



TORREYANA

Published for Members of the
Torrey Pines Docent Society
and the Torrey Pines Association

No. 137

November 1986

Next Docent Society Meeting

SATURDAY, NOVEMBER 15, 8:45 A.M. AT THE VISITOR CENTER

For November we'll have an off-premises meeting at Scripps Aquarium, graciously hosted by their Docent Society. We will have a tour of the Aquarium including a behind-the-scenes look at the tanks, which should be most interesting. The program will start at 9:30 a.m.

Please note the early gathering time at the Lodge: 8:45 a.m. Parking at the Aquarium is extremely limited, and it has been requested that we carpool from the Lodge, allowing time to park at Kellogg Park and walk to the Aquarium. Where this is not feasible, if parking at the Aquarium itself is available, it will require a minimum of four quarters because of the 25¢ per half-hour rate and an anticipated meeting of two hours. Please keep this in mind and appear at the Lodge promptly at 8:45 a.m so that we will have time for duty sign-up and any pressing announcements that may be essential by way of a business meeting.

Be sure to turn out for this exciting opportunity.

PLAN AHEAD!

Time to reserve Saturday morning, December 20, for our annual Christmas brunch. Our 1986 docents have graciously agreed to continue the tradition of having the new docents plan the Christmas party. So start thinking about your favorite Christmas dish. Full details in the next Torreyana.



MEANWHILE--

HAPPY
THANKSGIVING
TO ALL

Secretary's Notes by Marc Gittelsohn

Vice President Grace Martin brought the October meeting of the Torrey Pines Docent Society to order at 9:10 a.m. on Saturday, October 18. (President Janet Humphreys was out of town.) Thirty-nine members and park staff were in attendance. Grace made the following announcements:

1. W. J. Morrison is the seventh trainee of the 1986 class to become a docent. Congratulations W. J.!

2. Final respects were paid to the aborted Wilderness Weekend and refunds were issued to all who had planned to attend.

3. The November 15 monthly meeting will take place at the Scripps Institution of Oceanography Aquarium (see page 1). Due to a parking shortage at SIO, docents are to park at the Lodge parking lot and then carpool down. She asked that everyone be at the Lodge by 9:15 a.m. to receive any critically important messages.

4. The Seminar on Oral History Techniques to be held on Wednesday, November 5, is still on (see October Torreyana, page 2), and one slot is still open for a docent. Anyone interested should contact Janet or Bob Wohl.

5. Following a long-standing tradition, the Society Christmas party, to be held this year on December 20, will be arranged by the current-year docent class. Therefore, 1986 class members present were asked to meet with Grace after the meeting to begin planning.

6. Because of the Society's new connection with the Junior Ranger Program at the San Elijo State Beach, Bonnie Korn, Park Aide in charge of that program, was present and distributed copies of its "Guidelines and Procedures" to interested members.

Jeanne Dunham called attention to the toxic waste issue by making available to members copies of several informative reprints and pamphlets relating to hazardous materials and their disposal.

Jeanne also announced that the Friends of Los Penasquitos Canyon Reserve will hold an open house at 2 p.m. Saturday, November 15, at the Johnson-Taylor Adobe to show what progress has been made in the restoration of that historic house.

Glenn Dunham said that the State Park Department would conduct a prescribed burn in the Reserve within the next few weeks.

Our speaker for the morning was Pat Flanagan, and her talk, illustrated with slides, was on the Tijuana River National Estuarine Research Reserve, where she has been its educational coordinator for the past 15 months. Hailing from the Southern California area, Pat has lived in San Diego since 1966. She received her Bachelor's degree in biology from California State University in Long Beach. In addition to her work with the Tijuana Reserve, Pat spends a good deal of time in Anza Borrego where she is a "private naturalist" consulting with people on how to survive in the desert and teaching natural history in the Borrego schools.

After Pat's presentation, members were treated to great refreshments baked and/or brought by Maurie Brown, Pat Buckley,

Melodi Evered, Elberta Fleming, and Parker Foster. Thus fortified, about 25 attendees went down to the lagoon in the Torrey Pines Reserve, where Pat took us on a walk and helped sharpen our eyes to see 20 or more plants ranging from the common sea rocket and pickleweed to the less known alkali heath, jaumea, and snake's spit. Grebes, herons, egrets, and other birds also caught our attention on this fascinating stroll.

