



# TORREYANA

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

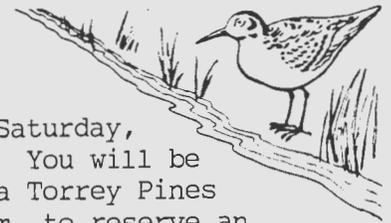
No. 145

August 1987

## *Next Docent Society Meeting*

SATURDAY, AUGUST 15, 10 A.M. -- ?, TORREY PINES NORTH BEACH

The annual "do-it-yourself" beach picnic will be held on Saturday, August 15, at our own beach adjacent to the north parking lot. You will be admitted to the parking area by telling the attendant you are a Torrey Pines Docent. Parker Foster will arrive at the beach about 10:00 a.m. to reserve an area just to the north of the highway overcrossing.



Plan to bring members of your family, or a friend, as well as your own food, beverages, charcoal broilers, etc. Remember that no glass containers are permitted.

We will not have a business meeting in August. SEE YOU AT THE BEACH!

## *Getting to Know You* by Jean and Herb Swanson

Being the shrinking violet that he is, Herb has requested that I do the "get acquainted" sketch that was recently requested of us by our newsletter editor. Having at least a nodding acquaintance with him, I acquiesced.

Herb is presently about 85% retired from an eclectic career which even his own mother never really fully understood. It included engineering, teaching, and advice-giving, especially in the area of government contracts--all flowing from a basic education in the law.

Community service activities have been mostly involved with Lions Club and Boy Scout volunteerism. Pleasure has always been built around outdoors activities such as camping, hiking the back country, and photography, with a special interest in astronomy and star-gazing with the aid of his 8-inch telescope.

Together, we have spent many vacations and weekend camping trips following rangers around asking questions about the things we are now beginning to explore in earnest through the Docent Society. This organization, with so many knowledgeable people with similar interests and a generous willingness to share and teach, has been a real delight. We are both happy to be a part of this group and look forward to broadening our knowledge of natural history and contributing our share toward making this an effective, responsible group.

**Secretary's Notes** by Marc Gittelsohn (for the vacationing Joan Jollett)

With 33 docents, associates, and guests signed in, President Grace Martin brought the monthly meeting of the Society to order at 9:00 a.m. on Saturday, July 18, in the Lodge. Grace mentioned that the Docent Room and adjacent areas were closed while the floors were being refinished. Work should be completed early in August.

Parker Foster announced that the annual picnic is to be held on Saturday, August 15.

Bob Amann distributed samples of the new California Outdoors magazine, a periodical potentially of interest to docents. Marc Gittelsohn discussed the Docent Library--its new organization, its circulation system, and recent gifts (see page ).

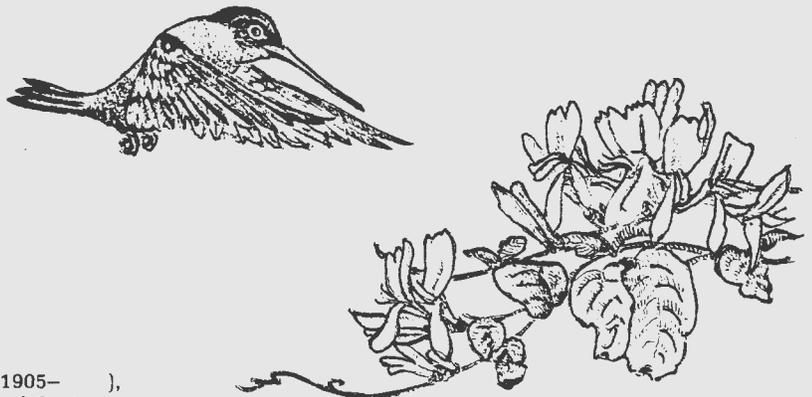
Grace stated that Pat Buckley has agreed to serve as Publicity Chair. She has already obtained a listing of our nature walks in the weekend events section of the Union-Tribune. Grace also thanked Bob Margulies and Del Roberts for cleaning up the area near Flintkote Road that we visited in May. Bob also volunteered to clean up the Docent closet at the appropriate time. Grace reminded everyone to return the Society's green jackets when they finish their duties.

