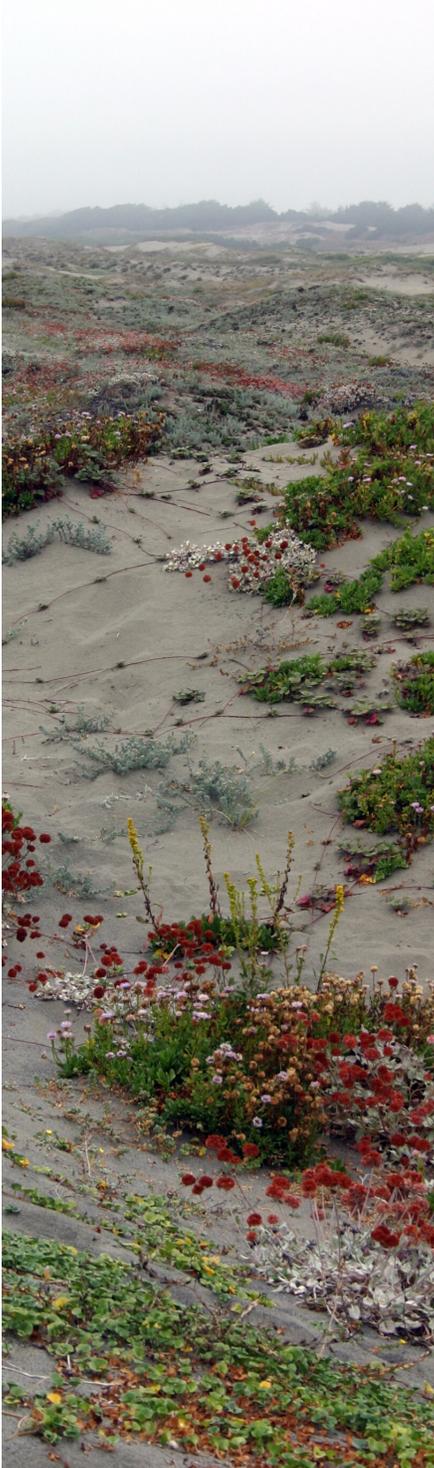




# DUNESBERRY

NEWSLETTER OF FRIENDS OF THE DUNES

FALL 2019 | VOLUME 38 | ISSUE 3



## YOU'RE MAKING HOPE HAPPEN

*Mike Cipra, Executive Director*

I love this time of year. The lichens on the shore pines grow longer. Wetlands begin ponding in the dunes, while frogs sing in the trees and rough-skinned newts crawl on wet sand. And every Friday here at the Nature Center, Humboldt County's schoolchildren explore this world, following the tracks of animals in the sand.

I love this time of year—not just for its activity—but also because the days grow shorter. Less daylight makes every moment of it precious, and makes us grateful.

At Friends of the Dunes, we're grateful for you. You're making hope happen every day. You may be a volunteer who leads kids on journeys of discovery in the dunes. Or you may be a donor who supports these transformative educational adventures for kids. Either way, you are creating positive change. Friends of the Dunes was able to engage and inspire more than 2,000 students this year because of you. Our new Education Coordinator, Daisy Ambriz, introduces herself in this *Dunesberry* and describes how your support is making an impact for the most important people—our kids.

It's not just on the education side of our mission where you are delivering hope. You also literally make restoration of native coastal dunes possible. You might be a donor, or you might be a restoration volunteer like Bob Earl, who is profiled in this *Dunesberry*. Restoration Coordinator Dante Ryman describes in these pages how we are now doubling our positive impact for native dune plants and animals through a partnership with the Bureau of Land Management. At the heart of this restoration partnership are hard-working community volunteers. Once again, it comes back to you.

This is what gives me hope as the days get shorter—you directly support education of our kids in nature. Your hands are the ones that remove non-native species and create healthy habitats. You believe in a future where people work together to magnify our positive impact, both for our community and our planet. We're all Friends of the Dunes, all of us. Right now, it feels important to give thanks for that.



Friends of the Dunes is dedicated to conserving the natural diversity of coastal environments in Humboldt County, California, through community supported education and stewardship programs.

