



TORREYANA

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

No. 153

April 1988

Next Docent Society Meeting

SATURDAY, APRIL 16, 9:00 A.M. AT THE VISITOR CENTER

The April meeting, which is part of the training program for new docents, also offers current members an opportunity to brush up on their plant lore. Docent Bill Brothers, well-known for his ability to identify anything in the Reserve with roots, will talk about the plants of the area during the meeting. After the refreshment break, which is in charge of Georgette Camporini, Bill will lead a nature walk to identify the most common plants. Come and meet the new trainees and enjoy a review.



Docent President's Notes

by Parker Foster

It is my sincere desire that the Board of Directors, with the help of the general membership, will be able to leave a small imprint on the Reserve during our year of service in 1988-89.

Let's all support Michael Fox as he embarks on the important mission of training a new cadre of docents. As we know, there is a continual need to replace people who move from the area or retire from docenting for other reasons. In addition, we need to increase our ranks over-all in order to expand our assistance to the woefully understaffed ranger battalion. Try to attend as many docent training sessions as possible (commencing April 9). Also, refer any prospective candidates to the Reserve office or to Michael Fox at 226-4676.

We also need to confirm our support to Maurie Brown as she continues her Trojan efforts to keep the docent duty list filled. Thanks to all of you for your on-going dedication to service in the Reserve.

We will keep you informed as new developments emerge from the Board of Director's meetings. We hope to have something to report soon on the upgrading of facilities in the slide show room.

Secretary's Notes by Patricia B. Foster

(Following is a summary of the Torrey Pines Docent Society meeting held in the lodge March 19, 1988. The official record is maintained by the secretary.)

Chairpersons Selected: President Parker Foster, who conducted the meeting, advised that chairpersons had been selected as follows: Marc Gittelsohn, librarian; Georgette Camporini, hospitality; Rowdy James, lodge storekeeper; Millicent Horger, membership; Judy Schulman, historian; Patricia Foster, public relations.

Postcards: Maurie Brown announced that the Torrey Pines postcards were ready for distribution to the public starting during Easter holiday week. (See separate article, p. 4).

Staffing: Maurie Brown requested extra staffing of docents between 11:00 A.M. and 2:00 P.M. during Easter week to accommodate additional visitors to the park.

Media Equipment: Jared Aldern advised that he had completed his research on the video equipment for the slide show room. He said that he would present his recommendations to the Board.

Docent Training: Michael Fox, vice president, announced that new docent training would start April 9 at 9:00 A.M. in the lodge (see agenda, p.3). Parker Foster reported that the Public Relations chair had placed press releases in both the La Jolla and University City Light newspapers, as well as in The Reader.

Exhibit Renovation: Bob Wohl announced that any written comments about the renovations to the exhibits and re-arrangements in the main room of the lodge should be submitted within the next two weeks.

Plant Photos: Following refreshments, Herb Swanson led a walk along the Guy Fleming trail, taking photographs of wild flowers to assist docents in identifying them. Packets of the prints will be offered for sale at the April meeting.



BRIEF BITS ABOUT THE BOARD

A few facts to help you know the new officers of Torrey Pines Docent Society better:

Parker Foster, president, was vice president of the Society for 1987-88. He is presently in his third year of docenting. In his new office, he hopes to define more clearly as well as refine the role of docents. Two of Parker's other interests that enlarge his knowledge of nature and the cultures of this area are the Natural History Museum and the Museum of Man. Parker is a retired public school administrator.

* * * * *

Michael Fox, vice president, joined TPDS last year but has been so active it seems like much longer! He wants to help promote and provide ongoing training for docents as well as provide other activities centered around their interests. He is an early retiree from gas field superintendency. In addition, he has been a commercial pilot for 18 years and is a flight instructor. Photography and hiking are two of his hobbies that fit in well with his work as a docent.

(to be continued next month)

1988 DOCENT TRAINING SESSIONS

Vice President Michael Fox lists the following schedule as up-to-the-minute information on this year's docent training sessions. He encourages current docents to attend as many sessions as possible. Refreshments will be provided at meeting breaks under the supervision of Georgette Camporini. Walks on Sundays following four of the Saturday sessions are a new addition and are elective. ALL SESSIONS ARE SCHEDULED FROM 9:00 A.M. to 11:00 A.M., though Saturday programs may continue longer. Meeting place is the lodge.

