



TORREYANA

Published for members of the Torrey Pines Docent Society, #74, May, 1982

NEXT DOCENT MEETING: Saturday, May 15, 9:00 A.M., Visitor Center

DOCENT TRAINING PROGRAM CONTINUES

May 1	Botany of Torrey Pines	Bill Brothers, Vice president TPDS
May 8	History of Torrey Pines State Reserve	Judy Schulman, President TPDS
May 15	Animals of Torrey Pines State Reserve	Don Hunsaker, Professor of Zoology San Diego State University

Judy's Gentle Congglomerations of Thought

I'd like to thank personally all current and potential docents who attended the 1st meeting of our 1982 training session. Of the 37 who attended, 26 were individuals new to our group who had responded to our advertising campaign. I am happy to announce that, as of the end of the 1st meeting (my apologies to those of you who signed up at the 2nd meeting, but my deadline is before that) we have added 6 new docents. Please welcome: Donald D. Anderson, Valerie Gibson, Margaret A. Judge, Melanie Martimod, Donald Murray, and Robert W. Stevens III.

JUDY'S GENTLE CONGLOMERATION OF THOUGHT... (continued)

With so many new members amongst us, I would like to repeat a passage that describes what a docent is (whether he or she is here at Torrey Pines State Reserve or anywhere else). The passage comes from Guidelines for Docent Programs in the California State Park System which was published February 1980 by the Department of Parks and Recreation.

State Park System docents are properly defined as nonpaid interpreters of cultural, natural, and recreational resources. Their primary function is to act as interpretive guides, art and craft demonstrators, and interpretive assistants for special events and celebrations. They may also do research that is directly related to and will enhance the overall interpretive program, perform some maintenance or housekeeping duties, work at sales counters, and do clerical work that pertains to docent activities.

Docents do not establish management or operations policies, and they may not be used to replace full-time permanent, seasonal, or part-time staff members.

Docents are used to supplement the permanent or seasonal staff in their effort to provide complete professional interpretive program for the park visitor. Used in the proper capacity, docents can be a valuable asset to any park unit.

Judy

Along Our Bloomin' Trails

Adding to the spring bouquet- many, many white star lilies adorn the Broken Hill Trail. This is the time of year to hike Broken Hill, before it gets too bloomin' hot!

News & Notes

Dominic Gotelli suggests that a more accurate answer to last month's Quiz question, "What makes a desert a desert?" is: "A desert occurs when evaporation exceeds precipitation."

Secretary's Notes by Julie Marine

At the April meeting the Docent Training Program began with introductions led by President, Judy Schulman. A warm welcome to our new associate members. Following awarding of door prizes Judy introduced Vice-President, Bill Brothers, who gave a talk on "Being A Docent", including some of his own experiences at the Reserve. Discussion followed about requirements for becoming a full Docent- dues, filling out membership applications, and completing check-off sheets. Judy explained some of the benefits- socials held each year, special field-trips to places like Sea World and whale watching trips, and the monthly newsletter. Remember, a parking sticker will be issued to associate members.

Bill finished with a very important issue- environmental awareness and the importance of telling visitors about preserving our park lands and open space, and the importance of serving your monthly duty. Several books were recommended to new members.

Park Supervisor, Ranger Bob Wohl, gave information on the park rules and regulations, talked about various parks in the Calif. State Park system, and passed out helpful pamphlets. He suggested that Docents give input about improvements and needs for the future here at the Reserve. He stated that if you can give six good facts about the Reserve, you can give a good nature walk.

There are three major areas of TPSR- 1) the beach area, 2) the lagoon, and 3) the upland Torrey Pines Reserve area, including the Preserve, the most valuable and protected area.

It was reported that a female grey whale and calf were spotted just west of the kiosk, and a whale was seen spy-hopping. What a great sight to start this day!

A slide program followed, presented by Ranger John Magee and Park Naturalist, Hank Nicol. There were many slides taken at various museums and visitor centers. It helped to give us ideas as to how some state park groups interpret their history and significance in exhibits and displays.