CORRECTION TO SEPTEMBER MINUTES (see October Torreyana, page 2)

The handsome new signs on the cases in the Lodge were prepared by Hank Nicol and Jim Bittner.

MOORE ON NATURE by Marc Gittelsohn

A new round of natural history classes taught by Torrey Pines Docent Society supporting member Barbara Moore will begin the second week of November. These classes are outstanding. They meet once a week and are sponsored by the San Dieguito Adult School. All classes meet for the first session at Glen Park in Cardiff and cost \$10.00.

	<u>Time</u>	<u>Day</u>	<u>First Day</u>
1. Natural History and Recognition of the Common Birds of the San Dieguito Area			
Section 1	8:00 - 9:30 a.m.	Tues	November 11
Section 2	10:00 - 11:30 a.m.	Tues	November 11
2. Natural History of Chaparral Plants and Animals			
	9:30 - 11:30 a.m.	Wed	November 12
3. Natural History of the Shore			
	1:30 - 3:30 p.m.	Wed	November 12
4. Nature Walks for Pre-Schoolers and Their Parents (Great for grandparents too)			
	9:30 - 11:30 a.m.	Thurs	November 13

Barbara has more than a hundred different walks in her repertoire, so classes can be profitably repeated. For further details, call Barbara at 755-7133.

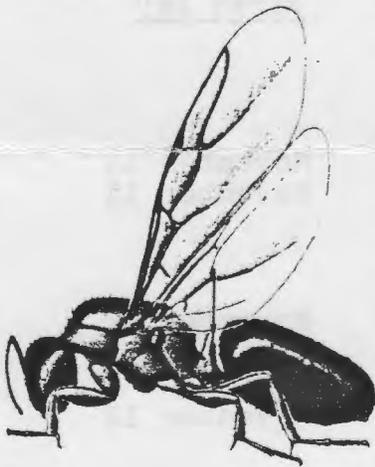




STINGS (II)

Wasps, ants, and bees have two pairs of tissue-like wings. They are, collectively, called "Hymenoptera," meaning "membrane wing." Flies and mosquitoes also have transparent wings, but they have only one pair. Flies and mosquitoes don't sting. Some flies and mosquitoes bite so efficiently that it's difficult to appreciate the difference.

Formica ants don't necessarily crawl all over your kitchen counter. Formica is merely Latin for ant. Members of this genus have no stingers. They bite and then spray formic acid into the wound. Wasps, bees, and most other ants can be equipped with real stingers. You've undoubtedly heard the old saw about "the deadliest of the species." In this case it's true. Stingers are modified ovipositors. An ovipositor is an egg-laying tube. Males don't lay eggs. Therefore males can't sting. Some females have stingers which they use very selectively. All queen bees, for instance, will sting only another queen. Then too, if a hive decides on mutiny, the bees don't assassinate their queen with stings. They gather around her in a ball and hold her prisoner until she dies of starvation.



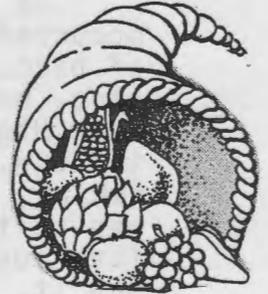
Ant venom is comparatively simple, with two or three component chemicals. Bee venom may have twenty components, including amino acids, proteins, enzymes, peptides, and three amines (dopamine, norepinephrine, and histamine). I don't know what all these things are, but, I'm told, the histamines are particularly nasty. One of the sometimes recommended first aid treatments is to swallow some antihistamine. I've heard of people putting meat tenderizer on bee stings. Venom is largely protein. Meat is largely protein. I guess it figures. My mother's remedy was to cake damp baking soda on a sting. That old reliable, The ABC and XYZ of Beekeeping, says that water as hot as you can stand will bring almost immediate relief. "If continuously applied alternately with cold cloths it will do much to reduce the local fever and swelling as well."

I called Dave Faulkner, entomologist at the Natural History Museum. He had yet another story. He said that the best and easiest thing you can do for a sting is to get some ice on it.... Immediately. This will slow the action of the venom and reduce swelling and itching. Dave said that antihistamine does work to some degree. Meat tenderizer could too, but how do you get it to where the venom is? He also said that an old, old remedy has been resurrected. Put damp salt on the sting. This changes the osmotic balance and pulls the venom out. This, too, must be done almost at once to be effective. Dave said that my mother's soda wouldn't help much on the sting, but that it would work on the itch that came later. There you have a whole list of cures. Take your choice. The way I see it, you have two courses of action: panic, or suffer.