Membership badges were awarded by the president to Michael Fox, Pat Buckley, and Jean and Herb Swanson.

Our speaker was supporting member Barbara Moore, who talked about the Peñasquitos Lagoon in the Reserve. She discussed the geological and climatic origins of coastal salt marsh wetlands, their prime significance as habitat for flora and fauna, and the negative impact of urban development on the 95-square mile square-mile drainage area upstream from the lagoon and the channel blockage to the west.

Barbara's talk was followed by refreshments served on the patio. Social Chair Jeanne Dunham reported that these had been brought by Pat Buckley, Georgette Camporini, Parker Foster, Georgia Tarwater, Jan Taylor, and Carolyn Whitney.

Barbara then led a walk in the Lagoon where we encountered, among other things, pickleweed in profusion, alkali heath and jaumea on the ground, and Caspian terns, great blue herons, and snowy plovers on the wing.



*Darting, hovering helicopter  
Fueling at a flower,  
Tell me how your engine-heart  
Generates such power!*

JOEL PETERS (1905- ),  
The Frustrated Engineer

## PRESIDENT'S NOTES

The question has arisen about replacement of annual daily use passes when a decal is required for a new car or other unusual circumstance and the original cannot be removed for transfer. This procedure has recently been changed, and the replacement decals are being handled by the District Office in Carlsbad. Consequently, if docents are questioned about this, we should ask the person requesting the information to call that office at 729-8947. This telephone number is taped above the drawers next to the docent desk.

Jean and Herb Swanson have become full docents--a hearty welcome to them! We know others of the training class of '87 are coming along in fulfilling their requirements. We look forward to having several more to welcome before long.

It's just a couple of weeks until our picnic on August 15, and I look forward to seeing all of you with your families or friends. It's always great to have a chance to relax and get to know one another better.

## LIBRARY LEAVES by Marc Gittelsohn

Once the elegant refurbishing of the Docent Room is complete, our Docent Library will again be ready for use. There really is excellent material in this small collection, and it behooves all of us to familiarize ourselves with its holdings. The purpose of this resource, after all, is to enhance our performance as docents. Existing books have now been vacuumed, stamped with ownership marks, and catalogued. Each volume has been fitted with a book pocket and book card (labels for the spines are on order). The books stand in alphabetical order by author on the shelves.

Circulation. Use of the library is restricted to Torrey Pines Docent Society members (docents, associates, and supporting members) and Reserve staff. With a few exceptions (e.g., Heizer's Handbook of North American Indians and Torreyana file copies are for Lodge use only), materials may be checked out for a maximum of two weeks. One book at a time, please. Each book has a card in a pocket affixed to the inside rear cover. When you select a book for home use, write your name and the date checked out on the card and put the card in the circulation box. When you return the book, reverse the procedure and replace the book in its proper location on the shelf.

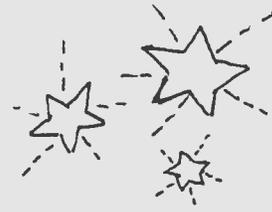
Missing Volumes. An inventory revealed the following missing items:

1. Bent, Life Histories of North American Birds of Prey, Part 1
2. Idyll, Exploring the World
3. Lee, Indians of the Oaks
4. Lewis, Interpreting for Park Visitors
5. Nicol, Notes from the Naturalist
6. Sharpe, Interpreting the Environment
7. Stebbins, Field Guide to Western Reptiles and Amphibians
8. Sunset Magazine, Beautiful Southwest



(Continued on page 5)

