

Welcome, Junior Explorer!

The activities in this book will help you explore the Headwaters Forest Reserve's (Headwaters) history and natural wonders. Headwaters was set aside by Congress and the President in 1999 to protect old-growth redwoods that provide habitat for threatened and endangered species such as the northern spotted owl, marbled murrelet and coho salmon. You would be lucky to see these species, but are more likely to see a winter wren, hear the high pitched sound of a varied thrush or watch a garter snake basking in the sunlight.

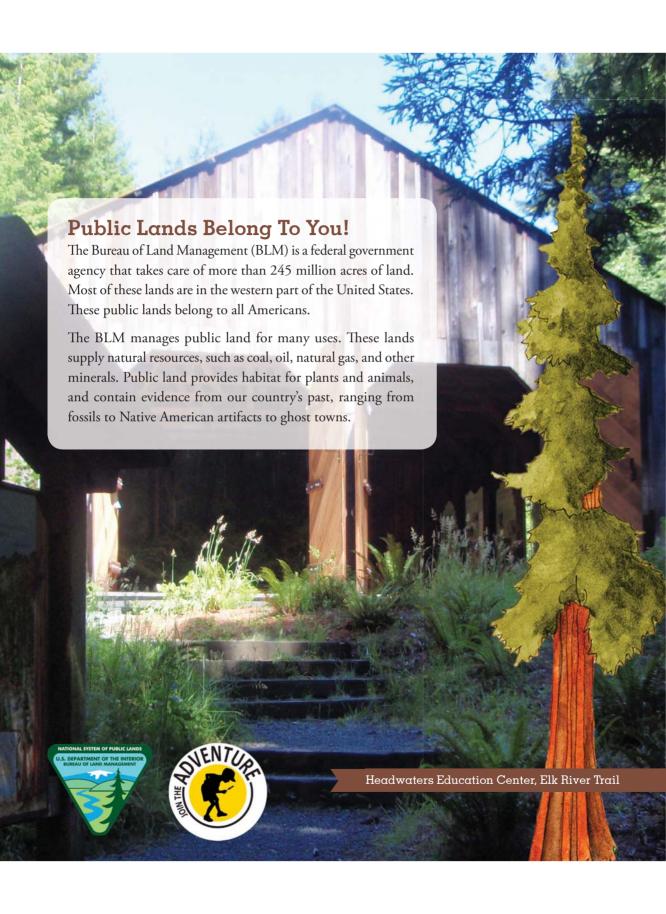
Work through the activities on your own or ask a brother or sister, friend, parent or adult you know to join you. You can also record your observations on the journal page.

Say the Junior Explorer pledge on Page 31, sign the certificate, and you're on your way to exploring and caring for America's public lands. Have fun!

This Activity Book Belongs To:

What is a Junior Explorer?

- Junior Explorers explore the environment around them
- Junior Explorers care for plants, animals and the land
- Junior Explorers encourage others to care for the land and its inhabitants





Welcome to the **HEADWATERS QUEST**

A "Quest" is a treasure hunt. This treasure might be a wetland, town, forest or perhaps the remnants of human activity (mill site, house foundation, etc.)

Discover the habitat and home of Headwaters, its past residents, creatures great and small. The town of Falk now lies beneath the bushes and brambles. Travel back in time to the 1880s when this lumber town flourished.

There are 10 stops on this quest. For each stop, your activity guide contains two clues and two questions. Write down the answer to the first question and check your answer at the BLM Arcata Field Office for a special prize. Check your answer to the second question at the back of this book.

