



UPWIND

from the Arcata Marsh
Interpretive Center
Vol 20, Issue 3, Summer 2013

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 Member Appeal... Salmon Lecture... Urgent Need for Volunteers... Annual Meeting & Volunteer Appreciation Lunch... Treasurer... Marsh Work Day... Candidate Application & Duties... AMIC 20th Anniversary... Wildlife Camp... Otter Thesis... Artist Statements... Visitor Log/Comments... Calendar... Donors

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

We are looking for 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, serve on at least one committee, and volunteer 4 additional hours/month (see pages 5&6).

FOAM has a small membership base on which to draw. Why not attend our August 8 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 707-442-5444 to find out more.

P.S. Board applications are due by Friday, August 30.

Sue Leskiw

Salmon Habitat Improvement Lecture Aug 16

On Friday, August 16, Mike Wallace, an environmental scientist with the California Department of Fish and Wildlife (CDF&W), will speak on "Restoring Humboldt Bay Estuaries for Coho Salmon." This is the latest installment in FOAM's series of free lectures on topics related to the Arcata Marsh & Wildlife Sanctuary and will occur from 7:30 to 9 pm at the Interpretive Center.

The speaker will cover how juvenile salmon use tidal tributaries and adjacent wetlands as rearing areas, the life history of juvenile coho, and how CDF&W has incorporated this information into habitat restoration projects.

Wallace has been studying juvenile salmonids in Humboldt and Del Norte counties since 1990 and in Humboldt Bay tidal tributaries since 2003. He has a fisheries degree from

HSU and has worked as a CDF&W biologist for 26 years.

Seating is limited to the first 65 attendees. To guarantee a seat, call 707-826-2359.



(Above) Mike Wallace shows off his catch of a rough-skinned newt.
(Far right) A juvenile coho salmon.

2012-13 Board of Directors & Officers

Officers

President: Sue Leskiw (also UPWIND Editor; Mailing; Publicity; Exhibits; Scrapbook; Website)

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

Secretary: Katy Allen (also Education; Exhibits; Membership)

Treasurer: Art Barab (also Exhibits)

Other Board Members

Mary Burke (Education; Website)

David Couch (Special Events)

Betsy Elkinton (Education)

Megan McCue (Education)

John McNeely (Education)

Lance Torgerson (Education)

Janet Zich (Membership; Facebook; Exhibits; Website)

George Ziminsky (Habitat Concerns)

FOAM website: www.arcatamarshfriends.org

Urgent Need for Marsh Volunteers

By Sue Leskiw

The volunteer pool to staff the Interpretive Center front desk and to lead tours is uncomfortably low. It is getting harder and harder to fill welcome desk shifts and Saturday and weekday tours. The same stalwart individuals are putting in several stints each month to keep the doors open and tour attendees fulfilled.

FOAM's education committee opted not to schedule a weekend volunteer training last spring. In the recent past, many people who signed up failed to attend, and of those who did complete the training, few became tour leaders. The experiment to enlist volunteers from among attendees at FOAM's free monthly lectures has not panned out.

We are calling on you, our FOAM members and supporters, to take a second look at kicking your relationship with our small nonprofit organization up a notch by becoming a volunteer. Talk up the Marsh with your friends, family, and colleagues, to find people interested in helping. FOAM's volunteer brochure, which can be picked up at the Interpretive Center or viewed on our website (<http://arcatamarshfriends.org/reports/volbrochure-web.pdf>), outlines all the ways you can contribute to the success of FOAM's community outreach and environmental education efforts.

FOAM is willing to work with anyone interested in leading Marsh tours. For example, say you already know bird and plant ID, but need help with history or wastewater treatment. We have training materials on all these topics that can be borrowed and studied. You then would be mentored by experienced tour leaders during several "shadow tours," observing where in the Marsh they stop and what they discuss at each place, prior to going out on your own.

City Naturalist Denise Homer individually trains people how to staff the front desk. Don't worry about not knowing the answer to every question a visitor may ask—people are understanding when you tell them you are a volunteer and will write down their question for later resolution.

The Arcata Marsh is a world-renowned, wonderful place to visit. FOAM and the City do NOT want to greet visitors with a closed Interpretive Center or to stymie kids from coming to the Marsh on a class field trip. Please call Denise at 707-826-2359 if you can help.

FOAM Annual Meeting & Volunteer Appreciation Lunch Sept 29

Members and volunteers, please mark your calendars for Sunday, September 29, starting at noon. That is when FOAM will hold its yearly get-together with you.