Following the coffee break and program Bill Brothers took the new associate docents on a nature walk to Lookout Knoll (High Point), where they could view the lagoon, Torrey pines, and the beautiful wildflowers.

Quizz

In a survival situation, which of the following would be a good source of Vitamin C.?

- A- pine needles
- B- needles from the Ute tree
- C- spinach

POINT LOMA'S BAYSIDE TRAIL by Isabel Buechler

You've probably all visited Cabrillo National Monument on Point Loma many times, but how many of you have walked down the Bayside Trail? What was once a military patrol road has become a quiet pathway where remnants of World War II defense installations are still visible but are gradually being erased by nature. Along the way, you can view activities in busy San Diego Bay, watch for birds and small animals, and enjoy the flowers and coastal chaparral.

On a cool, cloudy day in late March (the day after a visit to the Anza Borrego Desert), flowers blooming on the Bayside Trail were much the same as those in Torrey Pines State Reserve. Because of the steep terrain, however, it was difficult to positively identify those not directly alongside the trail (unless, of course, you wanted to risk a life guard rescue operation).

Missing were the masses of poppies and ground pinks found in the Reserve. Paintbrush, on the other hand, was more abundant than in the Reserve, making bright splashes of color all along the trail.

Growing in a tangled mass of several different plants was an especially lovely flower that I couldn't identify. It was impossible to find the leaves of that particular specimen without damaging the plants. A search through several flower books brought no conclusive results. The flower most resembled Ithuriel's Spear (*Brodiaea laxa*), shown in Munz's "California Spring Wildflowers" (plate 73, page 83), but the range given in the text doesn't include the San Diego coastal area. Hank or some of the experienced docents must know what it is.

Although the trail guide mentions yucca, I didn't see it. In common with the Reserve, a wood rat house is visible near the trail. And the flowers were lovely--coreopsis, blue dick, encelia, monkey flower, bladder pod, lupine, and on and on. There was even one lonely geranium, bright red, another sign of man's former presence.

The trail is only about 1-1/2 miles long, but as you huff and puff your way back up the hill it might seem much longer. For a great workout of the cardiovascular system, as well as a pleasant and rewarding walk, this is a great trail.

Isabel

RED BUSH MONKEY FLOWER

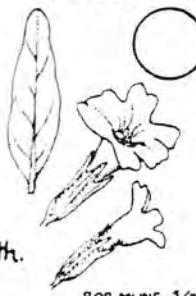
Mimulus puniceus

Shrub, 1 $\frac{1}{2}$ -5', glutinous. Lvs, 1-2 $\frac{1}{2}$ ", linear-lanceolate, revolute, ± sessile, opp, entire to toothed. Fls 2-lipped. Calyx 5-lobed, irreg. Corolla red, 1 $\frac{1}{4}$ -2" l. ST 4, stigma 2. Fruit a caps. Dry slopes & mesas.

Chap, Coastal Scrub. Laguna B. & S. Ana Mts south.

MAR-JUL

99-12-29



BOB MUNS. 3/76

SCROPHULARIACEAE Snapdragon

FURTHER ALONG THE TRAIL OF THE LONESOME PINES

by Hank Nicol

A large manila envelope arrived in the mail. Dr. Bill Critchfield of the U.S. Forest Service had sent me descriptions of three rare pines that I'd been wondering about. His note said, "How are you at foreign languages?"

Not good. Two of the papers were in Spanish and one in French. My daughter, Aspasara, volunteered to try her high school French on the one, while I tangled with the other two. The Boss Ranger helped by finding a Spanish-English dictionary. It didn't take me long to figure out that scientific Spanish has the same relationships to ordinary Spanish as Scientific English has to our common language. Almost none. Most of the words didn't exist as far as the dictionary was concerned. I tried out a Latin-English dictionary left over from long, long ago. Apparently Caesar wasn't much interested in the botany of pine trees. I reasoned that scientists, being an obscure lot, would use the same obscure words no matter where they lived. The glossary of Munz' heavy tome might be the ticket. It turned out that the most useful aid was the office dictionary. With all these sources, plus vague memories of one year of college Spanish, I think I've managed to get enough out of the descriptions to be able to recognize one of these trees if I were standing in front of it.