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## Naturalist Notes

### EXPLORE THE AMAZING WORLD OF LICHENS

Tom Carlberg, President, California Lichen Society

Highway 255 from Arcata to Eureka is a popular commuter route for those who don't live near where they work. It's low-key, relaxing, has fewer traffic decisions, and it's just plain prettier! As you drive this route along the peninsula, passing the dune forests, you may well notice a lot of pale green "stuff" hanging from the shore pines and willows lining the road. It's easy to guess that this is a particularly abundant moss, maybe even Spanish moss, or perhaps you admit to yourself that you don't have any idea at all what it is.

Of course, you may be informed enough to know that those are lichens dangling from the branches of the conifers and deciduous trees alike. If you have had a class, or if you've been on one of the docent-guided field trips that Friends of the Dunes sponsors, you might even remember the name "lace lichen," and if you enjoy the challenges of foreign languages, perhaps even the scientific name for this species: *Ramalina menziesii*, after the man who is possibly California's first lichenologist, Archibald Menzies, for whom many plant species are named.



Lace lichen on a shore pine, a common sight along the dunes.



Figure 1. Robust lacing of Lace Lichens found growing inland.

Despite the numerous species named in his honor, the lichen named for him is distinctive in many ways, even within the larger plant kingdom. First and foremost, it is a lichen, that odd combination of fungus and algae which manages to live together in a stable mutualistic relationship that benefits both partners; no parasitism involved. This organism also involves no roots, no storage tissues, no flowers or seeds, and no conductive tissues for lifting water from the ground. It thrives, as fairies are said to thrive, on light and air and water. In this case, the light is normal daylight; the air is the clean fresh air of coastal Humboldt County, and the water is abundantly provided by the regular coastal fog and rainfall of that county.

Secondly, the lace lichen is the only lichen in the United States that has been elevated to the status of state recognition, for its beauty, wide distribution, and ease of recognition; it is the state lichen of California.

Its most distinctive feature, however, is its pattern of growth, unlike almost any other photosynthetic organism. As its branches elongate, the tightly curled growing tips develop minute perforations. Rather than expand and rupture, the adjacent tissues grow in keeping with the growth of the perforations, with the result that the mature branch has a fine filigree of netted tissue, the “lace” of the lace lichen. In a perfect world, this pattern continues until the perforations become quite large, and the surrounding tissues (the nets, or lace) become quite robust (Figure 1). And indeed, this is precisely what can happen to individuals that grow inland. I have seen very sturdy examples of lace lichen where the netted portions are on the order of a foot across, with individual strands of the lace up to a couple inches wide!



Figure 2. Smaller lacing found in coastal Lace Lichens.

However, we are talking about the coast, and the Samoa peninsula. It’s very odd, but there is a well-recognized change that happens when *Ramalina menziesii* grows on the immediate coast. Here, the lacy portions are *much* smaller, and the individual strands are correspondingly finer, to the point that a hand lens is sometimes needed to see if there’s any lace at all (Figure 2). To anyone on a trail, or even with the lichen in hand, there may be no evidence at all of laciness to the naked eye. It has also been demonstrated that this lichen grows faster at the coast than inland.

A somewhat interesting thing happens when you take some of the robust individuals from an inland site and transplant them to the coast; they will initially grow (=increase in biomass) as fast as the coastal individuals, but after approximately 18 months, growth slows to the point where it appears to stop completely. Even more interesting, inland material transplanted to the coast begins to resemble the fine filamentous growth form of individuals that have never left the coast. Reciprocally, coastal individuals moved to an inland site begin to grow more slowly than the individuals remaining at the coast, but do not demonstrate the change in appearance one might expect.

Hopefully this brief introduction to some of the more interesting characteristics of our state lichen will encourage you to take a closer look next time you are out there enjoying the world of the dunes!

