



TORREYANA

*A monthly newsletter for
Torrey Pines State Reserve*

No. 224

November 1994

Next Docent Society Meeting

SATURDAY, NOVEMBER 19, 9:00 A.M. AT THE VISITOR CENTER

In spite of all we know about the history of the Reserve Lodge, what questions do you still have about its beginnings, history, use? Our November speaker, Alexander D. Bevil, may have many of the answers in his talk, "Lodge Secrets." Mr. Bevil is a land use historian and park interpretive specialist who is just finishing a study on the history of the Lodge, particularly its planning and construction. A board member of the Save Our Heritage Organization (SOHO), Mr. Bevil has done lectures and tours for SOHO and will be sharing some information and photographs which he has reviewed for that group.

D o c e n t D o i n g s

Docent of the Month Jim Cassell presented the award for October to Marc Gittelsohn for his continuing fine work for the docent library. Marc has also compiled and updated the spring lists of plants in bloom that have been posted at the docent desk, which many members refer to before going on the trails. Marc is a retired UCSD librarian - fortunately for the Docent Society he is very un-retired here.

Birthday Greetings There was much applause at the October meeting for member Rowdy James, who celebrated his 89th birthday the preceding day. He is not only one of the longest-time members but also the oldest member - and still active. Congratulations, Rowdy.

Trainee Class Sid Stein completed the training requirements and received his docent badge. Jim Cassell said that about half of the 1994 group have completed training, and he urged the remaining trainees to finish soon so that they can participate in all the docent activities. Jim also mentioned that the group would have the enjoyment of decorating the Lodge for the coming holiday party.

Shrub Brochure What do members do after completing the very successful brochure of the Reserve's wildflowers? Start preparing another brochure! Joan Nimick announced plans for the new brochure and asked for docents to submit photographs to her during the coming months. With the Emory baccharis in bloom now, photographers can start right away.

Torreyana On behalf of the members, Jim Cassell thanked Wes Farmer for his work as editor this year, and Wes expressed his appreciation to Mary Knox-Weir, Walt Desmond, Melanie Martinod, and John Carson for their assistance on individual issues. John Carson will be interim editor until the Docent Society election next February.

Report from the Ranger

North Beach Final plans were approved for a new kiosk and entry area for the north beach lot. Ranger Bob Wohl said that work is expected to be underway before the end of the year.

Beach Trail Staircase Last summer Bob Wohl announced that plans for the staircase had been approved, bids were to be requested, and that work might be underway this fall. Unfortunately, there was no response to the request for bids, so the process will have to be repeated. Because of possible weather problems and delays during the next few months, the work will likely not begin until next spring.

Weather Station Upgrade Ranger Allyn Kaye recently learned of a low-cost upgrade for the Reserve's weather station that will automatically record, store, and on command transfer data to a personal computer. Furnished software can analyze the data and provide output charts, graphs, etc., showing results as functions of selected time intervals, e.g., rainfall each month in bar chart form, average daily temperature for a year in graphical form. The Docent Society Board approved purchasing this equipment, which will greatly improve weather data collection and analysis.

DOCENT ORGANIZATION MEETINGS

Georgette Camporini

VOLUNTEER GROUPS - SAN DIEGO COUNTY

The "A to Z of Docenting ..." was the subject for the annual workshop of the Docent League of San Diego County that was held on Oct. 17 and hosted by the Natural History Museum in Balboa Park.

We were welcomed by Chairman John Shappel, host and moderator, who introduced San Diego's "rock" star, Museum Director Michael "Mick" Hager. Dr. Hager acknowledged the numerous cultural, educational, and historical sites of San Diego. He also praised the many docents-volunteers and their importance to the Museum and its future. "We cannot operate without you!"