**NOTES FROM THE NATURALIST**  
**San Diego's other observatory**  
**by Hank Nicol**



Most people think the only observatory around here is on Palomar Mountain. I didn't know there was another one until I took a course in astronomy. The class made a field trip up to Mount Laguna where San Diego State University has a teaching and research observatory. There are four reflector telescopes: a 40 inch, a 24 inch and two 16 inchers. This observatory does one thing that mighty Palomar does not. One of the 16 inch telescopes is for visitor use. I looked through it. You can too. I went up again during the Comet Halley fever. I was getting interested. I thought I'd like to do a little piece for the Torreyana. I tried calling San Diego State. It took me several tries before I got hold of Dr. Bert Nelson, Chairman of the Astronomy Department. He was most cooperative, but, every time we tried to get together, something got in the way. We made an appointment to meet at the observatory. That fell through because of snow. Being a typical resident of America's Finest. . . , I don't own snow chains. I wouldn't know how to put them on if I did. The second try misfired because I was outranked by a Dean or a Chancellor, or somebody. Then Dr. Nelson told me that the astronomers were hosting a star party for the employees and volunteers of the U.S. Forest Service. The observatory is in the Cleveland National Forest.

My son, Surat, doesn't share my enthusiasm for astronomy, but he agreed to go along. He knows where his next Sockers game is coming from. Surat did the driving. He is a good driver, but he has some things to learn about navigation. He completely missed two freeways. We drove a few extra miles, but we made it. We found the parking lot along Morris Ranch Road, just off the Sunrise Highway. We walked up the Star Party Trail and arrived exactly on time, 6:00 P.M. Dr. Nelson was there. Several other astronomers were there. I told Dr. Nelson that I hadn't really seen the place in daylight before. There seemed to be some buildings that I hadn't noticed before. He said that was because they hadn't been there. Dr. Nelson was getting started on cooking hamburgers, so I made conversation with Technician Bob Brenner. He told me a bit about the buildings. They are to be the new Visitor Center (I don't think there was ever an old one).

The center is a complex of four buildings built in a trendy style. At least the style was trendy 20 years ago. I call it "grain elevator architecture." Even so, the buildings were arranged, constructed, and stained so tastefully that even I couldn't object. The rooms were mostly empty. They still had that smell of formaldehyde characteristic of biology labs and new mobile homes. A few 8X10's of astronomical subjects decorated one corner. With them was a color photo of Halley's Comet sailing over Mt. Fuji.

The smallest building was being used as a distribution center for potato salad, lettuce, tomatoes, buns, and other accoutrements to hamburger. A hungry crowd was gathering. I got into line. Among his other accomplishments, Dr. Nelson toasts up a pretty good hamburger. I had in mind going back for another one. Surat pointed rudely at my waistline. I decided to go over to see a telescope instead.

The telescope for public use has a mirror 16 inches across and about three inches thick. It is a lot more telescope than you would want to put into the back of your station wagon. The counter balance was several plates of iron that looked a lot heavier than I would want to shift. Two smaller aiming telescopes are fastened to the sides. These are refracting telescopes, the kind with lenses fore and aft. I noticed some high tech equipment in the corner: a blackboard (green, really), some chalk, an eraser. Grad student Jim Walters showed off the telescope and its dome. He wasn't able to show off any stars. Those who wanted to look at a globular cluster, a distant

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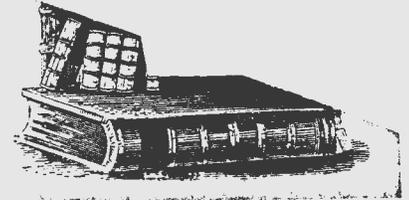
NOTES FROM THE NATURALIST (Continued)

galaxy, or a red giant were disappointed. The "seeing," as the astronomers say, was not good. It was nonexistent. The clouds had been building up all day. We even got a three inch rain. You know, three inches between drops. Well, that's the breaks! I wasn't greatly disappointed. I had gone more to look at telescopes than at stars. I felt that I had a fascinating evening.

