



TORREYANA

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

No. 193

December 1991

Next Docent Society Meeting

SATURDAY, DECEMBER 21, 10:00 A.M. AT THE VISITOR CENTER

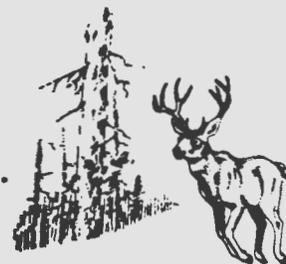


Remember to skip breakfast this morning. All available counters in the Lodge will be groaning with the annual holiday edibles concocted by the docents, and you'll need your heartiest appetite to cope with the offerings. The festivities begin at 10:00 A.M. (not 10:30, as announced earlier), in order to finish by noon, when the Lodge needs to be re-opened to the public. In addition to food, the party will be highlighted by the announcement of the "Docent of the Year" and some other surprise announcements. . . . All of this will take place in a room transformed by Docent Jim Cassell and his helpers into a red-and-green, boughs-berries-and cones setting.

If you have greenery or appropriate ornaments which you can contribute to the decorations, please bring them between 10:00 A.M. and 3:00 P.M. FRIDAY, DECEMBER 13 or anytime on SATURDAY, DECEMBER 14. The early schedule for decorating has been set so that the public will have a longer time before the holidays to enjoy the artistic efforts of our volunteers.

A DEER, A DEER--A SWIMMING DEER!

If only one person had reported a deer swimming in the ocean off the Reserve, the story might be suspect. Fortunately for the record, a visitor, a docent, and several TPSR staff members confirmed the sighting on Wednesday, November 13, about 10:00 A.M. Docent Jim Cassell was coming into the park by the South Beach entrance when a visitor shouted to him that a deer had just gone down the hill toward the beach. Jim spotted the animal, notified the Rangers' office, and the group watched the animal head into the white water waves and start swimming south. Because of the mist, no one is sure of the animal's gender; but if it was a buck, the antlers were not visible.



Deer were sighted in the Reserve again a few days later, this time a buck and a doe going down the hill off the Guy Fleming Trail. So now you know what to say when visitors ask, "Are there any deer in the Reserve?"



Docent Doings

NEW FULL DOCENT



Welcome to Betty Stephan, who has completed her requirements for becoming a full docent. Betty and Kathy Watson have volunteered to index past issues of the *Torreyana* to make its information more accessible.

ANNUAL DUES

Carol Lewis, membership chair, reminds docents that annual dues for the Docent Society are collected at the January meeting. Dues are \$10 for active members and \$25 for supporting members. New 1992 parking passes will be issued when dues are paid.

MORE ABOUT PARKING

Ranger Allyn Kaye updated docents on the parking fees at their November meeting. She reminded them that when they are on duty in the Lodge they need to check with visitors to see if they have purchased their tickets at the entrance machine. If not, docents can sell them tickets from the office. Regular tickets are \$4 per car, senior citizens only \$3 (the gray tickets). The Lodge is the only place where seniors can take advantage of their discount.

Cars without parking tickets (or official passes) will be fined \$31. There is no longer a 20-minute free parking period.

Parking privileges for supporting members of TPDS and for members of Torrey Pines Association will be limited to lots available from the South Beach entrance; North Beach will require a regular parking ticket for these members. Full docents have access to all lots; name and license number must be on your pass.

Docents were cautioned not to loan their parking passes to friends.

Parking fees provide the bulk of the operating income at TPSR, hence the importance of collecting them.

CAUTION: SOME WOOD'S NOT FOR BURNING

Docents who keep the Lodge fire burning during the cool weather were cautioned by Ranger Allyn Kaye at their November meeting not to use wood from the pile marked with yellow tape behind the building. This wood contains a preservative which may cause toxic fumes.

Other instructions: use an ignited newspaper funnel to create a draft before lighting a fire to help prevent smoke from coming out in the room, and build the fire toward the back of the fireplace.

RANGERS' HISTORY FOR LIBRARY AND VIDEO

The Docent Society Executive Board at its November meeting approved the purchase of the book, *Rangers of California State Parks*, by Michael G. Lynch. It is a photohistory of the rangers beginning at Yosemite Valley in 1866.

Also approved was the purchase of a video, *Jewel Keepers: A History of The California State Park Rangers*, for showing to staff and docents.



Getting to Know You

Lou Wasden



I became interested in the docent training program after participating in the nature classes taught by Barbara Moore and Gail DeLalla in the San Dieguito Adult School.

I was born in northern New Hampshire, and for many years my knowledge of nature was limited to my ability to identify a maple tree, a robin, and snow. In 1960 I moved to California, living in San Francisco, Venice, Huntington Beach, and Hermosa Beach before moving to San Diego in the fall of 1990.