P.S.

The dictionary says that formic acid is "used in dyeing and finishing textiles and paper and in the manufacture of fumigants, insecticides, and refrigerants." Since I finished my story I've found out that formic acid is also the chief and most evil smelling ingredient in the world's baddest paint remover. It is used to strip the finish from airplanes. The paint falls off in globs, and the aluminum isn't harmed.

H.



Getting to Know You by Ida Marra

When the call for docents was heeded, I was a shipping counselor for the Navy, the last of several careers that included social worker and medical records administrator. San Diego has been home to me since 1954, on and off, as greener pastures beckoned. Torrey Pines satisfied that need for GREEN (and blue ocean) in my environment and I proudly showed it off to relatives visiting from upstate New York, who complained about how brown Southern California looks.

This year I rediscovered Torrey Pines as I prepare for those "leisure years" and a continuing commitment to outdoor pursuits and learning natural history. What a great bonus to be enjoying it all in such fine company, and in sharing it with others!



AN IMPROMPTU PAPER by John Stanton (Park Maintenance)

"I need some help here," Hank said, throwing me a pad. "Why don't you write something, something about ants, wasps, and bees stinging people?"

"You," I thought. You. The way he said you gave it away. This wasn't one writer to another searching for a flint to spark new ideas. No, no, no! What this is, I thought, is disgust. He is disgusted looking at the paper and the paper looking back. Nothing new, no doubt, but this time I was there. And that, of course, is how great things have begun. Chance. Being there in the right place at the right time.

I siezed the moment. I siezed the pad. I was ready I was going to write something ..someday.

THE BIRD-OF-THE-MONTH CLUB by Jim Bittner

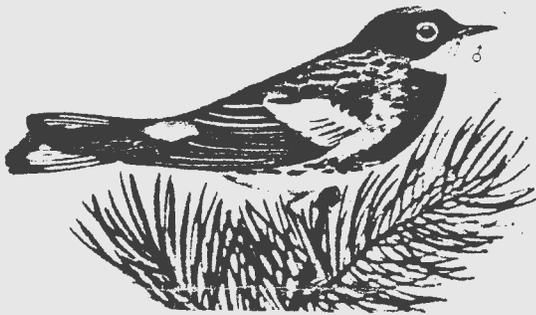
I was sitting in my apartment one afternoon, listening to Bach on the stereo, when the phone rang. It was Hank.

"What twitters more than a bird?" he asks.

"Ummm...."

"A birdwatcher, that's what."

He went on to explain that an unusual bird sighting had occurred at the Reserve, and that the park had become the center of birding activity in San Diego County. A yellow-throated warbler, normally found no further west than Texas, had been spotted near High Point! As a result, the birdwatching grapevine sprang to life, with such notables as Guy McCaskie zooming into the park, asking, "Where is it? Where is it?" From what I gather, the bird was in the Reserve for about two days, seen by perhaps four or five lucky people, and then made its way toward Dallas. I never saw it, but it is quite exciting to know that such sightings are possible at Torrey Pines. So keep those binoculars handy!



What about warblers that normally occur here? One you should commonly see and hear this winter is the yellow-rumped warbler (Dendroica coronata), formerly called the Audubon's warbler. Spending the chilly months of the year in the Southwest and in Central America, this lively little bird searches for food both high and low in pines, including Torreys. As I write this, it has been about three weeks since I saw the first yellow-rumps of the season, down in Parry Grove. In the winter, the bird is brownish streaked with a white breast, but still has its distinctive rump patch.

With its tiny, slender bill, what does a warbler eat? If you find a yellow-rump, watch for a few minutes. Initially, the bird will fly straight up from its perch and catch an insect on the wing--usually a wasp, housefly, or gnat. Otherwise, the warbler spends its time hopping through the pines, searching for aphids, beetles, and small spiders. If you're trying to lure these birds to your feeder, try raisins! The experts say it works.

The yellow-rumped warbler is a member of the wood warbler family, 109 species confined to the New World, with 56 species breeding in North America. These "butterflies" of the bird world have the characteristic of building small cup nests made of fine grasses, plant down, and spider silk. The lining is usually of plant fibers, hair, and moss. The yellow-rumped, in particular, breeds in the Pacific Northwest and Canada, building its nest on the horizontal branch of a conifer. Four creamy white eggs, often dotted with brown blotches, are laid. The female incubates for about twelve days, then begins the process once again, producing a second brood each spring.

