



TORREYANA

No. 203

November 1992

Next Docent Society Meeting

SATURDAY, NOVEMBER 21, 9:00 A.M. AT THE VISITOR CENTER



The whales are coming! The whales are coming! We hope so, anyway. And so that we will know all the pertinent facts about the migrating gray whales, both for our own satisfaction and to impart to our visitors, Bob Clark, program chair and member of the Board of Directors of the San Diego Chapter of the American Cetacean Society, will give a talk at the November meeting of the Docent Society. His talk will include dolphins, sea lions, and harbor seals, and will be illustrated by slides. Bob has been with the Cetacean Society for 16 years, so you can't get a more informed source on this subject than he is....Members with items for the business meeting are reminded to let President Diana Snodgrass know ahead of time that they wish to be on the agenda.



TRIP TO NEW AQUARIUM FOR DOCENTS

Program Chair Jim Cassell has arranged a trip for docents to the New Stephen Birch Aquarium-Museum at 3:00 P.M. Wednesday, November 11. Docents who wish to car pool should meet at the Lodge at 2:30 P.M. Those who wish to go directly to the aquarium should go in at the administrative entry, which is clearly marked. The parking fee will be \$1.00 per car per hour (and \$1.00 extra for any minutes into the next hour). The good news is that admission is free, and aquarium docents will be on hand to take small groups through the exhibits.

AWARD TO TPSR DOCENT FROM STATE LEAGUE

Docent Judy Schulman received a commendation from the League of California State Nonprofit Organizations at its October meeting in San Rafael. The plaque presented to Judy reads, in part, "for your many contributions to the League, the Torrey Pines Docent Society, and the State Park System. In appreciation for your efforts in designing and editing the League's first newsletter and for continued service as the League's newsletter editor through the League's formative years...." Judy is currently the Docent Society's representative to the League. Her outstanding efforts on

(continued on p4)



Docent Doings

CHILDREN'S PROGRAM POPULAR

A green flyer from Torrey Pines Docent Society for Grades 1 through 4 has brought a strong response from local schools. In fact, so many have expressed an interest that the number of classes per school has had to be limited so that more schools could participate.

The classes, which are offered January through May on Friday mornings from 10:00 A.M. to 12:00 noon, will each be led by two docents from among those who have been involved in working out the programs. The subjects covered will be whales, wildlife, and wildflowers.

Members of the Education Committee for these programs are requested to attend a meeting at 10:00 A.M. on Sunday, November 8, at the Lodge.

DOCENT BADGES FOR FOUR

Vice President of Training Joan Nimick, back in San Diego after an extended trip, presented full docent badges to the following associate members of the Society at its October meeting: Lilla Clark, Dick Lighthall, Shirley Musser, and Charles Robertson. Congratulations to all for completing their requirements.

HOLIDAY PARTY DECEMBER 19

By tradition, the "new kids on the block" take over arrangements for the Docent Society's holiday party in December. Mary Weir has offered to chair the party committee, and will expect assistance from all available new trainees, whether they have graduated or not. This is always a potluck event, so all docents can start planning for their most mouth-watering contribution. (Those who can't cook can, of course, bring store-bought goodies.)



MEMORIAL FOR HERB SWANSON

A memorial service was held October 16 at Torrey Pines Christian Church for Herb Swanson, who was an active member of Torrey Pines Docent Society from 1987 to 1991. Herb came to San Diego in 1950 and was living in Del Mar in 1991, when he moved to Coeur d'Alene, Idaho. He died September 28 in an Idaho hospital, following a stroke. Two of Herb's many interests were astronomy and photography, which he shared with the docent group. However his chief interest was the Boy Scouts of America, and the family requests that memorial contributions be sent to that organization.



HAND-CARVED PINS TO BE AVAILABLE

Judy Morrow will again offer her hand-carved wooden animal pins for sale at the docent meeting November 21. As in past years, the proceeds of the sale will be donated to the Docent Society.

DOCENT SCULPTURES ON EXHIBIT

Docent Wesley Farmer has a sculpture exhibit of grey whales and local pelagic fish at the Tijuana River Estuarine Research Center at 301 Caspian Way in Imperial Beach. The center is open daily, and there is no admission fee. For additional information or directions on how to get there, telephone 575-3613.