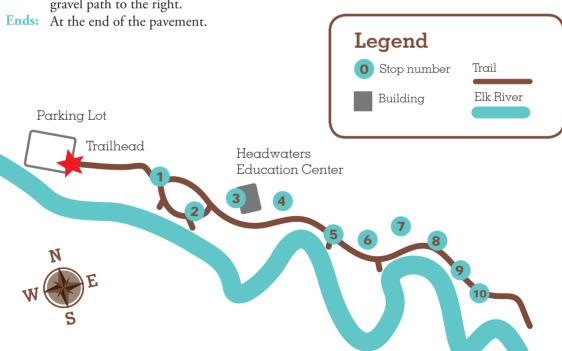
Do you want to do a The Headwaters Quest starts a quarter mile down the trail from the Elk River Trailhead parking lot. There you will see a box marked "Quest". Follow the gravel path to the right and discover the clues and treasures with delight.

QUEST STATS

Length: 1 mile Time: 1 hour

Begins: .25 mile down Elk River trail—

gravel path to the right.



Quest Instructions



The light print are movement clues



The bold print are learning clues

K



Creatures and people called this place home. Discover their habitat where the fir trees grow. Veer right down this gravel trail, walk into the shade. Take 50 GIANT steps, look left and high to the nest that was made.



See that pile of debris in the notch of the tree? Why that's a home but not for you and me. Far overhead a spotted owl hovers, while a little wood rat burrows for cover.





Wind your way through the woods, skip past the path to the right. Follow the hill past the hairpin, listen to river sounds delight. Take a right turn and behold Elk River in sight.



Now look for signs old and new. To your left a chicken coop, ahead the salmon cycle renewed. In the river, salmon and steelhead make a nursery called the "redd". When the fish mature, wildlife will be fed. What was once the backyard of Loleta and Charlie Webb, is now a web of life where the habitat gets ahead.

STOP 3



Backtrack to the path and then turn right, prepare your feet for a rather short hike. Look back in time, many years back, imagine the click clack of trains on the track. Merge right on the main trail, walk an 1/8 of a mile. Keep an eye out for a Train Barn, go ahead and stop for a while.



This restored barn once housed a train. Over the decades it has weathered wind and rain. In 1937, the mill shut down, its residents up and left the town. For years this building stood deserted and forlorn. Within someone's mind an idea was born: "Let's move it and make it a learning place, for all who wish to share this space." The barn is again new, inside the Falk stories accrue.



Dusky Footed Wood Ra



Loleta and Charlie Webb



QUEST-TIONS

CHECK YOUR ANSWERS

(AFO) = Check answers at the BLM Arcata Field Office (AK) = Check answers at the back of this booklet



QUESTIONS FOR STOP #1

- 1. How many wood rat nests did you see on your fifty giant steps?_____(AFO)
- 2. Look at the forest floor, name the cone that fell from the wood rat's tree. ________(AK)



QUESTIONS FOR STOP #2

- 1. What signs do you see of human activity?_____(AFO)
- 2. What do down logs provide for salmon?

(AK)

QUESTIONS FOR STOP #3



- Out where this barn once stood.

 (AFO)
- 2. Look at the sign in the sand shack. Where did the sand come from?______(AK)

••• STOP 4 •••



Walk further upstream with the river on your right, through a wooded area that blocks the sunlight. Look to your left and to your right, point to stumps within your sight. Notice the stumps on both sides of you; notice the sprouts on them, both old and new. Pause at the sign on your left hand side, notice the burl drawing it provides.



Burl is for the new sprouts to unfurl. These sprouts tell a story all of their own; each one is a tree clone. A perfect copy of a mature redwood tree, though it will be many years before we can see it.





From the redwood stump where new sprouts nestle, walk 1/8 mile down the trail past the picnic bench, toward the site of an old train trestle. Sit on the bench by the trail, look up river to see evidence of a rail.



The train moved logs to the mill and lumber to the bay, returning to Falk at the end of the day. Train logging gave way to tractors and trucks, gravel roads replaced rails to move logs to the mill.



 Falk Gypsy



Look to your left as you walk up the trail, you may see an old logging road on the side of the hill. Continue until the trail makes a bend that is dramatic. You can view a drainage cleared of silt, making salmon quite ecstatic.



