



TORREYANA

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

No. 186

April 1991

Next Docent Society Meeting

SATURDAY, APRIL 20, 9:00 A.M. AT THE VISITOR CENTER



Bring your questions about marine mammals to the April meeting. Bob Clark, program chair and member of the Board of Directors of the American Cetacean Society, San Diego Chapter, will give a talk illustrated by slides on whales, dolphins, sea lions, and harbor seals. You will learn how to recognize these creatures and what their signatures are, as well as a great deal more. Bob, who has been involved in the Cetacean Society for 15 years, regularly speaks to elementary and junior high students as well as to visitors at Cabrillo National Monument during whale season. He will distribute some of Richard Ellis's drawings of marine mammals. Dozens of dolphins have been seen frolicking off our shores recently, so come and learn interesting facts to pass on to our visitors.

This will also be the first regular meeting with our new trainees; be sure to welcome them during the refreshment break.

May meeting: A field trip to San Elijo Lagoon is planned. Car pools will go from the Lodge.

TPA Topics

TORREY PINES ASSOCIATION ELECTS OFFICERS

The following officers were elected at the Torrey Pines Association Board meeting Saturday, March 9: George Beardsley, president; Maurie Brown and Bill Thomas, vice presidents; Victoria Bradshaw, secretary; John Shelton, treasurer. Elizabeth Nicoloff will serve as membership chair, assisted by Margaret Langsdorf. Sally Spiess will be the correspondent for the *Torreyana*.

April prepares her green traffic light and the world thinks Go. -- Christopher Morley



Docent Doings

TRAINING CLASSES

All docents are urged to attend as many of the training sessions for new docents as possible in order to refresh their knowledge about all aspects of the Reserve. The sessions begin Saturday, April 6, and continue through Saturday, May 11. April 13, Bill Brothers and Barbara Moore will cover plants of the Reserve; April 27, Professor Philip Kern of San Diego State University will lecture on geology and lead a walk; May 4, Judy Schulman will speak on history of the Reserve and Indians of the area, as well as lead a walk describing native uses of plants. May 11, Dick Edwards will speak about trail interpretation, and Sharyl Massey will focus on animals of the Reserve.

Note: volunteers are needed for the optional Sunday walks for trainees. Please contact Joan Nimick (456-0217) if you can help out.

VOLUNTEER JOB OPEN: PLEASE APPLY ASAP

Rowdy James, who for many years has served as purchasing agent and accountant for the Docent Society's shop, is looking for an assistant. Rowdy put in 280 hours last year keeping our books and cards in shape, and he would like to give someone else on-the-job training so that he can take a little vacation and reduce his hours in the future. It's a great service, good company, and an important part of what the Society does for the public. If you are interested, please call Rowdy NOW, 755-0069.

THIS AND THAT

Remember to record any kind of docent duty you perform--trail maintenance, leading a Brownie troop, removing exotic plants, running a slide show--on the "Interpretive Program Record," which is kept at the docents' desk in the Lodge. This is the official record for keeping track of docent hours. . . . Thanks for uncluttering the bulletin board in the docents' room goes to Elizabeth Nicoloff, who intends to maintain it this way, at least for a while. . . . A general cleanup of the docents' room and Lodge will be scheduled shortly, and docents can sign up at the April meeting. Equal rights policy holds. Meanwhile--a vacuum cleaner is available from the Rangers' office, should anyone wish to perform an oft-needed service in the Lodge, perhaps on a dull week day when visitors can be counted on the fingers of one hand.



SIGN UP FOR EMERGENCY DUTY AND CHILDREN'S GROUPS

Can you be available sometimes for Lodge duty at the ring of a 'phone? Emergencies do arise that keep scheduled docents from keeping their commitments, so an emergency list of volunteers is being compiled in the Rangers' office.

In addition, docents who have had training in leading children's groups, are asked to sign up for the spring splurge of school and other organized groups, which generally multiply during the spring season. The sign-up sheets are in the Rangers' office.

TPA PRESIDENT'S REMARKS, 1991 ANNUAL MEETING

At the Torrey Pines Association annual meeting February 14, President George Beardsley reported on activities during the past year, including the well attended fortieth anniversary celebration in April; TPA's opposition to--and eventually unsuccessful lawsuit against--the La Jolla Pines and Technology Centre project; and some attempts to defend the environment of the Reserve as well as to influence policy regarding increased user fees and diversion of Reserve staff time and energy to parking enforcement.



