



UPWIND

from the Arcata Marsh

Interpretive Center

Vol 14, Issue 3, Summer 2007

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

We are looking for 3 FOAM members (or people willing to join the organization) 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 and serve on at least one committee (see details, pages 3&4).

FOAM has a small membership base on which to draw, and term limits have meant that all three of our HSU faculty had to depart. Why not attend the August 9 Board meeting, to see what it's all about? You'd be working with a great group of people to improve a place we all love. Please call me at 442-5444 to find out more.

P.S. Board applications are due August 28.

Sue Leskiw

Fall Docent Training Scheduled for Sept 15&16

A weekend training for FOAM docents has been set for Saturday and Sunday, September 15-16. Get tips on how to lead an interpretive tour for various age groups, as well as go on tours focusing on Arcata Marsh history, wastewater treatment, birds, plants, and wetlands.

Contact Elliott at 445-3836 for details.



The City of Arcata, FOAM, and the California Native Plant Society are attempting to restore native vegetation at the Marsh. We will be collecting native hair grass seeds for reseeding the site after invasives are removed. We're looking for volunteers to be trained and assist in seed collection; call Ken Burton at 839-5179 if you can help. The City periodically holds invasive plant removal work days at the Marsh; the next one is scheduled for September 15. Dress to get dirty and bring work gloves; the City will provide tools, bags, and snacks. Call 822-8184 for information. Finally, we'll be looking for people to help with the reseeding this fall; details in the October issue of *UPWIND*.

2006-07 Board of Directors

Officers

President: Sue Leskiw (also *UPWIND* Editor; Mailing; Publicity; Exhibits; Webpage) --- 442-5444

Vice-President: Elliott Dabill (also Education; Computer) --- 445-3836

Secretary: Janet Zich (also Membership; Webpage) --- 822-4660

Treasurer: Art Barab (also Saturday Tour Coordinator; Exhibits) --- 826-7017

Other Board Members

Leslie Anderson (Website; Scrapbook) --- 822-6444

Ken Burton (Habitat Concerns) --- 839-5179

Sean Craig (Habitat Concerns; Webpage) --- 839-2640

Lumei Hui (Education) --- 677-3164

Lance Torgerson (History) --- 826-1525

Jeffrey White (Education/WOW; Webpage) --- 825-8567

FOAM to Receive Over \$2200 from Great Battery Roundup

County residents turned in 2,270 expired car, boat, and motorcycle batteries during the Great Battery Roundup April 11-21. This tremendous return landed Humboldt the top spot of any area for the fourth year in a row in this nationwide program sponsored by the American Automobile Association (AAA).

The California AAA selected FOAM and the Manila Community Center as the local recipients of a \$2 per battery donation. The two nonprofit groups will split \$4,540 to support their educational and environmental efforts.

This is the sixth year that the Roundup has been held in Humboldt County. Last year, 2,063 batteries were collected, while the turn-in for the previous four years totaled 4,865.

This year's top collection site was Clyde's Towing in Fortuna with 375. John's Auto Wreckers (Eureka), came in second with 250. The battery numbers collected at the other participating locations were: Eureka Community Recycling Center, 225; Humboldt Sanitation (McKinleyville), 214; Jackson Recycling (Orick), 174; Arcata Community Recycling Center, 171; Perigot Park (Blue Lake), 151; Trinidad Recycling, 143; Pacific Towing (Eureka), 103; NAPA 101 Auto Parts (Rio Dell), 90; McLaughlin & Sons (Orleans), 83; Tetrault Tire & Auto Service (Eureka), 57; Manila Community Center, 49; Mac's Towing (Arcata), 38; City of Arcata Corporation Yard, 36; The Farm Shop (Ferndale), 34; California Conservation Corps (Fortuna), 31; The Lube Rack (Eureka), 31; Frank's Garage (Willow Creek), 15.

Please plan to attend the
FOAM Annual Meeting & Lunch
Sunday, September 30, Noon
Marsh Interpretive Center

Naturalist Column

By Denise Homer

I've been a professional naturalist for 20 years now. If I'm out on the trail with a group of people - chances are I'm the leader. When I worked for the California State Park System, we used to debate if an interpretive program was a walk or a hike. We talked endlessly about what constitutes the difference. What is the difference in the public expectation between those words? So it seems I had some ideas about what I was getting into when I joined a group of friends on a hike up Redwood Creek.