Up at Mount Laguna the sky is clear more often than not. If the Docent Society and the Association would like to have a star party, I think it can be arranged. There will be the customary small fee. I don't know exactly what that might be, but, after all, the observatory has an empty visitor center to furnish. It needs simple things like a cork bulletin board and folding tables. It needs complicated things like a demonstration spectroscope and a mini planetarium. None of the things needed are very expensive. . . . When it comes to the construction of a new 100 inch telescope. . . , well. . . , that, as they say, is another story. . . .

Hank

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LIBRARY LEAVES (Continued)

9. A Webster's Dictionary

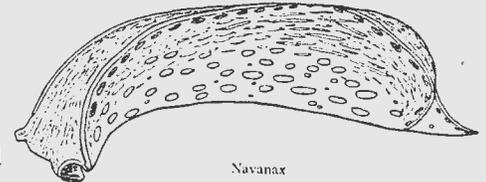
If anyone knows their whereabouts, these items should be returned promptly so they can be processed into the collection. Remember, August is the final "amnesty month" for undocumented removals!

Gifts. Over the years the Society has been the beneficiary of many generous gifts to our library. Rowdy James has been a steady donor. Last year, Ruth Hand enriched the library by donating over 20 useful and interesting works. At our July meeting Betty Andrews gave a box of field guides and handbooks. We thank Betty for this fine gift, and her books will be added to the shelves as quickly as possible.

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THE OBSERVANT EYE by Marion Dixon

It looked like a short, fat brown stick, but it was moving through the silty mud near the edge of Peñasquitos lagoon. Naturalist Barbara Moore's trained eye picked it up first. Her hand picked it up next. The docents on tour following the July meeting crowded around.



"It's a *navanax*," said Barbara. Several people said "What?" and she explained that the creature is a type of sea slug, cousin to the sea hare. The full name is *navanax inermis*. Once the silt was gone, the 5" hare appeared in all its slippery glory: yellow dots shining off a glossy brown surface and blue dashes outlining its wavy side flaps. "I wish I had my camera," sighed Michael Fox, taking the slug from Barbara--though a number of others said "Ugh!" after getting a not-too-close look.

Michael put *navanax* back in the water, whereupon it exuded a stream of yellow fluid, designed to act as a smoke screen and discourage intruders.

*Between Pacific Tides* (Ricketts and Calvin, 1962) says *navanax inermis* grows to 7" and is common in southern California and northern Mexico. Its home is mud flats or eel grass. It lays masses of light yellow eggs in stringy coils in summer as well as December.

"Ughers" might grow to appreciate the beauty of such a creature if they forget the slime and look at the design.

MY FIRST NATURE WALK by Michael Fox

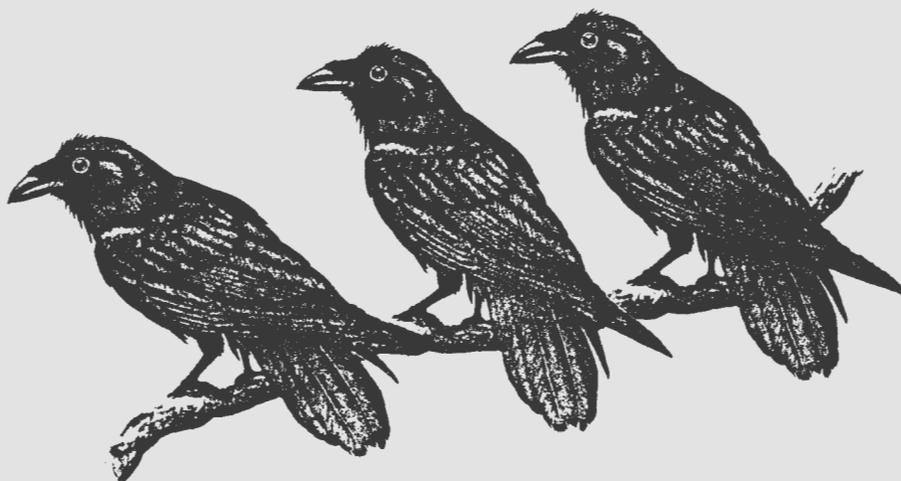
My first nature walk definitely was a "discovery walk." The theme of the walk was set when I discovered that Milli Horger had decided that I should lead the walk she was scheduled to give. I had taken numerous walks with other docents, and had intended to continue my education with Milli's walk. Not wanting to miss the opportunity to finish my training requirements, and being too scared to say "No thanks," I accepted the invitation to lead.