In the early 1900s trains used tall bridges or trestles to avoid winter muck. By the 1920s, the piles of dirt and wood that you see supported the weight of logging trucks. These "Humboldt Crossings" filled the river with dirt. For spawning salmon, muddy water can hurt. In order to correct a harsh situation, the "Humboldt Crossing" was removed by tractor excavation. The drainages are now restored to their natural shape, increasing spawning salmon's landscape.



QUEST-TIONS



QUESTIONS FOR STOP #4

- 1. Look as far as your eyes can see, how many stumps with sprouts do you see?_____(AFO)
- 2. Look for evidence on the stump behind the sign of springboard notches. How many do you see? ______(AK)



QUESTIONS FOR STOP #5

- 1. At this space look up the river at a tree with no branches and a piece of wood nailed to it. This is part of the train trestle that has fallen down against the bank. Count the milled wood that you see that had been part of this historic rail. (AFO)
- 2. Above the ripples, down below, a nesting habitat grows.

 What threatened species are born here and find their way to the ocean?

 (AK)



QUESTIONS FOR STOP #6

- Look for a prehistoric plant that resembles horsetails.
 Find its Latin name at the parking lot kiosk and write it in. ______(AFO)



Travel around the bend and up a slight grade, beneath the maple boughs providing cold shade. Continue down the trail, but please don't lag until you reach the prominent snag. You will see a rather tall stump, what used to be a tree, look at all the life growing on it abundantly.

This snag is covered with plant diversity. Count the species that you can see. Licorice fern, leather fern, huckleberry and salal: These are a few of the plants, but not all. The pale lichen is both an algae and a fungus, rather small compared to the snag that is humongous. Lichen's algae contains chlorophyll, providing photosynthesis. Fungus keeps algae moist, which by itself would shrivel and crisp. This primitive plant species is millions of years old, existing long before the story of Falk could be told.

STOP 8



Go upstream, walk past the green mossy tree. Bigleaf maple is my name, you see. Today we continue on feet where a bend in the river we will soon meet. Peer through the maple branches into the shaded pool, that protects young salmon by keeping the water cool.



In the dark, murky waters young salmon feed upon insects and spiders that fall from the leaves. Salmon come home to this river from out in the ocean, laying their eggs safely in the river's swift motion.

STOP 9



Follow the path once again into history where the forest around you holds a mystery. Stroll through a hundred years in time. Town activity bustled all around you. Above the heads of loggers marbled murrelets (now threatened) once flew. Round the curve and to the left, stop at the sign, see Falk's early years while you rest.



The blacksmith's home housed a family of four where Evande Miller looked out her door. Over the lumber stacks Evande would peek, at the boys of the town playing hide and go seek.

STOP 10



Take 10 giant steps toward the town of Falk past the sign. Look behind a metal pipe. You should see a treasure box. Sign in, **EXPRESS YOURSELF**, take something and leave something behind.





Salmon Egg



Marbled Murrelet



of Falk

QUEST-TIONS



QUESTIONS FOR STOP #7

up the tree from its base?		
up the tree from its base:	36	A E(O)

Can you find wideness of a sut on this sneed How for



QUESTIONS FOR STOP #8

- 1. Can you see the pile of lumber to your left as you face the sign? What purpose did it serve during the time of Falk?
- 2. This is the only place that you can go down to the river on the trail. Why do you think approach is limited?

(AK)

(AFO)



QUESTIONS FOR STOP #9

1. One hundred years after Falk, Headwaters is now protected public land. What threatened species was it protected for?

(AFO)

STAND UP

Plant your feet firmly on the ground. These are your roots. Wiggle your roots.

Raise your hands in the air. Your arms are branches and your hands are leaves. Let your leaves blow in the wind.

Turn your leaves toward the sun. Can you feel the warmth? Absorb as much as you can, you have sunbeam catchers in your leaves.

Just like you, trees need clean air. **Take** α deep breath and let it out.

Spread your leaves wide to catch a raindrop. Your leaves direct the rain to the soil around your roots. There is also water stored in the soil. Wiggle your roots to take a drink.

Breathe the air, feel the sunlight, drink the water.