**For more information on our next guided Lichen Walk, check out our calendar of events!**



# IT'S FALL IN THE DUNES



It's fall in the dunes and we're loving every second of it! Here are some things you may see in the dunes this season:

- Lichens (guided walks coming up!)
- Mushrooms
- Pacific chorus frogs
- Rough-skinned newts

## THANK YOU SUSTAINING MEMBERS

- Bojan (Gundbor) and Norm Ingle  
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 Yvonne Everett and Judith Mayer



# BAY TO DUNES

By Daisy Ambriz, Education Coordinator



Children stand mesmerized by the aerial dance of the sanderlings. The ever shifting cloud of shorebirds changes color every time they switch directions. “What is that?!... That’s so cool!... It’s some sort of ALIEN!” the children shout. For many, it’s their first time witnessing and learning about the magnificent migration that these birds endure through the Pacific Flyway. This is why I have fallen in love with the Bay to Dunes field trip. It’s a unique interactive experience that expands kids’ knowledge of the flora and fauna residing in their own community! During the Bay to Dunes field trip, Humboldt County students get to see the real life ramifications of invasive species and the restoration process of our dunes. Our kids become naturalists, connecting with nature in a way that inspires future adventures while they learn about the importance of maintaining healthy and diverse ecosystems.

It is really important for our children to go outside, explore their local ecosystems, and learn about the value of biodiversity! We need our children to fall in love with the world around them. We want them to protect, nurture and conserve it for future generations. My heart was touched when a 3rd grade student came up to me and said that she finally understood why protecting Humboldt Bay was so important. She looked out and pointed at the different species of shorebirds. She saw the beauty in the diversity.

By the end of the year, Friends of the Dunes will have provided this moment of discovery and growth for more than 2,000 students, on Bay to Dunes and other educational adventures. These opportunities for our kids are only possible because of you. You may be one of our dedicated education volunteers. Thank you. You do an amazing job helping us run the show. You are also, very likely, a donor to Friends of the Dunes’ education programs. Thank you for giving us the support we need to provide these children with such a unique learning experience.



*Bay to Dunes participants learn about our local coastal ecology!*

## ONGOING VOLUNTEER OPPORTUNITIES

### D.E.R.T. WORK DAYS

Help restore the dune ecosystems in Humboldt County every third Saturday of the month at the Humboldt Coastal Nature Center and every second Sunday at Mal-le'l Dunes South (see story on opposite page). Volunteers remove invasive plants while learning about the native plants, animals, insects, and other organisms that live in the dunes. Training, tools, gloves, and snacks are provided. Please prepare for the weather, wear work clothes, and bring a reusable water bottle. For more information, please contact [dante@friendsofthedunes.org](mailto:dante@friendsofthedunes.org).

### DROP-IN RESTORATION

Help restore the dune ecosystem in Humboldt County on your own time. Volunteers independently remove invasive plants around the Humboldt Coastal Nature Center after receiving training. Tools, gloves, and snacks can be provided. For more information, please contact [dante@friendsofthedunes.org](mailto:dante@friendsofthedunes.org).

### VISITOR SERVICES

The winter holidays are a busy time at the Humboldt Coastal Nature Center and we have volunteer openings that need to be filled. Visitor Services volunteers provide essential help for staff by greeting visitors, providing information to visitors about our trails & facilities, selling gift shop merchandise, and answering phone inquiries.



# NEW RESTORATION PARTNERSHIP WITH THE BUREAU OF LAND MANAGEMENT



## DERT DAYS HAVE COME TO MA-LE'L DUNES

We are excited to share with you our new partnership with the Bureau of Land Management (BLM) Arcata Field Office to continue restoration efforts at Ma-le'l Dunes South. We are committed to maintaining the legacy and investment initiated in 1997 by the BLM. Our restoration team has begun to map and remove priority invasive species. Our first restoration workday took place on Sunday, October 13th. Twenty people, including a Ma-le'l South California Conservations Corps alumnus from '97, spent three hours removing large colonial mats of iceplant. Arcata Pizza & Deli donated pizzas for the kickoff event which were eagerly enjoyed by the volunteers.

We invite you to join us for upcoming workdays at Ma-le'l Dunes South. Check out our calendar of events for details!

