



TORREYANA

*A monthly newsletter for
Torrey Pines State Reserve*

No. 215

February 1994

Next Docent Society Meeting

SATURDAY, FEBRUARY 19, 1994, 9:00 A.M.

Ron Lyons returns to talk to us about his favorite subject, dragonflies and damselflies, which make up the order *Odonata*. These are familiar insects in California with interesting characteristics, which we will learn about from Ron's excellent slides. Ron spoke to the group in October 1992 about other local insects and later gave an evening presentation on astronomy, two subjects within his wide-ranging expertise. He has his M.Sc. in astronomy from the University of Western Ontario and has had extensive global experience in environmental problems.... This is also the date of the annual elections (see below for the slate of officers). Don't miss this meeting!

NOMINATING COMMITTEE REPORT

The Docent Society Nominating Committee chaired by Kathy Estey (members Jane Talbert and Theo Tanalski) presents the following slate of officers for the Docent Society for the 1994-95 term. There were no candidates for two positions by the newsletter deadline. All positions are open to nominations from the floor. You may also call any member of the committee before the meeting if you wish to be considered for an office or know someone who does.

President: _____

Vice Pres. of Programs: Seth Slater

Vice Pres. of Training: Jim Cassell

Secretary: Kathy Watson

Treasurer: June Brickelmaier

Duty Coords: Ruth Ganeless & Elaine Sacks

Newsletter Editor: _____

ANNUAL MEETING OF TORREY PINES ASSOC.

The 44th annual meeting of the TPA will be held in the Lodge on Thursday, February 10, at 3:00 P.M. A light refreshment social will precede the meeting. Besides the regular business of the meeting, including a summary by Supervising Ranger Bob Wohl of the year's activities in the Reserve, there will be a guest speaker. This year the speaker will be Mike Wells, State Park Reserve Ecologist, who is stationed at Torrey Pines. His subject will be "Fire Ecology and the Torrey Pine." **Docents and friends, as well as TPA members, are cordially invited to attend.**

FLOWER PHOTO BROCHURE FINISHED

The brochure showing 68 common flowering plants at Torrey Pines State Reserve is expected to be available to the public early in February. Compiled by Eva Armi and Joan Nimick, the fold-out booklet groups blossoms by color to make identification easy for those unfamiliar with other plant features. Photographer credits will be given for the stunning individual photos, which have all been taken by docents.

The cost of the brochures for an order of 10,000 is 60 cents each, and they will be sold at \$1.25, including tax, as approved at the general docent meeting in January. Secretary Bob Talbert underlined that it is important to provide this interpretive tool at a low cost so that the greatest number of visitors can benefit from it.

A portion of the brochures will be delivered unfolded so that they can be used as posters.

(Please turn to page 3 for TPDS President's message.)





Docent Doings



Docent of the Month

When Linda Wolfe moved to the San Diego area in 1978, it was natural for her to become affiliated with Torrey Pines State Reserve sooner or later. After all, she had been raised in Yosemite and had lived with her family in many national parks because her father was employed by the National Park Service. She kept busy at Pier 1 Imports in Del Mar, where she is now manager, for many years, but finally managed to squeeze in time to become a docent trainee. She received her full docent badge in December and celebrated by promptly taking over the reins for the holiday party decorations, which helped to earn her the "Docent of the Month" award for January. "It was a good way to get to know a lot of people," she says. In addition to regular docent duties, she hopes to find time to help the exotic plant weeders. Congratulations, Linda.

Volunteer Service Agreements

Supervising Ranger Bob Wohl passed out new volunteer service agreements at the January Docent Society meeting and instructed docents in how to fill them out. This revised form must be signed by all docents, including trainees. If you were not at the meeting, check with the rangers' office for your form. These forms allow for two one-year extensions, so you won't have to fill out another one for three years.

The form notes that volunteers at the park are considered "unpaid State Park employees" and as such are covered by workmen's compensation insurance.

Walks for Children's Groups

The Children's Education Committee is hard at work scheduling docents to lead school groups from Grades 1 through 6, who are rapidly signing up for TPSR tours. To date, 23 groups have made reservations through June, with more expected. Barbara Wallach is organizing the schedule and has the help of 16 docents to lead the walks. Groups may be as large as 60, requiring 10 docents to share the leading. If you can help out, sign up on the schedule on the closet door in the docent room.

The brochure describing the program, which is sent out to the schools, has had a face lift, plus a little extra decoration by Jim Cassell (see below).