We'll begin with delicious barbecued albacore by Dave Couch, supplemented by salads, drinks, and dessert. Then, Volunteer of the Year awards will be given out (a certificate, \$25 AMIC bookstore voucher, and our immeasurable thanks) and the election results announced.

You'll also get an advance look at FOAM's annual report, which summarizes what we've accomplished during the last year.

Hope to see you there!



Art Retiring; FOAM Needs Treasurer Help

After many years of keeping the books for our organization, Art Barab would like to retire. We are seeking someone to take over the duties or share them part-time with a current Board member. To discuss the range of responsibilities, call FOAM president Sue Leskiw, 707-442-5444.



George Ziminsky and Tom Allen remove invasives. Photo by Katy Allen.

July Marsh Work Day Held

By Katy Allen

On Saturday, July 21, FOAM, the Northcoast Environmental Center, and the City of Arcata co-sponsored a work day at the Marsh. Eight eager non-native plant bashers, along with Javier Nogueira from the City, came equipped to eradicate as much *Spartina* (cordgrass), bull thistle, dock, fennel, Himalaya berry, and *Vinca* (periwinkle) as time would allow. The work was mainly done along South I Street, both at the new Butcher Slough salt marsh area and along the brackish pond.

Probably due to the many other events being held that day, turnout was small, but several giant bags were filled with the above-named "pests" and a good time was had by all! Thank you, Tom & Katy Allen, Gail Coonen, Brandon Drucker, Ned Forsyth, Bill Knight, Andrew Nash, and George Ziminsky.



You're Invited to the "Best Nest" Art Reception

Sunday, August 4, 1-3 pm
at the Interpretive Center

Join artist Louise-Bacon Ogden for some yummy food and "cozy" artwork

**Application for Membership on the FOAM Board of Directors
for a 3-year term beginning October 2013**

FOAM by-laws allow for individuals to request nomination for election to the Board of Directors. The election will be held by mailed ballot prior to the Annual Meeting. Information about nominees will be sent to all members in early September as part of the Call to the Annual Membership Meeting process. **To insure inclusion in the membership mailing, this form must be received by Friday, August 30.**

Questions? Contact Sue Leskiw at 707-442-5444, e-mail sueleskiw@suddenlink.net.

1. I would like to be a candidate for the Board of Directors for a 3-year term beginning in October 2013.

Name _____

Address _____

Phone (home/cell) _____ e-mail _____

2. I have read and accept the provisions of the “Specific Duties of Board Members” (details on reverse)

- ☛ Attend the monthly meeting of the Board of Directors and actively participate in its decision-making process.
- ☛ 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.)

**Mail to FOAM President Sue Leskiw at 5440 Cummings Rd, Eureka CA 95503.
Deadline for receipt: Friday, August 30.**

FOAM Officers & Standing Committees

The Board of Directors is responsible for oversight of all FOAM activities. Working together, its membership assures that the work needed to fulfill FOAM's mission is accomplished.

Board Officers: Responsible for timely conduct of meetings, correspondence, financial accounting, and making sure all task-related positions are filled.

- **President:** Notice and call meetings, prepare and send agendas and supporting documents; chair meetings. Responsible for day-to-day, routine management of FOAM; responsible for advising Board of vacancies and upcoming needs. Recruit staff for standing positions with help of full Board
- **Vice President:** Fulfill duties of President when necessary.
- **Secretary:** Take minutes at meetings, prepare and submit to president in time for inclusion with agenda of upcoming meeting; record correspondence by type and addressee; pick up and distribute mail, maintain Minutes Book with copies on file at AMIC.
- **Treasurer:** Maintain financial records, submit periodic reports as requested; pay bills and maintain checkbook; track budget on a monthly basis.

Standing Committees: Need not be a Board Member to fill these positions but all Board Members are expected to contribute substantially to at least one of these activities and report as necessary to the full Board. Some positions can be combined but all must be filled by name.