I am a registered nurse, my area of expertise being the operating room. My husband Gary and I have four children. My husband's mother, who lives in San Marcos, and our youngest son, who graduated from UCSD, helped stimulate our interest in moving to La Jolla when we retired. In addition to enjoying the trails in this area, Gary and I spend a fair amount of time in the Anza-Borrego desert, where we own rental property. (See Lou's recipe for coffee cake elsewhere in the Torreyana, requested after she brought it to a meeting.)

Wesley M. Farmer



Natural sciences, art, taxidermy, and photography have been my interests for many years. With my two children grown and little doing in the way of employment, the docent program at Torrey Pines seemed a good way to spend some time.

I have presented zoological art and a program called "Ocean Life" at the Cabrillo Marine Museum as well as La Jolla High School and two libraries. I have also published six works on sea life, the most recent being *Tidepool Wonders of the Sea of Cortez III (A Field Guide)*. I also have exhibits at the San Diego Museum of Natural History and Morro Bay State Park Museum. I have held several offices in local nature organizations.

Currently I have temporary employment with the Fish and Wildlife Service.

Ed. note: The drawing of vining milkweed (Sarcostemma cynanchoides) accompanying this article is a recent one by Wesley. He was inspired to do it by Jim Cassell, who was unable to find a picture in our color photography scrapbooks of this flower, which blooms late in the season along the Guy Fleming Trail.

BENCHES BEAUTIFIED

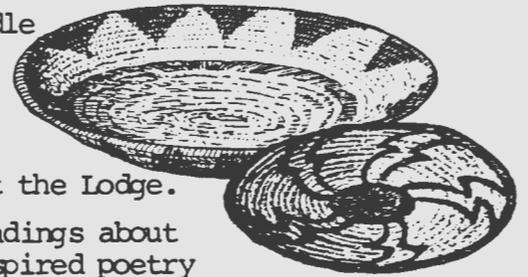
The two beautiful old benches on the Lodge veranda which were donated by the Daughters of the American Colonists have recently had a face-lift. Park Aide Sue Pelley, who has also created those artistic and informative posters on the veranda, recently took time to refinish the benches, bringing out the lovely grain of the wood. You'll want to touch them, they look so inviting.

*Come forth into the light of things
Let Nature be your teacher.*

--William Wordsworth

POETRY AND BASKETRY by Judy Schulman

On November 10, students in the second pine needle basketry class for docents and guests gathered in the park to continue learning this ancient craft. Many visitors stopped to watch them weaving the stiff needles into a variety of shapes, apparently feeling that this was one of the ongoing exhibits at the Lodge.



As before, artist Pat MacGillis incorporated readings about nature into the class. She read from the nature-inspired poetry of Gary Snyder. Part of his philosophy is that, as such a mobile society, we do not get attached to the land where we live. Where people live in the same area for generations, there is more concern and care for nature.

Pat also read a passage about basketry and time from the book, *Basketry as Textile Art*, by Ed Rossbach (Van Nostrand Reinhold Co., 1973): "In studying the most permanent baskets the time element begins. The process of making a basket in several minutes is fundamentally different from the process of making a basket over many months. Time becomes an ingredient. The basket-making process induces not only meditation and contemplation, but an unusual awareness of time, a measuring of time, a manipulation of time, a celebration, and observation. The units of construction become units of time measured. Basketry like other textile arts becomes a time experience.

Sharing in this time experience were Marion Antrim, Pat Bransford, Kathy Estey, Dorothea Everts, Marty Jacobson, Ranger Debbie Marlow, Michelle Meckel, Judy Schulman, Diana Snodgrass, and Sandy Spaulding.

(Ed. note: An article in *The San Diego Union* (9/15/91), supplied by Marge Amann, describes the Kumeyaay basket weavers in San Jose de la Zorra in Baja, California, who are among the last of their tribe to weave the baskets traditionally used for acorns and pinyon nuts. According to the director of the National Institute of Anthropology and History in Mexicali, 14 women are now making baskets, for which there is a market at the Unique Arts Center in Ensenada's Mexican Handcraft Shopping Center.

Steve Crouthamel, Associate Professor of American Indian Studies at Palomar College, speaking at Quail Gardens recently, said that the basketry of the southwest Indians was considered the best in the world. *Juncus* and bunch grass were two important materials.)

