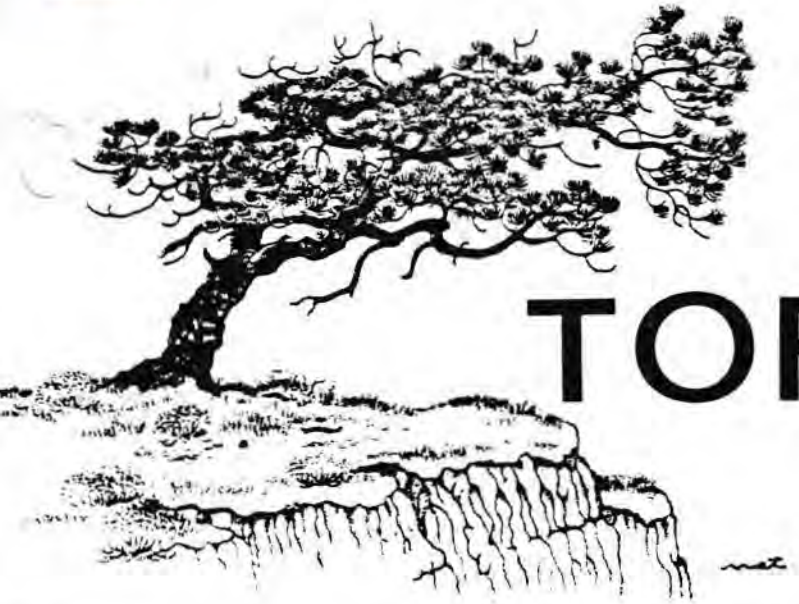


TORREYANA

Published for members of the Torrey Pines Docent Society, #64, July, 1981

NEXT DOCENT MEETING: July 18, 9:00 A.M. Lodge

Our next meeting will be an informal gathering of all docents and associates, with input from the ranger staff as well, to discuss the possibilities of changing the museum to improve its impact upon our visitors. We need many suggestions, so please give it serious thought and bring your ideas to share for consideration. This should be an interesting, lively meeting. Let's have a good turn-out. Now is your chance to be heard!

Judy's Gentle Conglomerations of Thought

Well, the 1981 training session is over and we have at least 7 new docents! To those of you who have just joined us, I extend to you a hearty welcome. Please feel free to contact me (this goes for all docents) about any problems you may have finishing your checklist, or to discuss ideas for our group. To those of you who have already attained "docentdom", please join me in welcoming the new docents and helping them learn the ropes (or in our case, the plants).

Most of the credit for the success of the training goes to Bill Brothers, our vice-president. Not only was he able to obtain a nice variety of speakers for us, but he also proved to be an able substitute when one of our scheduled speakers failed to show up.

Future plans for our group include re-designing the displays in the lodge. If you have any suggestions, let me know. We will eventually be forming a committee.

To parody an old ad for hair coloring: Does she or docent she, only her duty coordinator knows for sure.

Judy

Secretary's Notes by Julie Marine June 20, 1981

The docent brunch was attended by 39 interesting people. There were 21 docents and their guests, T.P.S.R. rangers and park-aides, and two visiting rangers from S. Calif. Regional headquarters- Dick Edwards and Hal Terry.

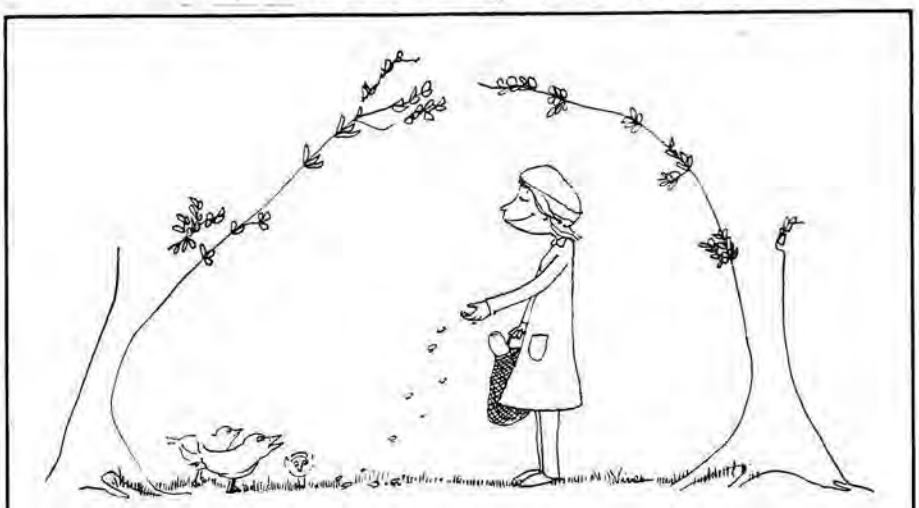
President Judy Schulman welcomed new docents and introduced them to the Docent Society. Following some brief announcements and the awarding of prizes (a docent tote-bag and a book on hiking), the group enjoyed an excellent brunch. So many good things to eat! We are definitely a group of chefs. I didn't have room to try everything. Our thanks to Mary Christenson for all her help in getting the tables set up so attractively.