Beardsley indicated that, while still ready to vigorously oppose development and highway projects threatening to the Reserve, the counselors were also searching for ways to respond constructively--for example, by helping developers of property on Torrey Pines Mesa to design landscaping more in harmony with the locality and less water intensive than originally proposed.

Beardsley expressed his opinion, "more or less shared by current counselors," that Torrey Pines Association is, and should remain, a "narrow focus" environmental organization, with activities and advocacy limited to the Reserve and its immediate surroundings. He invited input and increased participation in TPA affairs by the membership at large.

TPA ENDORSES TWO COASTAL BILLS by Sidney Barth

At its March meeting, the Board of Torrey Pines Association endorsed two State Senate bills to provide for protection of the coastland. A summary of these bills follows:

Senate Bill 283 would establish civil liability up to \$20,000 per day plus an additional fine of up to \$10,000 per day plus up to a year in jail plus requirements for restoration and possible revocation of permit for violation of the California Coastal Act or a certified local coastal program.

Senate Bill 284 would require the California Coastal Commission to develop and implement a comprehensive enforcement program to ensure that any development in the coastal zone is consistent with the Coastal Act and to oversee compliance with permits and permit conditions issued by the Commission. The bill would require the Commission to develop and implement a cost recovery system to offset the costs of administering the enforcement program, consisting of fees charged to violators of the Coastal Act; prescribe procedures for imposing and collecting the fees; and create the Coastal Act Enforcement Fund and provide for the deposit of any fees collected in that fund.

Individuals may write concerning the bills to the following addresses (*ed. note: Torrey Pines Docent Society does not take political positions; however, its members as individuals can express their opinions, pro or con, on the bills*):

Senator Dan McCorquodale, Chairman, Senate Natural Resources Committee
2031 State Capitol, Sacramento, CA 95814

Assemblyman Byron Sher, Chairman, Assembly Natural Resources Committee
2136 State Capitol, Sacramento, CA 95814

IN MEMORIAM

A SMALL TRIBUTE TO A LARGE PERSONALITY by Jessie LaGrange

Artist, musician, photographer, historian, friend--Robert (Bob) Wilson, a devoted Torrey Pines Association counselor for many years, quietly departed this life in December 1990.

Through the diversity of his talents, Bob provided exceptional contributions to the Torrey pines area, as well as to La Jolla and Del Mar for a greater part of the twentieth century. His endeavors included active support and enthusiastic participation in a community initiated "Lodge Host" program that began in April 1968 and became a successful precursor of the Torrey Pines Docent Society. In conjunction with this service, he offered a precise recording of events that was always presented with humor, grace, and a skillful sense of propriety which, in turn, inspired acts of good will toward Torrey Pines State Reserve. The gentle, whimsical spirit that enriched and influenced the lives and land that he touched will be fondly remembered by all who were associated with him.

WHAT TO DO ABOUT BEACHED MAMMALS

Torrey Pines Reserve's beaches regularly have a large number of beached and stranded marine mammals, according to Jim Antrim, vice president and senior curator of marine mammals at Sea World, who spoke to the Docent Society in March about the recovery, rehabilitation and release of sea mammals. (By the way, Jim is the son of docent Marion Antrim.)

Some animals on the beach may simply be resting, others have been injured or are ill. What should you do if you see such an animal on the beach?

First, do not approach too closely--it may be dangerous. Second, do not throw water over the animal--it may aspirate the water and drown. Third, notify a local official, such as a Ranger, about the animal's presence, or call Sea World at 226-3900, Ext. 2403 during normal business hours, or after hours at the toll-free number, 800-541-7325 (which spells SEAL).

Sea World is authorized by the National Marine Fisheries to provide rehabilitation and release services along the coast from the Mexican border to Orange County. In an average year, they bring in from 80 to 150 sea mammals, though in 1984 there were 475, a record number. Of the number stranded, 95% are sea lions, elephant and harbor seals. This operation costs Sea World \$100,000 yearly, for which they receive no government reimbursement.



