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TORREYANA

Published for Members of the
Torrey Pines Docent Society

No. 118

April 1985

NEXT DOCENT MEETING: Saturday, April 20, 9 a.m., Visitor Center

The regular monthly meeting, and one of the highlights of the Docent Training Session, will be a slide and lecture program by Tom Demeré, paleontologist from the Museum of Natural History, who will talk on the prehistoric life of this area. Those of us who have heard him before won't want to miss him (he spoke to our group in September 1983), and new docents and trainees will find his lecture most interesting and informative. Refreshments will be served after the meeting.

Along our Bloomin' Trails by Millicent Horger (Mid-March)

For the past three bloomin' seasons I've been keeping my eyes peeled (in vain) for miner's lettuce, a darling little plant that likes moist shade. This week I was delighted to spot it again in its usual place on the north, shady section of the Guy Fleming trail. When you're walking east, it's on the right side of the trail among the ferns, just past the wind-sculptured grove of Torrey pines. It's interesting because the dainty white flowers arise out of the center of the leaf. Look for it on your next walk.



The name comes from the old-time miners' use of the plant as a salad green, I'm told.

Millicent

Secretary's Notes by Betty Andrews

The regular monthly meeting of the Torrey Pines Docent Society was held on March 16 at the Lodge.

Glenn Dunham, president, reported that the San Diego Historical Society will be hosting the Docent League on April 29 with a bus tour to their three facilities, followed by a luncheon. He would like the names of those planning to attend.

Glenn and Judy Carlstrom attended the reception for the opening of the "Mat's Art of the Pine" exhibit on March 4 at the San Diego Public Library downtown. The exhibit will continue through March 30.

Hank Nicol's new book, "Beyond the Trees," has arrived from the printer and is now on sale in the Lodge for \$4.24.

Bob Wohl said that it is a wonderful year for wild flowers all over the area, and that Torrey Pines has a large number of blooms at this time. He announced that a "Gold Card" is now available from the State; it will allow free day use of State Park facilities in the area south of Santa Barbara, and docents should let him know if they would like the card.

Bob Wohl also reported that the taxidermist has finished with the majority of the work and animals will be arriving in the near future. There will be about twelve animals and all will not be displayed at the same time. Already displayed in the cases are a coyote and a barn owl.

Ruth Cheney asked that articles be contributed for the bulletin board in the docent lounge. Anything interesting pertaining to the Reserve, nature, or other relevant subject would be appreciated.

Judy Carlstrom introduced the guest speaker, Roberta Fleming, who is noted for her work with children's museums. Her theme was "A Child's curiosity is a wonderful thing." She told how she got started in the museum work and how her projects grew, and her talk was illustrated with interesting slides.

Following the talk, refreshments were served, provided by Bob Amann, Milli Horger, and Judy Schulman.



When the first edition of "A Field Guide to the Birds" was published over 50 years ago, during the depression, the publishers agreed to print 2000 copies only if the author consented to forgo royalties on the first 1000 copies sold; the edition sold out within one week and has since sold more than three million copies for its author, 76-year-old Roger Tory Peterson.

Notes from the Naturalist by Hank Nicol



THE VIEW FROM OUT THERE

February 26 was my birthday. On February 27 I got my present. It was a ride with a dolphin study team from San Diego State. We followed a pod of dolphins for over an hour, and I got to see Torrey Pines from a different viewpoint.

We left the Sea World Marina in an 18-foot Boston Whaler and headed north along Pacific Beach. P.B. isn't very impressive from the sea. It does have one heck of a lot of beach. The rocky shore of La Jolla is more picturesque. The concrete sea walls were not picturesque...until several somebodies painted murals of wind surfers and such on them.

Even though it was a sunny day, not many people were using the beach. Of course, on Wednesday, not many people have the chance. One person was walking up Black Gold Road. Another was walking down. Some surfers were catching very short rides on the light waves. I saw a group of people lined up like a picket fence on the cliff at the glider port. There was no wind, therefore no lift, therefore no gliders.

The cliffs in that area are part of the unstable Ardath shale formation. I could see the remains of slides big and small, old and not so old. They look worse from out at sea than they do from the beach. Some, you probably wouldn't notice from up close. Another thing that makes the slides command attention from outside the surf is that so many can be seen at one time. I also saw several big damp places which seemed to promise more slides.

For a long time I've wondered about the story that Torrey Pines was Punta de los Arboles to the Spanish navigators. It's hard to see anything that looks like a point from the sea. The shoreline could have been quite different in the days of the Manila galleon. The pattern of trees is probably much changed too. Who knows how many trees were there? Where were they growing? From the boat I saw a sparse gathering of Torrey pines in the Broken Hill area. The North and Parry Groves were thick with trees and highly visible. I couldn't see High Point until we were on the return trip and farther out. At a distance it was quite prominent.