LOU WASDEN'S COFFEE CAKE

- | | | |
|--|---|---|
| 1½ c. granola |) | |
| ¾ c. firmly packed brown sugar |) | Combine these three ingredients in a small bowl and mix well. |
| 1½ tsp. cinnamon |) | |
| 2 - 8 oz. pkgs. refrigerated biscuit dough | | |
| ½ c. melted butter | | |

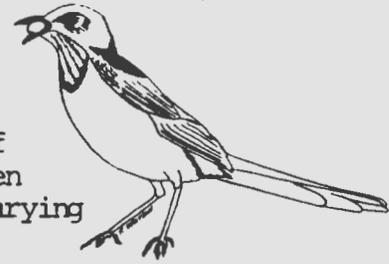
Separate dough and cut each biscuit in half. Dip biscuit in melted butter, then roll in granola mixture, coating generously, pressing lightly into dough. Layer in bundt pan, sprinkle with leftover granola mix, and drizzle with leftover butter.

Bake 30 minutes at 350° in preheated oven. Turn out immediately onto serving plate. Serve warm. Serves 8 to 10 people.

News and Notes

HOW MANY PINES DOES A SCRUB JAY PLANT?

You've seen and heard a scrub jay knocking its beak against a ripe Torrey pine cone, then watched it fly off with a big brown pine nut in its bill. Maybe you've even seen the jay later scratching a hole in the earth and burying the nut--possibly for later consumption, possibly not.



If the nut is forgotten, the rains come, and everything else is just right, up shoots a little Torrey pine. A survey to estimate how many pines may be planted in this way is being made, and docents are asked to participate. Maps for the survey are available in the Rangers' office. Take one when you lead a walk, do maintenance or patrol, or simply go for a hike yourself. Then when you spot a jay with a pine nut, you mark the map accordingly. The more marked maps, the better the survey.

THE POWER OF PINE SCENT



Do we feel better when we come to the Reserve because of the aroma of pines? Or because certain other unpleasant odors aren't present?

Recent research indicates that both may be true. Dr. Gary Schwartz, professor of psychology at the University of Arizona, along with other researchers on the significance of smell, says that fragrance may affect us more than we previously thought. Subjects in one experiment performed 25 percent better when given whiffs of peppermint or lily of the valley than those given only whiffs of pure air.

"I think one of the reasons taking trips to pine forests makes us feel so good is the presence of the mixture of molecules in pine," says Dr. Schwartz. "Equally important, if not more important, may be the absence of all these other molecules we're not consciously aware our nose is picking up. . . smog molecules, gasoline, carpet, paint. . . which are often putting a great strain on our nervous system."

So, take a deep breath when you come up to the Reserve. And be grateful to all our predecessors who made this stimulating air possible as well as to the park system which protects it.

(Article courtesy Judy Schulman, originally from the Los Angeles Times, 5/13/91.)

TPA Topics

PROTECTING OPEN SPACE IN THE EXTENSION

Maurie Brown, reporting to the Docent Society as liaison with Torrey Pines Association, said that the latter group has been checking on the blockage of public right-of-way into the Extension by private property owners. Official signs have been requested to make park boundaries clear and prevent further intrusion. TPA will continue to check on infringements.

Maurie urged docents to join the Association, since their background in TPDS gives them an awareness of problems TPA tries to solve. She pointed out that early in the new year would be a good time to join, since elections are held in February.

THE EFFECTS OF STRESS ON DOLPHINS AND OTHER ANIMALS

Each year 150,000 dolphins are still being killed in the chase for tunafish. The dolphin population has been reduced from about 12 million to about five million now; in fact, every major animal population is in jeopardy. These were some of the facts given to docents at their November meeting by Dr. Albert Myrick Jr., a wildlife biologist at the Southwest Fisheries Center.

The root cause for the endangerment of animal species is human overpopulation, Dr. Myrick asserted. He pointed out that destruction of animals' habitat and pollution are two widespread stress factors.

Although stress occurs in nature, such as chase by predators, famine, drought, and parturition, animals adapt to this normal stress and their populations rebound. But artificial stress such as that caused in the dolphin and tuna chases--noise, crowding and confinement, fear, and exhaustion--result in death as well as lowered reproduction rates, and the population does not rebound.

Dr. Myrick noted that three types of dolphin inhabit our Pacific waters: the bottlenose dolphin (*Tursiops truncatus*) is the one which ranges in our surf; the Pacific white-sided dolphin (*Lagenorhynchus obliquidens*) swims further out as a rule; and out beyond those two schools is found the common dolphin (*Delphinus delphis*). The dolphin skull in our "Please touch" exhibit at the Lodge is that of a common dolphin.

When Program Chair Del Roberts asked Dr. Myrick how docents could help the animal endangerment situation, he responded: "Have fewer children." (For many of us, that message will have to be passed on to our children and grandchildren.)

