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Published for Members of Torrey Pines Docent Society, No. 31, September 1978

Judy Schulman, Editor

NEXT DOCENT MEETING will be September 16 at 9 a.m. in the Lodge. Our speaker will be Ken Hedges from the Natural History Museum who will give a talk on the ways that San Diego area Indians used plants native to the Torrey Pines State Reserve area.

THE PRESIDENT'S HOPPER

Our docent society runs on a mixture of personal dedication and human frailty—sometimes more of one and sometimes more of the other. We thrive on the former and wither a little on the latter. The dew from the Torrey Pine needles will make our dedication grow. Walk among the pines at least twice a month. My phone is available to each of you to discuss associate status or anything else—until 10 p.m.—453 2422— Bob Hopper

SECRETARY'S NOTES—by Sue Karcher

At the next meeting we will vote on an amendment to the by-laws. The amendment is a paragraph that states that in the event of the dissolution of our organization, any funds remaining after all debts have been paid will be given to a charitable organization.

Torrey Pines State Reserve has been designated as a Registered Natural Landmark by the U.S. Department of Interior. 45 people attended the dedication ceremony on August 17. At that time, a plaque declaring TPCR as a Registered Natural Landmark was presented to the Reserve. Where would be the best place to display this large plaque? Suggestions about this are needed!

A couple of reminders to everyone...Be sure to reread the museum opening/closing procedures...Please remember to contribute to the donut and coffee fund.

Dr. Neil Marshall, a marine geologist from Scripps Institute of Oceanography who specializes in sand transport, spoke to our group and showed the film The Beach—The River of Sand. The fascinating film showed the way waves move sand. The rough winter storm-derived waves take sand from the beaches; the gentle summer waves deposit sand on the beaches. The sand on our beaches originates from the breakdown of rocks in the mountains. Rivers bring the sand down from the mountains

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to the ocean. Since waves strike the beaches at an angle, the waves also move sand southward along the shores.

Dr. Marshall also spoke about flood control. He told us exciting facts about San Diego's climate in the past. The last 15-20 years have been a dry period for Southern California; a wet cycle is believed to be approaching. In the 1860's and 1880's, San Diego County had extremely bad floods. In the 1890's in Jamul 11.5 inches of rain fell in 80 minutes! So dams are needed for flood control and soil conservation yet dams stop the natural flow of sand from the mountains to the beaches.

The discussion between Dr. Marshall and the docents about these issues was lively. We want to thank Dr. Marshall very much for his fascinating and very informative talk.

NOTEABLES

Welcome to new associate docent John Thunen and to our new supporting member Margaret Allen.

Please add these two corrections to the docent telephone list in your last issue.

Leslie Johnston	465-1392
Rachael Sider	483-2938
John Thunen	?

The summer duty schedule ends on Friday September 15. Please do your best to serve 6 hours per month during the winter season. First call Julie Marine, your duty coordinator, at 755-5598 and make sure the Saturdays and Sundays are well covered. After that it is your option to open the lodge during the week or drop around on the busy part of the weekend to see if you can help out or learn more about the park.

The key to the docents cash drawer will be kept on the keyboard in the rangers' back office. In an emergency, the key may be stored in the drawer beneath the cash drawer (when the rangers' office is not open). At closing time, docents may leave the building through the door in the YCC office beyond the docent lounge.

A group of 55 persons from "Our Lady of Angels Senior Nutrition Project" visited the Reserve Saturday August 26. They are mostly Spanish speaking senior citizens from Southeast San Diego. They saw the slide show and walked on the Guy Fleming Trail.

Don't forget to attend this month's meeting. This will be an excellent program about the former residents of this area!

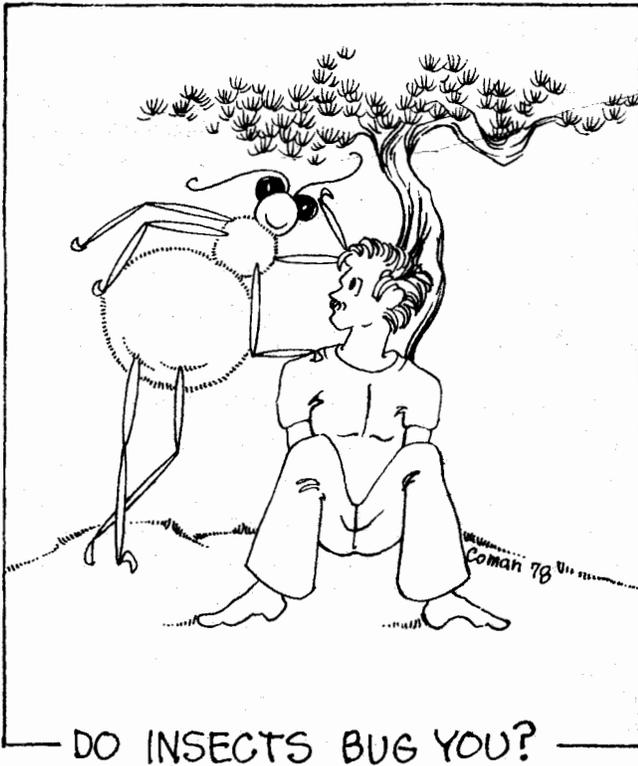
WEATHER WISE BIRDS

This rainy weather certainly came as a surprise to me. But perhaps if I had paid more attention to our local birds, I wouldn't have been caught without my umbrella. These folk sayings come from Fanny Bergen's Animal and Plant Lore (Houghton, Mifflin and Co.:New York, 1899).