YOU ARE A TREE!







NEEDLES

Flat, feather Needles circle around the stem

Flexible, Sharp,

Coastal

Flexible, Sharp, soft rough to the touch touch





Picea sitchensis

Douglas-fir Pseudotsuga menziesii

Leaf has Leaf, soft, white, rough edges velvet underside Leaves are Leaves are large ovate and have a and have curl at the five end lobes Sitka willow Salix sitchensis Bigleaf maple Acer macrophyllum

Red alder

Alnus rubra

Can you find an example of each of these trees?



THE LONG GONE BUT NOT FORGOTTEN TOWN OF FALK



What was the town of Falk?

Falk was a mill town from 1884 to 1937, located deep in the heart of the Elk River watershed.

What happened to the town?

By the 1930s the company couldn't afford to pay its workers and the mill shut down. By the 1970s the buildings were dangerous so the lumber company burned and bulldozed them.

What's left of the town of Falk?

Archaeologists are putting clues together about the people who once lived in Falk. Scattered in the woods are the remains of old shoes, perfume bottles, tools and dishes. It's important to leave these artifacts in their place, thereby protecting the past.

•	1850
	1884
+	1937
+	1979
1	1999



Headwaters Junior Explorer Activity Guide





Who was Maggie?

Maggie was the logging camp cook and much more.

When was Maggie born?

The picture above was taken approximately in 1911, when Maggie was about 25, making her birth year about 1886. She is on the right in back.

Where was Maggie from?

Researchers found that Maggie's last name *Biord*, has Dutch origins. Her married name was *McNeill* which is of Irish heritage. During the time Maggie was born, many immigrants came to the U.S. in search of work. A lot of Falk employees were from places like Sweden, Canada, Italy, Ireland and New England, where people had already learned to log trees and had grown used to lumber camps.

What was a typical day for Maggie?

Maggie got up at 4 a.m. and joined her kitchen crew in making breakfast for the loggers. They made eggs, potatoes, ham, fruit, pancakes, and lots of coffee. After the loggers ate, the kitchen crew carried the big heavy dishes back to the kitchen, washed and dried all of them, and got ready for dinner. Maggie loved making desserts; sometimes 30 to 40 pies at a time.

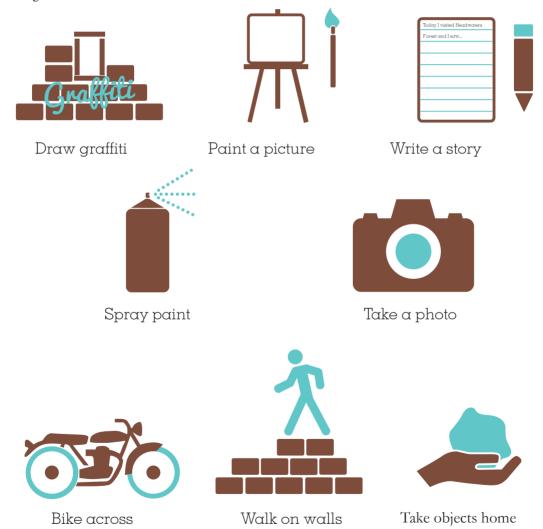


BLM and Humboldt
State students
conducted an
archaeological field
study at Maggie's
camp. This may
have been Maggie's
alarm clock.



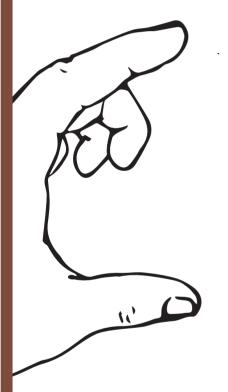
THE PAST: CAN YOU DIG IT?

Archaeologists are specially trained to uncover clues to human history. Like a book, archaeology tells a story. Artifacts left behind by those that came before us provide the pages of the book. Removing artifacts from public land is like tearing out pages of a book, removing that piece of the story forever. By keeping the archaeological site intact, you and future generations can enjoy the story again and again. Look at the pictures below and circle those actions that you can take to protect clues to America's past. Draw an X through actions that would harm those clues.



