



Torreyana

*A bimonthly newsletter for
Torrey Pines State Reserve*

Issue 245

May 1997

Society Honors Members

The Society's Board recently awarded honorary membership to three supporting members in recognition of their service and contributions to the Society: Rowdy James, Barbara Moore and Ron Lyons. Rowdy joined the Society in 1977 and for years managed the Lodge bookstore until his move to Walnut Creek, California, two years ago. He probably has the longest association with the Reserve of any docent, for he was stationed at Camp Callan adjacent to TPSR during WW II.

Barbara Moore became a member in 1984 and over the years has made many contributions to the Reserve and the Society through talks at the monthly meetings, suggestions and help for the children's programs and recruiting new members. There are a number of docents who owe their current nature interests and membership to having been in Barbara's San Dieguito Extension classes.

For the last five years Ron Lyons has been exploring the Reserve looking for arthropods and has presented his results at docent meetings. In the past few years his insect talk has been a highlight of the spring training classes. Ron is currently working with a small group of docents classifying the arthropods caught as part of a UCSD ant survey. Rowdy, Barbara, and Ron join Claire Brey, Hank Nicol, and Sue Pelley as the Society's honorary members, for whom fees are waived for dues and parking passes.

Next Docent Society Meeting

May 17th at 9:00 A.M.

Our speaker this month is Ted Case, professor of biology at UCSD. He will be speaking on the field studies conducted at the Reserve during the last several years.

Las Patronas' Grant for TPSR

Las Patronas has just approved the full TPSR grant request of \$10,000 to be applied toward the development of the Trail for All People. This 50-year-old service organization raises money to provide grants to local organizations to support their activities. Betty Vail, April docent of the month, prepared the grant proposal, based on Ranger Greg Hackett's original research and guidance. The July issue of the Torreyana will have a feature article highlighting the current status of the Trail for All People.

Hear ye! Hear ye!

All docents—new and "experienced"—are invited to participate in Interpretive Techniques Training with Ranger Greg Hackett at the Visitor's Center. The fun starts at 9:00 A.M. on Saturday, May 10, 1997.

Reminder! Docent League Meeting, Monday, May 12th 9:30–1:00 Balboa Park Club. David Malcom, SD Port Commissioner will speak on future plans for SD Bay. Call Georgette 535-1128.

New Books in Lodge Store

For years two very useful references (with color photographs) for the local plants have been Nancy Dale's *Flowering Plants* and Milt McAuley's *Wildflowers of the Santa Monica Mountains*. The latter was out of print the last few years, but a second edition recently became available, which is fortunate because Dale's book is now out of print. McAuley's book has the same format as the first edition, with the first part consisting of 490 color photographs, followed by 380 pages of text with many sketches.

Members interested in learning more about local geology but not wanting the detail of geology textbooks now have an inexpensive, readable reference: *Geology of San Diego County*, by Bergen, Clifford, and Spear, 1997. This 175-page paperback provides summaries of the area's geomorphology, earth faults, geological history, and geology road logs with detailed locations and information of notable geological features. Docents should recognize the photographs on pages 63 and 67.

And for those who enjoy exploring the southern California mountains, there is now a paperback reference to take along: *Nature Guide to the Mountains of Southern California*, by Havert and Gray, 1996, which covers the ranges from Los Angeles County to San Diego County. This paperback contains a lot of information in just 138 pages: well-illustrated descriptions of the mountain trees, including a very helpful two-page summary of the conifers, sketches and brief descriptions of the shrubs, wildflowers, birds, mammals, color sketches of some common flowers and birds, and several pages of sketches and hints for identifying animal tracks. While not replacing separate field guides for all these subjects, this book is an obvious choice for a convenient one-book guide to carry on mountain explorations.

Thanks go to our bookstore manager, Karen Griebe, for keeping the book selection up to date with books so relevant to docent interests.

Docent-of-the-Month Awards

The two most recent recipients of the Docent-of-the-Month Awards demonstrate the diversity of member backgrounds and interests, which contribute so much to the strength and vitality of the Society. Congratulations to both.