Animals brought in are given a thorough diagnostic exam by the veterinary staff (lung worm is the most common problem in sea lions). In a good year, 70% of the animals are saved; in a poor year, only 40%. They are released when healthy in sea areas where they will be with their own kind. At this time the animals are tagged, so if they are returned, there will be a history on them.

Jim noted that whales may once have bred in the Reserve area, and that other marine mammals which formerly had rookeries on the beach, now breed on the islands. Increased human activity is probably responsible for this as well as for the fact that many gray whales are swimming further from shore as they migrate.

News and Notes

COMMUNITY VOLUNTEERS AID IN FIGHTING FIG

Sunday, March 17, docent Betty Vale led a group of volunteers from Bishop's School down to Parry Grove to attack the Hottentot and sea figs that have covered so much of the earth in that area. The volunteers, who were earning credit for community service hours, were Mark Radelow, Jeremy Deems, Geoffrey Graham, and Sean Pue. Each gained three hours to contribute towards his required year's total of 20 hours. The boys were accompanied and assisted by parents Judy Graham and Nancy Deems. Total take was 48 bags--thank you!



NOTED ENVIRONMENTAL EXPERT TO SPEAK IN SAN DIEGO

Global warming, a rise in the sea level, catastrophic drought, acid rain, air and water pollution, overconsumption and overpopulation--all are current topics that haunt docents and TPA members who are anxiously trying to preserve the little bit of natural beauty that is Torrey Pines State Reserve. One of the world's top experts on these and associated topics is Paul Ehrlich, who will speak in San Diego on Wednesday, May 15.

Ehrlich has authored two books, *The Population Bomb* (1960) and *The Population Explosion* (1990). He is the winner of many awards, including the first "Science in the Service of Humankind" prize, awarded by the American Association for the Advancement of Science in 1989. His speech may stir you to action.

He will be the guest speaker at Planned Parenthood's annual dinner, 6:30 P.M., Wednesday, May 15, at the Town & Country Hotel. The dinner is open to the public. For additional information or reservations, call Mary Veta, 231-6760.

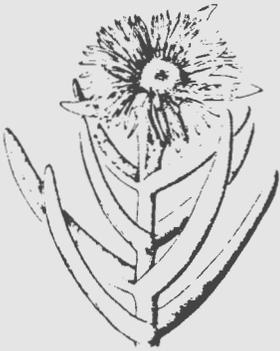
TAKE YOUR CHOICE OF LOCAL CONSERVATION GROUPS

More than 20 citizen groups are now organized to conserve San Diego County's open spaces, wetlands, and lagoons. *The San Diego Union* listed these groups March 3 in an article outlining the purposes and philosophies of the various organizations dedicated to support preservation. Among them are several near the Reserve that docents and TPA members not already active in such groups might want to join. Their names, followed by telephone contact numbers or addresses are: Batiquitos Lagoon Foundation (P.O. Box 3103, Carlsbad, CA 92009); Buena Vista Lagoon Foundation (727-3866); Del Mar Terrace Conservancy (249-4705); Los Penasquitos Lagoon Foundation (P.O. Box 866, Cardiff, CA 92007); San Dieguito River Valley Conservancy (P.O. Box 89, Del Mar, CA 92014); San Elijo Lagoon Conservancy (942-8346); San Elijo Lagoon Foundation (436-3296).

Report from the Ranger

The rain not only greened up the Reserve last month, it also uprooted some trees, most of them dead ones. Most noticeable of these is one around an early bend on the left side of the Guy Fleming trail. Chris Platis and Mike Neustein did an artistic job of cutting it up, leaving one branch forming an arch over the trail. Some of the smaller branches that were removed were put to good use to cover up a path off trail that looked all too inviting to visitors. . . . Though lots of erosion from water is visible through the park, and especially on the half-finished road at the entrance, the good news is that the new parking lot drains work very well, and no puddles are in evidence. . . . Another good effect from the drenching storms was the flushing out of the lagoon, now in about as pristine a state as possible. The silt and sand that went out to the ocean will return to the beaches in a normal cycle.