Three directors of education, Linda Edeiken of the Natural History Museum, Liz Hedridge of the Stephen Birch Aquarium and Museum, and Diane Sinor of the Old Globe Theater presented diverse papers regarding the many facets of the docents and their structure, effect, mobility, and relationship to the organization and its staff. Topics included appreciation, communication, flexibility, leadership, and video tapes for training review and updates. Questions were submitted during a refreshment break, and an answer period followed.

Eighty-nine people representing twenty organizations were present. Also attending the meeting for the Torrey Pines docents was Del Roberts, who in addition is docent chair of the San Diego Opera.

VOLUNTEER GROUPS - CALIFORNIA STATE PARK SYSTEM

The League of California State Park Non-Profit Organizations and Cooperating Associations' Fourth annual conference was held at the Red Lion Hotel in Bakersfield from Sept. 30 to Oct. 2. Representing TPDS were Melanie Martinod and Georgette Camporini. The Conference theme was "DIVERSITY - Enhancing Volunteerism Through Multicultural Participation." Mary Ellen Young, Boosters of Old Town San Diego SHP, is the current president of the League, and the host organization for the meeting was the nearby Colonel Allensworth State Historic Park and its interpretive association.

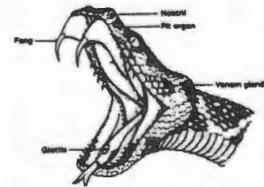
During the business meeting, several delegates expressed concerns about the new contract (between the volunteer organizations and the Dept. of Parks and Recreation) in regard to its context, wording, and effect on docent organizations. This was more fully discussed and clarified later by Dan Abeyta, Assistant Director of Cooperating Associations for the Park System.

Saturday was a day of excellent diversified speakers and topics. Displays representing the varied docent organizations were exhibited. A quartet of gospel singers from Bakersfield and three members of the Chumash Indian Tribe delighted us with their presentations. At the awards banquet that night, Donald Murphy, director of Parks and Recreation, spoke on volunteerism. On Sunday morning attendees were treated to a living history tour of Colonel Allensworth State Park and a noontime BBQ by the Park's volunteer group. (See p. 7 for a photograph taken at this Park.)

Among Conference participants who had ties to Torrey Pines were the following: Leonard Penhale, a naturalist, Smithsonian taxidermist, and retired park ranger, who early in his career spent time at Torrey Pines and knew Guy Fleming; ranger Kathy Franklin, on special assignment to TPSR about 12 years ago and now Park Supt. of the San Joaquin District - South Sector; Dan Abeyta, a ranger at TPSR for a short time; and John Werminski, who provided the interpretive information for the Lodge exhibits (which were designed by Phil Carey).



NATURE'S REMARKABLE HYPODERMIC



Rattlesnakes have possibly generated more curiosity and fear in people than any other animal in America. At the TPDS October meeting, curiosity and interest were dominant, as many members stayed after the meeting to talk to Dr. J. Alan Birkenfield, who presented a fascinating slide-illustrated discussion of the local rattlesnakes and the treatment of bites.

The speaker first became interested in rattlesnakes while attending summer camp in New York. After receiving his M.D. he came to Scripps Memorial Hospital, La Jolla, and specialized in surgery and trauma treatment. His interest in rattlesnakes was renewed through treating rattlesnake bite patients and has become a life-long study. In the past 35 years at Scripps, he has treated over 250 patients for snakebite and is the area resource for this.

The southern Pacific, northern red, and southwestern speckled rattlesnakes are the species usually listed for the San Diego coastal area. To these the speaker added the Mojave rattler that is found (outside its normal territory) in Peñasquitos Canyon, possibly descended from captured specimens that were later released there years ago. This is important for hikers in the Canyon to know, for its venom has a high content of neurotoxins and is very potent and difficult to treat.

The rattlesnake has a pair of fangs mounted in the front of the upper jaw. The fangs are normally retracted up against the upper jaw; when the snake strikes a prey, it opens its jaws wide, the fangs rotate downward, and as the jaws hit the prey, venom is injected through slot-like holes in the fangs. In a small fraction of a second, a rattler can inject up to a cubic centimeter of venom, much exceeding what can be done with standard medical hypodermic syringes. The venom is a mixture of proteins, enzymes, hemotoxins, and neurotoxins, the ratios depending on species.