Irving Hansen (March) — Irving became aware of the docents a few years ago on a nature walk led by Jan Taylor. As he recalls, he asked so many questions about plants that Jan, recognizing a fellow nature enthusiast, urged him to join the Society, which he did in 1995. Irving was presented the March award in recognition of his very active participation in the children's program. That this is his favorite activity is not surprising, given his background as a teacher. What is unusual is that his career in education was spent mainly in Germany (Munich) at a U.S. Army dependents' school, where he started as a teacher and ended as superintendent. Since he spent part of his youth and all his working career outside the U.S., it is a surprising coincidence that he and Jim Cassell both attended San Mateo High School.

Betty Vale (April) — Betty is no stranger to the Reserve, for during her 20 years teaching at the Montessori School in Solana Beach, she regularly brought her class to the Reserve. This was long before the children's program existed, so after the ranger comments to the group at the Lodge, it was up to the teachers to discuss the trail natural history with the students. She promised herself she would join the Society after she left teaching, and she did in 1990. The April award was given to Betty for her work in preparing a proposal for grant funds from a local foundation for the planned Trail For All People. Like many busy people, Betty continues to add to her interests. After taking a course in archeology last year, she joined a volunteer group doing archeological work in the Spanish colonial period at Presideo Community Park.



Docent Bio — Diana Wenman

— Del Roberts

As our new Vice President, Diana Wenman assists President John Carson and will succeed him when his term is over. But as a docent she wears many other hats. During our meetings, you will often see her video taping the speaker for our video library. She also participates in our School Trip Program. These children's walks inspired her to work on a documentary with Bill Hoffman of Del Mar's Cable Vision, which will appear on TV 3. She'll then extrapolate footage for a video that will "whet the appetites" of children about the wonders of Torrey Pines, and the benefits of its flora and fauna. Future projects include videos documenting the upcoming historic anniversaries at Torrey Pines.

Her career as producer, director, camera person, stage manager, and editor makes her an invaluable asset to Torrey Pines in this high tech era. She recently returned from the NAB (National Association of Broadcasters) convention in Las Vegas where she explored the incredible quality of digital cameras, and plans to invest in one. Her first experience with digital transmission came in 1990 when she co-directed a high definition television program of the Seattle Opera's production of Prokofiev's *War and Peace*. While an associate director, Diana worked on TV videos for other leading cultural companies: Houston Grand Opera, Chicago Symphony, Live from Lincoln Center, San Francisco Symphony and Opera, and Live from the Met intermission features. She won an Emmy for both the Met and Houston Opera productions.

As a freelance artist, Diana soon became tired of the short cycles of work in television. On the advice of an associate, she became the editor of the long running soap opera, *All My Children*. There she won four Emmys, and she still had time for her Met features. Diana feels she's led a charmed life. "Each experience has taught me a new aspect of the business which I needed to go on to the next step," she says.

Diana was born in Manhattan, grew up in Darien, Connecticut, and has traveled around the world and throughout the United States. She enjoys the beauties of nature, and her Audubon weekends in

New York kept her "sane." While working in Los Angeles as an associate director on a nighttime soap, *Rituals*, she became hooked on the Southern California lifestyle. After a year she wound up her affairs in New York and returned to the West Coast which offered more time to play tennis and golf. But she insists she'll never retire. "I can do this work until the day I die." She and a partner have formed a new company, Make Your Point, to produce videos for schools and high tech companies in the San Diego. She also tutors three young students at the San Pasqual School in reading and writing.

Don't worry folks, Diana won't be too busy for Torrey Pines. "It's time now to give something back," she says. Barbara Moore's nature walks introduced her to San Diego's treasures and she joined the Docent Society. "I appreciate the people associated with the Reserve and their pursuit of different interests. It's a spiritual place. When I drive on North Torrey Pines Road and look at that sensational view, my heart stops."