My second discovery, after discovering that I was leading the walk, was the theory of relativity. There were only three people waiting for a nature walk at the Lodge at 11:25 a.m., and 17 people came on the walk! There is obviously no relationship between one's perceived audience and one's actual audience. Nothing is absolute.

The third discovery was that I have the ability to completely blot out the real world when I am terrified. I managed to walk right past the biggest and most obvious "witch's broom" in the Reserve. I simply did not see it! Fortunately, person number sixteen did see it and stopped me to ask a question. I probably would have missed the Torrey pines also, but I banged my head on the branch at the steps by the Lodge, and that reminded me to mention the trees.

The next discovery was interesting indeed. While our group was walking along the Guy Fleming Trail, someone quietly pointed out that there were three huge ravens sitting on a branch just five feet over my head! I missed them because I was so busy looking for little flowers that I couldn't recognize so I could step on them before anyone else could ask an embarrassing question. Anyway, it turned out to be a real thrill for the whole group to watch Hank Nicol's buddies, Heckle, Jeckle, and Nevermore, just sit there watching us watch them. One of the trio, I think it was Jeckle, regurgitated a furry ball of digested rodent and dropped it right next to my foot. I think he was trying to tell me something, but the message eluded me. Nevertheless, I was amazed to see this natural act that I had figured I would only read about but never actually witness.

The remainder of the walk was every bit as interesting. The group was so friendly that I eventually felt at ease and really had a good time. I wound up looking forward to leading my first unescorted nature walk as a full docent. I still can't get over the sight of the three ravens, and when I wonder if I will ever see such a sight again, I envision the big bird on the right quoting Poe, "Nevermore." Oh, well, there are lots of other discoveries still waiting for me!



Before she left the San Diego area, long-time docent Mary Miller generously shared with us some of her notes for nature walks. If you missed Mary's talk during last year's training session or her walk during this year's, you can catch up by reading the following tips. (Not all are applicable to all groups, but part of being a successful leader is judging your group and knowing what to use when.)

Mary emphasizes that, before starting, you need first to find out from the members of the group why they are here and second to set the rules and explain why they exist. Her technique is to involve each person in the group: ask lots of questions rather than make them passive listeners. With children particularly, try to instill an appreciation for the environment and get them to be observant. Be enthusiastic, vary your pace--and get attention by talking softly.

### Along the Trail

#### Looking

- "Senses" Scavenger Hunt: Give them a list of things to look for, either orally or on cards. For touch, something rough, smooth, soft, hard, dry, damp, fuzzy; for smell, something with a strong odor, good odor, bad odor; for sight, something that looks pretty, something that looks ugly; for sound, something in nature that is noisy (planes don't count), something quiet. If you include taste, you need to control the search.
- Specific Items: Ask them to look for a flower smaller than a penny, one bigger than a quarter, an insect on a plant, an animal footprint, the largest leaf and the smallest leaf in a particular area, an animal's home, food for a bird, something in the shape of a circle, a triangle, a rectangle. The list goes on and on.
- Alphabet Hunt: Ask them to look for natural items that begin with their own initials, the initials of the group, or the whole alphabet if you have that many people.
- Using Imagination: Look for animal shapes in twigs, trees, rocks, clouds. Use white cards for shadow pictures.

