



TORREYANA

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"Always on Sunday: a love story"

by Linda Martin

If you encounter a tiny blond, 100 pounds soaking wet, dashing up the Lodge Road with litterbag in hand, you've probably spotted Dr. Laura Nathanson, one of Torrey Pines State Reserve's best friends.

Beginning in the early 80s and continuing into 2003, Laura and her husband Chuck ran in Torrey Pines every Sunday morning. With their friend Jack, they'd start in the South Parking Lot, run up the road together, down the Beach Trail, up Broken Hill, continue on to the golf course parking lot, then cover the same ground in reverse. It was a ritual of near spiritual intensity. Nothing took priority over their Sunday run in Torrey Pines. Their trail time relaxed and renewed them, enabled them to invest extraordinary energy into demanding professions and community service. Now Laura's solo time on the trails is helping her cope with the loss of a beloved life partner.

Laura and Chuck met in the 60s while studying at Harvard. After undergraduate school, they went their separate ways, Laura to medical school and Chuck to try his hand at journalism. He worked at the *Detroit Free Press* and *I.F. Stone's Weekly*, and then tried life in the political arena, joining the Washington D.C. staff of a U.S. Senator. By the time he and Laura were reunited, this "Renaissance Man" had begun a doctorate program at Brandeis, with an emphasis in the evolution of language. In 1972, Chuck and Laura were married on the roof of Boston City Hospital where Laura was finishing her residency in pediatrics. (She was probably "on call" that day.)

Daughter Sara was born the next year.



Dr. Laura Nathanson on The Guy Fleming Trail
(Photo by Mike Gonzalez)

During the following decade, the young family moved around a lot, teaching and practicing medicine, often choosing locations and positions that allowed them to indulge their love of the natural world. They cross-country skied, climbed mountains, played tennis and ran wherever they were, including places with "real weather," like New Hampshire. In fact, Laura was on the staff of a tiny community hospital where she took her turn treating accident victims in the emergency room. Many of her patients were skiers with dislocated shoulders. This presented a special problem for petite Laura who often had to recruit a big burly helper from among the waiting room refugees. If you've ever been treated for a dislocated shoulder, you'll understand the problem. **(Continued on page 3)**

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Counting blessings, making resolutions

At the Desmond household, the holidays seem to inspire reflection on the blessings we enjoy and thoughts focused on continuing them in the year to come. I'm in the mood to do the same for our other family-- our Torrey Pines Family:

Our blessings start with our remarkable Reserve—could there be a more beautiful place to volunteer? Aren't you reminded of this every time you drive up the hill on the way to the Lodge? And the wonders increase every year as we discover new ones.

Then there are:

- The dedicated professionals we work with—all the rangers and aides, with the bonus of new Supervising Ranger -- Jody Kummer
- Our fellow docents—they make all our activities into fun social events, and are the source of most of our delightful discoveries about TPSR
- This year's talented group of new docents, largest class ever and the training efforts that got them there
- Our Board and all the others who go way beyond the ordinary in their support and efforts (they're responsible for our lyrical newsletter, our orderly library, our organized bookstore, our model interpretive products, our elegant refreshments, and many other TPDS features)
- Our children's program, which I got to experience for the first time this year
- A special clientele—so many visitors who are interested, knowledgeable, excited about our special place

What are some resolutions for 2005?

- Maximize use of the skills and interests of our docents
- Create broader docent duty opportunities
- Work closely with Reserve, District and Department specialists and administration
- Make long-range plans for the museum and our Society dreams
- Make our meetings relevant to our duties—fast and fun
- Convene more efficient Board operations, permitting more time for the important stuff —and on the trail!

As your new and old Boards meet this week to map out the coming year, our theme will be to put those resolutions into actions so we can take full advantage of all those blessings we've counted. With best wishes for another delightful and productive year at TPSR.

Walt Desmond

President, Torrey Pines Docent Society

Thar she blows!

by David Blue

It's that time of year again, when we strain our eyes seaward in search of the spouts of gray whales. It's thrilling to see their breath explode into the air. This blow can be up to 15 feet high and remain visible for about 5 seconds. (Fortunately, most civilized nations stopped the despicable practice of hunting whales long ago.)

Gray whales make the longest migration of any mammal, traveling some 5000 miles from their cold northern summer feeding grounds in the Bering Sea to their warm winter calving areas in the shallow lagoons of the Baja peninsula. Most of this migration is coastal. Typically, the whales are found within a few miles of shore. However, recent surveys suggest that, in our area at least, 65% migrate too far off the coast to be seen from shore.