## EXPLORE & RESTORE

This partnership with the BLM is a fantastic opportunity to bring the Friends of the Dunes community-supported restoration ethos to our neighbor to the north. We invite you to join us for the next two work days of the year at Ma-le'l Dunes South. Workdays will take place the second Sunday of the month (December 8th and January 12th upcoming) from 10 am to 1 pm. We meet at Ma-le'l Dunes South parking lot off Young Lane in Manila.

CALENDAR OF EVENTS  
SEE PAGE 11

For a full list of our events and their descriptions, please visit our website calendar at [friendsofthedunes.org](http://friendsofthedunes.org) or give us a call at (707) 444-1397.

# COMMUNITY SUPPORTED EDUCATION



University of California  
Agriculture and Natural Resources

By Suzie Fortner, Programs & Operations Director

As we approach the holiday season and a time for giving thanks, I am feeling extremely grateful to live and work in a community that is so supportive of coastal conservation and nature education. One of the many things I love about working with Friends of the Dunes is you, the community that supports our programs. We have such a wealth of local knowledge, passion, and expertise, especially in the field of natural resources. As a self-identified nature nerd and lifelong learner, I really enjoy connecting our local naturalists and natural resource experts with community members who are excited to learn from them. Not only is it something I personally believe in, but it is our mission statement!

*Friends of the Dunes is dedicated to conserving the natural diversity of coastal environments through **community supported education & stewardship programs.***

The Coastal Naturalist Training is a perfect example of a community supported education program. Throughout this 6-week course, we have a total of 20 local experts share their knowledge and passion with our participants through lectures and field sessions. It is a lot to coordinate, but the end product is very rewarding. Like much of the work we do here at Friends of the Dunes, this program is about bringing people together to accomplish something that is much larger than anything we could accomplish individually. Through the Coastal Naturalist Training (and all of our programs) we are engaging our community in our mission, and in doing so we are also building a stronger sense of community. Participants are exploring beautiful and diverse coastal environments, meeting fellow nature-enthusiasts, connecting with experts from our many community partners, and learning about local coastal conservation efforts. In other words, they are building relationships with both people and place.



*Coastal Naturalist participants learning about local natural history on The Madaket during this year's training.*

In addition to attending classroom and field sessions, participants are also required to volunteer 10 hours with a local organization and complete a capstone project that utilizes their naturalist skills. A naturalist is not just someone who knows a lot about nature, it's a person who recognizes the interconnectedness of all things, including of nature and society. A naturalist shares and applies their knowledge of the natural world in everyday life. The course is therefore focused on the application of knowledge in addition to learning about local coastal ecology. Some graduates of the program may go on to lead guided walks for Friends of the Dunes and other organizations, but others may decide to contribute their naturalist knowledge by volunteering to greet visitors in the Humboldt Coastal Nature Center, leading Bay to Dunes field trips, participating in dune ecosystem restoration efforts, or serving on our Board of Directors. There are many examples of how the Coastal Naturalist Training has led to the development of coastal stewards in our community (I would love to hear your story if you have one). One person that comes to mind is Richard Engel. Richard took the course in 2012 and quickly became engaged in our mission. He was particularly helpful when we began offering programs and outreach materials in Spanish, and led our very first bilingual

hike. After leaving the area for a couple years and then moving back, Richard joined our Board of Directors and provided leadership and support during a transitional time for the organization. Although he no longer serves on the Board of Directors, Richard continues to support our mission as a donor and volunteer, now serving on our Board of Advisors and sharing his knowledge of California's Energy Challenges & Opportunities as a guest lecturer for the Coastal Naturalist Training. Richard tells us the connections he made years ago with guest instructors and fellow students continue to enrich his professional and personal lives.

Three years ago, we partnered with the California Naturalist Program (CalNat) in order to offer academic credits and a state-wide certification for our naturalist graduates. This partnership resulted in some improvements to the program, including having dedicated course instructor, additional reading assignments in the California Naturalist Handbook, requiring capstone projects, and ensuring all participants receive 40 hours of instruction. Jen Ortega, our amazing course instructor, provides consistency throughout the course by drawing connections between lectures, field sessions, reading assignments, and real world application. This year we also had support from a volunteer Teaching Assistant, Kirstin Cunningham, who previously took a CalNat course in Mendocino County and is completing internship hours for HSU's Natural Resources Planning and Interpretation program.