MAGIC WINDOWS

- Raise your hands.
- 2 Put your thumbs and pointer fingers together.
- 3 Draw three things that you see.





My chick must travel many miles from our tree and make it all the way to the ocean on its first flight

I dive deep to catch my food

Krill Anchovy

Squid

Anchovy

Squid

Anchovy

Squid

1 dive deep to catch my food

1 dive deep to catch my food

Squid

1 dive deep to catch my food

Threatened and Endangered Species: Marbled Murrelet

Headwaters Forest was set aside for public land and to provide habitat for threatened and endangered species such as the marbled murrelet.

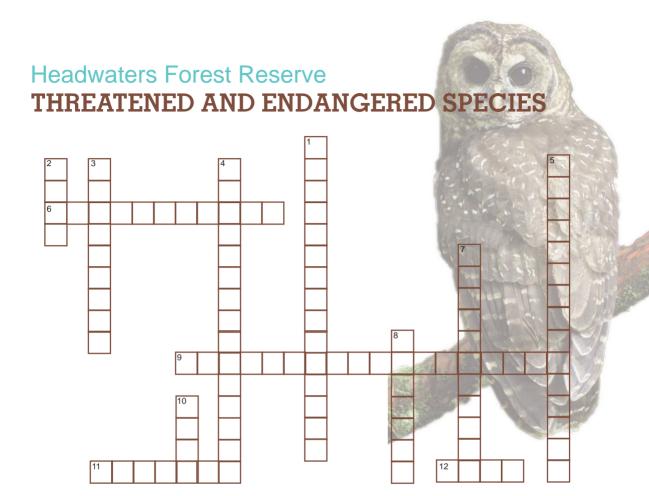
What is a threatened and endangered species?

A threatened or endangered species is a species that is in danger of becoming extinct. Approximately **25%** of the marbled murrelets nesting activity in the southern Humboldt region may occur in Headwaters.

Artwork and activity by Sabra E. Morin as her Girl Scout Gold Award Project, March 2013







WORDS

Northern Spotted Owl

Huckleberry Woodrat

Caddis Fly Larvae

Corvids

Redd

Flying Squirrels

Coho

Anchovies

Marbled Murrelet

Parr

Red Tree Vole

DOWN

- 1. They actually don't fly, they glide.
- 2. This fish goes out to sea after living in Elk River for a couple of years.
- 3. Favorite food of the marbled murrelet.
- 4. Sea bird that nests in old-growth trees.

- 5. Salmon eat these creatures, usually found under rocks.
- 7. These rodents eat Douglas-fir needles and are food for the spotted owl.
- 8. These birds can be predators for marbled murrelet chicks and eggs.
- 10. Stages of salmon life between six months to three years in their native river before becoming smolts.

ACROSS

- 6. Flying squirrels eat these berries.
- 9. This bird primarily eats rodents.
- 11. These creatures build nests made out of sticks, on the ground, or in the trees.
- 12. May contain 5,000 eggs covering 30 square feet.



Headwaters Headlines

Established March 1, 1999

demonstration in response

First Headwaters

to increased logging.

by truckers/loggers begin. CA Supreme Court stops Counter-demonstrations two logging plans.

1,033 people arrested at rally in Carlotta.

Headwaters Forest purchased for the 7,472 acres Reserve.

2000

Headwaters begins. Restoration of

Times-Star 80 million deal barely

Headwaters newspaper articl

rally to protect remaining

ancient redwoods.

Thousands of activists

1990





Pro-logging demonstration Brandi Easte



leadwaters Rally, Nicholas Wilson

California approve a preserve Headwaters. joint \$480 million to

Congress and 1997/1998



Headwaters protesters



on 3 themes — Restoration, Game adopt Headwaters Management Plan based Research and Recreation. Department of Fish and BLM and California



Headwaters Rally, Eric Slomanson



My Words: Cecilia Lanman

Why did you decide to stand up for trees in Headwaters?