Report from the Ranger

STAFF CHANGES

As the seasons change, so does the staffing at Torrey Pines State Reserve. Park aides, whose terms are limited to nine months, must then go off for a three month period, usually scheduled for the quieter periods at the park. Some return to the staff for another term after this hiatus. **Mike Neustein**, who came to the park originally as a college intern and is a graduate of the Recreation Department at San Diego State University, left the staff October 30 after his third year here. During his terms, Mike spearheaded the pheromone program to eliminate the bark beetles, as well as contributing to the porch bulletin boards, among his other activities....**Norbert Ruhmke** will be finishing his second year here at the end of December and will complete his degree in recreation this winter at SDSU....**Stacey deJane**, also completing her second year here and at the San Elijo campground, left early in November to finish her degree in geography at SDSU. Both Norbert and Stacey have been involved in resource management and trail maintenance, in addition to other duties....**Scott Kirshbaum**, also a student in recreation at SDSU, came to TPSR first as an intern and then went on to become a park aide. He left at the end of October after his first term....**Mickey Mezzaros**, who has been on the maintenance staff as a park aide for the past two seasons, started November 1 as a park aide for visitors' services. His interests are interpretation and natural history....And, as you must have noticed, our very active and long-time park aide, **Sue Pelley**, whose art work decorated many bulletin boards and whose children's coloring book about the park is in the works, has left the park and is now a Water District Ranger at Mount Israel Recreation Area, which is managed by the Olivenhain Water District Park. In her new position Sue is creating resource management plans and setting up an interpretive program, as well as doing regular patrol and trail work. She would no doubt welcome a visit from you at Mount Israel.

NEW CALIFORNIA WILDLIFE PUBLICATION

Visitors looking for unspoiled areas where they can view nature and animals can look to a new publication, *California Wildlife Viewing Guide*, by Jeanne L. Clark (Falcon Press, 1992) on our bookshelves for sale at \$8.57. The guide is described as "a unique, multi-agency project developed in cooperation with Defenders of Wildlife." Of course, Torrey Pines State Reserve is included, on page 136. Directions to each area are included, plus a description of what can be found there, along with color photographs.

KEEP AN EAGLE EYE OPEN

Both visitors and staff members report seeing a golden eagle in the Reserve recently. This bird is listed as a permanent resident of the Reserve but seldom or infrequently seen. A group of birders also reported seeing what they thought was a golden eagle near San Elijo Lagoon in late October. So do carry your binoculars and look carefully at our feathered friends--and report to the Lodge if you do see an eagle or any other unusual bird.



AWARD (continued from p.1)

behalf of the League, TPDS, and the Park System are revealed in the following brief biographical record:

Judy is a native of Southern California. She grew up at Lake Elsinore, where she first became aware of the California State Park System. She attended UCSD, graduating magna cum laude and Phi Beta Kappa in psychology. While in college, she discovered and joined the relatively new Torrey Pines Docent Society in 1977. She became the editor of the docent newsletter, the *Torreyana*, from 1978-1980 (the newsletter was described as "highly regarded" in her commendation). Her dedication, achievements, and popularity led to her being voted the Torrey Pines "Docent of the Year," the youngest person ever to earn that honor. In 1980, she was elected docent president and served for three years. As chairperson for the 25th anniversary celebration for Torrey Pines State Reserve, she brought together many State Park celebrities and veterans in a highly successful event. In 1990, she assembled the Torrey Pines historical exhibit for the 40th anniversary celebration of the venerable Torrey Pines Association. She has been the TPDS historian since 1983, assembling published articles on former Camp Callan (sited at TPSR) along with considerable other material and has been an integral part of the formal docent training program, annually presenting her history of Torrey Pines, from native Americans to present day park events. She originally edited and supervised the publication of Hank Nicol's second book on Torrey Pines, *Beyond the Trees*, and she has just completed the revision and re-publication of Nicol's original popular book, *Notes from the Naturalist*.

Judy was one of the initiators of the docents' pine needle basket weaving classes, and this year received an award at the Del Mar Fair for one of her own baskets. She is presently vice president of the Rose Canyon Recreation Council (formed for another open space area near Torrey Pines).

Obviously, her award was well deserved!