Here in the San Diego area, the main southward migration extends from mid-December to mid-February with the peak occurring in mid-January. Observers

at Point Loma average eight whales per hour during this peak. So this is an excellent time to look for them. Although focusing on the birds, I observed two spouts on January 1 during our monthly bird survey. Even more exciting was discovering a gray whale swimming just outside the surf line.

Once you spot a whale, knowing the typical breathing and diving pattern can help you anticipate when you might see it again. It will be moving from north to south (right to left) and when it surfaces, it will blow 3 to 5 times in a row, 30 to 50 seconds apart. It will then dive for 3 to 6 minutes before repeating this pattern. Later, in the spring, the gray whales will migrate north again, but they are generally too far out to be seen, even with binoculars.

A much better way to see and appreciate these wondrous creatures is to visit San Ignacio Lagoon in Baja, where the mother whales actually bring their calves up to the boats, as in the picture at left.

Always on Sunday (Continued)

In 1981, Chuck accepted an academic appointment at UCSD and the family moved to San Diego, delighted to discover Torrey Pines in the La Jolla campus backyard. Soon Chuck's broad interests in anthropology and multiculturalism were rewarded. He was appointed Executive Director of San Diego Dialogue – "a leading forum for policy analysis, research and public education in the San Diego/Baja CA region." The program's goal was to "improve the region's quality of life through cross-border development, including school reform and building more livable communities." Chuck was in his element. His ability to overcome communication barriers and build consensus was legend on both sides of the border. In addition to his work with San Diego Dialogue, Chuck served on a dozen boards and commissions.

While Chuck was busy making life better for a broad-range of communities along the US-Mexico border, Laura was practicing pediatrics at a clinic in Encinitas, and writing books for a universe of kids and parents. Her popular series includes a "Guide to Kids," a book for parents of offspring ages five through twelve, and her Second Edition of "The Portable Pediatrician," published in 2003. These comprehensive

tomes are highly rated by readers and available new and used at Amazon.com.

Through all their years of service to the community, Chuck and Laura continued their Sunday morning running routine in Torrey Pines. Then, in 2001, Chuck was diagnosed with thymoma, a form of thyroid cancer that is curable. "Unfortunately, Chuck's tumor had advanced to a stage that required an aggressive treatment regimen," says Laura. They found specialists at M.D. Anderson Cancer Center and moved Chuck to Houston for the treatment. Everyone was hopeful that this courageous man, who accomplished miracles in bringing cultural leaders together, would beat the odds and the cancer. "But even while he was at Anderson," Laura says, "Chuck was in Torrey Pines. He visualized running on the trails when he had to undergo an especially painful procedure. It helped him tremendously," she says, "but, the treatment was too much for him." Chuck died quite suddenly in June 2003.

The academic community hosted a memorial service at The Old Globe, with a breakfast buffet and live music by the San Diego Symphony Quartet. Hundreds of his friends and admirers paid homage to Chuck's impressive accomplishments, including the governor of Baja California, State

Senator Dede Alpert, and Dr. Stephen Weber, President of San Diego State University. The International Community Foundation established a special fund honoring Chuck's civic leadership. But Laura wanted more. She knew Chuck would want her to acknowledge his love for Torrey Pines.

When Laura decided to make a generous monetary contribution to Torrey Pines, she didn't know where to begin. But she mentioned her plan to Mike Gonzalez, a Torrey Pines Association Counselor and seasonal park aide. Mike explored the possibilities with Ranger Gary Olson, then worked with Torrey Pines Docent Society Treasurer Rick Vogel to navigate the state's paperwork and administer the fund. Mike's team succeeded in having Laura's donation earmarked for TPSR trail maintenance, especially the trails she and Chuck loved best.

In these days of burgeoning state deficits and massive cuts in park budgets, gifts such as Laura's are essential to keeping our trails safe and our parks open to visitors. LM

Docent Chronicles -- January 2005

January 15, 2005 TPDS membership meeting
9 AM - Business meeting
10 AM - Social/refreshment break
10:30 - David Marriott, the "butterfly man"
11:30 - Whales, etc. in the Torrey Circle

Marriott will talk about the butterflies of Torrey Pines. He's an honorary docent and donated the current butterfly collection displayed at the Lodge. Carpool to the meeting, if possible, and park on the west side of the Lodge Road, south of the "staff parking, only" sign. Bring something to share during the break, and a reusable beverage container. Your fellow docents will appreciate your leaving all cell phones and pagers at home.