When we realized that the ancient redwoods were being cut down three times faster than they were before, we knew we had to take action to stop the destructive logging. I began working on saving Headwaters in 1986 and continued through 1999 when the State of California passed a law that permanently protected Headwaters forest and placed

it in BLM's care.

What Would You Stand Up For?

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make a

WATERSHED

in your home

- Water falls as rain or snow. Place a drop of water on a flat sheet of wax paper. Does it run off the paper? If water falls on the flat surface, it may not run off or drain.
- In what direction does water flow? Raise one end of your sheet of wax paper and drip water from a cup onto the paper. It should flow downhill. Did it flow downhill?
- How are watersheds divided? Fold your wax paper in the center into a tent. Drip water from a cup onto the peak. Down which side does the water drain, left or right, or both? The peak represents the boundary between two watersheds, and the water flows down whichever side it falls on. Watersheds are divided at their highest points.
- Are large watersheds made up of smaller watersheds? Loosely crumple your wax paper. Drip water onto the peak again. Does the water follow a crease or line as it flows? Does it pool into spots? What watershed features could these represent? Large watersheds may contain many smaller watersheds, each with several streams and lakes.





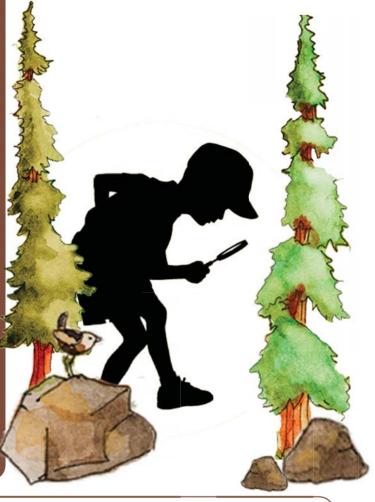
LEARNING FROM NATURE

Describe your forest adventure using words, phrases, pictures, photographs, or anything else that will help you remember your visit.

Listen to the sounds that nature makes. The world is not only a visual one, it supplies us with a wealth of sounds, smells and physical sensations as well.

Here are some things to look out for on your walk:

- Squirrels and woodrats
- Insects and banana slugs
- Salmon spawning
- Rabbits
- Unusual stones or rocks
- Leaves that are brightly-colored or funny shaped
- Trees that are different, including bark, trunks, shape, etc.



Write down your observation	ons here		
			_
			_
			_
			_
			_



TRY THIS!

Write a 5-7-5 Poem. A 5-7-5 follows the structure of a Haiku. It has three lines. The first line has 5 syllables. The second line has 7 syllables. The third line has 5 syllables again. Try to create your own nature haiku.

Nature Haiku Poem

(Example)

The bees are buzzing.
Beautiful flowers are here.
The flowers smell good.

OR TRY THIS!

- 1 List one noun (thing) that has to do with the forest (i.e. trees, air, deer, soil).
- 2 List two adjectives (words that describe things) that have to do with the forest (i.e. green, tall, cool).
- 3 List two verbs (action words) that have to do with the forest (i.e. grow, live, whisper).
- 4 List two adverbs (words that describe verbs, other adverbs, or adjectives) that have to do with the forest (i.e. slowly, quietly, majestically).
- 5 Now select and arrange nouns, adjectives, verbs and adverbs to make your poem.

Forest Poem

(Example)

Trees Green and Tall

Grow and Whisper Quietly and Majestically

BE A POET

"Poetry is what gets lost in translation." —Ralph Waldo Emerson

Write down your poem here





Name that Tree!

*

Draw a line from the description to the picture it describes.