A beautiful slide show of scenes from past summers at the Reserve showing the Youth Conservation Corps and their summer work program, such as trail building and educational programs, was presented by docent Mike Wainwright. There were also some additional color slides taken by Grace Claire of a fire in the Reserve, and some slides of docents and park scenery. Thanks, Mike and Grace.

A second slide show followed, presented by Karen Schlom from the Reserve park staff, showing some of the many ways that the rangers and park staff assist park visitors: through nature walks and lectures, helping to provide understanding of the environment in which we live, and interpreting all of natures' workings. Karen, the Docent Society would like to thank you for presenting your fine slide program for our meeting.

A walk in the T.P.S.R. Extension followed the meeting.

Please help us keep the Docent Society alive and interesting. Won't you sign up for at least two duties each month? During the summer we are opening the lodge 7 days a week. Please share in the work. On week days docents are needed from 12:00 till 3:00 each afternoon . If there isn't anyone asking for a nature walk, please stay and serve duty in the museum. On week ends we need three docents. The first duty is 11- 2 museum. The second duty is 2- 5 museum. The third duty is a 1:30 walk. Please call your Duty Coordinator and sign up. Call Ruth Hand, 459-9020. Call Julie Marine for July duties also, 755-5598.



"Pumpernickel, again?"

Moments in the Extension by Bill Brothers July 1981

Ranger Bob Wohl led over a dozen Docents, Ranger Staff and Guests on a rewarding hike through the western portion of the extension following our June brunch. We first encountered the soft, hot sands below the gabions where a few Jimson Weeds and Ragweeds were growing. Bob explained the history of the gabions as flood controlling dams and their futile effort in encountering voluminous runoff from Del Mar Heights during winter rains a few years back. Their grey stones and wire structures look alien to Torrey Pines like discards from an ancient civilization.

The group then headed for the DAR trail through the cooling gap in the sandstone(on the way we pondered its formation) for a tremendous view of the Pacific to the West and trees and canyons to the East. Many of the new Docents and Guests were delighted by the forested trail with small canyons filtering up from it as we continued.

Bob explained and shared numerous items along the trail with highlights covering the experimental burn area where we discussed different control burn methods and an owl's nest nestled in a canyons cliff. Bob was very colorful in describing his encounter with old mother owl. I can still feel and hear the beat of the wind across my back. I want to thank Bob and all who went on our journey to the extension. I hope it was as fruitful for them as it was for myself and my guests.

Bill

Getting to Know You

ELLEN QUICK

It was just about exactly a year ago that I first saw Torrey Pines. My husband, Frank, and I had moved to San Diego from Pittsburgh and were eagerly exploring all the interesting places we could find. Of all the spots we discovered in those first few weeks, Torrey Pines was my instant favorite. The combination of the trees, the cliffs, the flowers, the trails, the beach and the ocean- it was everything I delight in about nature, all in one place! On my first hike on the Parry Grove Trail, I started to learn the names of the plants, all so different from the ones I knew back east. I wanted to have more of a connection with such a special place and thought of becoming a docent then, but my energy was invested in starting my new job and moving, and the time wasn't right.

I kept coming back, and by November, when I still wanted to be a docent, I knew it wasn't just a passing fancy. Over the last six months, as I've gotten to know the people here and have gone through the docent training, my appreciation of this place and my delight in it have continued to grow.

I don't get to see the Reserve every day; I live a little farther inland (Penasquitos) , and I work downtown (I'm a clinical psychologist at Kaiser's Maple St. offices). Other things I enjoy these days are cooking, hiking in the mountains and desert, and learning Spanish. I can't quite do psychotherapy or lead nature walks in Spanish yet- but, maybe next year!

Ellen

WHAT BUGS YOU? by Bill Brothers

Wandering along the sagebrush bordered paths, blue eyes converge upon white frothy foam clinging to herbaceous stems. This strange wonder is secreted by an insect appropriately named the Spittle bug. The adult does not receive credit for the spittle but a dissimilar looking younger nymph. A quick blast of air over the spittle will reveal the cream and brown two toned nymph. The nymph usually sucks juices upside down which enables the frothy spittle, secreted from the anus, to flow over its body as it mixes with air. The foamy mixture serves as protection against predators and from drying out. The adult stage doesn't produce spittle but hops along the vegetation like a miniature frog. There are six species of the genus Aphrophora found living throughout California.