We had no time to get a picture of our award-winning Judy Schulman for this newsletter, but our photo file provided this view of her basket-weaving class, in which you can almost see Judy at the back on the right.

INSECTS IN THE RESERVE by John Carson

Docents at the October meeting were treated to a fascinating slide-illustrated talk on the park's insects by Ron Lyons, an enthusiastic entomologist by avocation. Insects make up the largest group of animals in the world; Ron pointed out that California alone has at least 28,000 species. The varied plant life zones and extensive plant growths in TPSR support large numbers of diverse insects. On 10 walks in the Reserve last summer, he identified over 100 different species. As his slides illustrated, insects can be found everywhere in the Reserve; because of their camouflaging color or shape, they are all too often overlooked.

While many people view insects as pests, they are an integral and interdependent part of the environment. They are responsible for much of plant pollination and are part of the food chain. Trying to control or reduce the population of one species, such as mosquitoes, may impact other insects that feed on them, which in turn affects other creatures, such as insect-eating birds.

Insects (phylum *Arthropoda*, class *Insecta*) are animals that in the adult stage have a three-segmented body (head, thorax, and abdomen) and six legs. Within this category there are wide variations in development, some undergoing complete metamorphosis and others changing very little in appearance except in size. The speaker pointed out that adult insects do not grow. As insects develop to maturity, they typically shed their outer layer (skin or shell) several times.

Ron showed an impressive number of slides of TPSR insects he had photographed during the past few months. Because there are so many insect species, there is no all-inclusive reference book (he recommended *California Insects* by Powell and Hogue as the most helpful source for use here). He pointed out that some insects are plant specific, so this may be incorporated into the insect name.

The following list covers most of the insects Ron described. They are grouped together by order (scientific classification).

Grasshoppers, et al.: Grasshopper, shield-back katydid, and green tree cricket (often found on the leaves near the top of the telegraph weed.)

True bugs et al.: (While the words "bug" and "insect" are used interchangeably in colloquial use, they have distinct meanings in entomology. True bugs by definition have sucking mouth parts.) Harlequin bug (seen on telegraph weed and bladderpod), yerba santa lace bug (less than 1/4" and greenish translucent), cicada, spittle bug, thorn-mimic tree hopper (brownish green), aphids, cochineal, white fly.



Flies, et al.: Robber fly (feeds on other insects), bottle fly, tachinid fly, and bee fly.

Nerve-winged insects: Owlfly (looks like a combination of a dragonfly and butterfly; active during low light levels, such as early evening); antlions--the larvae live just underneath the bases of cone-shaped holes in loose sand. The hole diameters are usually 1/2" to 1". Larvae are also called doodlebugs.

Moths, butterflies: Looper caterpillars, telegraph weed bagworm, yerba santa bird-dropping moth (gray forewings and yellow abdomen, typically rests on upper sides of leaves; its appearance justifies its name), Indian meal moth, fiery skipper (the name is derived from their skipping flight pattern), and the following butterflies: western pigmy blue butterfly (the smallest in California), sylvan hairstreak butterfly (named for the hair-like appendage that extends from the hind wings), metalmark, mourning cloak, painted lady, California sister, and anise swallowtail.

(continued on p.6)



INSECTS IN THE RESERVE (continued from p.5)

Beetles: Tiger beetle, stink beetle (cannot fly; frequently seen with head to ground and abdomen raised), convergent and blood-red ladybird beetles (also called ladybugs), western spotted cucumber beetle (very common in California), and the baboon beetle (also called red-shouldered leaf beetle; 1/4" long, blue on top with a red spot at base of wing cover, feeds on flowers such as buckwheat.)

Ants, wasps, bees: Velvet ant, sand wasp, and yellowjacket.

Spiders: Spiders belong to the same phylum as insects but a different class, *Arachnida*. While technically not insects, they are often included in discussions on insects because they share common environments. Ron commented on the large number of spider webs in the Reserve. Some of the frequently seen spiders he discussed are the *Cyclosa* (the web is distinguished by a vertical line of debris with the spider at the web center looking like another piece of debris), the grass spider (a funnel weaver that hides at the base of the funnel-shaped web), crab spider (does not use silk to catch prey; rather, lies in wait for passing insects), green lynx spider (commonly found on telegraph weed; chases its prey or jumps at them), and the silver *Argiope* (see below for an article on this species).

