Friends of the Arcata Marsh (FOAM) is a nonprofit organization founded in 1989 to provide educational support and public outreach for the Arcata Marsh & Wildlife Sanctuary. Our stated mission is 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."

To accomplish our mission, FOAM needs many different types of volunteers. Opportunities range from half-day events that need no training — such as staffing a booth, helping with nature crafts, or removing non-native invasive plants — to leading tours for children, adults, and mixed-age groups, for which we'll give you training on topics such as birds, plants, wastewater treatment, ecology, and history. Volunteers also provide staffing for the welcome desk at the Interpretive Center on weekends (training by City naturalist), provide content for our quarterly newsletter, and serve on the FOAM Board of Directors and various committees.

WHATEVER ROLE YOU'D LIKE TO PLAY OR AMOUNT OF TIME YOU CAN DEVOTE, FOAM WOULD WELCOME YOU AS A VALUED VOLUNTEER.

















Our volunteers enjoy the time they spend sharing their love for this special place with locals and out-oftown visitors. Here are just a few quotes from them:

"Guiding is a pleasure; we all return from a tour satisfied and full of enthusiasm."

"One favorite thing about staffing is meeting people from all over the world."

"I enjoy imparting knowledge to Marsh visitors, as a tour leader or interpretive center staffer."

"Each day at the desk and every guided tour has its moments that make the time spent worthwhile."

"Visitors appreciate my efforts, even if I'm not an expert on every subject."

"Volunteering at the Marsh helped integrate me into the community."

"Staffing doesn't require a lot of training; it's easy to be an ambassador for a place you love."

"Spending time at the Marsh, on your own or as a volunteer, is good for whatever ails you."

"Enrich your life - volunteer at the Marsh."



MORE INFORMATION

FOAM VOLUNTEERS CAN ...

- Ead free public tours of the Marsh for audiences ranging from preschoolers to senior citizen.
 Volunteers lead tours every Saturday at 2 p.m.,
 rain or shine, and also guide more than 100
 "special request" tours each year
- pa Fill 4-hour shifts at the Interpretive Center welcome desk, answering questions and selling bookstore items

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- Staff our booth at community events
- Participate in several invasive plant removal and
 Marsh clean-up days each year
- Work with kids during special events such as natural resource camp and Godwit Days
- Promote education by evaluating science fair entries, student bird art, and college scholarship applications
- Mang month art shows, contribute to our UPWIND newsletters, publicize Marsh events, create exhibits, and develop educational materials about the Marsh
- Serve on committees or the Board of Directors
- Train and mentor new volunteers!

TO FIND OUT MORE ABOUT BECOMING A VOLUNTEER AT THE ARCATA MARSH, PLEASE CONTACT US VIA ONE OF THE METHODS LISTED BELOW.

WE HOPE TO HEAR FROM YOU SOON!



FRIENDS OF THE ARCATA MARSH

PO Box 410, Arcata CA 95518 Interpretive Center: 569 South G Street, Arcata CA

(707) 826-2359

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VOLUNTEERING AT THE ARCATA MARSH











LEAD TOURS FOR KIDS
OR ADULTS ¤ STAFF THE
WELCOME DESK ¤ HELP AT
SPECIAL EVENTS ¤ REMOVE
INVASIVE PLANTS ¤ SERVE
ON THE BOARD