



TORREYANA

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Torrey Pines
Docent Society

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May 2005



The Class of 2005

by Mike Cornforth

On Saturday, the 26th of February, the Lodge was full to overflowing with eager Class of '05 volunteers. They were welcomed by Ranger Gary Olson for the Department of Parks and Recreation and Walt Desmond on behalf of the Docent Society. The Class of '05ers are an enthusiastic and impressive group made up of research scientists, educators, fashion experts, a retired judge, attorneys, retired military officers, and others interested in learning more about our Reserve, helping to preserve it, and communicating that appreciation to visitors.

Volunteer training consists of a series of formal training sessions, each one of which is followed by informal "practical" walks with Docents in the Reserve (and outside the Reserve when appropriate). Volunteers are asked to complete a short quiz after each session. In addition to the formal sessions, volunteers will be doing "understudy" time with Lodge docents, taking additional walks in the Reserve, and conducting a short "nature walk" with a Docent.

We're now more than halfway through the formal series of presentations developed by Janie Killermann and the training staff. The final three sessions are: Tracking on April 30 with Gretchen Nell,

Interpretation on May 7 with Ranger Gary Olson, and Insects and Spiders on May 14 with John Carson. [Carson is a former TPDS docent and *Torreyana* editor, who now lives in Santa Barbara where he is active with the Santa Barbara Botanic Gardens. Ed.]

Thanks to the superior skills of our presenters and the excellent support from our Docents for the walks, enthusiasm remains high as can be ascertained from the full Lodge at each session. □

Pictured: Docent Mike Cornforth (center foreground in vest) leads a group of trainees on the Torrey Pines State Reserve Extension trails. Photo by Trainee Tim Danaher.

Torrey Pines Docent Society publishes the *Torreyana* bi-monthly. Items for publication may be submitted to **Linda Martin** at lmartin7@san.rr.com or left in the *Torreyana* mailbox at the Lodge. On alternate months, TPDS publishes the *Torrey Pinecone*, edited by **Ken Baer**, which generally includes the monthly duty calendar, announcements and information concerning membership meetings. Items for publication in the *Pinecone* should be e-mailed to kenbaer@cox.net. Submissions for either publication are due on or about the 20th day of the preceding month. Please send postal address changes to TPDS: P.O. Box 2414, Del Mar, CA 92014
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This issue of *Torreyana* was edited by Roger Isaacson in conjunction with Linda Martin, Carroll Allman, and Karen Woods, members of the Publications Committee. As usual, many thanks to Walt Desmond for taking time to focus his extremely talented and critical eye on these pages before the printer sees them, and to Judy Schulman for making sure our punctuation conforms to the Chicago Manual of Style, 14th Edition. More thanks to Vernie McGowan for getting it in the mail to the TPDS membership in a timely fashion.

Roger Isaacson Guest Editor

What does it take to be a docent?

I've had a great time this spring at docent training. Everyone should try it: meet the newest members, become a mentor, reinforce all that you know, and remind yourself of what's still to learn. When I do the latter, it's sobering to see how much there is to learn after 18 years. In case some new docents find this barrage of information a bit daunting, I'll share some hope. My encouragement to them (and myself) is "you already have what's required to be a docent: love and care for this unique place, interest in drawing the same from our visitors, talents to share in the organization. The facts will come—this introduction reminds us that the body of information exists, that we have experts among us and expertise to aspire to; and that there are a lot of other resources to get us there.

I thought about all this on a recent hike with one of those amazing docent resources (when I absolutely couldn't recall locoweed) the gentle reminder of its name added one more plant to my list. I've researched tips from such experts, learned them one at a time, one a week, one a month, one a visit. Make visitor questions you can't answer a learning opportunity for yourself. Do the same with mentoring opportunities, and become an expert in one small area or subject that you really like.

One final personal experience, when I was a new docent, I assisted on a walk with veteran docent Elizabeth Nicoloff, the acknowledged docent plant and flower expert of the era. I will never forget her kindness as I walked along, wondering what I could contribute. I heard her say, "If you have any questions about geology, you'll have to ask Walter—I don't know anything about that." Probably not true—but it sure was a morale booster. So "old" docents, keep up the encouragement. And new docents, share the expertise you have, and you will continue to add to it.

