn Jones & Paul Johnson, 10 am

September 7—Biodiversity Tour #3 "The mysterious and seldom-seen parts of biodiversity" with Paul Johnson, 9-11 am (AMIC closed)

September 8—Biodiversity Tour #4 "How do we increase and steward greater biodiversity?" with Lynn Jones, 10 am-noon

September 9—Biodiversity Tour #5 "How to ID 8 common Arcata Marsh plant families" with Elliott Dabill, 11 am-1 pm

September 10—Biodiversity Tour #6 "Introduction to lichens at the Marsh" by Barbara Reisman, 10 am-noon

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

September 13—Interpretive tour by bicycle with Andy Feinstein, 2 pm

September 27—Nature journaling with Lynn Jones, 10 am

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

ADDRESS SERVICE REQUESTED

Mark Your Calendar for:

Breeding Bird Surveys, 8/13, 8/27

Board Candidate Application Deadline, 8/25

Nature Journaling Sessions, 8/30, 9/27

Breeding Bird Surveys Lecture, 9/2

California Biodiversity Week Tours,

9/5, 9/6, 9/7, 9/8, 9/9, 9/10

Bicycle Interpretive Tour, 9/13

FOAM MEMBERSHIP APPLICATION & DONATION FORM



Name _____

Address _____

City, State, ZIP _____

Phone _____ E-mail _____

Please mark the appropriate category. Make any check payable to "FOAM."

☐ Individual \$25 ☐ Family \$35 ☐ Student/Senior \$18 ☐ Sponsor \$50

☐ Best Friend \$100 ☐ Life Member \$750 ☐ Donation of \$ _____

☐ Send me information about volunteering for Friends of the Arcata Marsh.

FOAM, PO Box 410, Arcata CA 95518 • www.arcatamarshfriends.org • info@arcatamarshfriends.org

A tax-exempt, nonprofit 501(c)(3) organization, EIN #68-0232871. All contributions are tax deductible.

*If you are receiving a complimentary copy of this newsletter, please consider joining FOAM.
The Arcata Marsh Interpretive Center street address is 569 South G Street, Arcata.
The FOAM 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 1 to 5 pm Monday at 707-826-2359
or by e-mail at info@arcatamarshfriends.org.*