I am extremely grateful to all the people who contribute towards this program, and to you, our amazing community, for continued support of all our programs. If you are reading this, you have supported Friends of the Dunes through donations, volunteer time, or both. Thank you! We could not have the impact that we do without your contribution. I would also like to thank all our local naturalist resources experts who shared their knowledge and research with our 2019 Coastal Naturalist participants. The Coastal Naturalist Training takes place every fall, contact us for details!

**Lecturers & Field Guides:** Carol Vander Meer (FOD Board President), Ted Hernandez & Adam Canter (Wiyot Tribe), Peter Haggard (Plant & Insect Enthusiast), William Weaver (Pacific Watershed Associates), Tony LaBanca (CA Dept. of Fish & Wildlife), Lori Dengler (Humboldt State University), Karen Reiss (College of the Redwoods), Kim Cabrerra (International Society of Professional Trackers), Michael van Hattem (CA Dept. of Fish & Wildlife), Captain Zippo (M/V Madaket), Craig Benson (Humboldt State University/Samara Restoration), Susan Marshall (Humboldt State University), Richard Engel (Redwood Coast Energy Authority), Michael Kauffmann (Backcountry Press), Aldaron Laird (Sea Level Rise Planner), Andrea Pickart (Hum. Bay National Wildlife Refuge), and George Ziminsky (Friends of the Arcata Marsh/City of Arcata).

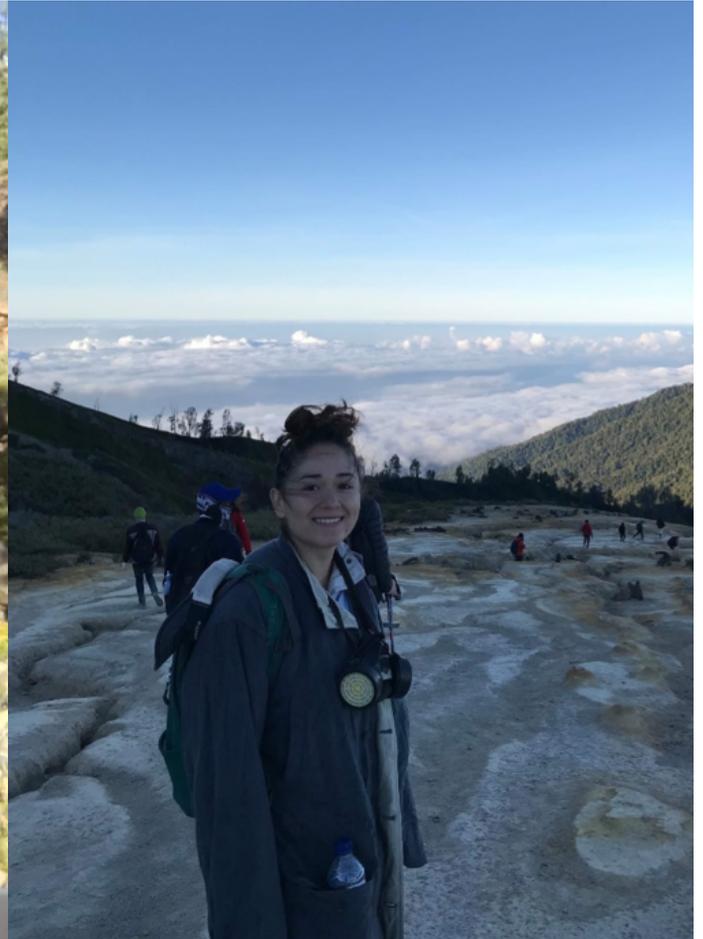
## ***Congratulations to our 2019 Coastal Naturalist Graduates!***

**Top Row:** Jessie Bunkley, Patrick Meyers, Stephanie Witzel, Sean Meehan, Sharon King, Michelle Dobrowolski, Carla Avila, Suzie Fortner (Program Director), Kirstin Cunningham (Teaching Assistant), and Keenan Kuehn.