The white cottony patches on the prickly pear cactus are not fungi but camouflaging secretions from the red colored cochineal scale, an insect. Hatching nymphs crawl out from beneath the corpse of their wingless mother in search for their own feeding grounds on the cactus pads. Here they begin to secrete their cottony and waxy shrouds, or scale, as they grow into adults. Mexican Indians collected the insects for the production of a water based crimson dye. Another insect, in its larval stage,also hides from our eyes as when walk along the sandy trails. Does anyone remember its ferocious name?

Bill

ADULT SPITTLE BUG

COCHINEAL SCALE

Quizz

1- During the hot summer, lizards turn lighter in color to reflect more light. True_____ False_____

2. All warm blooded animals lose excessive heat by perspiring or panting. True_____ False_____

3- Lizards have eyelids, snakes do not. True_____ False_____

TEN LITTLE PINE TREES AND HOW THEY GREW by Hank Nicol

You may remember that Dr. Bill Critchfield visited the Reserve last summer. Dr. Critchfield is a leading scholar on the subject of pine trees. He told me that he believed that the witch's broom growth in pine trees is not because of fungus or virus as most of the textbooks claim. He thinks that it is hereditary, rather like a sport, I gathered. In case you think I'm talking about baseball or hockey, I should tell you that a sport is a mutation which appears in a bud or a branch rather than in a seed. Every navel orange in the world is descended from one sport from one tree in Brazil. Thornless blackberries, pink grapefruit, and several varieties of apples are sports. Anyway, Dr. Critchfield said his point could be proven by planting seeds from cones which grew on a witch's broom. If it is hereditary, half the seedlings should come up looking like normal pine trees. The other half should look like witch's brooms. I could make my fortune producing dwarf Torrey pines. Besides, I only half believe anything until I've tried it myself.

It took awhile, but I found a broom with quite a few cones. It took a lot of reaching and straining to knock down the cones, and, when I got several, I realized I didn't have anything to carry them in except the tight pockets of my green Levis. I sat down on the spot and worried the seeds out of the cones. When I got back to the office I gave them the standard treatment. I dropped them in water. 40 sank. They might be good. I put the 40 in some damp potting soil in a jar and hid it behind the Boss Ranger's organic baloney in the fridge for a couple of months. The seeds lost their dormancy. So did the baloney. I planted the seeds in a tray of sterilized, fungicidized, high class of my own mix potting soil. I took real good care of them, but only ten seedlings grew from the forty seeds. Well, the seeds were kind of runty.

I transplanted my ten seedlings very carefully into gallon pots. I gave them another dose of fungicide. They began to grow well until one day, in spite of all the captan I had dumped over them, one caught a bad case of damping off. And then there were nine.

The rest of the seedlings grew slowly. I couldn't tell if they were going to be anything other than just normal Torrey pines. Otherwise everything was going nicely until the cat knocked over a pot. I didn't notice it until too late. And then there were eight.

I'm still watching out for fungus, and bugs, and cats. The story is a long way from over. I figure that if I get even one witch's broom tree I have proved Dr. Critchfield's point. As far as I know neither virus or fungus is transmitted through seeds, but, then I'm not very smart. Dr. Critchfield is plenty smart. In order not to take chances with my clumsy efforts, I collected another batch of seeds from the same broom and sent them up to him. He sent me some Atlas cedar seed in return. One way or another I should learn something. Anybody need an Atlas cedar?

Hank

To refresh your memories, following are some of the Northern Diegueño Indian uses of plants found in the Reserve:

Yucca Schidigera (Mohave Yucca)
Fibers- twisted for cordage, sandals
Flowers- boiled as a vegetable
Heart- pit roasted for food
Root- used for soap

Prickly Pear
Fruit- eaten fresh

Manzanita
Leaf- boiled as a tea for kidney ailments

Scrub Oak
Galls- crushed and boiled for eyewash

Yerba Santa
Leaf- boiled for respiratory ailments

White Sage
Young stalk- eaten raw
Leaves- boiled to treat poison oak and respiratory ailments
- Burnt in coals to fumigate house
- placed in armpits to confuse animals

Chia
Seeds - ground for food, seeds often carried by Indians on long trips (seeds high in protein)

Buckwheat
Flowers- boiled as tea for diarrhea, eyewash

Miner's Lettuce
Leaf- boiled as a vegetable

Jimsonweed dangerous, can be fatal
Root- ground and mixed with hot water to make a vision producing drug

Dodder
Entire plant- boiled as a tea to treat black widow bite

News & Notes

The San Diego Natural History Museum presents the extraordinary photographs of miniature flowers by Robert Gilbreath May 16th - August 2nd, 1981

Answers to Quiz-

1- True

2- False (Some lose heat from ears, legs and feet and keep a whole lot drier.)