In October, 1963, Dr. Rzedowski of the Univ. of Mexico visited the market place in Juchipila in Zacatecas. He heard tales about a piñon with very large seeds. He was able to track it down in the Cerro de Piñones where he found it growing at an altitude of 6,000 feet. It turned out to be a tree unknown to science. He described it in 1964 and named it for his friend and colleague, Dr. Maximino Martinez.

The Pinus Maximartinezii is a piñon which grows from 18 to 30 feet tall. The trunk can be up to 20 inches thick. The needles are very flexible and are in bundles of five. There are no teeth on the edges of the needles. The upper surface of the needles is a brilliant green. The underside is bluish. The combination makes the forest appear blue-green at a distance.

The cone is described as oval and pendulous. It can be from six to nine inches long and from four and a quarter to five inches across. That's large for a piñon. The seed is larger than that of the Torrey pine. It can be from seven eights inch to one and one sixteenth inches long, about a half inch across, and it has a very short wing.

Another pine was discovered and described by Xavier Madrigal Sánchez and Miguel Caballero Deloya of the Mexican Institute of Forest Research. In 1968 they found the tree, which they named for Dr. Rzedowski, growing at an altitude of 6,600 feet in Michoacan.

Pinus rzedowskii grows from 45 to 60 feet in height. The trunk can be up to two feet thick. The bark is wrinkled, and the wood is hard. The tree has an irregular shape and is "poco compacta". The needles grow three or four, mostly four, to a bundle. They have toothed edges. The top side of the needle is clear green, the underside is blue-green. It has a triangular cross section.

The cone is pendulous. It's from four to six inches long and from two and a half to three and a half inches across. There are two seeds under each scale. Each seed is about $\frac{1}{4}$ inch long with a wing from an inch to an inch and a half long. The wings are translucent and are a clear, brilliant coffee color.

The Dalat pine, Pinus dalatensis, has the reputation of being the world's rarest pine. A French botanist named de Ferre discovered the tree in 1960. It grows on Mount Trai-Mat and on Mount Chu-Yang Sinh in the Pou-atonat Range about four miles from Dalat, Vietnam. It seems a wonder that the tree was overlooked for so long. It grows to a height of 125 feet. That's at least as tall as the Khasi pine that grows near it. The Dalat pine's needles are in fives and are from two to four inches long. The cone looks somewhat like a miniature sugar pine cone. It's $2\frac{1}{4}$ to $4\frac{1}{2}$ inches long and from an inch to an inch and a half across. From its picture, the cone would seem to be one of nature's more pleasing works of art. The seed is about $\frac{1}{4}$ inch long with a wing almost an inch in length.

All this may come under the heading of useless information, but I've been told by a scientific type, whom I respect, that there is no such thing as "useless" information. Just in case some of this is useless mis-information, I would appreciate anyone with a knowledge of French and/or Spanish having a go at these papers.

Hank

CANYON TRAILS by Helen Chamlee

I do wish that some common names of plants had never become common, because they lead to nothing but confusion. For example, widely distributed in local canyons is a plant with fruit so distinctive that it always arouses curiosity when encountered. It rejoices in the perfectly simple, two-syllable scientific name of marah, an unconfusing name that doesn't mean anything except just this one particular kind of plant. So what do people call it "commonly"? Wild cucumber! Immediately, visions of sliced cucumbers and dill pickles dance before the viewer's eyes and out pops the question, "Is it good to eat?"