I didn't know the leader of this expedition very well. He was visiting from Berkeley. As we carpooled north, he asked me, "Are you a professional naturalist?" "Yes," I replied. "Well I'm an unnaturalist," he said. "I've spent most of my life in the city." Well, this should be an interesting hike, I thought to myself. It's pretty easy when you're a professional naturalist to take over a hike. It can happen without my ever intending it to. A few people have questions, I have answers, and the next thing I know, I'm leading the hike. I was determined not to take over this hike. I was here to participate, to just be part of the group.

It was time for the hike to begin. Our unnaturalist laid down the ground rules - no talking until we reached our destination for lunch. Absolutely no talking and we would walk rather slowly. To my surprise, I found walking slowly even harder than not talking to friends. Walking at the faster front end of the group, I turned to check on the progress of those behind. There were seven people in a slow-motion choreography looking at the forest as if they'd never seen a forest before. It was magical looking at them slowly winding through the mossy trees, looking up, looking down, looking deeply into the forest. What might I be missing in my inability to slow down? What could I see right here without moving my feet? Twelve feet off the trail into the forest I spotted a beautiful moss-covered big leaf maple. The mossy branches twisted and knarled against the sky. Ah, magic, and in that moment, I realized this was neither a walk nor a hike. This was a saunter.

John Muir, when asked about hiking, said "I don't like either the word or the thing. People ought to saunter in the mountains - not hike! Do you know the origin of that word 'saunter'?" It's a beautiful word. Away back in the Middle Ages, people used to go on pilgrimages to the Holy Land. When people in the villages



Youthful participants at the Family Bird Walk. Leader Lauren Tompkins is at right.

Special Walks Held in May & July 4

The first-ever Family Bird Walk co-sponsored by FOAM and Redwood Region Audubon Society was held on May 19. Five adults joined four children on a 2-hour tour of the Arcata Marsh led by Lauren Tompkins, Tom Leskiw, and Frank Anderson. Afterward, participants enjoyed punch and "Hoot Owl" cookies baked by FOAM president Sue Leskiw while they viewed copies posted of the winning entries in the Fourth Annual Student Bird Art Contest.

Despite special promotion of the event as bilingual through ESL teachers, Spanish-speaking media, and other routes, no one took advantage of Frank's linguistic skills. A shortened version of the northwestern California bird checklist translated into Spanish by Frank and Chet Ogan that listed species sighted at the Arcata Marsh was produced by Sue Leskiw especially for the event.

The following day, FOAM co-sponsored a walk with the North Coast Chapter of the California Native Plant Society (CNPS). Suzanne Isaacs and Annie Eicher welcomed 28 attendees on their 90-minute tour entitled "Spartina and the Spartan Salt Marsh: the ecology and biology of the invasive cordgrass and other salt- and fresh-water invaders of the Arcata Marsh."

On July 4, Jenny Hansen led 32 people on a "What's in a Name" walk co-sponsored by FOAM and CNPS. Her 1-mile course was selected to teach the significance of the terms native, non-native, and invasive in regard to Arcata Marsh plants.

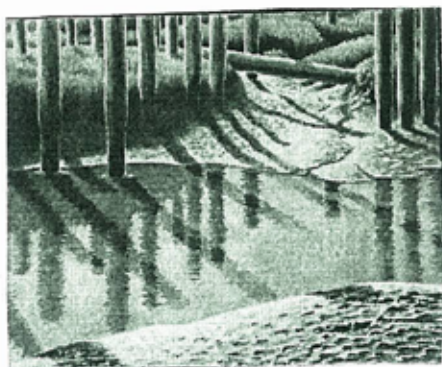
through which they passed asked where they were going, they would reply, 'A la sainte terre,' 'To the Holy Land.' And so they became known as sainte-terre-ers or saunterers. Now these mountains are our Holy Land, and we ought to saunter through them reverently, not 'hike' through them."

I sauntered on through the forest to our agreed-upon meeting point, the bridge. There were two of us fast ones and we sat down on the bridge in companionable silence to wait for the rest of our party. I took off my shoes and socks and plunged my feet into the icy creek. Leaves floating on the current played tag with my toes. I watched an osprey nest and

saw a robin with its beak full of red berries.

So, the naturalist learned something from the unnaturalist - that sometimes we need to slow down and saunter through the woods. Sometimes, we just need to look --- really look --- and to listen --- really listen --- because as a Native American Elder said:

*If what a tree or a bush does
Is lost on you
You are surely lost. Stand still
The forest knows
Where you are.
You must let it find you.*



AUGUST ARTIST LESLIE REID

Leslie Reid is a research geomorphologist, a whitewater kayaker, and an award-winning watercolorist. Regarding her art, she states, "My grandmother was an artist in Mendocino in the 1950s and 60s, and, following her example, I've been drawing as long as I can remember. My goal as an artist is to learn to see the beauty and intrigue that surrounds us, and I paint because painting teaches me to see. Sometimes, the image is fully realized by nature, and I try my best to report the essence of what's there. But more often -- and much more fun -- nature provides only a suggestion of the possibilities. Maybe it's the way that light falls on a rose petal, or the rhythm of sand ripples on a beach, or the amazing variety of colors present in the 'brown' head of a thistle.