SATURDAY, APRIL 9: --Introductions and applications
--President's message, Parker Foster
--CA State Park System and information for docents, Bob Wohl
--Nature walk and ecology of the Torrey Pine, Hank Nicol

SUNDAY, APRIL 10: X--Elective walk on the Guy Fleming Trail, Michael Fox

SATURDAY, APRIL 16:--Regular monthly meeting
--Plants of the Reserve, lecture and walk, Bill Brothers

SUNDAY, APRIL 17: X--Elective walk on the Parry Grove Trail, Michael Fox

SATURDAY, APRIL 23:--Recent history of Torrey Pines State Reserve, Judy Schulman
--Discussion of animal exhibits and changes in lodge format, Reserve staff
--Early cultures of the area (speaker to be announced)

SUNDAY, APRIL 24: X--Elective walk to Red Butte, Overlooks, and on Rim Trail, Michael Fox

SATURDAY, APRIL 30:--Lodge duties and trail guiding techniques, docents.
--Interpretive techniques and trail patrol, Bob Wohl

SUNDAY, MAY 1: X--Elective walk to Broken Hills and on Beach Trail, Michael Fox

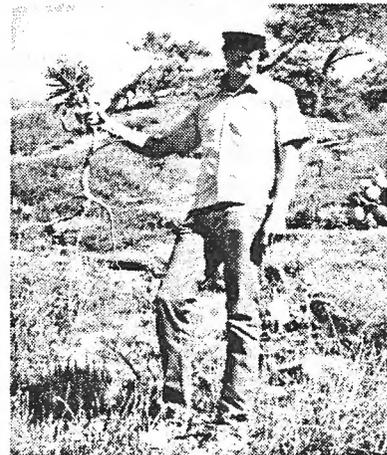
SATURDAY, MAY 7: --Geology of San Diego County and Torrey Pines State Reserve; lecture and walk on Beach Trail, Dr. Richard Phillips, USD

SATURDAY, MAY 14: --Docent responsibilities and membership requirements, Docent Executive Board
Distribution of take-home exams, check lists, and bibliographies

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TAKING STOCK

Bill Brothers holds an uprooted stock (*Matthiola incana*) to show how this-alien gets a tenacious grip in our sandstone. Bill, Carol Lucic, and Marion Dixon pulled eight bags of stock from below the Guy Fleming trail one Saturday morning in March. There's lots more to go, so look for notices about future weed-pulling parties and come join the fun.



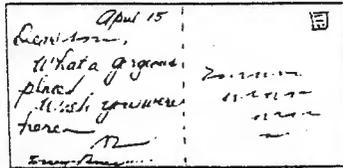


TORREY PINES POSTCARDS ARRIVE

Nine stunning color photographs of scenes capturing the essence of Torrey Pines State Reserve were available for sale by Easter holiday week in the Visitor Center. These unique photos should fill a long felt need expressed by residents and visitors alike.

Bill Evarts, local professional photographer, and Conklin Litho, printers, have produced a series of 5" x 7" cards that are framable quality. In fact, they are being displayed in lucite frames on the Center shop shelves at present. Docent Maurie Brown, who has a graphic arts background, supervised the production of the cards, especially the ticklish job of ensuring that the final colors were absolutely true to nature. Final selection of scenes was made by the photographer, the Ranger staff, and Maurie, with input from other docents.

During a 60-day period marketability, they will Center. Individual cards wrapped sets of nine-- will be \$4.00. The regu- to docents. Cards will require first-class postage, which is noted on the back along with appropriate captions. After the 60-day trial period, prices will be re-evaluated and consideration given to distribution of the cards through additional outlets, such as the San Diego Natural History Museum, California park concessions, and special bookstores.



of evaluation of the cards' be sold only in the Visitor will be 50 cents and plastic- suggested as a likely gift item-- lar discount will be available

The Docent Society has purchased a total of 22,500 cards and has exclusive rights to the photographs for two years (one has been printed on the cover of Environment Southwest with permission). Art work will be stored at Conklin's for five years, available to the Docent Society for reproduction on demand.

CSPRA-PRAC-LEAGUE CONFERENCE by Judy Schulman

From March 11-14 I attended the joint conference of CSPRA (California State Park Rangers Association), PRAC (Park Rangers Association of California), and the League of California State Park Nonprofit Organizations. This is the second year that the League has co-sponsored the conference, which was held in Sacramento. The keynote speaker was J. S. Holliday, noted historian and author of The World Rushed In. He spoke on "California's Changing Image: From Gold to Silicon." Another speaker talked about the results of a survey on how the public looks at parks and outdoor recreation. (If anyone is interested in the report of that survey, I brought a copy back with me.)