PRICKLY PEAR SPIDERS by John Carson

While discussing the prickly pear cactus with visitors, have you ever wondered about the large "four-legged" spiders on the cactus--and hoped no one else noticed them and asked what they were? I've been curious about these spiders since first seeing them during docent training walks last spring. So when docent Glenn Dunham identified these spiders for me recently, it was time to learn more about them. Through observations and reading, I've found that these common TPSR residents have distinctive and unusual characteristics. And yes, they do have eight legs as good spiders should, but for reasons known only to them they often position their legs together in pairs, giving the impression at first glance of having only four legs.

Argiope (a minor character in Greek mythology, pronounced ă r jī ă pē) *argentata* (silver) is one of the many common orb-weaving garden spiders found in the U.S. In Southern California this spider has a strong preference for cactus, especially prickly pear in TPSR. The female is about four times larger than the male, with the total length across opposite legs exceeding two inches in adult females. Unlike many spiders, the abdomen of *argentata* constitutes almost all of the body. This, along with several bumps or lobes on the rear of the abdomen, are key identifications.

The webs seen in TPSR are usually on the outside parts of clumps of cactus, with the spiders on the cactus side of the webs, so normally only the undersides of the spiders are visible. Both sexes sit in the centers of their respective webs, always with heads down. Near the web centers are often one or more zig-zag bands of heavy silk (called *stabilimentum*), whose function is uncertain; its pattern may help camouflage the spider. The spiders' undersides are black with a few yellow lines; the topsides are mainly ivory to yellow.

These spiders mate in summer, and the eggs are stored in large (1/2"-3/4") cocoons, greenish to brownish in color that are suspended by silk across the cactus pads near the webs. Life span of the spiders is apparently one to two years.

So the next time you check out the prickly pear for the cochineal, remember to look for *Argiope* also.

WOULD YOU BE BUGS ABOUT THIS THANKSGIVING DINNER?

Menu, Thanksgiving dinner, year 2092:



Crudités with mealworm dip
Wax worm fritters with plum sauce
Cricket tempura
Roasted grubs
Toasted wasps
Assorted insect sugar cookies



These delicacies from the insect world, or others yet untried, may indeed be coming to the dining room table if some entomologists and nutritionists have their way. Fact is, the same quantity of many insects has more protein than beef, chicken, or milk, plus a lot of necessary minerals. And goodness knows, insects are more plentiful than any other form of animal life.

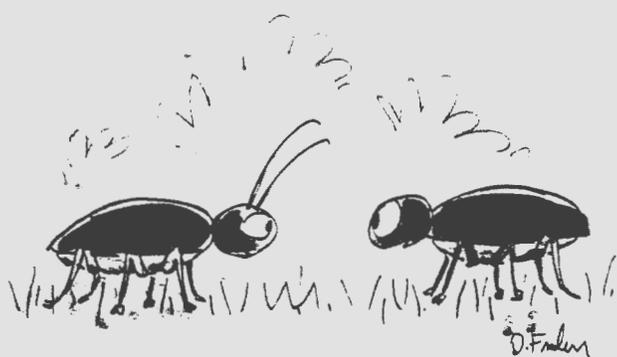
Audubon magazine (Sept.-Oct. 1992) in an article headed, "The Joy of Cooking Insects" (p. 100) describes a "Bug Banquet" celebrating the 100th anniversary of the New York Entomological Society at which a variety of insect dishes were served, to the apparent gastronomical delight of those present. The author, Robert Boyle, points out that insects, particularly locusts, were once relished in many parts of the world, but Western civilization now generally regards them as repugnant food sources. And this reaction, he notes, is from people who readily eat those "disgusting looking lobsters, crabs, and shrimp with their threatening claws and many feet"--and, I would add, slimy snails and curly pigs' tails.

(My own experience with insects as a menu item is positive, if limited. I once ate grasshoppers, served tempura style at a banquet in Tokyo. Many of the Western guests ignored the hoppers as politely as possible, but I am always one to experiment. I found them crunchy, as you would expect, and tasty--with the flavor of the frying batter and the accompanying sauces predominant.)