- **Tour & Volunteer Coordinator:** Be actively involved with docents to know their strengths, interests, etc. Coordinate and direct docent training program; maintain active pool of volunteers; find a docent for every Saturday tour; keep Board informed as to status of docent/volunteer program.
- **UPWIND Editor:** Produce UPWIND quarterly (January, April, July, October); edit and layout for printing; find volunteers as needed to assist with copying, mailing, etc. Must know desktop publishing or have reliable access to same.
- **Mailing Coordinator:** Label, sort, and deliver UPWIND mailing to post office. Be knowledgeable about regulations relating to non-profit bulk mailing.
- **Membership Coordinator:** Track dues and membership status, maintain up-to-date membership list; make mailing labels available as needed; send thank you notes to donors.
- **Publicity Coordinator:** Send releases to publicize FOAM activities and mission; maintain up-to-date publicity mailing list; coordinate with outside groups to promote interest in Marsh.
- **Special Events Coordinator:** Recruit a chair and a working committee for each event as needed. Responsible for scheduling and staffing special events as agreed upon by Board in September of each year. Traditionally, these have been Godwit Days in April and the Annual Meeting in September. Additional events include exhibit openings, art exhibits, educational events.
- **Exhibit Coordinator:** Work with City to facilitate and fund exhibits at AMIC. Plan and mount special, temporary exhibits. Report to Board as to exhibit progress and needs.
- **Education Coordinator:** Develop materials and programs that bring FOAM mission to public: Wetlands on Wheels (WOW), bird guides; up-to-date docent manual, submit articles to UPWIND, etc.
- **Habitat Enhancement:** Study and advise on issues relating to integrity of marsh habitat Represent FOAM at City planning meetings and Council meetings that affect the Marsh and immediate vicinity.
- **Community Education Liaison:** Respond to requests from government entities, scientists, etc, regarding how the Arcata system works and might be adapted to needs of person inquiring. Report these requests to Board and UPWIND editor. (Information and referral — not professional consulting.) Consult with local wetlands projects (especially school related) as requested to enhance their programs.
- **Webpage Coordinator:** Post FOAM publicity materials on the Internet -- lectures, art exhibits, special walks, UPWIND articles, etc. Serve as liaison with city to link through Arcata's homepage or obtain separate domain for FOAM. Design pages that display bylaws, membership application, photos, historical material, and other information to promote FOAM's goals.



Nearly 100 Attend AMIC 20th Anniversary Party

By Sue Leskiw

On May 31, nearly 100 people came to the Arcata Community Center to celebrate the 20th anniversary of the dedication of the Arcata Marsh Interpretive Center. The event grew too large for the Interpretive Center's capacity, so had to be moved on short notice to the Senior Room.

Oysters shucked and barbecued by FOAM Board members Dave Couch, George Ziminsky, and Elliott Dabill—plus food made by Sue Leskiw—formed the backbone of the free community reception. Sue also created an historical slide show to play in the background during the mixing and mingling, as well as put together 3 albums of newspaper clippings that were displayed during the party (now back at AMIC).

Current and former Board members posed for a photo just before a panel discussion by some of those involved in the creation of the Marsh and the Interpretive Center. Bob Brown, Dave Couch, Bob Gearheart, Stan Harris, Dan Hauser, Frank Klopp, and Sam Pennisi each gave a 5-minute presentation. FOAM docent and Arcata City Council liaison Alex Stillman served as moderator and added historical tidbits between the speakers. The event was videotaped by Jan Kraepelien and will eventually be loaded on the FOAM computer and played on Access Humboldt.

FOAM would like to thank the volunteers who helped set up and clean up: Katy & Tom Allen, Dave Couch, Elliott Dabill, Melanie Dabill, Betsy Elkinton, Cindy Kuttner, Sue Leskiw, Gene Lodes, Alex Stillman, and George Ziminsky. Also, kudos to Denise Homer and Mike Rice of the City for handling logistics of the venue change.



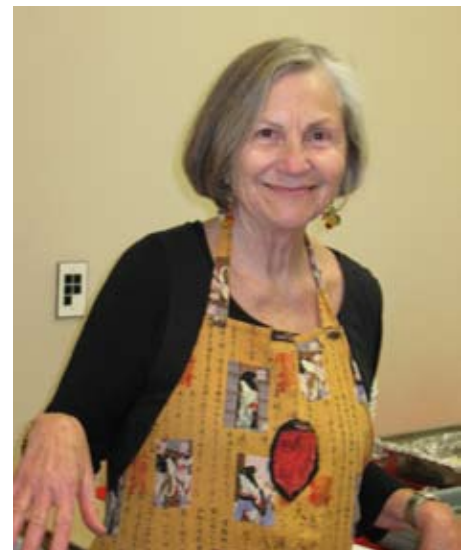
Current and former FOAM Board members. (Front row, from left) Betsy Elkinton, Mary Severdia, Sue Leskiw, Katy Allen, Patricia Marien, Bob Rasmussen. (Back row) Elliott Dabill, Dan Hauser, Dave Couch, John McNeely, George Ziminsky. Photo by Barry Evans.