**Bottom Row:** Laura Shepherd, Skyler Wrigley, Krystle Heaney, and Jen Ortega (Instructor)

**Not Pictured:** Diana Cisneros





# WELCOME TO OUR TEAM!

## Ginevra Ryman

GIS Specialist

Ginevra holds a B.S. in Molecular Environmental Biology from UC Berkeley and a M.E.M. with emphasis in Ecosystem Science and Conservation from Duke University. She has over 15 years of experience working for a variety of non-profits, governmental entities, and educational institutions. She has been involved with Friends of the Dunes since 2017, initially as a participant in the Coastal Naturalist Course, then as a restoration intern, and most recently as GIS Specialist. She loves spending time outside gardening, hiking, and camping with her family.

## Daisy Ambriz

Education & Stewardship  
Coordinator

Daisy is from the buzzing city of Las Vegas, Nevada. She moved to Humboldt County in 2016 and instantly fell in love with quiet, the Redwoods and our local marshes. She graduated in the Spring of 2019 with a B.S. in Wildlife Management and Conservation Biology. Daisy is interested in joining her passion for wildlife conservation and education. In her spare time, she can be found bird banding for Humboldt Bay Bird Observatory and at our local yoga studios.

***Welcome, Daisy &  
Ginevra!***

# VOLUNTEER HIGHLIGHT

## BOB EARL

By Dante Ryman, Restoration Coordinator



Bob Earl has been a Dune Ecosystem Restoration Team volunteer since August 2016. Prior to moving to Humboldt County, he was a distinguished racecar driver, winning events such as the Macau Grand Prix. I inherited Bob from the previous Restoration Coordinator and have cherished him from day one. Bob has a land ethic that goes deeper than a civic or ecological duty. If you work next to him and are lucky, you may hear him tell a story of how he was paid to plant iceplant earlier in his life. He'll explain how, now that he knows better, he feels an obligation to remove iceplant and other invasive species. Bob is the kind of person who may ignore a doctor's suggestion to take it easy, instead joining the restoration group to traverse the dunes and hunt for yellow bush lupine.

When asked why he volunteers with Friends of the Dunes, Bob said: "I grew up spending summers by the ocean, and I'm drawn to be near the sea. Who can argue with working at a beautiful location with people who love something that is outside themselves? A fellow volunteer once said that restoration work is therapeutic, and I agree, I've always enjoyed physical work, even if I will want a heating pad later, I'll know that I will feel satisfied on a deeper level for having gone out to work."

Bob brings a thoughtful and joyous air regardless of the weather, because the work must go on. Friends of the Dunes is lucky to share Bob with other restoration efforts around the county. Bob also curates and maintains a calendar that organizes the myriad of environmental events in a given month, and can be accessed at [planethuggers.org](http://planethuggers.org). If coming out to volunteer isn't alluring enough, come out to be with Bob, you will be glad you did!

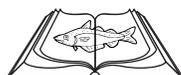
## JOIN US FOR Nature Story Time

EVERY THIRD SATURDAY

2 - 3 PM

Join a Friends of the Dunes naturalist for Nature Story Time at the Humboldt Coastal Nature Center every third Saturday of the month. Geared for ages 3-6, but fun for everyone, Nature Story Time focuses on local wildlife and is paired

with a simple craft project, props, and fun movement activities. Every quarter we offer it in both English and Spanish. Be sure to check out the calendar of events (p.11)!