HOTTENTOT AND SEA FIG REMOVAL



Following is a letter from Dave Economou, a volunteer, about the project to remove Hottentot and sea fig from TPSR:

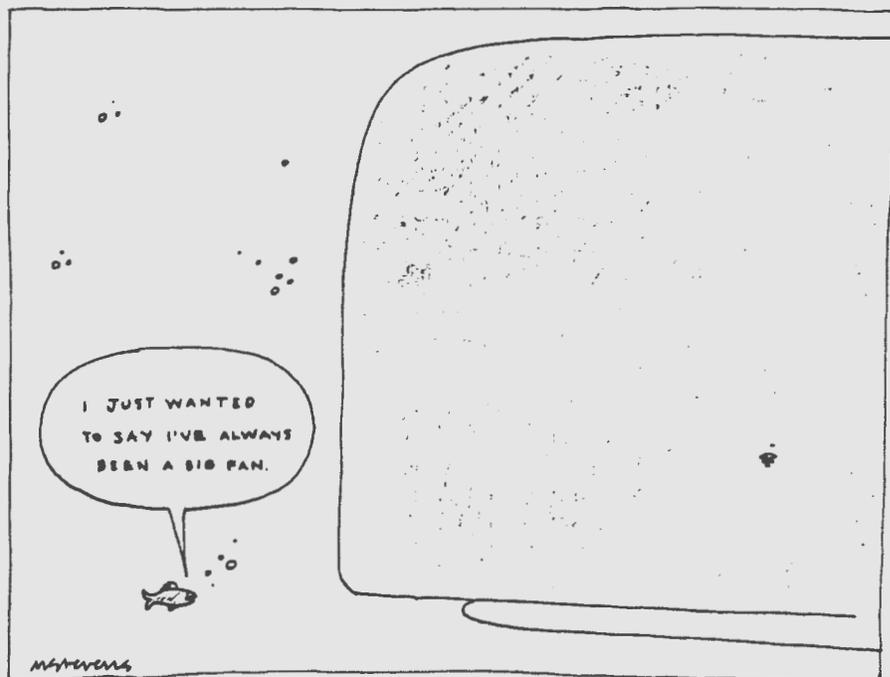
I've been removing Hottentot fig from the park since October of 1988. During that time, I, along with others, including former park aide Glen, removed virtually all the fig from and around High Point. Later, I continued to the area north of High Point up to the Lodge, removing all the fig there also (over 500 bags total for these two areas).

Then I began across the road to old, thick patches along the road's immediate west side. There I found some large stems up to 2" thick, making me believe that these were about the oldest Hottentot fig plants in the park and, by virtue of their location, probably deliberately planted many years ago.

At any rate, I'm currently working in the park's biggest fig area, Parry Grove. Recently, much appreciated help was given by a group of docents (as reported in a recent Torreyana), and at present the Parry Grove stairway trailhead shows much improvement. Especially noteworthy are the sandstone rocks upon which the trailhead rests. For years these rocks have been covered with a thick curtain of Hottentot fig. Now, however, the curtain has been cut, revealing beautiful sandstone erosion so typical of the park. This is plainly visible on the right as one ascends the trailhead.

Still, much more removal at Parry Grove needs to be done in order to preserve our beautiful coastal-desert ecology. I recently spoke with California State Park District Superintendent Fait regarding the need for more state funding in this effort. Unfortunately, however, given the current state budget shortfall, little help from the state can be expected.

So, it's up to us. I want to thank all the docents who have helped in this effort. It is hard, dirty work. However, it is also a good way to exercise while at the same time preserving our beloved park. Together we can rid the park of this invasive, aggressive plant and restore the park to its full, natural splendor.



BARKING UP THE RIGHT TREE IN THE LIBRARY (Library Subject List #4)

by Marc Gittelsohn

(This is the fourth in a series of selected book lists on special topics available in the Docent Library. Lists on other subjects will appear in future issues of the Torreyana.)



Bowers, Nathan A., *Conebearing trees of the Pacific Coast*. (Whittlesey House field guide series, 1942).

Brockman, C. Frank, *Trees of North America; a field guide to the major native and introduced species north of Mexico*. (Golden Press, Golden Field Guide Series, 1968).

Collingwood, G. H., *Knowing your trees*. Rev. ed. (American Forestry Assoc., 1964).