(From left) Panelists Frank Klopp, Dan Hauser, Bob Gearheart. Photo by Sue Leskiw.



The crowd listens while Jan videotapes. Photo by Sue Leskiw.



(Above) Alex Stillman helps out in the kitchen before assuming her moderator duties.

(Left) Elliott Dabill, George Ziminsky, and Dave Couch shuck and grill oysters. Photos by Sue Leskiw.

FOAM Cosponsors Camp

By Sue Leskiw

On July 11, FOAM joined with Redwood Region Audubon Society (RRAS) to host a day-long camp for children age 10-12 at the Arcata Marsh. The session was part of the Wildlife Biology week of the Arcata Recreation Department's Natural Resources Science Camp. This is the sixth year that FOAM and RRAS have collaborated on the camp.

Twenty-one kids (our most ever!) went on a bird walk led by RRAS volunteers Tom Leskiw and Laurie Lawrence, plus George Ziminsky and Katy Allen from FOAM. (We made a special effort to have female leaders this year, as most of the campers were girls.) Some 28 avian species were spotted, with highlights being a Green Heron and displaying male Anna's Hummingbird.

The campers then went on a low-tide "Mud Walk" in the bay. RRAS Board member Harriet Hill helped FOAM volunteers Melinda Bailey and Betsy Elkinton set up the microscope stations and computer FlexCam to view the crabs, clams, worms, and other animals collected. FOAM president Sue Leskiw was responsible for pulling together the schedule and volunteers, bringing lunch, and taking photos.



(Top) Betsy helps with the microscope.
(Bottom) Katy and a camper look at birds. Photos by Sue Leskiw.

Otter Thesis Added to FOAM Library

By Sue Leskiw

Hilary Cosby, recent recipient of a FOAM research grant, sent a copy of her Master's thesis, "Variation in Diet and Activity of River Otters by Season and Aquatic Community," to enrich the FOAM library (see Spring 2013 UPWIND for a synopsis of her lecture).

During her research, she analyzed prey composition of 1411 of 2276 otter scats collected from 10 sites in Humboldt County between May 2011 and May 2012. The number of prey items ranged from 1-5, with 52% of the scats analyzed having 1, 38% with 2, and 10% boasting 3 or more. She determined that fish were the main prey (e.g., stickleback, sculpin, gunnel, goby, surfperch, salmon). Otters also chowed down on crustaceans (crab, crayfish), birds, amphibians, and insects. While salmonids represented less than 5% of the overall diet, these endangered fish were consumed during spawning season inland.

Birds comprised 21% of the diet, eaten most frequently during winter migration. Hilary discovered no endangered species in the scat, as the otters ate mostly ducks and coots, particularly at her Arcata Marsh sampling site. Birds formed a greater percentage of yearly otter diet in Humboldt than almost any other area studied in North America.

Hilary's research tested 2 hypotheses: 1) diet is influenced by aquatic community and season and 2) otters respond to migratory fish movements. She also made 3 predictions: 1) that diet would be more varied at marine and brackish sites, 2) that more birds would be consumed during winter migration, and 3) that more scats would be found at inland freshwater latrine sites during winter spawning. Her collection sites ran the gamut from marine, estuarine, brackish marsh, and fresh water, with 10 areas located at Mad River, Mad River (inland), Mad River Slough, Arcata Marsh, Bracut, Freshwater Creek, Elk River, Gil's by the Bay dock (King Salmon),

Humboldt Bay National Wildlife Refuge, and Hookton Slough.

The FOAM library has many other resources that can be reviewed at the Interpretive Center, as does the FOAM computer. Take a look next time you are at AMIC!



"Gift-wrapped Nest" by Louise Bacon-Ogden.

August Artist Louise Bacon-Ogden "The Best Nest Art Show"

I have been creating art since I retired from Strictly for the Birds in 2004. As a life-long bird and nature lover, I embraced my creative nature on paper. After taking many classes in various media, I found that I do my best work in media that allow me to use black and white and careful detailing. These include graphite, pen and ink, scratchboard, Sum-i (Japanese ink painting), and ink wash. When the mood strikes, I use other media.

I needed surgery last March. Being an active person who usually gardens, leads walks, and exercises daily, I challenged myself to draw a series of bird nests. I had a few on hand and before long was finding them in many places. I spied some in the wild (easy when the trees were bare of leaves), some sitting on an office shelf, and quite a few at the Humboldt Bay National Wildlife Refuge (HBNWR) and the Arcata Marsh Interpretive Center. I photographed most of them and friends sent me photos of other nests.