TORREY PINES

(From *Glimpse of the Sea*, a collection of poems
and drawings, by Herb Minshall*; courtesy of Dorothy Green)

Sixty centuries ago,
Here on this mesa where I stand,
On this gullied, rose and saffron soil,
Among the knobs and shallow canyons
Set with Torrey pines, wind-combed and twisted,
Along this glowing, cobalt sea
The people lived.

A simple people,
Slight and gentle by the signs they left;
Their graves, eroded and exposed by weather,
Yield slender bones and simple artifacts;
Kitchen middens, long since fossilized,
Reveal their shellfish diet and enduring culture,
And their peaceful lives.

How strange it seems
That in this very place so long ago,
Men felt the warm sun on their backs as I do,
Saw it turn the evening sea to liquid silver,
Felt the cool breeze, touched the worn stone,
Exulted in life's richness
As I do.



*Herb Minshall was memorialized on the Silverwood
Honor Roll of The San Diego Audubon Society in November.

Report from the Ranger

WHITHER THE STATE PARKS? by Allyn Kaye

I attended the 125th Ranger Anniversary Conference in Sacramento in October. This was a joint conference of the California State Park Rangers Association (CSPRA, pronounced "sea spray") and the State Park Peace Officers Association of California (SPPOAC, pronounced "spoke").

The major highlight of the conference was a talk by William Penn Mott Jr., former Director of California State Parks and the National Parks. Mott also founded The California State Park Foundation while he was director, and he expects it to be a vital link for the parks as they seek needed private sector support in the future in the form of corporate sponsorships, estate bequests, and even from "the little guys." (A story was related of a Southern California woman who has sent in a donation of \$20 a month for six years, without fail and without urging, to restore Jack London State Historical Park in Sonoma County.)

Mott stressed a need to set priorities for the survival of state parks in the coming years. He focused on three main areas: (1) research, (2) interpretation of park values to the public, and (3) marketing of the park system. Research is necessary to determine new techniques and programs to get the park message to the people. California's demographics are changing, and interest in parks and recreation may not lie along traditional lines for the new user groups. Statistics are needed to tell the legislature who the parks serve and why the parks are important. Interpreters should be part of the management staff to help educate the legislature as well as the public on the mission of the park system. By marketing, Mott said he meant letting the public know how much it costs to run parks and how their contributions are being spent. The public needs to be encouraged to write legislators to support adequate budgets for the parks.

You may want to attend the '92 CSPRA Conference March 16-20 in Anaheim.

(Ed. note: Allyn's suggestions for ways TPDS might implement Mott's idealistic program will be in the January Torreyana.)



The *Torreyana* 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:

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* * *

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TPDS Address Changes

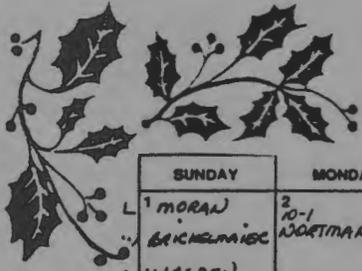
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Never a day passes but that I do myself
the honor to commune with some of
nature's varied forms.

--George Washington Carver





DECEMBER DUTY CALENDAR

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
L	1 MORAN	2 10-1 NORTMAN	3 TALBERT	4 MARGULIES	5 GITTELSON	6 10-1 GREEN	7 LEWIS	L
W	BRICKMANN						CASSELL	W
L	WASDEN	1-4 HUBER				1-4 NICOLOTT	HOLM	L
W	NIMICK						LIU	W
L	8 HELLER	9 10-1 HUBER	10 MARTIN	11 WATSON	12 GREEN	13 10-1 ESTEY	14 BRAWFORD	L
W	FERGUSON						NIMICK	W
L	J. MORAN	1-4 AMANN				1-4 SANDRASS	OSISEK	L
W	STIEGLER						CASSELL	W
L	15 LEWIS	16 10-1 GREEN	17 TALBERT	18 MARGULIES	19 GITTELSON	20 10-1 NICOLOTT	21	L
W	FERGUSON							W
L	OSISEK	1-4 COOPER				1-4 ANTRIM	NIMICK	L
W	DIXON							W
L	22	23 10-1 WATSON	24	25	26	27 10-1	28 BRAWFORD	L
W				L	L		BROWN	W
L	HELLER	1-4 MARINE		L		1-4	BARDWICK	L
W				W STIEGLER		BRICKMANN	BARDWICK	W
L	29	30 10-1 EUCHLER	31 MARTIN					L
W	DIXON							W
L		1-4 MARINE						L
W	COOPER							W



SEASON'S GREETINGS

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FOR