Gulls flying high indicate that a heavy wind is coming...Ducks quacking in the night signify rain...Geese cackling foretell rain... The calling of the bluejay is said to foretell rain...The quail (bob-white) is said to call for rain...The hooting of the owl is said to foretell rain...A robin piping and hopping in the spring foretells rain... It is a sign of rain when the crows fly low...Sparrows perching or flying together in clusters foretell rain...Swallows sitting in the road indicate rain inside of 24 hours.

DO INSECTS BUG YOU?-by Judy Schulman

Although I am not particularly fond of bugs (especially the biting, stinging kind), they do seem to like me. They like me so much that they usually take part of me home with them as a snack. For those of you who also are finding yourselves as unwilling refueling stops for pesty flying bombardiers, here are a few general rules to make you less appetizing.



DO INSECTS BUG YOU?

DON'T WEAR BRIGHT COLORS- that vibrant yellow blouse with hot pink shorts is like a neon sign flashing the advertisement "Joe's Place-Free Food-Today's Special:One unwary hiker". Insects are not as attracted to light-colored clothing. Safe colors are khaki, light green, tan or white.

DON'T WEAR ANYTHING SWEET SMELLING- this includes items such as scented hair sprays, fragrant sun tan lotions, perfumes or after-shaves. Your sweet smell might just remind a homesick insect of those "old sweet cotton (or other type of) fields back home". And that poor lonely insect might just want to take part of you back with it to ward off its homesickness.

DON'T GO BAREFOOT OR WEAR SANDALS- Insects don't especially appreciate being stepped on (accidentally or not) and will probably let you know about it with a sharp and painful appraisal of their situation.

IN THE PRESENCE OF BEES, DON'T FLAIL YOUR ARMS-this only upsets the innocent insect who was only trying to investigate what kind of strange looking flower you are (especially if you have violated the above rules of color and smell). Not knowing of psychotherapy, the poor bee relieves its frustration in the only way it knows how... by stinging you.

PEOPLE WITH LONG HAIR SHOULD WEAR LIGHT-COLORED SCARVES OR HATS-thinking that it has been trapped by some tenaciously tenacled gigantic insect, a smaller insect might "panic" and attack (sting) in self-defense the first solid thing it comes in contact to...your head.

LOOK BEFORE YOU TOUCH ANYTHING-Just don't stick your hand into a clump of grass or flowers or under a bush. Hidden places like these might just be some unsuspecting little bug's home. And like any good home owner, it will protect itself from intruders by stinging or biting you.

B VITAMINS-some say that B vitamins (especially B₁-oral thiamine chloride) changes the chemistry of your blood so that even the most desperately hungry insect wouldn't even think of satiating itself on you.

Despite these precautions, if you should get stung Claude Frazier in How to Defend Yourself Against Bugs that Bite and Sting (National Wildlife, August-September 1978) suggests these general rules..."Scrape out the stinger (if there is one) with a

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knife or fingernail. Do not try to pull it out, as this will squeeze the venom sac and pump more toxin into the wound. Wash the sting area well with soap and water. Apply ice or baking soda to sooth the pain, slow the venom absorption and reduce swelling."

BOOK REVIEW-a monthly review by John Ferrer on Bean and Saubel's TEMALPKH:Cahuilla Indian Knowledge and Usage of Plants. Each month information about plants found in Torrey Pines State Reserve will be featured.

Common Name: White Sage (*Salvia apiana*)... July to September were the times the Cahuilla Indians collected the seeds from the sage. The white sage seeds were made into a mush which had a very definite flavor. Occasionally, the leaves of the plant were crumbled and also added as a flavoring. Supposedly, the seeds of the plant contain 3.8% ash, 7.9% protein, and 6.9% oil.

The white sage seeds were used effectively as eye cleansers. They would place a seed into the eye and then let it roll about, cleaning the eye. They used the leaves with water for a hair shampoo, dye, and a hair straightener. Also the fresh leaves were made into a poultice to eliminate body odors. The leaves were positioned underneath the armpits before retiring for sleep. Thus, this would cleanse the sweatglands. Therefore, when the Indians went hunting for game, the animals could not scent human odor.

Common Name: Black Sage (*Salvia mellifera*)... This was used both as a food and condiment. The seeds were ground into a meal. The seeds have a rich nutty flavor which are very nutritious. Both the leaves and stalks were used as a food flavoring.

"HISTORY OF THE LODGE" BULLETIN BOARD PLANNED

For the last 6 months, Sue Karcher and I have been collecting articles and old photographs of the lodge. We are interested in displaying these items on the museum bulletin board. If any of the Docents have any photos or articles that we could use (or make copies of), please bring them to the meeting September 16. Our "prize find" is a photo of what the lodge looked like when it first opened!

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FIRST CLASS