Or after 18 years, you could always become president!

Walt Desmond, President
Torrey Pines Docent Society

PS: Don't miss the May meeting, where you will meet two of our Science Fair awardees. I happened to see them at a SD Zoological Society meeting where they received awards from that group (Great minds . . .). It's great to see students interested in nature and natural history (and especially these, interested in bark beetles and *Carpobrotus*!!!) These are our future scientists, rangers, docents and voters on crucial environmental issues. Many thanks to our team of docents who did such a great job judging at the fair—they found some real winners!

Birding in Torrey Pines

by Don Grine

You may look for birds in Torrey Pines to increase your list of species observed, because you find birds beautiful, or because you enjoy watching their interesting behavior during different seasons. In any case, you will find more birds if you look in the right place at the right time

WHERE: The TPDS bird list gives you the best chance for finding a particular bird in any place in the Reserve in any month. The habitats used were O (Ocean and seashore), L (Lagoon and marsh), and W (Woods and brush). Most of us look in the wrong place to find the most birds -- up on the mesa in the woods and brush -- because most of our trails are there. Of course, we do find plenty of perching birds on the mesa. You can seldom walk any trail in the Extension or main reserve without seeing ravens, scrub jays, or California towhees.

The Lagoon is usually the best birding place because it provides the edge between marsh, brush and trees. There we see all of the perching birds we observe on higher ground plus water birds like ducks, fishing birds like terns, wading birds like herons, and shore birds like sandpipers. We can observe most of the Lagoon birds in comfort from North Beach, Carmel Valley road, or Sorrento Valley Road. The Marsh Trail that extends from the end of Flintcote Ave. to a point across Torrey Pines Road near the park's main entrance provides very good birding. The trail runs along the border between brush and marsh and past many areas of trees. Flintcote is usually closed at the Reserve boundary so you have to park outside and walk to the end of the road but that offers good birding opportunities, too. (If you're birding with a friend, you can use two cars, one at Flintcote and one in our entrance lot to avoid a repeat trip along the trail.) The trail is not well maintained, so wear long pants and boots. During the wet season, when we have one, much of the trail is very muddy.

The beach also has shore birds, gulls, and terns. With no cover, they are easy to see and photograph. Some ocean birds mostly avoid the Lagoon, loons and Brandt's cormorants, for example. A low tide walk to Flat Rock in the winter is often a great birding walk. Near Flat Rock, we see such birds as tattlers and turnstones, species that like rocky shores. These birds are undercounted on our list because we do not usually walk to the far south areas of the beach due to high tides.

WHEN: Most of our birds migrate. A quick look at the bird list will tell you that you will not see most shore birds or ducks in the summer. In another lagoon, a consulting firm concluded, after a professional survey in June and July

that the lagoon was not much used by ducks. Winter provides the highest counts of bird species in the San Diego area. Bird counts also vary over the years as species invade new areas. For instance, crows are now common at the Reserve but fifteen years ago, they were rare. We have data regarding these changes, but have not studied it to date.□



Nuttall's Woodpecker
Photo by Melba Kooyman

The Woodpecker

The woodpecker pounds

on the old pine tree,
making a home
for his family --

symmetrical, round,
it's perfectly sound,

a serendipitous shelter
for his progeny.

Maryruth Cox

Docent Chronicles—May 2005

May 21 –Membership meeting

Speaker-Richard Rodriguez

Presentation—9 AM

Refreshments/break—10 AM

Richard Rodriguez is a member of the La Jolla Band of Luiseno Indians (Payomkawich). He grew up as an urban Indian in the city of Pomona, Ca. While attending San Diego State University he spent time living on his reservation with his Aunt and Grandfather. This became a wonderful time for Richard because he got to spend some time with his grandfather, listening to his stories and learning about his people's past. It was at this point he began to put together what it was like not only to be Indian, but to be a California Indian. Richard began working at The Barona Cultural center and Museum as a front desk position, and after nearly three years he is now Education Coordinator for the Museum. Part of his job includes sharing the history of the Kumeyaay at schools, churches, senior groups etc. He is also the culture teacher for the Barona Indian Charter School. Just recently he began taking part in language conservation for both 'Ipayaa (Kumeyaay) and Luiseno, both of which are original languages of San Diego County.