The next week, during a minus tide, I walked out as far as I could reasonably go. It's not the same thing. The view from the boat was worth the price of the seasick pills.

Hank



THE BOUNTY OF SPRING

by Barbara Coffin Moore

Spring came early this year. I saw my first spring wildflowers, the persimmon red Indian paintbrush, at Torrey Pines Reserve before Christmas. Then, not long after, the popcorn-like clusters of the white warty-stem *Ceanothus* burst open on the verdant hillsides and vacant lots of Del Mar.

Soon it seemed that every native plant was burgeoning with blooms — the rosy pink buds of lemonade berry, the bright blue nightshade, the sunny yellow sea dahlia, the black-eyed bush sunflower, the delicate creamy white milkmaids and the pendulous red blossoms of fuschia-flowering gooseberry. "Spring is here!" they proclaimed, even though it was still January.

As the season progresses toward June, and we go out of our way to take special trips to see wildflowers, we are often overwhelmed by the variety and diversity of color and form. Perhaps we feel the rebirth that spring promises. At the same time, we might reflect on the meaning spring had for the aboriginal residents of the area.



The locality we call Del Mar was probably as hospitable a home to primitive people as it is to us. We know they lived here for thousands of years because there are middens, trash heaps containing clam, oyster and scallop shells, in many locations as well as remnants of old campsites near San Dieguito and Los Penasquitos lagoons. Archeologists have identified three separate groups of early people, each having different skill levels at hunting and gathering.

Before contact with European culture, there seemed to have been an abundant supply of shellfish in the lagoons and much small game in the upland areas. Plants, too, provided food, medicine and materials for maintaining the daily needs of a simpler way of life.

Berries and fruits of many plants were gathered and used as food, either eaten raw or roasted or dried and pounded into flour in bowl mortars and *metates* that have been left behind as mute reminders of times past. Toyon, manzanita, wild cucumber, elderberry, paintbrush,



gooseberry and Torrey pine — all provided seeds.

Roots of Mojave yucca were used for soap while the buds, flowers, fruits and seeds were eaten. The leaves and flowers of blue and scarlet delphinium and some lupine species were eaten. Bulbs of mariposa lily, golden stars and wild hyacinth were eaten raw, roasted or boiled. The entire California poppy was eaten. The fingerlike leaves of mission lettuce were used as greens, as was clover.



Wild onion, which grow both in Torrey Pines Reserve and the Extension, were probably welcome additions to the diet.



Many plants had medicinal value. Often, tea was made from leaves and then either drunk or applied as a wash directly to the afflicted part of the body. Chamis, also known as greasewood, was thought to cure syphilis, tetanus and rabies. Tea from buckwheat soothed headaches and stomachaches. The pale yellow, clustered blossoms of elderberry produced a tea for fevers, upset stomachs, colds, flu, croup, measles and even smallpox. Lemonade berry tea was used for colds.

Tea from the velvety-gray leaves of yerba santa, "holy plant," was drunk for headaches and colds. Sometimes the leaves of this plant were applied directly to wounds or swellings. Bee plant, or figwort, was used for fever. Pieces of yarrow root were inserted in hollow teeth to relieve pain. The uses for wild plants go on extensively.

As we admire the beauty spring has brought us in her wildflowers, let us also stand in awe of those courageous early people who found such diverse uses for them. Let us also remember that, in California, wildflowers are protected. They are not as abundant as they once were. We have all encroached on their habitats. Admire and enjoy: but don't pick!

(A Heights resident, Barbara teaches natural history at Scripps Aquarium and the San Dieguito Adult School. She holds a degree in Child Development, and her courses in marine life are a popular part of the Children's Creative Workshops.)

Getting to Know You by Irene Stiller

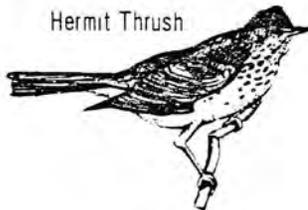
I always knew I loved taking walks and hikes but was never quite sure why.

Now that I've been through the Docent Training Program and learned a great deal about the plants and shrubs, I understand.

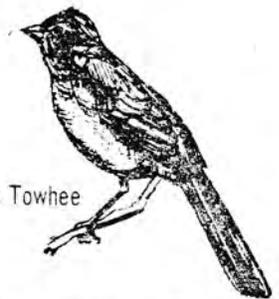
In my "other life," I'm a nursing instructor. I like my work, but I was feeling the need to do something else--far from students, hospitals, and nursing.