Docents of the Month for 2004 – (left to right) Eva Armi, Bob and Jane Talbert, Karen Griebe, Ree Miller, Roger Isaacson, Marty Jacobson, and Docent of the Year, Vernie McGowan (Photo by Walt Desmond)

December 2004 TPDS General Meeting and Holiday Potluck (Excerpts from notes by Victoria Schaffer)

President Walter Desmond opened the meeting and recognized docents who have been active TPDS members for 5, 10 and more years. Each was awarded with a TPSR button and a certificate.

Vernie McGowan was awarded Docent of the Year, recognized for 5 years of consistent leadership and work in the control of exotic plant species, including training of volunteers, and in the mailing and overall distribution of the monthly newsletters, *Torreyana* and *Pinecone*. Vernie received a plaque, and her name was added to the Lodge commemorative plaque listing all DOTY awardees. Board officer Barbara Wallach expressed the Board's appreciation and presented gifts to Ann Campbell and Mary Knox Weir, who are stepping down after years of service as Duty Coordinator and Program Coordinator, respectively.

The Executive Board presented TPSR Supervising Ranger Jody Kummer with a potted Philodendron, and a small gift, tokens of TPDS' appreciation for her ability to work in harmony with us all.

Over a sumptuous potluck brunch with many opportunities for fellowship, a wonderful time was had by all. Walter thanked Becky Guenther for coordinating the preparations for the holiday events so efficiently. He also thanked the volunteers and Ranger Olson, who participated in getting the events organized. After the potluck party, a group of docents celebrated the recent re-opening of High Point Trail with a march to the trail summit. Ranger Gary Olson gave a very informative interpretive talk about the trail's geodetic markers and their significance.

Happy New Year from the Children's Program! by Laura Lowenstein

We're starting out with a wet year, which may cause cancellations on school program days. On the plus side, we have many plants and wildflowers blooming, and lots to look at when the kids do come in.

Special session -- At this time of year, there's always the possibility of seeing whales migrate south past our cliffs. We have scheduled a special training session on "Whales, Dolphins and Sea Life"—**all** docents are invited! The presentation will occur immediately after the regular docent membership meeting Saturday, Jan. 15. We will meet the presenters, Margaret Fillius and Sue Randerson at the benches in Torrey Circle. The session will last about 30 minutes. If you can stay longer, Sharon Clay Rose and Lillian Lachicotte have offered to share more tips and ideas for interpreting for kids on the trails. Although the format of the presentation will be geared toward interpretation for the children, the program will be a good refresher course for all docents, especially those giving nature hikes to the public. Sharon, Lillian, Sue and Margaret have been revising and expanding this material, so much new information will be included.

We are now totally booked for the Thursday and Friday Docent School Program through the end of May 2005. If a desk duty sitter happens to get a request for a school or group wanting a field trip, please suggest they schedule a Monday, Tuesday, or Wednesday for a "Ranger/park aide" mini-presentation at the benches. The group could still have a great field trip on their own by visiting the museum and going out on the trail. Just leave a message in senior park aid Joanna's mailbox and she will call them back to make their reservation. If teachers, grades 2-5, are interested in booking for next year, we'll begin taking phone reservations August 15, 2005.

Thanks to everyone for helping with the program. It wouldn't happen without your dedicated volunteer hours. Remember, anyone is always welcome to drop by on a Thursday or Friday and join us.

We're a fun group to hang out with!



More neat docent news....