Entomologists point out that, of course, one must be a little choosy about selecting bugs for the human diet. Some six-legged creatures are dangerous to ingest (cockroaches, for example) and others are protected by law (aquatic insects which provide food for fish, for example). But avant-garde gourmets who want to add insects to their diet can look for guidance to the book, *Entertaining with Insects: The Original Guide to Insect Cookery*, by Ronald Taylor and Barbara Carter (1976) or to the thrice-yearly *Food Insects Newsletter* published by Gene DeFoliart of the University of Wisconsin. His publication includes recipes from corn borer bread to marinated cicadas.

Who knows but that our tiny bark beetles now frozen and being counted by the thousands up in Berkeley for scientific history might just be delicious served up in a crunchy, spicy sauce on toast points? Such a dish could be the pièce de resistance for a docents' potluck feast, served with some irony under living Torrey pines.

If our population continues to increase and our standard food sources to decrease, perhaps we will have to open our minds, shut our eyes, and let our taste buds be our guide to a nouveau insect cuisine.



"I don't need my antennae anymore. I have cable."

SHELL GAMES IN THE LIBRARY (Library Subject List No. 17) by Marc Gittelsohn

(This bibliography covers some of the most useful books on sea shells in our docent library. Related information will be found in the subject list on tidepools--in *Torreyana* for February 1992, p.3. Upcoming lists will deal with our holdings on spiders, grasses, and mammals.)

Abbott, R. Tucker, *Sea shells of the world; a guide to the better known species* (Golden Press, 1969).

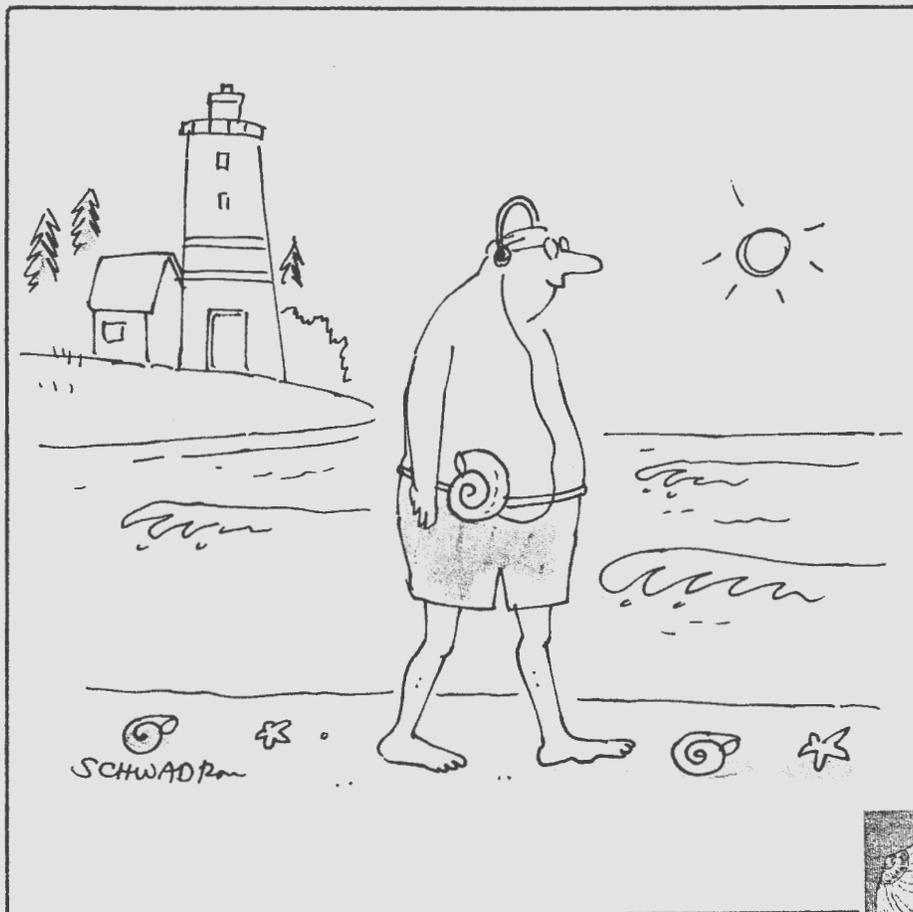
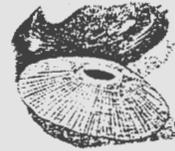
Farmer, Wesley M., *Tidepool wonders of the Sea of Cortez* (Seashore Discoveries, 1989).