- 1 I am the tallest tree in the world, growing up to 350 feet. I have been on the earth for 60 million years. That means dinosaurs also saw them!
- 2 They call me a pioneer species that fixes nitrogen; taking nutrients out of the air and putting them back in the soil. Native Americans use my bark for dying nets and basket reeds. I grow quick, but don't live long (80 years).
- When a forest has been cut, I grow in large numbers because I love the sun. My latin name has the word "false" in it. Red tree voles like to nest in my tree and eat the needles.
- I have the largest leaf in Headwaters and you can make syrup out of my sap. I like to grow along rivers and creeks, shading the water, making it cool for the salmon.
- I grow from Kodiak, Alaska to Fort Bragg, California. Salt spray doesn't bother me and I can live close to the beach. When my needles drop, the soil becomes acidic making it hard for other plants to grow underneath me.
- I bloom between April and May and my flower is long and is called a "catkin". My seeds blow in the wind resembling white fur during the months of April and May.















WORD SEARCH

DIRECTIONS:

- 1 Search the puzzle for the words on the list.
- 2 Cross out each word as you find it. There are no diagonal words.
- 3 After finding all of the words, start at the top left corner and go through the puzzle, circling each letter you **did not** cross out in the order that you find them (as you would read a book). Write the letters in the space below.

R	E	D	N	Α	M	A	L	A	S
Е	W	A	Т	E	R	S	Н	E	D
D	S	ı	M	S	G	G	E	В	S
W	A	F	A	L	К	A	L	- 1	R
0	L	U	G	ı	Р	E	K	K	E
0	M	N	G	L	L	L	R	E	Т
D	0	A	I	Υ	S	Т	I	С	Α
Е	N	K	Ε	Υ	Р	Т	V	Т	W
S	K	С	0	R	0	E	E	W	D
Т	0	В	E	A	Т	N	R	E	A
J	E	E	R	Т	Т	S	E	N	E
Т	R	U	С	N	E	ı	0	R	Н
R	E	W	0	0	D	R	A	Т	F
Α	D	ı	Н	Е	0	X	L	A	U
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N	0	D	R	В	L	M	A	ı	G
В	A	Т	Ε	M	0	Н	R	В	U
Α	N	ı	M	Α	L	S	Т	Α	S
R	Ε	R	0	L	Р	X	Ε	Н	Е
N	R	R	Е	D	A	L	D	Е	R

Animals	Nest
Bat	Nettle
Bike	Newt
BLM	Red Alder
Coho	Redd
Egg	Redwood
Elk River	Rocks
Explorer	Spotted Owl
-Falk	Trail
Fun	Train Barn
Fungus	Tree
Habitat	Salamander
Headwaters	Salmon
Home	Watershed
Key	Wild
Lily	Wood Rat
Maggie	

Headwaters Junior Explorer Activity Book

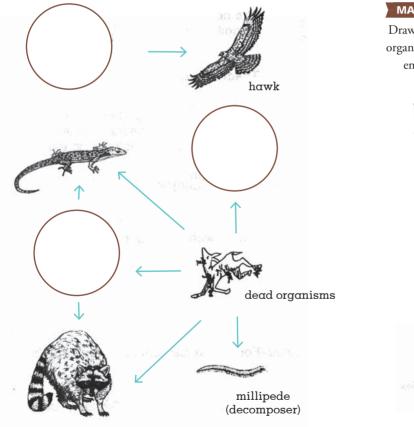
Redwood Forest Web of Life

An arrow indicates that an organism is eaten by another. For example:



A Simplified Forest Food Web

Remember that the organisms depend on light (energy) from the sun, minerals and water. In this simplified food web, not all organisms or connections are drawn. Nutrients released by decomposers are used by plants.



MATCHING ACTIVITY

Draw an arrow from these organisms to the matching empty circle on the left



bear



banana slug



You Get Paid To Do This?

CAREER PROFILE

Julie Clark
Park Ranger
Headwaters Forest
Reserve



Julie at the BLM office in Arcata. California

WHAT SHE DOES

Julie spends most of her time patrolling the 5 miles of Elk River trail. She talks with visitors and answers questions about the natural environment, length of the trail, rules and regulations. She also does minor trail work, clearing vegetation from the trail, and trimming back red alders and berry bushes in the summertime. Local schools go on field trips where Julie leads as many as 90 school children through the forest teaching them about Headwaters and local history. Sometimes she plays the camp cook (pictured below) from the long gone town of Falk. She is also trained in first aid and is prepared to help hikers in need.