Oddly enough, few warblers warble. This is a practice found more commonly among the finches. The yellow-rumped warbler utters a sharp "tsip" note. The male's song, often given from the top of a pine, begins with "tsit, tsit" and is followed by an energetic trill.

(Continued)

(Continued)

These active birds are to be seen in the more wooded sections of the Reserve, particularly Parry Grove. This warbler is a colorful visitor that signifies winter birdwatching is here..., which means waterfowl, marshes, and the topic of next month's article.

Jim



Getting to Know You by Maurie Brown

I've been involved with the Torrey Pines headlands since 1957, when I moved here from Connecticut. There I lived with pine trees, salt meadows, and the Atlantic. Here I live just across the lagoon in Del Mar Terrace, and have been close friends with park staff and volunteers over many years. Looking out my front window at breakfast I watch the marsh birds feeding, and at close of day I watch the headland silhouette dark against shimmering sky and Pacific Ocean. I love this place! I'm just giving back some of the pleasures that have been freely given to me.

My background is Graphic Communication, Pratt Institute NYC. I've lived and worked in four countries, illustrating books, teaching university-level art, producing science documentaries for PBS-TV. Now I paint local watercolors of the changing light and seasons.

PRESIDENT'S NOTES by Janet Humphries

I really regretted having to miss the October 18 meeting. The program was one I had been looking forward to.

Earlier this year I attended a walk in the Tijuana Estuary area led by Pat Flanagan and found it so interesting.

As to my absence, my itinerary is: The Big Apple, a visit with relatives, and Fall color drives along the Hudson River accompanied by a favorite son (Gar). See you in November.

My thanks to Grace for taking over.



Los Penasquitos Lagoon Foundation
P.O. Box 866 Cardiff, CA 92007

LOS PENASQUITOS LAGOON FOUNDATION REPORT by Jessie La Grange

At the meeting on October 22, 1986, Bob Conway, Treasurer, reported a balance of \$15,102.09 after an \$8000 payment to the U.S Geological Survey Department for stream gauge monitoring. This agency has sent a letter of complaint because the participating local agencies, city and state, are alleged to be behind on payments due to different budget schedules. Therefore, no one was sent to monitor the silt measurement from the September-October rains. The matter will be investigated by Coastal Conservancy and Joan Jackson.

The lagoon opening plan, including the present condition, was described in detail by Lee La Grange. The early rains raised the lagoon water level by about 2', bringing the height to the 6.4' (MLLW) level, approximately 4' (MSL). This presents an insufficient volume to produce the erosive flow needed for an effective opening. With reference to page 71 of the Enhancement Plan, the channel improvements of October 16 and 17 were described as they have been implemented in preparation for winter rains. The anticipated seasonal storms should provide adequate water volume for vigorous erosive flow through the machine-deepened channels.

Glen Greenwald, the Foundation Biologist monitor, described how the runoff of early rains added much organic matter and vegetative debris to an unknown amount of residual detritus in the wetlands and lagoon. The abrupt climax of physical and chemical reactions on October 12 resulted from rains that left a pond of low-salinity water afloat upon the high-salt-content deeper water. Large masses of decomposing algal mats dropped to the bottom, consuming the oxygen necessary for marine life, while producing hydrogen sulfide. As the fish were then forced to the surface in need of oxygen, they encountered a hostile environment of relatively fresh water which left them dazed and dying. This distressing condition was immediately communicated among the birds as a sudden abundance of easily available "fast food." They arrived in regular flights of herons, blue, white, and green-backed. Then willets, godwits, gulls, grebes, stilts, terns, plovers, and all were followed by bird watchers. The hope is for rain soon in order to restore tidal conditions with a less dramatic but more acceptable environment for all.

Gordon Covin of San Diego State University presented a list of plant life in the wetland along with a request for increased monitoring of the vegetation during the next year.

Carol Arnold of Coastal Conservancy has announced intention to meet with Steve Zimmer and the Home Owners Association of Point Del Mar to discuss the responsibilities and requirements involved in management of the open space easement west of Point Del Mar.

This 20-acre corridor is contiguous with Torrey Pines Extension to the north and the former SDG&E lagoon land to the south.