Support us by supporting our

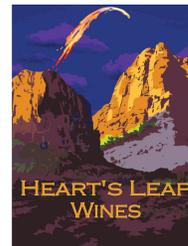
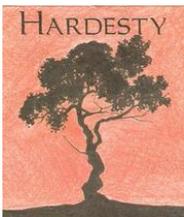
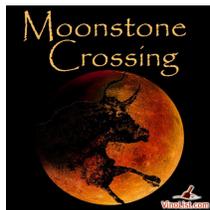
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- Ann Youmans
- Barbara and Paul Kelly
- Becky & Jael Gibson
- Carla Leopardo & Scott Osborn
- Carol Armstrong
- Carolyn and Jim Vander Meer
- Chance Callahan
- Christopher and Tana Reynolds
- Colin Fiske
- Debra Hartridge
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- Emily Sinkhorn
- Emily Walter & Trevor Estlow
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- James Kloor
- Janet Appleton
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- Jessie Bunkley & Patrick Myers
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- Peter and Pat Hecht
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- Richard Ridenhour
- Robert Nelson
- Sam & Brenna Silbory
- Sean Meehan
- Stephanie and Bill Witzel
- Steve Luu
- Tamara Gedik
- Tracy Barger
- Trekell Tyler

# CALENDAR OF EVENTS

## NOVEMBER

- SAT 16 Humboldt Coastal Nature Center Restoration • 9:30 a.m. to 12:30 p.m.  
Nature Story Time at the Nature Center • 2 to 3 p.m.
- SUN 17 Ma-le'l Dunes North Guided Walk • 10 a.m. to 1 p.m.
- WED 20 Humboldt Coastal Dunes Cooperative Public Meeting at the Nature Center  
6 to 8 p.m.
- SAT 23 Lichens of the Dunes • Lanphere Dunes • 10 a.m. to 1 p.m.

## DECEMBER

- SUN 1 **Member & Volunteer Holiday Party at the Nature Center • 5:30 to 8 p.m.**
- SAT 7 Lanphere Dunes Guided Walk • 10 a.m. to 1 p.m.
- SUN 8 Ma-le'l Dunes South Restoration • 10 a.m. to 1 p.m.
- SAT 14 Lichens of the Dunes • Ma-le'l Dunes North • 10 a.m. to 1 p.m.
- SAT 21 Humboldt Coastal Nature Center Restoration • 9:30 a.m. to 12:30 p.m.

## JANUARY

- SAT 4 New Year's Hike • Lanphere Dunes • 10 a.m. to 1 p.m.
- SUN 12 Ma-le'l Dunes South Restoration • 10 a.m. to 1 p.m.
- SAT 18 Humboldt Coastal Nature Center Restoration • 9:30 a.m. to 12:30 p.m.  
Nature Story Time at the Nature Center • 2 to 3 p.m.
- MON 20 Manila Park Clean Up • Time TBD

## FEBRUARY

- SAT 1 Lanphere Dunes Guided Walk • 10 a.m. to 1 p.m.
- SUN 9 Ma-le'l Dunes South Restoration • 10 a.m. to 1 p.m.
- SAT 15 Humboldt Coastal Nature Center Restoration • 9:30 a.m. to 12:30 p.m.  
Nature Story Time at the Nature Center • 2 to 3 p.m.
- FRI 28 Bay to Dunes Training Begins • Humboldt Coastal Nature Center • 9 a.m. to 2 p.m.
- SAT 29 **42nd Annual Lupine Bash • Lanphere Dunes • 9:30 a.m. to 12 p.m.**

EVENTS SUBJECT TO CHANGE, PLEASE VISIT [FRIENDSOFTHE DUNES.ORG/CALENDAR](http://FRIENDSOFTHE DUNES.ORG/CALENDAR) FOR UPDATES!

## MEETING LOCATIONS

Humboldt Coastal Nature Center  
220 Stamps Lane, Manila

Lanphere Dunes  
Pacific Union School  
3001 Janes Road, Arcata

Ma-le'l Dunes North & South  
Off of Young Lane in Manila

Manila Park  
1901 Park Street, Manila



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Please contact [info@friendsofthedunes.org](mailto:info@friendsofthedunes.org) to receive our newsletter by email!



## SAVE THE DATE

# WINTER HOLIDAY PARTY

SUNDAY, DECEMBER 1 FROM 5:30 TO 8 PM  
HUMBOLDT COASTAL NATURE CENTER  
BRING A DISH TO SHARE, AND YOUR OWN PLATE AND UTENSILS  
WE'LL PROVIDE WARM CIDER AND A MEMBER UPDATE AT 5:45



We're celebrating you, our members and volunteers!

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