The rest of the conference was divided into three management tracks: natural resources, cultural resources, and people resources, with workshops for each. Topics for the natural resource track included feral animals, the least Bell's vireo habitat, tule elk habitat, California oaks, exotic vegetation, water resources, and conservation of biological diversity. The cultural resource track included new approaches to surveying historic structures, resource stewardship, oral history, and living history. The people management track covered planning for special events, developing volunteer guidelines, budgeting and managing money, and volunteer training. Not only did I learn a lot from the conference, but I also had a chance to visit with rangers who used to work at Torrey Pines.





TPA Topics by Sally Spiess, TPA president

Museum Displays: At the mid-February meeting of the Torrey Pines Association, the counselors' head, Ranger Bob Wohl, explained the new museum displays. We greeted those plans with mixed feelings, in part because the present cases were our gift to the lodge in memory of Bob Hopper, who been president of the Association.

Workshop for Elementary School Teachers: In early March, Counselor Sidney Barth organized what we hope will be the first of a series of workshops for elementary school teachers. The teachers met with the rangers to learn more about the Reserve so that they, in turn, can present the Reserve to their classes.

Sunset Del Mar Project: On February 23 I filed an appeal with the Del Mar City Council regarding the Sunset Del Mar project. The appeal was based on discussion between the owner-developer of the project and the Trust for Public Land (TPL). On March 22 I wrote again, this time agreeing to a postponement until October 1988 to allow time for those discussions to proceed. The TPL is a nationwide group with focus on specific land transactions designed to protect natural resources and encourage appropriate public use. In 1986-87 their list of accomplishments included projects in 15 states with areas ranging from one acre to more than 4,000 acres. They have a good track record, and we will do whatever we can to help.



Notes from the Naturalist By Hank Nicol

Postscript

Last month I was doing some light research as to whence came my family name. The name, Nicol, in various spellings, and with added Mac's, son's, and off's was supposed to honor Nike, goddess of victory. I had strong doubts. It was spread all over Europe by Vikings who had many victories but very little reason to honor a minor Greek goddess. I looked into other languages. In French, "nickel," besides being a white metal, can be roughly translated as "awright!" I like that. In German the word also means the metal, but it can also mean "stupid, clumsy oaf." Some German general had a horse he didn't think much of. He named it Nickel. While he was on a campaign, his cook baked a heavy, dark bread out of whatever was available. He asked the general what he thought of the bread. The general said, "Pumpe (give it, as to a panhandler, to) Nickel." I found a recipe for pumpnickel and thought I'd give it a try. Half the flour was white. The other half was rye. The liquid called for was beer. It took hours and hours to rise, and it didn't rise very far. The bread was heavy and smelled strongly of the molasses that made it dark. I wasn't sure I'd feed it to a horse. I gave some to the rats, the mice, the scrub jays and the boss ranger. It may not have been to my taste, but the rodents, the birds, and the Boss Ranger all ate it.



Hank

On a recent nature walk along the Guy Fleming trail, it was my good fortune to meet Trudy Sellers, a fascinating lady who formerly lived in the German-speaking part of Czechoslovakia. Trudy was so excited about the wildflower display that she regaled the group with stories about the many flowers she recognized, giving them their German names and varied uses in Europe. For example, our buckwheat is called *Schafgarbe*, so named because the sheep (*Schafe*) gather it (*garbe*) and eat it. It is also valuable as a tea for urinary problems and for use in childbirth.



"Ah, the *Kornblume*!" Trudy exclaimed, pointing out the hyacinth blue brodiaea. "The university students wear them stuck in their caps, and at fraternity parties, the blooms are arranged in bouquets centered on the tables."

"Oh, and here's the helpful dichondra! It grows in big pillows in swampy places and serves as warning of a sinking spot to unwary walkers."

Along the bluff, Trudy's sharp eyes spied a very tiny, almost transparent flower clustered on the top of its 1½" stalk. (I had never noticed it before.) "That's the *Himmelschuessel* or 'key to heaven'," she explained. "It has healing power for coughs. The plant is soaked in tincture of alcohol, then ten drops of the solution on a lump of sugar to make the medicine. (Later research identified the plant as dwarf plantain, *Plantago erecta*.)"