Critters on the beach at Torrey Pines

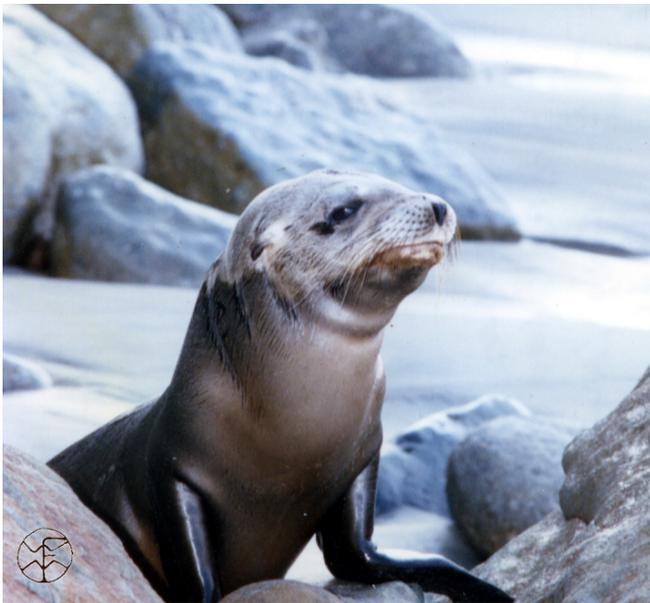
by Ken Baer

In November, my friend Jess Hanson and I were jogging along the beach. About 500 yards south of Flat Rock, a huge 250-pound sea lion was beached, dried out and breathing slowly. As the incoming tide made small advances and touched its body, the sea lion raised its head, as if it was soothing to feel the water. Jess had approached the animal, its coat the color of peanut butter in the mid-day sunshine, stooped down, sat on the sand and watched it. The animal's huge black shiny eyes watched back, approvingly, accepting, seeming to welcome the company. A man with a cell phone said he saw the animal wash up. Its belly appeared to have an injury the size of a bullet. I gave him the TPSR Ranger station number and he called to report the injured animal.

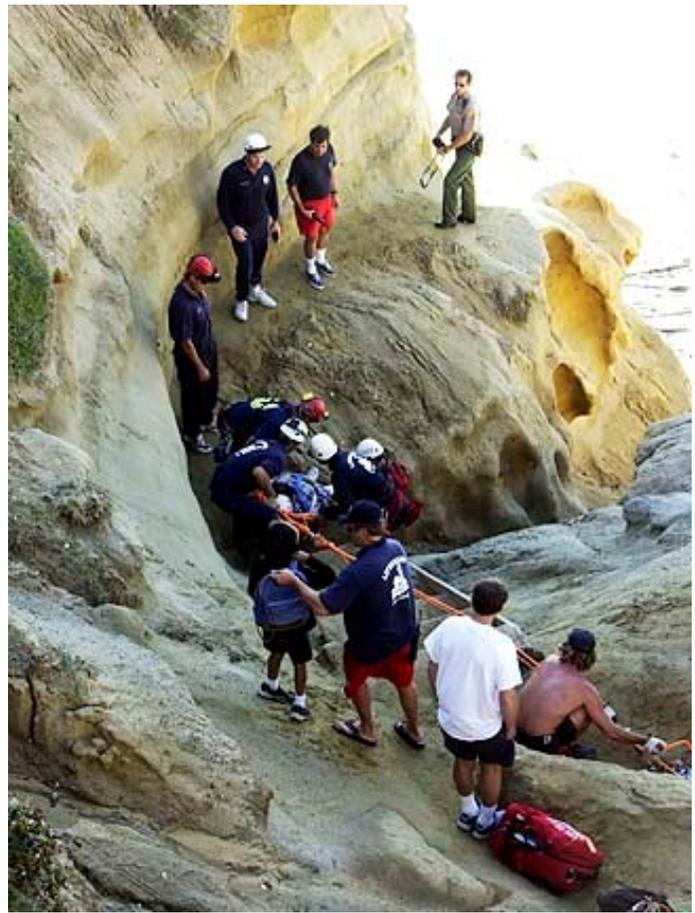
According to the California Department of Parks & Recreation, seals and sea lions are protected marine mammals. As such, any animal natural to the area that is injured, ill, or dying, must be left alone to suffer and/or die, alone. It is a hard call, to watch them suffer and die. As a result, when docents or the public call the rangers, they will contact Sea World (for marine animals) and Wildlife Assist (for birds) for rescue and rehabilitation. If the animals are successfully rehabilitated, they are released back to the wild in the area in which they were found.

If the animal's injury was caused by human tampering, the US Department of Fish and Game conducts an extensive investigation. Unfortunately, with the largest sportfishing industry in the world located right here in San Diego, there have been incidents of seals and sea lions being shot or injured.

For protected classes of animals, you must keep your distance. If you are close enough to be considered "harassing" the animal, you are in violation of the law. In the case of the injured sea lion that Jess and I encountered, its fate is not known.



Wes Farmer took this picture December 28, 1995 on the Beach at Torrey Pines. Wes says the young California Sea Lion was apparently ill from the winter storm. Ed.



Accidents and Coincidences

Text and photo by Steve Gould

Tuesday, November 23 was another beautiful, sunny San Diego day, and I decided it was time for my first Trail Patrol. I set out from the parking lot for the Broken Hill Trail at about 2:15 PM. I was a little disappointed to find few people on the trail to test my new knowledge, but the views were wonderful (and, that is an important part of why we're docents – right?). However, just as I approached the junction with the Beach Trail, I came across a rescue in progress. Ranger Mike Winterton (pictured above) and what seemed like most of San Diego's lifeguards were lifting a woman into a rescue toboggan.