Birding Walk for Docents

New docents Jane and Hank Baele, who are experienced birders, will lead a special birding walk for docents from 9:00 to 11:00 A.M. on Saturday, February 5, through Peñasquitos Lagoon. Meet at the main entrance to the Reserve in the parking lot by the kiosk. From there the group will cross Pacific Highway (with caution) and check out the water birds and then proceed on the trail to Flintkote--if not too muddy. Binoculars are a must. Wear good walking shoes and long pants. For further information, call the Baeles at 944-7929.

Docent Day Trip

Melanie Martinod is organizing a day trip for docents to the Rancho Santa Ana Botanic Garden for either March 30 or 31. More details will be given at the February meeting, and you can also sign up then as a driver or rider.

Included will be behind-the-scene special tours of the library, nursery for native plants, and garden, plus observation of their children's program. Refreshments and hospitality will be provided there, but bring a sack lunch.

Highway 15 is the recommended route and has been untouched by earthquake so far. Allow two hours driving time and be at the Garden by 10:30 A.M.

Melanie is considering staying for a light dinner in Santa Ana to avoid the rush hour. You might want to join her.

No Limits on Terms of Office

An amendment to limit terms for officers of the Docent Society was considered and rejected by the general meeting in February. The consensus was that yearly elections provide ample opportunity for change of officers and that those with special skills should not be forced out of positions they fill capably.

Whale Sightings

The California gray whale seems to be swimming closer to our shores this year than in the past few seasons. Many sightings have been reported from both the entrance by the kiosk and the cliff section of the Guy Fleming Trail.

Docent Bios by Del Roberts



"Caring" is a word that best describes **Margaret Bardwick**. She grew up in Villa Park, an elm-lined suburb south of Chicago, where she developed her deep love of nature. After graduating from Northwestern University with a degree in psychology, she went into public health nursing and became a supervisor and teacher. She received her M.A. at Northern Illinois.

Margaret met her husband and fellow docent, Pete, in high school, but it wasn't until after WWII when he returned from serving in the Air Force in France that they fell in love. They have been married for 47 years.

"I've had the best of both worlds," she says, "career and home life." While her two sons, Peter and David, were growing up, she took time out to concentrate on motherhood, volunteering in the P.T.A. and Cub Scouts.

Pete was an engineer for General Electric for 35 years. They both retired in 1982 and moved to San Diego to live the "simple life," starting with a trip around the world. No half-way measures for the Bardwicks. Travel is still their favorite recreation, but not as your usual Hilton tourist. Last year in Florence they stayed at a convent where the Mother Superior's language skills did not include English. It should be easier to understand the natives on their next trip to the British Isles in October--if they can cut through the Scottish brogue and Welsh lilt. When not visiting foreign countries, they host exchange students from the UCSD International Center.

Another example of Margaret's caring was as a volunteer at the downtown Rachel's Women's Center for abused and homeless women. "Mainly I was there for them when they needed someone to listen," she says modestly. In her "spare" time, Margaret is a weaver and spinner, and has recently returned to the piano.

But her true love, besides Pete, is Torrey Pines. As a ten-year docent, Margaret has served faithfully, giving nature walks while Pete tends the Lodge. Today she's part of a select group of docents who introduce school children to the culture of the Kumeyaay Indians, stirring their imagination about how these native Americans lived in Torrey Pines. Pre-walk talks are held behind the Lodge, where 30 to 60 students squeeze together on benches built by Pete and John Carson.

"I feel it's a privilege to teach children about their heritage," Margaret says. "And the thank-you letters are priceless. One third grader wrote an unedited note: 'Thank you for the tower throw the tunil.' They just love the tour through the tunnel of the elfin forest."

And the children just love Margaret.

President's Message

Dear Fellow Docents:

It has been a great pleasure and honor for me to serve as president on behalf of the Torrey Pines Docent Society for the past three years. The docents are a great group to work with.

Within the organization there are so many talented and dedicated people that it is impossible to acknowledge each individual who has given time and enthusiasm to the different projects undertaken recently. For each project an inspired and willing helper has materialized-- from exotic plant removal, bench making, docent room refurbishment and photography to educating school groups, there has always been a friendly face ready to contribute valuable time and effort.

I know that the experience would not have been as easy or as happy without the support and assistance of the Executive Board officers. Each board member has gone out of his or her way to ensure that the interests of the Docent Society could be best taken care of.