What we know as sand aster, she identified as *Wildes Kraut*, or white cabbage, the foliage used as a fresh vegetable in spring steamed with salt, pepper, and butter. Chicory is also used in Europe as a vegetable in early spring. The young leaves make a salad with vinegar, oil, and bacon--bitter but good! In summer the dry leaves are collected and made into a tea for gall bladder and liver complaints, to be taken before bedtime. "It has a bad taste but it's very helpful," she added.

At the end of the walk, Trudy told another story about the lavender blue *Glockenblume* (bell flower--did she refer to toadflax?) "That's the most romantic flower," she smiled, eyes sparkling. "When a young man is in love, he brings his sweetheart a bouquet of *Glockenblume*. . . .This is such a beautiful place," she sighed, as we came to the end of the loop.

This remarkable woman escaped from a concentration camp during World War II and later moved to the United States. Nowadays she spends much of her time caring for others--the elderly, the sick, and latch-key kids. Currently living in Vista, she would like to be a docent if she lived closer to the Reserve. We would all benefit from her enthusiasm and knowledge.

People Ask

Can birds smell? Yes, says Joel Carl Welty in The Life of Birds (CBS College publishing, 1982). Birds have olfactory lobes which enable them to smell food while holding it in their mouths, thus apparently determining its edibility. The sense of smell varies greatly among the species. Experiments indicate that some sea birds are attracted to food-related odors, others are not....At any rate, the story about the ill-smelling bladder-pod bush (*Isomeris arborea*) being anathema to most birds may be true--though humming birds have been seen at the yellow blooms.

They hover, swoop, and flutter, soar and glide;
 On beating wings they climb to heaven's heights;
 On unseen currents of the air they ride
 Secure in space, in mastery of flight.

—Joel Peters, "O, for the Wings of a Bird"



You can spot kestrels almost any time of year on the sea-cliffs of the Guy Fleming trail. For the next few months they will be mating and nesting and should be more visible than usual, calling attention to themselves with their high, thin screams ("klee" repeated several times) and graceful aerial displays.

Visitors enjoy seeing this beautiful, dramatically-marked creature—it helps if you have binoculars along. Usually the birds sit on high bare branches, swiveling their heads in almost a full circle to watch for their prey. Males have slate blue wings, rufous backs, and tails with dark terminal bands. Females, who are slightly larger than males, have rufous wings and tails barred with black. Both sexes have dark stripes on white throats.

There are twelve kinds of kestrels in the world. Ours is the American kestrel, the smallest North American falcon (*Falco sparverius*). It was mistakenly called a sparrow hawk by European colonists because it resembled such birds in their area. Kestrels vary from 7½" to 12" in length (guide books differ within this range), but look about the size of a scrub jay when perching. The kestrel wing span is about 23".

This bird's diet is mainly small rodents and grasshoppers, though at times it may eat small birds such as swallows or sparrows. It hunts on the wing as well as from perches. You can frequently see it hovering while hunting, seeming to hang magnetized over one spot for minutes. In fact, this performance is so compelling and characteristic that the kestrel has sometimes been called a "Wind-Hover."

Mate-feeding is also a conspicuous behavior with this breed. It lasts over such a long period that you may be able to observe it. The feeding begins right after the birds have paired and continues through the nesting phase. The male brings the prey in his talons to the female, who remains near the nest or flies out to follow the male to a fixed food-transfer spot.

Kestrels are San Diego's most numerous bird of prey. They are common in residential areas as well as in open and wooded country, so you may see them around your neighborhood. (We have a pair apparently nesting in a nearby palm tree). They don't build nests; they move into tree holes or niches in buildings. Nest boxes located about 30 feet above ground are also successful. An egg clutch averages four, and the eggs are grayish-white, lightly spotted. The nestlings stay in the nest for about 30 days, and may try flying over a period of days before leaving—another time when kestrel watching is rewarding.

(Thanks for much of the information in this article goes to Dan Brimm, the author's neighbor and a falcon expert. He is Director of the Peregrine Fund, which manages the World Center for Birds of Prey in Boise, Idaho.)



News and Notes

SARGE NAMED HONORARY DOCENT

Sarge (Clyde) Walker, former Senior Park Aide, expressed his pleasure by phone recently at being named an honorary member of Torrey Pines Docent Society. Sarge also reported that he's still on the path to recovery, intermittently being hospitalized for treatment....Letters to Sarge should go to: 7687 Canton Drive, Lemon Grove, CA 92045.