EDUCATION

Julie has a bachelors of arts degree with a minor in history, a teaching credential in art and a masters degree in social science. Her art degree and teaching credential help her teach local history (the town of Falk) and nature journaling at the Headwaters Education Center. She has worked in the natural resources field for over 20 years, in such jobs as a wilderness ranger in the Sierra Nevada Mountains, a park aide at Hearst Castle, and a trail worker in Mammoth. When she was younger, she wanted to be a horse jockey and actress.



Julie playing Maggie the camp cook from Falk.



Julie offering a bananna slug for someone brave to kiss it.

SOMETHING TO THINK ABOUT

Julie enjoys teaching students about the environment. She believes that young people should know about their public land and what it is to be great stewards. She also loves teaching about the local history because it connects individuals to their past and creates more of an understanding about their local community.

Bureau of Land Management

JUNIER EXPLORER

Place for Official Stamp

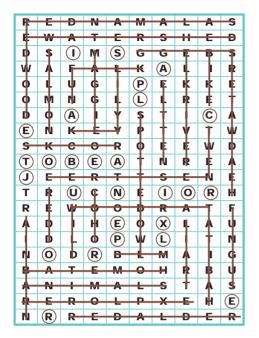
As a Bureau of Land Management Junior Explorer, I promise to:

- do all I can to help preserve and protect the natural and cultural resources on our public lands,
- be aware of how my actions can affect other living things and the evidence of our past,
- keep learning about the importance of our heritage, and
- share what I have learned with others.

Date Staff Signature Explorer Signature



Word Search Answer Key



Animals Lily Redd Bat Elk River Wild Egg Headwaters Tree Wood Rat BLM Fungus Falk Rocks Train Barn Nest Bike Coho Newt Habitat Fun Spotted Owl Salamander Trail Salmon Maggie Explorer Kev Red Alder Nettle Watershed Home Redwood

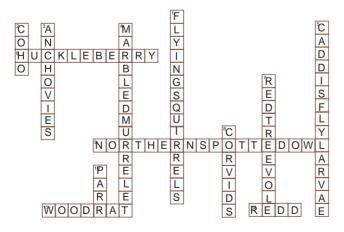
<u>I</u> <u>S</u>

<u>A</u>

<u>P L A C E T O B E A J U N I O R</u>

E X P L O R E R

Crossword Answer Key



Quest Answers

- 1. Douglas fir
- 2. Shelter
- 3. Humboldt Bay
- 4. Three
- 5. Coho salmon
- 6. Clean watershed is healthy for fish and clean water for people.
- 7. A storm or a fire.
- Too many trails to the river cause erosion and too much dirt in the river, harming fish habitat.
- 9. Falk Mill

Name that Tree! Answers

- 1. (Coastal redwood- Sequoia sempervirens)
- 2. (Red alder- Alnus rubra)
- 3. (Douglas-fir- Psuedotsuga-menziesii)
- 4. (Bigleaf maple Acer macrophyllum)
- 5. (Sitka spruce-Picea sitchensi
- 6. (Sitka willow Salix sitchensis)

READY FOR MORE?

COLLECT ALL 3!

1 Pick up the King Range National Conservation Area and California Coastal National Monument Junior Explorer activity books at the BLM Arcata Field Office or the King Range Project Office. Once you complete all three books, bring them back to one of the offices and receive some new exploration tools! http://blm.gov/t9kd

http://blm.gov/v9kd







Use your smart phone to scan the OR code and find out more about outdoors cool!

Extra Assignment: Watch the Headwaters Outdoors Cool video and answer this question:
What activity is the boy doing in the video?

Cover art by Winky Whalec | Back cover and marbled murrelet graphic by Gary Bloomfield. | Graphic art by Josh DeWare