Our meetings have always been interesting, to say the least. Of course they have been enhanced by the presence of the Ranger staff. I wish the incoming president the best of luck in keeping Ranger Wohl's time under ten minutes! Both Rangers and Park Aides have at all times been a great help to the Docent Society.

I look forward to a quiet time, returning to the ranks of docents at the back of the room. Thank you, everyone. It has been an experience I shall never forget.

--Diana Snodgrass

LIFE IN A CALIFORNIA TIDEPPOOL

On a crystal clear and sunny January 10, fourteen docents and their friends clambered after Dr. Wesley Farmer over slippery algae-carpeted rocks on the Casa Beach in La Jolla, looking for the little creatures who inhabit the rocky tidepools there. The tide at 2:00 P.M. was -1.6, exposing a wide expanse of shore frequently submerged in the sea. Out toward the horizon two gray whales spouted for the group, while an unexpectedly large variety of birds ran, flew, and fished on the fertile shore. Birdwatchers present identified Brandt's cormorants, a snowy egret, a ruddy turnstone, willets, black-bellied, semi-palmated, and golden plovers--not to mention innumerable gulls.

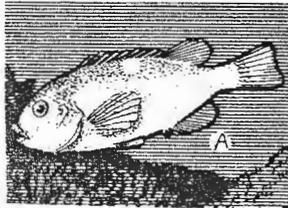
Wes, who is well versed in marine biology, as well as being a museum curator, author, photographer, and illustrator, pointed out to the docents that information about tidepool life can be included in their talks to visitors as they observe the beaches or in answering their questions in the Lodge or on the trail. He noted that no one should take live specimens, even from unprotected areas. Acquisition of purple sea urchins for souvenirs, for example, has already deleted their population from the La Jolla area, where they were once numerous. Even overturning a rock can destroy the life that clings to it, and rocks or creatures examined should always be carefully returned to their original location.

Among the plants examined were rockweed, surf grass, feather boa kelp, southern sea palm, and green, red, and brown algae. The lacy pattern of the algae has made it popular as a pressed plant for decorating stationery. The animal life included red-orange sponges, sea anemones, mussels, goose-neck and thatched barnacles, wavy turban, purple olive, slipper, and cowry shells, the "jewel-box" chama, and the scaly chiton, which resembles a miniature armadillo. The group observed four-inch opaleyes darting in the deeper pools and watched with some trepidation as Wes stimulated a slippery brown sea hare to squirt purple ink. [According to marine biologists, the sea hare, "if not eaten by predaceous animals, would be among the most common of all animals, for it lays millions of eggs at a sitting and may produce nearly a billion eggs during one season."--*Common Seashore Life of Southern California*, Hedgpeth and Hinton, Naturegraph Co., 1961]

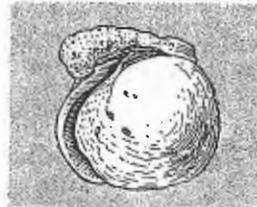
The explorers who benefited from Wes's instruction and leadership were Shirley and Joe Musser, Elaine and Norman Sacks, Kathy and Bob Hobson (guests), Carol Schroeder, Marion Dixon, and Melanie Martinod and friends Jennifer Albright, Ed and Nick Briseno, Joan and Don Crine.)



Chiton



Opaleye



Chama



Sea hare

NURSERY NURTURES NATIVES

If you haven't been out behind the Lodge woodpile recently, don't waste another minute. Have a look at the tiny nursery recently planted there by Melanie Martinod, who is growing native seedlings for transplant to the Whitaker Garden. She has carefully researched the botany and toured other native gardens and nurseries to examine their methods. She has already collected seeds from many native Reserve plants, strictly keeping to this group, as she says "in order to keep the gene pool pure." (However, she cautions that if you are growing native plants from seed in your yard, you should get your stock from nurseries, since taking seed from the wild will deplete the seed bank.)

Melanie's two main helpers currently are Helen Oswalt and Elsie Shrowder, who have been given detailed charts and guides prepared by Melanie showing plant characteristics and preferred habitats, plus designs of the garden. However, at this point, Melanie needs help with watering her transplants. Call her if you can offer some time (632-5126).

JEOPARDY IN NATURE: NOT TO WORRY TOO MUCH

Answer: It is the most deadly of the venomous insects and reptiles, killing 200 persons each year in the United States alone.

Question: What is the European honeybee? (You get extra credit for knowing it is the female of the species.)