BOBCAT SIGHTING

Is wildlife in Torrey Pines increasing? At least among bobcats it appears to be: Maurie Brown reports seeing a pregnant bobcat along the Rim Trail one early morning in March.



A GREAT YEAR FOR OWLS

Just before the third platform on the trail to Razor Point you can look across Fat Man's Misery Canyon and see the nest of a great horned owl (*Bubo virginianus*). It's in an arched niche not quite half-way up the opposite cliff. A classic barred beauty stares out with its solemn eyes, and nudged up against her is a downy gray owlet. For a while a second egg lay out in front of the nest, but it has disappeared. However, since the normal clutch for this species is four to five eggs laid as much as two weeks apart, perhaps another chick has appeared since last we looked. It takes approximately 45 days from hatching to fledging, so the pair should be there awhile yet.... Tiptoeing and whispering visitors are getting a closer look at a female great horned owl and two young from the fifth floor of the UCSD Central Library. They are in a former raven's nest just outside the west windows (a second nest lies empty this year). The owls can also be seen from outside, to the left of the front entrance....What an appropriate place for these symbols of wisdom to nest!

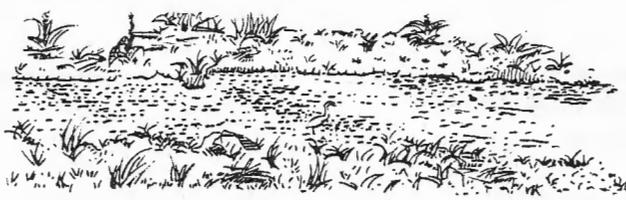


KIOSK REPLACED, MORE CHANGES TO COME

A new lockable kiosk with views from four sides appeared in March at the north entrance to the Reserve, replacing the old structure destroyed in this winter's windiest storm. However, the new building won't be there too long--it's scheduled for replacement "some time in the foreseeable future" with a permanent brick structure. Further changes in this location will include paving over the parking area, which has been regularly flooded and unusable during the rainy season, and adding restrooms with showers (cold, to be sure) for beachgoers, joggers, et al.

MEMORIAL CONTRIBUTION

A contribution has been made to Torrey Pines Docent Society by Jo and Bill McClintock, supporting members, in memory of Barbara and Clyde Cozad. Bill, now of Santa Cruz, was born in San Diego and lived here for many years. He has a warm feeling for Torrey Pines. This is his third memorial contribution. All are greatly appreciated.



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

LOS PEÑASQUITOS LAGOON FOUNDATION REPORT by Jessie LaGrange

At the March 9 meeting, Joan Jackson, chair of the Foundation Board, distributed final copies of the revised articles of incorporation as well as new bylaws for the organization.

The treasurer's report shows a balance of \$6,637.48 in the operating account; \$54,040.48 in civil liabilities #1; \$51,242.45 in civil liabilities #2; and \$1,418.49 held in the Del Mar Terrace conservancy account.

The lagoon enhancement update included a round table discussion of continuing sand fluidization experiments. Jim Casey, city engineer on the Board, volunteered to bring together physical data available from the city of San Diego's experience with pumps. The Technical Advisory Committee will set a date to meet with Ladin Delaney of the State Water Quality Control Board to discuss the use of civil liability funds to implement enhancement projects.

The Trust for Public Land will conduct a workshop at 5:30 p.m. May 11 at the regular Foundation Board meeting, which will start at that time.

A brochure describing the Lagoon Foundation purposes, plans, and goals is being printed and will be ready for distribution soon.

The next meeting of the Lagoon Foundation will be Wednesday, April 13, at 7:00 P.M. in the Great American Savings public room in the Big Bear shopping center, Solana Beach.



THANKS, HANK

Hank Nicol assisted Colorado elementary school student, Tony Svaldi, with his project of collecting pine cones from all over North America. The project won a first in one fair and a third in another, Tony reported.

Tony wrote Hank a thank-you letter accompanied by the drawing to the left...suggesting the hazards of being a ranger (or naturalist or maybe docent) at Torrey Pines State Reserve.

Torrey Pines Docent Society

President: Parker Foster

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

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Georgette Camporini, Grace Martin.

Spring has returned, and has begun to unfold her beautiful array, to throw herself on wild flower coaches; to walk abroad on the hills and summon her songsters to do her sweet homage.

--Ralph Waldo Emerson



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