McLean, James H., *Marine shells of Southern California* (Los Angeles County Museum of Natural History, 1969).

Morris, Percy, *A field guide to Pacific Coast shells* (Houghton Mifflin, Peterson Field Guide no. 6, 1972).

Rice, Tom, *Marine shells of the Pacific Coast* (Ellis Robinson Pub. Co., 1972).

Siekman, Lula, *A dictionary of shells*. Fourth edition (Great Outdoors Pub. Co., no date).



The Docent Society needs the help of someone with expertise in slide projectors and VCR's to assist in the selection of new equipment for our slide shows and videos. If you can help--or know someone who can on a volunteer basis--please call June Brickelmaier at 453-8240.

LOOKING AT THINGS A LONG TIME

*Out there in the woods and along the road
are all sorts of books; anthologies
of trees, biographies of brooks, poems
by bees, novels in glaciers. Just look
around carefully, thinking about whatever your
gaze rests on. Notice that turn in the road
to which quite a few pages could be given.*



.....

*There are turns we take away from the familiar
that would surprise a lot of people, until we
find ourselves finally again on the old street
gladly lending a hand or telling a story. We see
our own names written in other lives and find out
each day how to care more. We discover that people
listen better when we're often silent
and pondering, looking at things a long time.*

John Cune

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

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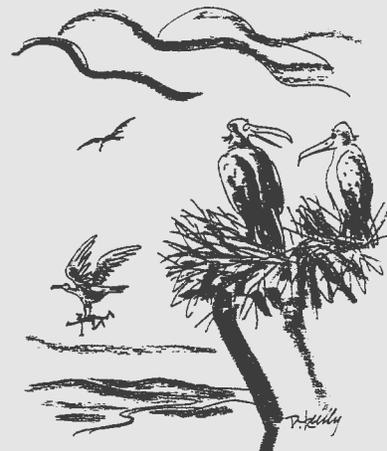
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for TPA-- Torrey Pines Association
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La Jolla, CA 92038

TPDS ROSTER CHANGES

Add: Ron Lyons (supporting member)
3111 Cowley Way
San Diego, CA 92117
Tel. 275-2762

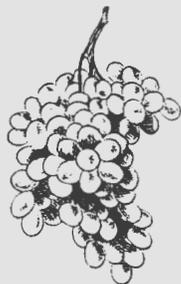
Change: Dave Economou (supporting mbr.)
2222 Carmel Valley Rd. #12
Del Mar, CA 92014
Tel. 259-8560



"We find that, left on their own, the children manage to select a balance nutritious diet without our constant supervision."

NOVEMBER DUTY CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 L-Heller W-Marley --- L-Marine W-Snodgrass	2 L-Stone James --- L-Green	3 L-Martin	4 L-Bransford	5 L-Griebe	6 L-Gittelsorn --- L-Brickelmaier	7 L-Sacks W-Marley --- L-Sachs W-Estrella
8 L-Ferguson W-Cassell --- L-Dunham W-Marley	9 L-Watson James --- L-Green	10 L-Talberts	11 L-Musser	12 L-Griebe	13 L-Gittelsorn --- L-Green	14 L-Moran W-Nimick --- L-Sachs W-Stiegler
15 L-Parnell W-Cassell --- L-Burson W-Dixon	16 L-Brickelmaier James --- L-Huber	17 L-Martin	18 L-Bransford	19 L-Wasden	20 L-Wasden --- L-Amann	21 MEETING L-Heller W-Moran --- L-Massey W-Dunham
22 L-Stone W-Ferguson --- L-Marine W-Miller	23 L-Watson James --- L-Huber	24 L-Talberts	25 L-Green	26 THANKSGIVING L-Parnell W-Cooper --- L-O W-O	27 L-Schroeder --- L-Morrow	28 L-Dixon W-Carson --- L-Weir W-O
29 L-Weir W-Carson --- L-Burson W-Estrella	30 L-Buechler James --- L-Morrow	Lodge—Fri/Sat/Sun/Mon 10-1 1-4 Hours: Tues/Wed/Thurs 11-2 Walks—Sat/Sun 11-2 1-4				



Torrey Pines Docent Society
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