Most docents were surprised to learn that the European honeybee, which we have in the Reserve, is more deadly than the Southern Pacific rattlesnake, also a resident. This startling information (along with such helpful hints as the fact that vibration and the color blue excite killer bees) was divulged by speaker Steve Turchen at the January meeting of the Docent Society. Steve is a certified toxicologist and registered nurse, who has spent seven years at the San Diego Poison Control Center.

An allergic reaction to honeybee poison is the usual cause of a fatality, although mass attacks can also be fatal. The first thing to do in case of a catastrophic reaction is to determine if the victim has an allergy kit on hand and assist in its use. As promptly as possible, call 911 to get a trained emergency team at the scene.

In fact, calling 911 in the event of a rattlesnake bite is preferable to almost all first aid measures, even if it takes some time to get to a phone. Removing tight clothes, keeping the victim calm and giving reassurance that people rarely die of rattler bites may be helpful but "The best first aid is your car keys," according to Steve. "Get the person in a car and drive to the hospital." Most snake bites are illegal, he pointed out. The typical victim is a young adult male with a high blood alcohol level who has done something he shouldn't have, such as picking up a snake or putting his hand under a rock or into a hole without looking. Snakes are not aggressive and can be easily avoided.



Other fearsome fauna Steve talked about included Africanized honeybees, scorpions, wasps, hornets, tarantulas, black widow spiders, and brown recluse (or violin) spiders. The latter are not currently in the San Diego area and scorpions are not a big problem here. Africanized honeybees, which Steve called "bees with an attitude," are expected here by next summer. The best defense is not to approach a hive, which may be in an unusual place, such as a park bench or a culvert. If, however, the bees become aggressive and chase you, run as fast as you can to shelter--your car, for example. Again, call 911 as soon as you can if you or someone else has been stung. A tarantula has a sting almost as poisonous as that of a honeybee and, in addition, throws tiny hairs on your skin which cause severe itching. A bite from a black widow spider causes muscle aches beginning two to four hours after the bite, and painful symptoms last two to three days. Victims almost never die. Antivenin that is 100% effective is available but may itself cause death, so it is not often used.

Steve's advice for protecting oneself from the African honeybee, "Train yourself to be alert," should probably be extended to all the other dangerous creatures a docent might encounter.

Report from the Ranger

STAFFING CHANGES

Popular Ranger Allyn Kaye went on leave January 23 for five months. She expects a "little Ranger" early in February and will be staying at home to devote herself to the newcomer. She will return to the Reserve at the end of her leave....Park Aide Gary Roberts, who has been filling in for the past month or so at the Reserve, will be leaving early in February to return to his regular station at San Elijo. He is also the author of the splendid account of the Reserve recently printed in the Adventure 16 newspaper.

PINE SEEDLINGS TO BE PLANTED

A call went out at the January docent meeting for help in planting 700 Torrey pine seedlings being sent here about February 10 from the U.S. Forest Service station in Placerville, CA. They have been grown from seeds from the Reserve trees and properly prepared for planting. Docents who would like to volunteer should leave their names and phone numbers at the Lodge for Mike Wells, Resource Ecologist, who is in charge of the planting.

The seedlings are complementary to the 2,000 pine seeds planted last year, about 10% of which are growing.

TPA Resolution Remembering Jeffery Frautschy

The following resolution drawn up by the counselors of the Torrey Pines Association was read by Sally Spiess at the memorial colloquium for Jeffery Frautschy held Tuesday, January 11, in the Sumner Auditorium of the Scripps Institution of Oceanography:

Jeffery D. Frautschy was a counselor of the Torrey Pines Association for many years and the Association's president in 1989 and 1990, when he presided over the TPA's joyous celebration of its fortieth anniversary. To these positions he brought leadership skills tested by many years as assistant director of Scripps Institution of Oceanography and by service as a California Coastal Commissioner.

Jeff was a quiet man, but a formidable advocate for environmental quality in San Diego and the Torrey Pines region, particularly in the field of waste and storm water control. In this effort he applied both a vast professional expertise and a gift for composing and delivering sharp, cogent and witty testimony and letters to public officials.

By this resolution the counselors of Torrey Pines Association declare our lasting respect for Jeff Frautschy and our gratitude for his many contributions to the goals of the Association.