3- True

Along Our Bloomin' Trails

On Frances Parks' walk one day, among a group of girls who were choosing their own names for the wildflowers, was one inspired young miss who came up with the lovely, imaginative name, "California Snowflakes" for the tiny white flowers we know as "Three Spot". Looking at the drifts of delicate white flowers scattered over the slopes, one thinks how appropriate and charming was the girl's fresh view of the flowers. From now on, "Three Spot" will be "California Snowflake" to me.

Correction:

Julie Marine is Vice-President, not Secretary, of the Torrey Pine Association. Margaret Allen is the Secretary.

CANYON TRAILS by Helen Chamlee

Here we are into July, sitting in the shade, visiting the beach, or otherwise keeping cool. How do California's wild flowers spend their summers? They can't move into air-conditioned spaces, or can they? In a sense some of them do. Small plants that grow from bulbs, tubers, corms or other fleshy underground structures can survive six, seven or eight rainless months by retreating underground. Enough air is present even in dry soil to support the now small mass of plant tissue.

A modest amount of moisture also is available to the dormant bulb, which goes on respiring, or breathing, even while resting. This is the reason for storing daffodil and other bulbs in brown paper bags rather than sealing them in cans or other airtight containers. Starches and sugars, the food manufactured by green parts of the plant during the growing season of winter and early spring, are stored in the bulb where they will be available later.

Some native bulbs are no larger than a peanut- Spanish peanut, not Virginia. You'd expect them to wind up roasted like peanuts when summer comes to barren hilltop and ground temperatures rise far above 100 degrees. But remember, this high heat is at soil surface only and a surprisingly few inches below that hot surface the temperature is tolerable. These little plants know about those sheltering inches, so down under is where they spend summer dormancy. So they have food, air, water and a temperature they can live with until the heavy rains of fall touch whatever trigger starts the new season's growth cycle. What more could a little plant wish for? Television?

Some larger plants that do not retreat below ground but solve their problem by other means are California buckwheat, encilia, several kinds of sage, sagebrush and similar shrubs. These maintain some part of their aboveground tissue while simply abandoning other parts. This habit characterizes what we call the sage scrub community- a scanty sort of vegetation found in areas of poor soil and low rainfall. The flowering bulbs and colorful annuals which always delight us fill spaces between these bushes in early spring. When they close down for the year only the shrubs are left looking alive, but not much alive. Sagebrush and white sage die back from the tip, leaf and stem both, encilia drops all the leaves from the upper half of each stem; golden yarrow and some others drop their large green leaves and replace them with tiny whitish leaves protected from heat and dry air by a wooly or silky coat of hairs. Manzanita turns its leaves vertically to the sky, so as to receive less of the sun's direct heat and light; buckwheat and chamise curl the margins of their leaves under, making themselves smaller in effect. Dying back from the tip gives plants a measure of protection- the dry twigs form an umbrella, or rather, a sunshade or parasol.

Accomodation to summer drought varies from plant to plant but each has a system that works, otherwise it wouldn't be there year after year.

TORREY PINES DOCENT SOCIETY
PRESIDENT- Judy Schulman
Deadline for Torreyana copy
the 25th of each month.
Send contributions to:
Millicent Horger, EDITOR
13130 Carousel Lane
Del Mar, Ca. 92014
Phone: 481-9554

Poetry Corner

SAILOR

He sat upon the rolling deck
Half a world away from home,
And smoked a Capstan cigarette
And watched the blue waves tipped with foam.

He had a mermaid on his arm,
An anchor on his breast,
And tattooed on his back he had
A blue bird in a nest.

-Langston Hughes

Ed. Note:

Your editor has just returned from a fabulous trip to Alaska. Did you know that gigantic Mendenhall Glacier is receding at a rate of 2 feet a day? And that the glaciers' color is mainly blue? On the Mendenhall River float trip (where our rubber raft got stuck on a log, necessitating a deliciously scary rescue!) we saw quite a few bald eagles. These magnificent birds are making a remarkable comeback.

Along the wayside at every Alaskan port, and on B.C., Wash., and N. Oregon coasts, were masses of tall, deep orchid-pink foxgloves (from which the drug digitalis is derived). A soul-satisfying sight.

Millicent

Torrey Pines Docent Society
C/o Torrey Pines State Reserve
2680 Carlsbad Blvd.
Carlsbad, Ca. 92008

TORREY PINES DOCENT SOCIETY

FOR

File Copy
Keep in Library


Scrub Jay