BITE SYMPTOMS The first reaction is usually intense pain at the bite location within just a few minutes. This is followed by increasing swelling that progresses away from the bite location. Other symptoms that may develop during the first few hours are weakness, respiratory distress, numbness of the face, tingling sensation, muscle twitching, and shock.

BITE TREATMENT Dr. Birkenfield summarized the treatment objectives as follows: retard the venom absorption by keeping the bitten area below the heart and minimizing physical activity, remove venom as feasible if a Sawyer Extractor is available, and neutralize the venom with antivenin and other medical treatment as required. The Sawyer Extractor is a recent product that consists of a small syringe-like device that can be placed over the fang marks and used to remove at least some of the fluid in the bite area. It is far superior to the small rubber suction cup sold for years, and it is advertised as helping remove some of the venom from snake bites, bee stings, etc. While the speaker hasn't treated any patients yet who have used this extractor, he said that it appeared to be useful and suggested that people in snake areas carry the kit, which comes in a small pocket-size case and is available at outdoor equipment stores for about \$10. The standard antivenin has for years been obtained from the blood of horses that have built up antibodies to rattler venom through controlled injections. Some people have allergic reactions to chemicals in the antivenin unrelated to the antibodies, so experimental testing is underway with antivenin from sheep, which may have fewer side effects.

FIRST AID Current suggested first aid consists of removing anything that would interfere with swelling (such as rings on a bitten hand), keeping the bitten area below the heart, minimizing physical activity, using the extractor if available, and transporting the person to a hospital as quickly as possible. In a discussion with Dr. Birkenfield after the meeting, he said that the TPSR first aid procedures outlined in the May 93 *Torreyana* were reasonable and that, since the Reserve is so close to Scripps, transporting the patient directly to the Hospital would be quicker than waiting for an ambulance, unless other symptoms require paramedics.

OUR GROWING DOCENT LIBRARY(Cont.)

Marc Gittelsohn

As promised in the October *Torreyana*, here are the rest of the volumes added to the library in the past six months. Docent suggestions for future acquisitions are both welcome and sought. Remember our selection criteria: quality of the materials, appropriateness for the docent library, and anticipated use by our members.

- Machlis, Gary E., ed., *On interpretation; sociology for interpreters of natural and cultural history*, revised edition, Oregon State University Press, 1992.
- Nilsson, Karen B., *A wildflower by any other name; sketches of pioneer naturalists who named our Western plants*, Yosemite Association, 1994.
- Noel, Atanielle A. R., *Plants of the Southern California Kumeyaay; a coloring book*, Barona Band of Mission Indians' Library, 1993.
- Pack, Robert, ed., *Poems for a small planet; contemporary American nature poetry*, Middlebury College Press, A Bread Loaf Anthology, 1993.
- Schoenherr, Allen R., *Natural history of California*, University of California Press, California Natural History Guide no. 50, 1992. (Gift of J. Carson)
- Sharp, Robert P., *Geology underfoot in Southern California*, Mountain Press Publishing Co., 1993. Contains a chapter on the Torrey Pines State Reserve.
- Skinner, Mark W., ed., *California Native Plant Society's Inventory of rare and endangered vascular plants of California*, fifth ed. The Society, its special publication no. 1, 1994.
- Snedigar, Robert, *Our small native animals; their habits and care*, revised ed., Dover Publications, 1963. (Gift of R. Talbert)
- Stewart, Joan G., *Marine algae and seagrasses of San Diego County; a handbook*, California Sea Grant College, 1991.
- Wilkie, Richard J., *Environmental education teacher resource handbook: a practical guide for K - 12 environmental education*, Kraus International Publications, 1993.
- Zedler, Joy B., *The ecology of Tijuana Estuary; a natural estuarine research reserve*, revised ed., Pacific Estuarine Research Laboratory, Biology Dept., San Diego State University, 1992.