Diana Wenman and friends

Know Your Birds

What are the differences and similarities between Western and California Gulls, Mallards and Northern Shovelers, Bullock's and Hooded Orioles, Song and Savannah Sparrows? Barbara Moore, recently awarded honorary membership to the Docent Society, will help you brush up on your birding skills through eyes-on workshops: Know Your LBJ's (Little Brown Jobbers) on Saturday, May 31, 8:00 AM to Noon; and Know Your Raptors on Sunday, June 29, 4 PM to 8 PM For location and information call Barbara at 422-2481

Nature Note — Muddy Steps

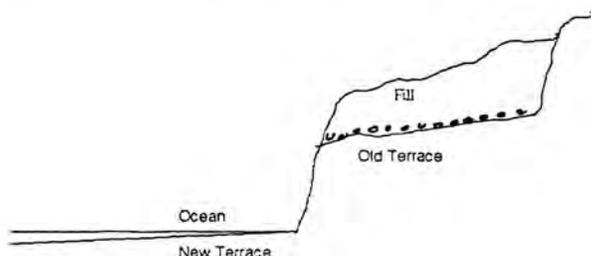
— Don Grine

We all live on a giant staircase in coastal Southern California. The land has been rising for over a million years as it moves northwest along the San Andreas fault system. The ocean has meanwhile risen and fallen as the amount of water frozen in our polar regions during ice ages changes. The motion is not steady for either the ocean or land. Our stairs are marine terraces cut by the ocean each time the relative levels of land and sea remain still for a few thousand years. Each step slopes gently out to sea.

You can see a terrace being cut now during any winter storm. The small cobbles on the beach are thrown against the cliffs by each breaker. The bottom few feet of cliff are eaten away by the impacts. When the resulting overhang is large enough, the whole cliff falls and the debris is broken and washed out to sea by the waves. The cliffs recede so fast that even we, during our short lives, can see the process.

Kern and Rockwell (1) found sixteen terraces in San Diego by detailed mapping and elevation measurements of terrace shorelines and abrasion platforms. In Torrey Pines Reserve, Phil Kern pointed out to me the following terraces: Nestor, Guy Fleming, Parry Grove, and Clairemont. The steps are not obvious here because they have been covered with mud washed down by streams, cut by canyons, and faulted. The old abrasion platforms where the ocean cut steps can be recognized by layers of the cobbles that were the ocean's tools. The cobbles are now at the base of the sediments that buried the steps. The easiest cobble layer to find is the one at the base of the "Lindavista" formation covering the Clairemont terrace, on which the Lodge was built.

1. Kern, J. P. and Rockwell, T. K., "Chronology and Deformation of Quaternary Marine Shorelines, San Diego County, California", from the Annual Field Trip Guide Book No. 20, South Coast Geological Soc. Inc., 1992.



Successful Baja Native Culture Festival at TPSR

The Baja CUNA Institute and TPSR combined forces to bring about the first Baja Native Culture Festival at Torrey Circle on March 15th. Paipai story teller, Benito Peralta, regaled the audience with tales of the coyote, humorously translated by Mike Wilken, Executive Director of CUNA. Songs, accompanied by maracas, had feet tapping. The public even joined in the dances and stick ball games. Gloria, a Kumiai, demonstrated her art of basket weaving, and the crafts of baskets, dolls, woven bags and carvings were quickly sold to appreciative buyers.

Organizer Melani Martinod thanks the supportive Reserve staff who had solutions for all the logistics problems. She also praises the hard working docent volunteers: Judy Shulman, Suzanne Sedivec and Del Roberts at the information booths, and Kathy Watson and Jan Taylor at the sales desk. Diane Sacks organized the buffet for our Baja guests, provided by Betty Vale, Elaine Sacks, Kathy Watson, Melani Martinod and Del Roberts. Larry Rudolph spent all day capturing the scene on video, and Barbara Wallach donated her photo display taken while visiting Ensenada to the Kumiai. Jeannie Smith housed all six Baja visitors for two nights, and Shelly Archer provided Saturday's dinner, terrific pizzas made by her husband, Eric.

Paipai Josafina gave a plant walk leading to the Whitaker Garden, explaining their medicinal uses: Buckwheat root for dysentery, Yerba Santa tea for tooth aches and colds, and the whole boiled Golden Yarrow plant to treat acne. She also reluctantly demonstrated how to uproot an Agarve with her digging stick. Mike translated that she didn't want to kill it without reason, and that it could still live if replanted. Her belief that the earth is precious is shared by all who love Torrey Pines State Reserve.