Learning about the Torrey Pines State Reserve and the wonderful docents who compose the society has been truly most enjoyable!

Hermit Thrush



Brown Towhee



News and Notes

NEW BOOK BY MITCH BEAUCHAMP

Mitch Beauchamp (who took part in our 1983 Docent Training Session), of Pacific Southwest Biological Services, has sent us a prepublication announcement of his forthcoming book, "A Flora of San Diego County," to be published July 15, 1985. The book is an annotated distributional listing of native and adventive exotic plant species known to occur in the county.

The announcement states that an introductory chapter will address vegetative and floristic associations within the county as well as the history of botanical collecting in that region. The publication will include a vegetation map of San Diego County, prepared by Thomas A Oberbauer.

Prepublication purchases, needed to support publication costs, may be made by check made out to R. Mitchel Beauchamp and mailed to the address below. Prepublication cost is \$18.

Pacific Southwest Biological Services
P.O. Box 985
National City, CA 92050

DOCENT COUNCIL ANNUAL EVENT

President Glenn Dunham reminds us that those planning to attend the meeting hosted by the San Diego Historical Society on April 29 must pay for the tour and luncheon by April 10. Send your money to him: \$1.50 for the bus tour only, or \$8.50 for the bus tour and the luncheon.

ABOUT BARBARA MOORE

Barbara, whose article, "The Bounty of Spring," appears on page 4, is a TPDS supporting member and last November led docents on a fascinating tidepool walk.

DOCENT TRAINING SCHEDULE

Here for your convenience is a repeat of the schedule for the Docent Training Sessions as given in the March Torreyana:

- April 13 Introductory lecture, interviews, and guided walks
April 20 Tom Demeré, paleontology
April 27 Dave Faulkner, entomology
May 4 Judy Schulman and Judy Carlstrom, history and prehistory
 of the Reserve
May 11 Dick Edwards, interpretive techniques
May 18 Erik Jonnsen, native plants, slides and lecture
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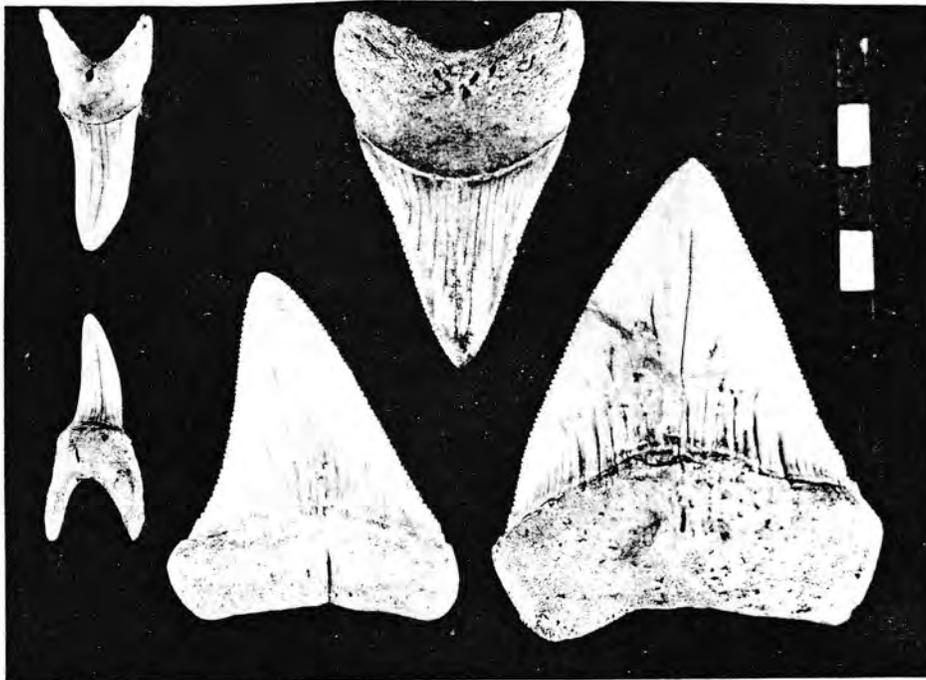
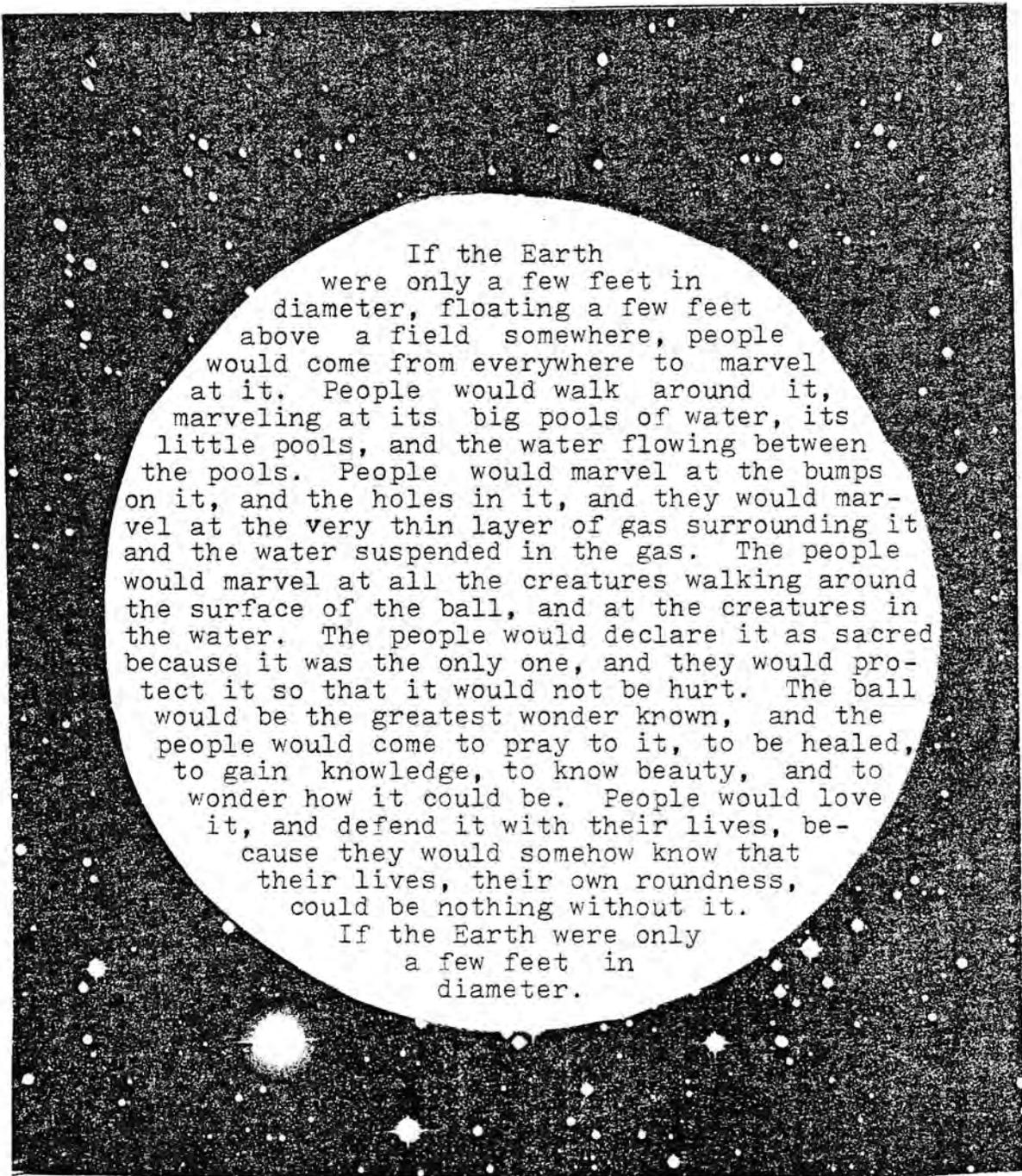


Figure 8. Photo of shark fossils recovered from the Mission Hills quarry. Clockwise from left: two teeth of mako shark *Isurus* sp. (smaller teeth); and three teeth of white shark *Carcharodon* sp.

The illustration above is from an article entitled "The Mission Hills Bone-Bed: A Paleontological Excavation," written by Tom Demeré and published in the Winter 1985 issue of Environment South-west.



If the Earth
were only a few feet in
diameter, floating a few feet
above a field somewhere, people
would come from everywhere to marvel
at it. People would walk around it,
marveling at its big pools of water, its
little pools, and the water flowing between
the pools. People would marvel at the bumps
on it, and the holes in it, and they would mar-
vel at the very thin layer of gas surrounding it
and the water suspended in the gas. The people
would marvel at all the creatures walking around
the surface of the ball, and at the creatures in
the water. The people would declare it as sacred
because it was the only one, and they would pro-
tect it so that it would not be hurt. The ball
would be the greatest wonder known, and the
people would come to pray to it, to be healed,
to gain knowledge, to know beauty, and to
wonder how it could be. People would love
it, and defend it with their lives, be-
cause they would somehow know that
their lives, their own roundness,
could be nothing without it.
If the Earth were only
a few feet in
diameter.

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HAPPY EASTER TO ALL

Torrey Litters



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