Joan Jackson, Foundation Director, has announced that a dedication ceremony for the SDG&E land acquisition is being planned.

Bill Tippetts reported that an engineering consultant has been contacted regarding culvert work and hydraulic factors of the planned ditching and channel work at the North Beach entrance area.

The next meeting of the Lagoon Foundation will be:

November 26, 1986, at 7:00 p.m.
MacDonald's Basement Meeting Room
Solana Beach, CA

Call Ann Omstead at 753-6970 if you have any questions.

Next Torrey Pines Association Meeting

A regular meeting of the officers and counselors of the Torrey Pines Association will be held on Tuesday, November 11, at 3:30 at the Lodge.

ENVIRONMENTAL UPDATE by Jeanne Dunham

On September 23, 1986, the San Diego City Council rejected Genstar's Park Village Development (east end of Los Penasquitos Canyon) in its current design. The situation is now back in Genstar's camp to either formulate a more environmentally sensitive development or use plans from several years ago which show about 600 fewer units. Congratulations to The Friends of Los Penasquitos Canyon Preserve who were instrumental in winning this reprieve.

On the west end, there has been a quiet period while EIR's and plans are completed. I've attended two meetings this month: the Sorrento Business Association meeting and the Sorrento Mesa Association meeting. The first is comprised predominantly of business folk and the second of developers. In both meetings the city urged people not to hamper the construction of Calle Cristobal. They do not feel that this street will increase traffic significantly or compromise the environment. A Genstar representative, usually a vice president, has been at each meeting and may present his arguments at the next meeting. They are determined to build up Lopez Ridge and connect it with Calle Cristobal through the west end of the canyon. The Sorrento Coalition and The Friends will do what they can to minimize the destruction to the canyon so hikers and joggers can still enjoy their time there. Remember that this area is upstream from the Lagoon and any silting problems will affect it.

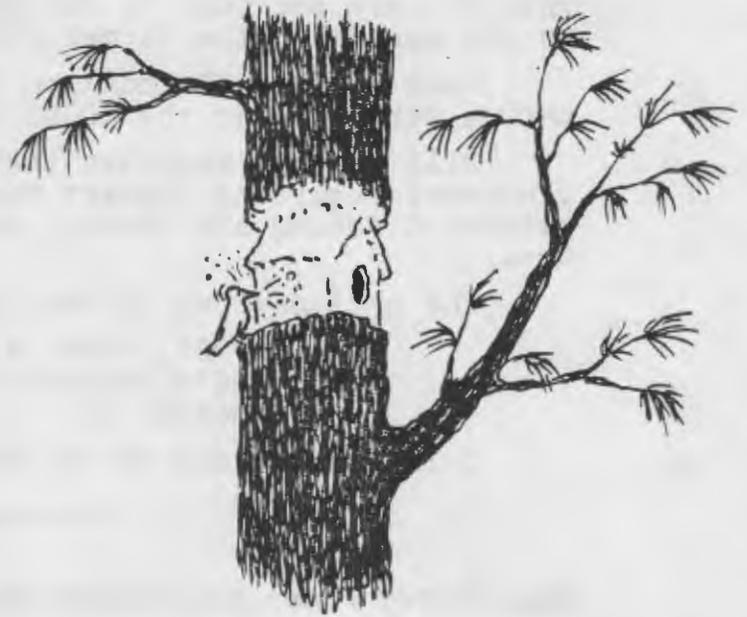
Please write to the City Council members expressing your concerns and love for the Canyon, the Lagoon, and Torrey Pines State Reserve. The address is City of San Diego, City Council Member, 202 C Street, San Diego, CA 92101.

TORREY PINES DOCENT SOCIETY

President: Janet Humphreys

Deadline for Torreyana copy is the 25th of each month. Send contributions to the editor:

Isabel Buechler
3702 Oleander Drive
San Diego, CA 92106
Phone: 222-7016

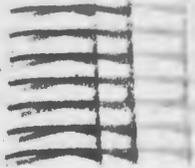


Poetry Corner



Oh, some like magic made by wands,
And some read magic out of books,
And some like fairy spells and charms
But I like magic made by cooks!

Rowena Bennett
(from "Thanksgiving Magic")



Torrey Pines Docent Society
c/o Torrey Pines State Reserve
2680 Carlsbad Boulevard
Carlsbad, CA 92008



FOR

*Judy Schulman
4055-148 Porte La Paz
San Diego, CA 92122