For the next fifteen minutes, I stood on the switchback above them, taking pictures and following the progress of the rescue as they strapped her in, drove posts into the ground and set up the belaying system, and conveyed her down to the beach. When it was finished, I continued down to Flat Rock. As I started back up, two women came rushing down the trail. I suggested they slow down and told them about the woman who had apparently broken her ankle right there an hour before. So the Trail Patrol was a success!

A few days later, Ranger Mike told me the woman is a frequent visitor to TPSR and was hiking with her son. She slipped on the steps and broke her ankle. By coincidence, one of the lifeguards was driving up the beach from La Jolla (low tide allowed him to get around Flat Rock), and he came by shortly after the accident. After successfully belaying the woman to the beach, they loaded her into one of the trucks and rushed her to Scripps Memorial Hospital.

Tidings from TPA --

The Evarts' legacy

by Peter Jensen

When photographer Bill Evarts signs the frontispiece spread of his book "Torrey Pines, Landscape and Legacy," he often writes a simple phrase that says much about the book, the photographer, and the high set of bluffs we all know as Torrey Pines.

Whenever I open my copy, which rests on a table near a fireplace, I first turn to Bill's photograph looking across the lagoon and gaze long at that sloping wooded brow carved by the wind. In five minutes I can see it in person, of course, by walking there. But there's something about this photograph that says more than any one particular day can. No beachgoers are in the picture. The sky is cloudy with patches of blue. One hardly notices the thin line of highway climbing the hill. Grays, greens, the henna of pickle grass, the ochre of cliffs...all say, in a muted way, "I have been here for thousands of years, unencumbered by the bright colors of your umbrellas and cars, and the sound of your chatter above my surf."

On the opposite page is the handwritten line, "To Peter & Janeen Jensen—and our mutual love of Torrey Pines. Best regards, Bill Evarts." I feel like I'm in the presence of someone raising a glass and proposing a toast. "To our mutual love..." And, of course, as any of us continue to turn the pages we are soon in the thrall of an artist's salute and ultimate homage: the skill, passion, artistic vision, and sheer time that this book took to create are evident in every image and every line (Bill also wrote the text).

The other words beneath Bill's penmanship are "Published by Torrey Pines Association, La Jolla, California." Therein lies the core of a powerful influence this one man has had on our Association and the park our Members dearly love.

Bill is stepping down from the Counselors board that guides your Association this year after many years of service. Yet his presence at every meeting, every idea session, and every walk on the beach will long be felt.

"Torrey Pines, Landscape and Legacy" has not only been a powerful fundraiser for the park, but it serves as a de facto Vision Statement for Torrey Pines Association. A very quiet man, Bill speaks loudly only with a lens. Not "loudly" in a visual sense, but as an artist who long ago recognized the power that a camera can have as a way to communicate vision. He would be appalled that I might even mention him in the same breath as Ansel Adams, so I won't—but I will dare to quote Adams to try and explain what we cherish in any great photograph.

When he first saw the images of Paul Strand, Adams recalled, "They were glorious negatives: full, luminous shadows and strong high values in which subtle passages of tone were preserved. The compositions were extraordinary: perfect, uncluttered edges and beautifully distributed shapes that he had carefully selected and interpreted as forms – simple, yet of great power."

This sums up what Bill has meant to your Torrey Pines Association: a presence that was simple, yet of great power. A legacy that will last. A vision that will always guide us into the future.

Bill's own words say it best, "By moving to protect the Torrey pine and its habitat, we assumed an irrevocable responsibility for the species' continued existence. Certainly this tenacious relict, rare and unique among the world's flora, deserves our continued care and stewardship." From all of us in the Torrey Pines Association to Bill, "Here's to our mutual love!"

Peter Jensen is Vice President of the Torrey Pines Association

More about Mat, the artist

by Maryruth Cox

Tuesday, November 9, was a special day for three docent friends and me. Eva Armi, Ann Gaarder, Nancy Woodworth and I were invited to the home of Helen Kagan, daughter of Tsuyoshi Matsumoto, "Mat, the artist." Mat devoted the last decade of his life to drawing the Torrey pine. One of his larger prints hangs in the Lodge and note cards with reproductions of his many drawings are for sale there.