#### Listening

- Have a quiet time where people close their eyes and just listen. Do this in several places and make a contrast: e.g., back of the lodge, near the ocean. Separate human sounds from nature sounds, sounds close by from sounds far away, sounds you like, sounds you dislike. How do they make you feel?

#### Using All the Senses

- Sit or walk briefly with no noise, observing everything. Children may like to pretend they are Indians. Have all share their feelings of what they saw, heard, felt.

(Editors' Note: Other docents who have used different successful techniques are invited to send them in to the Torreyana so they can be shared by all.)

**Book Report** by Ida Marra



Who Named the Daisy? Who Named the Rose? A Roving Dictionary of North American Wildflowers by Mary Durant. G . K. Hall & Co., Boston, Massachusetts, 1977 (581.03 D).

For the fledgling botanist, this book is a good adjunct to the more scholarly Wildflowers of Western America by Orr and Orr, providing further useful background of ancestry, description, medicinal and food usages, as well as literary recognition, by way of direct quotes from the likes of Thoreau, Longfellow, Nathaniel Hawthorne, Captain John Smith, and Euell Gibbons.



If you've ever wondered how dodder, mint, mistletoe, lichen, or sagebrush got their names, this is the place to look, as well as be entertained by accounts such as Senator Dirksen's attempt to have the marigold declared our national flower and the scarlet pimpernel's ability to predict the weather. (Available in large-print edition.)



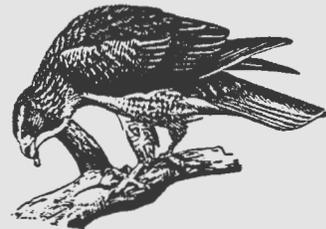
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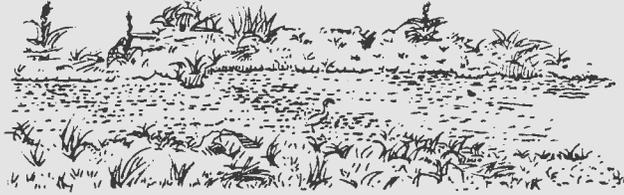
**Poetry Corner**

(UNTITLED) by Jared Aldern

Every night on Broken Hill  
a hawk makes  
a meal of some smaller bird  
leaving only feathers to float slowly  
down the cliff face lighting finally  
on the shells of a Kumeyaay  
kitchen midden.

One night the hawk beckons  
to me, saying, "Come, sit.  
I have good food and we  
can talk awhile."  
Starting toward the bird, I  
see a group of Kumeyaay  
a short distance away  
but they take no  
notice of me.  
They gesture  
to one another excitedly and I  
can see their lips move  
but I can barely  
hear them and cannot understand what  
they sing.





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

LOS PEÑASQUITOS LAGOON FOUNDATION REPORT by Jessie LaGrange

Correspondence read at the meeting of July 15, 1987, included letters of thanks from San Diego City Council members Mike Gotch and Judy McCarty. These were in response to the Lagoon Foundation position statement regarding the Beau Soleil development proposal. The City Council denial of the request for a zoning change was a gratifying action for all who have been concerned with preserving the resource value of the land.

Also received was the proposal for Sunset Del Mar, a restaurant/office use structure to be located south of, and adjacent to, Carmel Valley Road at the intersection with Camino Del Mar (old 101). Copies of the initial study for this development are available for review at the City of Del Mar Department of Planning and Community Development. A scale model of the project has been prepared and may be viewed at Del Mar City offices.

The Treasurer's Report shows an operating account balance of \$12,093. Retiring Treasurer Bob Conway was thanked for his consistently reliable service to the Lagoon Foundation. Dan Allen, of La Jolla, has been approved by the Coastal Conservancy as his replacement.