Still lacking enough for an art show, I bought a book on bird nests. These showed me pictures of nests that I was able to enhance by reading the text on material used for nest building. I tried to get the basic shape and materials (e.g., grass,

rootlets, sticks) incorporated into my drawing. If a stick is bent and broken and hangs over the right side, I make sure that exact stick is drawn into the nest. I try to draw pine needles, lichen, and moss in the proper place.

For this show, I have put together a collection of interesting nests. Greeting cards and some archival matted prints will also be for sale. A portion of sales will be donated to Friends of the Arcata Marsh.

I am a member of the Redwood Art Association, Ink People, and Humboldt Arts Council. My work has been displayed at the Northcoast Environmental Center, Ink People, Strictly for the Birds, the Hagopian Gallery, Curves, and many local businesses. My art has been shown at the Redwood Arts Association Gallery and juried and shown in the Morris Graves Museum. I have won several ribbons at the Humboldt County Fair.

I have created several logos, with one landing on a wine label. The Friends of HBNWR used my art for a t-shirt design. To see more of my artwork or to discuss a commissioned piece, call 707-445-8304.

Notes from the Log Book

☛ Since the last issue, visitors from 27 states (AK, AZ, CA, DC, FL, GA, IA, ID, IL, KS, MA, MD, MI, MN, MO, NC, NE, NY, OH, OR, PA, SD, TN, TX, UT, VA, WA) and 4 foreign countries (Canada, Malaysia, New Zealand, UK) signed the guest book in the Interpretive Center.

☛ Adjectives used to describe the Marsh: “awesome,” “fantastic,” “encouraging,” “impressive,” “beautiful,” “wonderful,” “amazing,” “cool,” “nice,” “lovely,” “fabulous,” “great,” “interesting,” “educational,” “well-done,” and “incredible.”

☛ Some visitors specifically thanked their tour leaders; others shared sentiments such as “back for a second look,” “great use of land,” “wonderful birds, wildflowers, walking, and visitor center,” “so much to see and do,” “outstanding area to visit and bird,” “thanks for the educational job you do for young and old,” and “I will come back!”



“Corn” by Reba Melfa.

September Artist Reba Melfa

I am a self-taught artist who has lived in Humboldt County for over 20 years. I work in mixed media; lately, my focus has been acrylics on stretched canvas. My style is ever changing, as my work expresses emotions, memories and dreams of the past, visions of the future, and the peace of the present. I have been described as an “outsider artist,” with the term “abstract symbolism” often coming into play when trying to categorize my work.

I have exhibited nationwide and my art is in collections across the US. My art is always original and never reproduced—each piece is one of a kind. My art is here to offer the viewer a moment of contemplation, a moment of peace. For myself, it is a way to surrender to the medium in a meditative state and communicate that which is unspoken, forgotten, or remembered for futures past.

Visitor Log

The Interpretive Center saw 1723 visitors in May and 1872 in June.

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[www.facebook.com/
Friends.of.the.Arcata.
Marsh](http://www.facebook.com/Friends.of.the.Arcata.Marsh)



Calendar of Upcoming Events

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

August—bird nest drawings by Louise Bacon-Ogden

August 4—Art reception, 1-3 pm (see p. 2)

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

August 16—lecture on salmonid habitat improvement by Mike Wallace, 7:30-9 pm (see p. 1)

August 30—Deadline to receive Board candidate applications

September—acrylics by Reba Melfa

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

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

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

Recognition & Thanks, May-July 2013

☛ Best Friend (\$100): Wild Birds Unlimited (Santa Rosa)

☛ Sponsors (\$50): Elliot Dabill (plus \$27 donation); Roseann Densmore; Lance Hardie & Grace Marton; Bob Hughes

☛ Friends: Thomas Cairns & Family*; Karen Isa & Richard Kreis*; Margaret Lasak; Carol Moné; Sue Lee & Archie Mossman; Frederick Pierce*; Carol & CJ Ralph; Donald Scanlon* (Harbor, OR); Frank & Phyllis Schmidt; Patricia Sundgren Smith*; Gretchen Stadler; Gwen Thoele

☛ Special Donations: Khashayar Boodjeh & Melissa Bukosky*, \$375, “with a big thank you from our dog, she loves walking around there on her leash, she wishes more dogs were using their leash”; Carol & Richard Laursen, \$100, in honor of AMIC’s 20th anniversary