In Memoriam: Wolfgang Koessler

Wolfgang Koessler joined Torrey Pines Docent Society after he and his wife, Hildegard, moved to Del Mar in 1984. He was active for many years with the group until Parkinson's disease kept him at home. However, he maintained his status as a supporting docent until his death January 10, 1994, at the age of 75. A memorial service was held at the Calvary Lutheran Church in Solana Beach on January 15.

Wolfgang was born in Strasbourg, France, and had his early schooling in Germany. He attended Harvard University and went on to UCLA to earn both his B.A. and M.A. in German Literature. He served in the Marine Corps in Guadalcanal during WWII, earning three Distinguished Flying Crosses. After the war he was a test pilot for F-4 Corsairs. Later he taught skiing at South Lake Tahoe and German and Biology at Chaffey High School in Ontario, California.

He is survived by his wife, two daughters, and five grandchildren as well as other family members. Donations in his name may be made to American Parkinson Disease Association, 4010 Morena Blvd., Suite 224, San Diego 92117.



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The *Torreyana* is issued monthly except for August by the Torrey Pines Docent society, which gratefully acknowledges the assistance of the Torrey Pines Association in its production. **Deadline for contributions is the 24th of each month.** Please send to the editor:

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Editor's Corner

TIME FOR A CHANGE

It has been my pleasure to edit the *Torreyana* for the past six years, beginning in March 1988. It is time to turn this task over to someone else, and this will be the last issue I edit.

Some changes have occurred in the newsletter during these six years, as one would expect. The growing mailing list made possible the use of a nonprofit postal permit, cutting our costs somewhat. A suggestion from former president Grace Martin led to the inclusion each month of the duty calendar. Jeanne Dunham, an ardent environmentalist, recommended using recycled paper-- which we do, though it seems odd that something re-used should cost more than the original. Photos are more common now, mostly because their reproduction is easier and better, thanks to new technology in the copying process. The format has changed a little with the use of computer gimmickry. The content has remained relatively stable, focusing on matters pertinent to the Reserve. I have tried to maintain the standards of accuracy which my predecessor, Isabel Buechler, had established. Education and information, with a little entertainment thrown in, has been our goal.

What is important to note is that the *Torreyana* is not the product of any one person. It is a sharing of information from many. A listing of those who have contributed articles, poems, letters, clippings, photos, or drawings would, I think, take in more than half of the Docent Society, plus several Torrey Pines Association members and the ranger staff. Such sharing makes the organization function more effectively and will, I am sure, continue no matter who the next editor may be. (This contact with both societies and the staff is one of the great side benefits of the editorship.)

The newsletter thus becomes a repository for valuable history and information that should always be accessible to docents and TPA members, present and future. Retention of the files in the docent library makes this possible, and a copy machine on the premises is handy for making copies of articles to add to your personal file. The newsletter index compiled last year by Betty Stephan is most helpful in finding information; it will be useful to have the index updated regularly.

I thank all of you who have contributed over the years and especially those who assisted me with layout, addressing, and mailing. Without all of you there would be no newsletter.

--Marion Dixon



FEBRUARY DUTY CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 L-Martin	2 L-Henrichs	3 L-Estey	4 L-Amann --- L-Gittelsohn	5 L-Watson W-Renner --- L-Martinod W-Roberts
6 L-Schulman W-Carson --- L-Schulman W-Stiegler	7 L-Sacks James --- L-Marine	8 L-Talberts	9 L-Margulies	10 L-Griebe	11 L-Jacobson --- L-Ganeless	12 L-May W-Dixon --- L-Cooper W-Roberts
13 L-Heller W-Ferguson --- L-Watson W-Miller	14 L-Schroeder James --- L-Sacks	15 L-Martin	16 L-Miller	17 L-Griebe	18 L-Musser --- L-Gittelsohn	19 MEETING L-Renner W-Estey --- L-Weir W- 
20 L-Parnell W-Cassell --- L-Dixon W-Brav	21 L-Schroeder James --- L-Marine	22 L-Talberts	23 L-Margulies	24 L-Clark	25 L-Jacobson --- L-Oswalt	26 L-Clark W-Miller --- L-May W-Stiegler
27 L-Heller Ferguson W-Cassell --- L-Martinod W-Brav	28 L-Schroeder James --- L-Huber	Lodge--Fri/Sat/Sun/Mon 10-1 1-4 Hours: Tues/Wed/Thurs 11-2 Walks--Sat/Sun 11-2 1-4 Duty Chm. Joy Cooper 259-1299				



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