Paipai story teller, Benito Peralta

SCHOOL FIELD TRIP PROGRAM

—Barbara Wallach

As the bus pulled into the Visitor Center parking lot, the loud, excited voices of the children carried in the soft morning air. "This sounds like a lively group!" said the docents who were awaiting their arrival. Indeed! It took a minute for the teacher to get off the bus, then she explained, "The children saw dolphins in the water as we drove into the Reserve and they got very excited." She wanted to calm them down before they got off of the bus. Thank you, we all thought to ourselves.

This scene or one very similar is repeated twice a week from September to June on Wednesdays and Fridays. For those of us who participate in the school field trip program, it is a real "high" to hear the excitement and enthusiasm in the small voices as they get their first glimpse of the Reserve. We all know that children love field trips and for so many of them this is their first visit to a place that is not "artificial." The questions and comments come rapid fire: "Is hiking fun?" "What do you do when you hike?" "Do you have any animals here?" "Do you have snakes?" "It is beautiful here." "Look you can see snow on the mountains!" "I've never been hiking before." "This is the first time I have been to the ocean." "Is it scary?" "I hate spiders." On and on they go...

During the course of our time with them, many of their questions get answered, many more questions come forth, and many of their fears disappear. They eagerly absorb the information we provide and they handle the variety of stimuli that bombard them quite well. They are also very willing to share many of their experiences and their knowledge with us. Usually, it is a happy, thoroughly pooped group of children who file back onto the bus for the ride back to school. "This was our best field trip ever!" is often the last comment we hear from them. Undoubtedly many an eye closes as the wheels of the bus hum and carry them back to the world of school, inside of four walls.

It is extremely important for children to develop an appreciation for nature, the environment, and the need to maintain diversity in our living world. They are the adults of the future and through our actions and words, we play a very positive, important role in their development. Learning from touching, hearing, smelling, and seeing has a much greater impact on children when actually experienced out in the natural world. They remember their visit to Torrey Pines State Reserve for a long, long time.

Don't be misled however into believing that working with children is always "peaches and cream." At times, we are really tested and have to dig deep into our bag of tricks to stay ahead of them. We are survivors, however, and we share our successes as well as our difficulties and problems, laughing and supporting each other. Come on! Join us! You are always welcome to become a part of this program or go along with us just for the fun of it.

Barbara Wallach reports that the School Field Trip Program was such a success in 1996 that some classes had to be turned away because of unavailable dates. Fifty different schools participated, thanks to the 25 dedicated docents, led by Barbara, and her partner, Joan Nimick, who have both spent countless hours introducing 2,724 students and 300 adults to Torrey Pines.



Barbara demonstrates the female Kumayai dress while Marty Bressler "volunteers" to wear the scanty male dress.

What is going on in Los Peñasquitos Lagoon?

Los Peñasquitos Lagoon (LPL) sometimes becomes cut off from tidal exchange with the ocean because of sediment that has built up at the lagoon mouth. Sediment builds up as a result of winter storm waves which carry sand up into the mouth and also because the natural processes of sedimentation and scouring in LPL have been altered by man-made features like North Torrey Pines Road (Highway 101). When the mouth of a tidal lagoon closes, the exchange of nutrients and fresh seawater that would normally occur with each tidal cycle does not happen and the water quality within the lagoon can drop. If water quality becomes too bad, fish and invertebrate animals that live in the lagoon can die.

In order to maintain the ecological health of LPL, it is sometimes necessary to open the mouth using large equipment to move the built-up sediment back out to the ocean. The equipment you saw working in LPL included bulldozers and a floating dredge. Bulldozers are used to push sand into berms where needed and to tend the dredge. The dredge works by sucking up sediment from the bottom and pumping it through a black pipe out to the ocean.

During the week of April 14, 1997, the dredge worked to deepen the areas between the mouth and the main tidal channels (north and south arms). In order to achieve a good mouth opening, it is important to have a relatively deep channel extending from the Hwy 101 bridge to the north arm which runs under the Coaster Railroad trestle to the east. Once enough sediment had been dredged from these areas, then the berm of sand below the Hwy 101 bridge was breached (broken through) using bulldozers. The breach was done at low tide, so that water rushing out of the lagoon to join the lower water level of the ocean would pull additional sediment out with the flow.

Now the whole process is finished, and Los Peñasquitos Lagoon is again connected with the ocean. The health of LPL is dependent upon the daily flushing of pesticides, other pollutants, and fresh water runoff from urban development out of the lagoon with ocean tides.