In each case, my first challenge is to discover what it is about the scene that made me stop and look, and then figure out a way to convey the magic of that discovery. The scary part is that there are no rules. Sometimes, explaining the discovery requires changing all the colors, or moving mountains, or turning sunlight to moonlight to emphasize a particularly graceful line.

For me, the essence of "doing art" is the same as that of doing science or whitewater kayaking -- nature presents a puzzle, and I try to solve it."

FOAM received a thank-you note from county science fair award recipient Jennie Kaplan-Woodson. She informed us that her project, "Bay-watch," which examined the spread of petroleum products in water bodies, was selected to be presented at the State Science Fair. Jennie, an 8th-grader at Sunnybrae Middle School, called the \$50 award from FOAM for best project related to wetlands a "pleasantly unexpected surprise."



SEPTEMBER ARTIST SARA STARR

Sara's paintings reflect personal interests and life here in Humboldt County. For subjects, she draws upon living creatures. Birds, frogs, cats, friends, and family often appear in her work. She uses many layers of transparent watercolor in her paintings to achieve rich color and luminosity.

"I prefer to create paintings that appear realistic, but are painterly, not photographic. Toward that end, I try to emphasize important details and eliminate those that are extraneous. I also freely take liberty with color and composition."

Her interest in watercolor started with a 2000 Ink People class with Alan Sanborn. Locally, she continues to study with Sanborn through a critique group that meets biweekly. She is also a member of the Representational Art League.

Her influences include the painters Winslow Homer, John Singer Sargent, Eugène Delacroix, Spanish artist Joaquín Sorolla, and Swiss animal artist Fritz Hug.

Juried shows and/or awards include the Trinidad Fine Arts Competition, Redwood Art Association, Humboldt Arts Council/Morris Graves Museum, and Humboldt County Fair. She also participates in the annual Godwit Days Gallery of Birds.

Visitor Log

The AMIC had 1789 walk-in visitors during May, 2012 in June, and 1953 in July.

OCTOBER ARTIST PETER HAGGARD

Peter Haggard received a BS in wildlife management from HSU. He recently retired as a county agricultural inspector (1972-2006). He has collected, photographed, and identified thousands of insects of the Pacific Northwest and maintained a database of hundreds of insect species. He co-authored, with his wife Judy, *Insects of the Pacific Northwest*. His insect photographs have been published in *Sierra Nevada Natural History*, *Common Dragonflies of the Southwest: A Beginner's Pocket Guide*, and *Fine Gardening*. For many years, he has conducted field trips, classes, and workshops or appeared as a guest speaker. His topics have included insects and plants, in particular, native species; gardening with native and non-native plants; and garden insect and disease pests. He is the Garden Chair for the California Native Plant Society (North Coast Chapter) and founder and member of the Plant Health Care Management Committee and member of the Native Plant Garden Selection Committee of the Humboldt Botanical Garden Foundation.

Calendar of Upcoming Events

[Docent tours leave the Interpretive Center each Saturday at 2 pm; wastewater tour last Saturday of each month]

August --- art by Leslie Reid

August 9 --- FOAM Board Meeting, 6:30-8 pm

August 28 --- Deadline for Board of Director applications (see article, page 1)

September --- art by Sara Starr

September 13 --- FOAM Board Meeting, 6:30-8 pm

September 15-16 --- FOAM Docent Training (see article, page 1)

September 15 --- Arcata Marsh Cleanup Day (see article, page 1)

September 30 --- FOAM Annual Meeting & Lunch, noon (see notice, page 1)

October --- photographs by Peter Haggard

October 11 --- FOAM Board Meeting, 6:30-8 pm

Recognition & Thanks, May-July 2007

- **Best Friend:** Catherine Walling
- **Sponsors:** Sue Leskiw; Stuart Moskowitz
- **Friends:** Luther Cobb & Ellen Mahoney; Mr & Mrs RC Dedekam; Jane Fusek; Lance Hardie & Grace Marton; Sue Lee & Archie Mossman; Joan Plympton; Mardel & Bart Smith; Selma Sonntag; Gretchen Stadler & Family; Gwen Thoele; Lance Torgerson; John & Ann Marie Woolley; Janet & Art Zich