Collins, Barbara J., *Key to trees and shrubs of the deserts of Southern California* (California Lutheran College, 1976).

Hartesveldt, Richard, *Coniferous trees* (Chevron, Western Outdoor Environmental Guide, 1971).

Keeler, Harriet L., *Our native trees and how to identify them; a popular study of their habits and their peculiarities* (Scribner's, 1920).

McMinn, Howard E., *An illustrated manual of Pacific Coast trees*. Second ed. (U.C. Press, 1946).

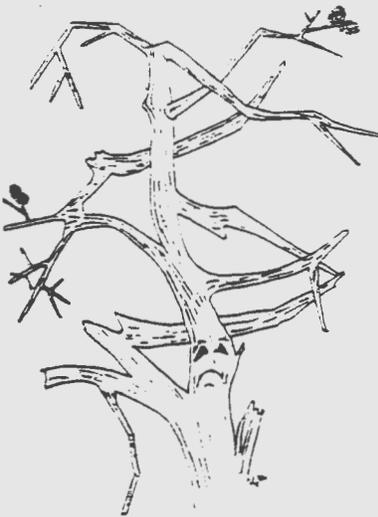
Peterson, P. Victor, *Native trees of Southern California* (U. C. Press, California Natural History Guide no. 14, 1966).

Shigo, Alex I., *A new tree biology: facts, photos, and philosophies on trees and their problems and proper care* (Shigo and Trees Assoc., 1980).

Sunset Magazine, *Garden trees* (Lane Publishing, 1975).

United States Department of Agriculture, *Trees, the yearbook of agriculture for 1949*.

A REQUIEM FOR TREES



Can you count the raindrops?
 I bet the trees can.
 We've lost so many friends,
 Trees that we called by name.
 Some may say the views are better
 Or that they remain beautiful even in death.
 But the gray starkness of their skeletons
 Can never be as graceful
 As a bunch of five long green needles
 Etching patterns across blue sea and sky.

--Allyn Kaye

PRICKLY PEAR--POPULAR POTENT PANACEA

Most docents know that prickly pear (*Opuntia littoralis*) provides food--the fruit (or tuna) and the de-thorned young leaves--as well as a home for the cochineal insect, which was once the main source of red dye. Currently, prickly pear is flourishing in the Reserve, some of it decorated with lovely waxy yellow blossoms. You can add to our visitors' knowledge of the plant with some of the following information, which comes from the February 1991 issue of *Escala*, the magazine of Aeromexico.*

Their article quotes the Spanish invaders on the medicinal properties of prickly pear, which they call "nopal": "its leaves are cold, humid and have a saliva-like juice which, similar to that of its fruit, is remarkable to bring down high fevers, quench thirst, and help moisten dry innards. . . . the gum extracted from them reduces the burning sensation of kidneys and urine. Its juice or distilled liquid is excellent for cases of malignant and bilious fevers. . . . its roots--which are slightly bitter--mixed with a certain variety of geranium, cure hernias and erysipelas, and help to cure an irritated liver. They are also excellent for healing ulcers."



Opuntia littoralis.

The magazine lists the follow current uses for nopal: by the cosmetic industry as a substitute for synthetic anilines which can cause allergies and other illnesses; also for shampoos and skin creams; for building material, since it helps to make adobe more resistant. Its juice or gum hardens when it comes into contact with the air and is therefore used for waterproofing roofs and walls. Boiled prickly pear leaves mixed with lime are a substitute for vinyl paint. Syrup made from the prickly pear fruit is used to sweeten Malaga wines, for making cough and sore-throat syrups, and to obtain alcohol of different strengths. The food industry uses the skin of the fruit to make pectin. It is also used as a fodder for goats, sheep and cows (using simple bristle-removal techniques).

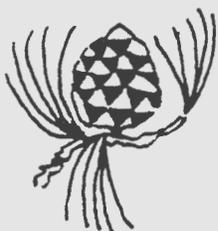
A Precolumbian practice still surviving is the use of heated prickly pear leaves sliced sideways as a poultice for reducing swellings. The flowers are used for infusions and are given to teething babies to prevent indigestion. It is now being used in the treatment of diabetes in some countries. One research project purports to show that ingestion of prickly pear before each meal, for ten days at least, induces loss of weight, as well as of cholesterol, glucose and insulin.