Docent Doings

A Publications Committee has been formed to review new projects and set priorities on videos, postcard designs, pamphlets, etc. Members include Marion Dixon, Judy Schulman, and Pamela Drechsel.

Events Committee—The Society needs several volunteers to serve on a historic events committee to start planning for possible Society participation in celebrating these events: April 1998 is the 75th anniversary of the Lodge, 1999 is the 100th anniversary of Torrey Pines being a park and the 40th for being a state park unit, and 2000 is the 150th anniversary of the identification of the Torrey pine. If interested in serving, please call John Carson.

New Copier —John Carson and June Brickelmaier, on behalf of the Board, purchased a Cannon 850 copier which should take care of the needs of both docents and staff business for under 25 copies. For larger numbers, please go to the District Office or a commercial service, and you will be reimbursed.

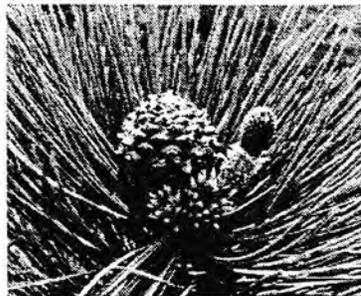
Closet Cleanup—Hats off to President John Carson for instigating a project long overdue. The docent's closet has been transformed into a clean, mice-free, organized vision. A crew of three, docents Jane Talbert and Irv Hansen, and trainee Katharine Chaffee, deserve a medal for their hard and efficient work. Now each category has its own labeled box.

Refreshments—The Talberts would like to thank all those generous docents who brought delicious goodies to each meeting during the past year. Those of you who haven't yet shown off your culinary talents or made a trip to the Price Club, please volunteer by signing the refreshment sheet found by the sign-in sheet at the beginning of each meeting.

Docent Achievement—Docent Selma Meyers, College of Education at California State University San Marcos, co-authored a guidebook, *More Diversity Icebreakers*, recently published by Amhurst Education Press. It is one of seven in the "Diversity at Work" series of training guides and a sequel to her original, *Diversity Icebreakers*.

Torrey Pines Docent Society
P.O. Box 2412
Del Mar, CA 92014

TORREY PINES



DOCENT SOCIETY

Non-Profit Org.
U.S. Postage
PAID
La Jolla, CA
Permit No. 1104

DATED MATERIAL
Please Deliver Promptly

MAY DUTY CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 L KATZ L D. DAVIS	2 L STEIN L SHAW	3 L GAARDER W D.MILLER L WATSON W D.ROBERTS
4 L ROBERTSON W BRESSLER L ANASIS W KAMER	5 L R.MILLER L COOPER	6 L MARGULIES L P.BARDWICH	7 L AMAN L C.SCHROEDE	8 L D.MILLER L HUBER	9 L RUDOLPH L WENMAN	10 L HELLER W D.MILLER L CAMPBELL W DIXON
11 L GRAIN W FERGUSON L MYERS W MARLEY	12 L R.MILLER L COOPER	13 L TALBERTS L WENMAN	14 L SCHROEDER L SHAW	15 L SMITH L HAUER	16 L VALE	17 MEETING L HELLER W BRAV L CAMPARINI W TANALSKI
18 L <i>Phillips</i> W CASSELL L ANASIS W KAMEN	19 L R.MILLER L HUBER	20 L MARGULIES L DIXON	21 L GAARDER L SACKS	22 L CLARK L D.DAVIS	23 L GITTELSON	24 L GRAIN W BRAV L WATSON W STIEGLER
25 L SCHULMAN W TANALSKI L SCHULMAN W D.ROBERTS	26 L CAMPARINI W TANALASKI L MYERS W	27 L TALBERTS L CAMPBELL	28 L COOPER L SACKS	29 L SMITH L HAUER	30 L VALE	31 L ANDERSON W S.MARLEY L PHILLIPS W STIEGLER

Duty Coordinator: Ann Campbell 755-1934
Hours: Lodge Daily 10 - 1, 1 - 4
Walks Sat/Sun/Holidays 11 and 1
If you cannot do your duty, please arrange
your own substitute.