Because of member interest in the October talk on rattlesnakes, a selected list of books on snakes in the docent library is presented below:

- Brown, Vinson, *Reptiles and amphibians of the West*, Naturegraph Publications, 1974.
- Dodge, Natt N., *Poisonous dwellers of the desert*, Southwest Parks and Monuments Association, 1976.
- Klauber, Laurence M., *Rattlesnakes: their habits, life histories and influence on mankind*, abridged by Karen McClung, University of California Press, 1982.
- Meyer, Ruth S., *Some highlights of the natural history of San Diego Ramona Pioneer Historical Society*, 1981. Contains a chapter on reptiles.
- Savage, Jay M., *An illustrated key to the turtles, lizards, and snakes of the Western United States and Canada*, revised ed., Naturegraph Publications, 1959.
- Stebbins, Robert Cyril, *A field guide to Western reptiles and amphibians*, second ed., Houghton Mifflin, Peterson Field Guide no. 16, 1985.
- Vessel, Matthew F., *Snakes*, Chevron, Western Outdoor Environmental Guide, 1971.

Tumba of Torrey Pines

by WILLIAM MAURICE CULP



Illustrated

by HARRY HOWES HALL

"NEW" BOOK Thanks to Resource Ecologist Mike Wells, the docent library is the recipient of an unusual book long out of print. A two-thirds size copy of the dust jacket is shown above (the reproduction is unavoidably poor because of the yellow color of both the jacket and book). This is a children's book, published in 1931, about two Torrey pines named Tumba the Elder and Tumba the Younger (really!).

The story of the book's coming to Torrey Pines is also unusual. A friend of Mike found it in a used bookstore in Marin County, purchased it for Mike, who contributed it to the library. His friend is Mike Whitehead, a ranger at Angel Island State Park, who grew up in our area. His father, Jim Whitehead, had various positions in the State Park System, including regional director for Southern California. Long-time members may remember Jim, who was a docent here.

Does anyone have information on the author and his possible connection with Torrey Pines?



Schoolhouse, built c. 1908, Colonel Allensworth State Park.

From right to left: Georgette Camporini, George Finley (president, the Friends of Allensworth), and two Park volunteers.

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 Staff: Elizabeth Nicoloff, Glenn Dunham,
 Walt Desmond, Del Roberts

NOVEMBER DUTY CALENDAR

| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|----------------------------------|------------------|-------------------|-----------------------------------|-------------------------------------|--|
| | | 1 L Baeles | 2 L Baeles | 3 L Clark | 4 L Henrichs L Gittelsohn | 5 L Watson W Stiegler L P.Roberts W D.Roberts |
| 6 L Parnell W Ferguson L Marine W Dixon | 7 L R.Miller L Cooper | 8 L Talberts | 9 L Margulies | 10 L Clark | 11 L Jacobson L Marine | 12 L Schulman W Brav L Schulman W Marley |
| 13 L Heller W Cassell L Francis W Stiegler | 14 L R.Miller L Oswalt | 15 L Jacobson | 16 L D.Miller | 17 L Amanns | 18 L Estey L Gittelsohn | 19 MTG. L Heller W Roberts L Watson W D.Miller |
| 20 L Parnell P.Roberts W Ferguson L Oswalt W Brav | 21 L Cooper L Huber | 22 L Talberts | 23 L Margulies | 24 L W Carson L W | 25 L Schroeder L | 26 L Francis W Dunham L Dunham W Dixon |
| 27 L Robertson W Cassell L James W D.Miller | 28 L Estey L Huber | 29 L McDonald | 30 L Marine | | | |

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Tue-Thu 11-4
Walks Sat/Sun/Hol 11 & 1

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