At the July meeting of the Regional Water Quality Control Board, Joan Jackson presented the cleanup costs as estimated in the amount of \$700,000. She has proposed that fine monies levied against the City of San Diego should be held in a separate, interest-bearing account until additional funding has been granted to complete the task of improving circulation and achieving tidal flushing of sewer contaminants. A decision on her proposal is expected to be made at the July 27 meeting of the Regional Board at the 9:00 a.m. public session, County Administration Building, Pacific Highway.

A special subcommittee, with assistance from Chuck Spinx of Leedshill-Herkenhoff, has agreed to proceed with enhancement and restoration as planned. The slough mouth opening will be across the width of the bridge, with removal of cobble and sand. This will be followed by deepening of the western slough and connecting of the western channels.

The new Staff Secretary, Jacquelin Robinson, was introduced. The meeting was adjourned to allow a social hour at a nearby restaurant and the opportunity for new and old members to become better acquainted.

The next Lagoon Foundation meeting will be Wednesday, August 12, at 7:00 p.m. at the Great American Savings meeting room in the Big Bear Shopping Center, Via de la Valle, Solana Beach.

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***Next Torrey Pines Association Meeting***

A special meeting of Torrey Pines Association Counselors will be held at 3:30 p.m. on Saturday, August 22, at Torrey Pines Lodge. Thomas Mills, representative of Trusts for Public Land, will speak on options for land acquisition. Carol Arnold will represent the Coastal Conservancy. Other special guests include persons who have indicated concern for preservation and eventual acquisition of the Beau Soleil land parcel.

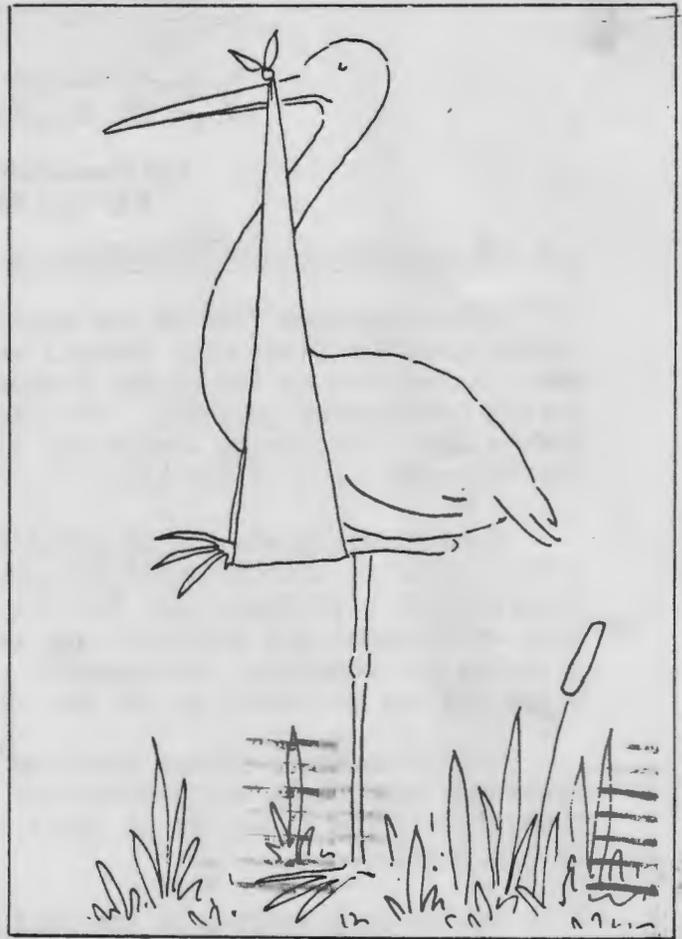
Torrey Pines Docent Society

President: Grace Martin

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Send contributions to the  
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\*NOTE TO CONTRIBUTORS:

Please send items for the Sep-  
tember Torreyana to Marion  
Dixon; her address is  
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Phone: 454-5511.

ROSTER UPDATE:

New address for Michael Fox:  
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