It contains a high percentage of potassium, calcium and oxalate, as well as vitamins A and C. Tablets containing its juice can be used as a natural medicine and food complement.

(*The article is by Arturo Lomeli, who is the founder of the Asociación Mexicana de Estudios para la Defensa del Consumidor A.C. and promotes food research.)

In this broad earth of ours,
Amid the measureless grossness and the
slag,
Enclosed and safe within its central
heart,
Nestles the seed of perfection.

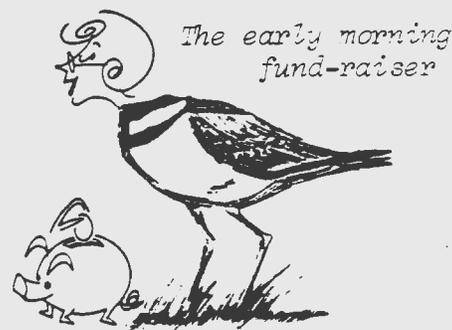
--Walt Whitman



THE INDOOR BIRD-WATCHERS MANUAL (passed on to the Torreya from another newsletter by Joan Nimick. We thought docents might have observed some of these birds.)



The hairy-chested backslapper
The over-stuffed camisole
The post-prandial grouse
The quick gander
The blue-nosed killjoy
The culture vulture
The great American deficit
The queen dowitcher
The inflated gasbill
The red-headed henpecker
The great bald ego
The full-breasted pushover
The duck-billed platitude
The barred shyster
The uncalled-for snicker
The short-tempered sheet-snatcher
The ultra-violet raven
The scarlet teenager
The poorly-marked tern
The cone-breasted sapcatcher
The early-morning fundraiser
The strumpeter swan
The extra-marital lark



WHY DO GEESE FLY IN A WEDGE?

Migrating geese fly in a "V" formation to save energy. In the flying wedge, each bird is in position to get a lift from the air current left behind by the churning of the air by the wings of the leader of the formation. It is easier going for all except the leader. During migration, geese are apt to take turns in the lead position. (From the Associated Press, via Joan Nimick.)

The *Torreya* is issued monthly except for August by the Torrey Pines Docent Society and Torrey Pines Association.

Deadline for contributions is the 24th of each month. Please send to the editor:

Marion Dixon
2355 Avenida de la Playa
La Jolla, CA 92037

Staff: Glenn Dunham, Pat and Parker Foster.

* * *

Address changes go to:

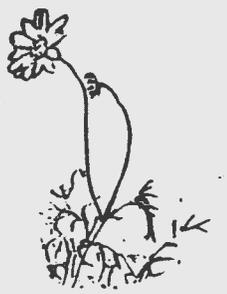
Carol Lewis, Mbrshp Chair
12908 Candela Pl.
San Diego, CA 92130



WARREN MILLER

APRIL DUTY CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <u>10-1</u> TALBOT 1-4 HUBER	2 MARTIN	3 MARGULIES	4 BARDWICK	5 <u>10-1</u> NICOLOFF 1-4 WATSON	6 LEWIS WATSON MORROW MORROW
7 L N L W	8 <u>10-1</u> BUECHLER HORGER NORTHMAN 1-4 FOSTER TAYLOR GREEN	9 MARTIN	10 FOSTER	11 GREEN	12 <u>10-1</u> GITTELSONN 1-4 BARDWICK	13 BRANSFORD ROBERTS BRANSFORD DUNHAM
14 L W L W	15 <u>10-1</u> LEWIS TAYLOR HUBER 1-4 BARDWICK HORGER NORTHMAN	16 AMAKNS	17 MARGULIES	18 ESTEY	19 <u>10-1</u> NICOLOFF 1-4	20 SWANSON LIU SCHULMAN LIU
21 L W L W	22 <u>10-1</u> WARM HOLM MORROW 1-4 BARDWICK DIXON GREEN	23 VALE	24 FOSTER	25 GREEN	26 <u>10-1</u> GITTELSONN 1-4	27 KOOTMAN ROBERTS SCHULMAN MORROW
28 L W L W	29 <u>10-1</u> BUECHLER BARDWICK TALBERTS 1-4 FOSTER DIXON CHENEY	30				



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