With a warm smile, Helen welcomed us to her austere elegant home in La Jolla Farms. Upon entering, we took off our shoes and felt right at home. Through broad windows, we saw the steep, wild canyon that slopes to the sea at Black's Beach. Mat's drawings of the Torrey pines were mounted on the white walls. We gathered around a long table as Helen spread out the sketchbooks her father had filled with his original drawings. It was his habit to go to the reserve almost every day to sketch his beloved trees.

The sketchbooks, thirty in number, were each about 20 by 30 inches. They had green covers, imprinted with the name of Mat's friend in Japan who had sent them. This friend had also made Mat a small folding chair that Mat sat upon while he worked in the reserve. Each book was carefully labeled, and each sketch had notes by Mat in his neat handwriting. He recorded the date, time of day, and place. Sometimes a small map showed where the tree was located.

To my untutored eye, the sketches seemed complete, with bold, freely drawn lines of the trunk and branches of individual trees -- needles were penciled in one by one. (Former Supervising Ranger Bob Wohl observed Mat working one day. He drew each needle with a flick of the wrist while humming a little song, perhaps a melody from Bach.) At home or in his studio Mat reworked each sketch, redrawing in fine detail the trees he loved, capturing their spirit.

Mat was a poet, as well as an artist. Each drawing had a title: sometimes a Biblical quotation; sometimes an original phrase, such as "This path is for strolling, not running--"

Over cakes and tea, Helen told us stories about her father's life. When we left the warm hospitality of the Kagan home, we were eager to share our experience with other admirers of Mat's art.

A Mat drawing of the park's signature pine has graced the Torreyana banner for more than 20 years. Maryruth has an illustrated book about Mat, available for sale at the Lodge.

Another kind of “legacy” -- archives

by Maryruth Cox

“Here you are,” said a grinning Ranger Bob Wohl as he hoisted three heavy cartons onto the table in the Lodge library. “If you want to find out about Torrey Pines Park history, here’s the ticket!”

Early in the nineties, I had asked Bob questions about the Reserve. What had motivated so many people to work so hard to establish the Reserve we all enjoy today? He had suggested that I look through the old papers that had accumulated in a back room at the Lodge. Perhaps there would be some answers.

Who could resist poking and prying into those boxes? Not me! And there were treasures among the mouse droppings and spider webs left from years of storage. Early pictures of Torrey Pines; a letter, dated 1861, inquiring about Torrey pines seeds; letters and articles about the struggle to establish Torrey Pines Extension; correspondence about the controversial campground and marina proposed in the 1960s, and more.

Over the next few months, the contents of the boxes were sorted and filed in binders, which are now stored in the rangers’ office, a first installment in the Torrey Pines Historical Files. In the mid-nineties, I got a call from Sally Spiess, a long-time counselor and then president of the Torrey Pines Association. Would I like to look at her collection of Torrey Pines memorabilia? Who could say no to Sally? We arranged to meet on the next Tuesday morning at her house.

We met on alternate Tuesdays for the next three years. She had collected newspaper clippings about the park and its rapidly developing surroundings; programs of special events such as the dedication of Guy Fleming Trail in 1966; minutes of the TPA meetings and much more. She had former TPA President Tom Whitaker’s papers including copies of the many

thank-you letters he had written to each donor to the Torrey Pines Extension campaign.

We ended up with enough files to fill two and one-half drawers in the big filing cabinet Sally and her husband had purchased. The files are now stored in a locker rented by TPA at Morena Storage facility.

The historical files are an ongoing project. Current additions include papers of the book committee that worked for ten years on the publication of *Landscape and Legacy*, and material concerning the vacation of the Sorrento Valley Road. An index, originally made in 2000, is being brought up-to-date. If you have inquiries about the files, or would like to add material, please contact Maryruth Cox at 858-755-4007.

*Maryruth Cox says the picture above was taken for a special 30-page section of the **Encinitas Coast-Dispatch**, February 16, 1967. The feature focused on the community’s fund-raising campaign to acquire the TPSR Extension land. Torrey Pines Ranger Lemley came through Del Mar Terrace, recruiting young people to go on a hike with him, including the Cox children. Ed.*



Mudflow Art...

“The sea cliff is a sight to behold shortly after a rain. The face of the cliff at Torrey Pines State Beach changes dramatically, especially during this transition from summer drought to winter rains. Take a walk on the beach during a rainstorm and count the waterfalls flowing over the sea cliff onto the beach.”

Docent Wes Farmer



*Surfing
Dolphins*

*Photographed at
Torrey Pines
by Don Grine*



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