The answer is no, unless you like to chew on pot scrubbers or sponges. Though a member of the gourd family, as is the edible cucumber, the marah more closely resembles the luffa gourd whose insides become pot or elbow scrubbers. The inside of the marah's spine-covered fruit consists of a fibrous cage divided into four or five compartments. Each of these holds several hard, brown-to-green seeds. Old time Indians would roast and crush these seeds and extract the oil for use in treating bald heads with the hope that new hair growth would be stimulated. Appetizing?

Marah is a beautiful vine whose bright green succulent foliage makes it stand out around here where the native vegetation tends to be more brownish green than clear emerald. It grows from an underground tuberous root which can reach enormous size and weigh up to a hundred pounds or more. Is this part good to eat? Again no, but it can stupify fish. The root looks a little like an oversized sweet potato, thin brown skin and all. Deep underground, the roots persist for years, attaining great size, legendarily the size of a man's body. It is said to be called man-root, but I have never heard that term used in the San Diego area where I have always lived.

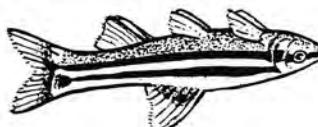


The vine grows quickly, clinging by tendrils to whatever is nearby, whether tree, shrub or barbed wire fence. It can become a nuisance by smothering smaller plants. People grub off the vine at the "roots", thinking to rid themselves of it. But this does not reach the deep-seated tuber, which just sends up new growth the next fall as if nothing had happened.

Fresh green growth appears and spreads quickly in early winter. The flowers- pretty little greenish white stars, appear as early as December. As with other members of the gourd family-melons, squashes and real cucumbers, it bears both male and female flowers. Male flowers are in sprays of six to a dozen or more; female flowers are solitary, with the fruit at the base. The fruits are spiny, even in infancy, though the spines are soft until maturity. The egg shaped fruits are covered completely with spines up to half an inch in length.

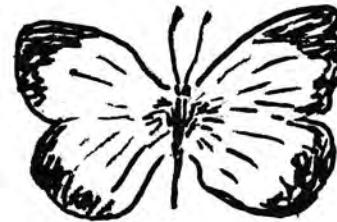
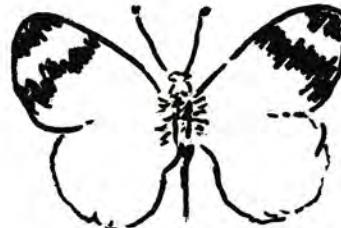
When the seeds are mature the dangling fruit splits across the lower end, the sides curl back, and the seeds drop to the ground. They are eaten by squirrels, and likely by other animals as well.

Oh yes, stupified fish. The tuber contains an alkaloid which affects the nervous systems of fish. Indians learned this long ago and took advantage of it. Pieces of crushed tuber sprinkled into a stream would cause fish to float to the top. They could then be scooped up and used as food, with no harm coming to the consumer.



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Poetry Corner



BUTTERFLIES

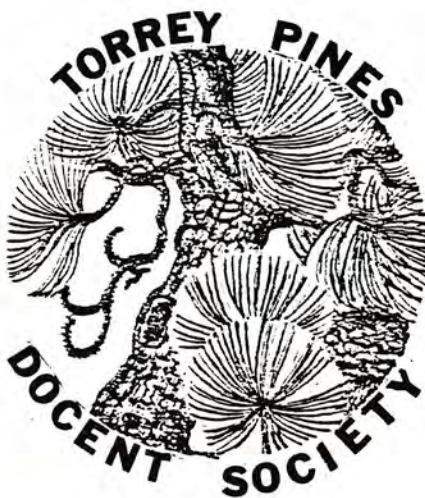
Two sloops
with gorgeous sails
enter and cast anchor
in the still blue harbor of the
larkspur.

- Robert Dodson

ANSWER TO QUIZ

A. This info. from Course Development Div. on Survival Techniques,
U.S. Army Aviation Center, Fort Rucker, Ala., File # 5/69-9072-1
in 1976 training manual for pilots. (Submitted by Julie Marine)

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Scrub Jay