Please plan to arrive early, as seating will be limited. Carpool, if possible, and remember to park along the west side of the Lodge Road, south of the public restrooms. Please bring a brunch-type snack to share.

Highlights from the April 16, 2005 General Meeting

(From Secretary Steve Usher's minutes, edited by Carroll Allman)

Board President Walter Desmond called the meeting to order at 10:30 a.m. and adjourned at 11:30 a.m.

★ If you see Docent of the Month Cecily Goode, be sure to congratulate her on the outstanding work she has done with the Children's Program, her dedication to the weeding program, and her service to the Reserve. In a significant break with tradition, Cecily was present at the April TPDS meeting when her award was announced. Congratulations, Cecily!

★ We now have three daily shifts available for Lodge duty. Docents are needed, and encouraged, to sign up for the 3 to 6 p.m. time slots. Since this slot encompasses rush hour, it may be more convenient during the week for those who live in the Torrey Pines area. The April and May duty calendars have many other empty Lodge duty time slots. Please contact Lodge Duty Coordinator Irene Larrimore if you can take a time slot or if you can join the pool of last-minute Lodge Duty replacements. Better yet, stop by the Lodge and fill in an empty slot with your name.

★ Have you hiked Flintcote trail? Cross North Torrey Pines Road VERY carefully if you do. At April's meeting, Margaret Fililius gave directions from the South Beach parking lot to this trail. Make sure your parking permit is visible if you park your car near the trail's entrance, and be forewarned. Do **not** hike this trail at high tide.

★ Docent trainees, remember that you can join the Children's walks any

time. The program wraps up at the end of May and is heavily booked until then. Barbara Wallach urged docents and trainees to volunteer. The Children's program wrap-up/evaluation meeting will be held Friday, June 3rd at 9:30 am in the library at the lodge. We'll spend time talking about what worked and what didn't, suggestions for next season, and we'll share ideas about our experiences. If anyone wants to bring a bag lunch, we can have a picnic at the beach after we finish around 11:30 AM or noon. If you aren't able to make the meeting, please send any suggestions/comments to Laura Lowenstein at her email address: adventuresahead@cox.net so she can bring them to the meeting.

★ 2005 tide calendars are available at the discounted price of \$1.

★ Ten copies of the 2005 Docent Training Manual remain, at the bargain price of only \$10.

★ Attention Weeders! Marge Stettbacher, (pictured below with Docent Elaine Steele and participants in the Children's Educational Program,



asks for help ridding the Reserve of those pesky exotics over the next three weeks. If you can spend a few hours weeding, please contact her. You will have training. Volunteers can purchase specially designed weeding T-shirts (shirts also can be purchased by non-weeding docents).

(Continued from previous page)

Report from the staff, by Supervising Ranger Jody Kummer and Ranger Gary Olson

★ Ranger Olson announced that portable, sturdy "Exotic Plants Removal in Progress" signs are now being used, and resource ecologist Darren Smith reported that areas where exotics were hand-removed by volunteers show a wider diversity of wildflowers than areas sprayed with herbicides.

★ A weeding event was held April 23 at TPSR in honor of Earth Day. The event was followed by a "bring your own food and beverage" picnic. **Volunteers are requested** to staff a Dept. of Parks & Recreation booth at another Earth Day event in Balboa Park on **May 1st, 9 a.m. to 6 p.m.** Contact Ranger Olson for more information.

★ Have you heard of "The Oozlefinch"? It's a book, and even though it sounds as if Dr. Seuss wrote it, he didn't. The book features a collection of Camp Callan photos and historical information. Check it out at the Docent Library. (An Oozlefinch is a mythical featherless bird, having a long and distinguished history with the many U.S. Army artillery branches.)

★ FEMA may come to the Reserve's rescue. Representatives of the Federal Emergency Management Services visited TPSR recently, and it appears as though government funds to repair trails damaged by recent rains may be provided. Keep your fingers crossed.

★ SR Jody Kummer announced that the Reserve is conducting a formal count of its visitors, including walkers, joggers, and cyclists. The next and last count will be May 1, from 7 a.m. to 7 p.m. (counts also took place on April 21 & 23). **Volunteers can sign up for 2-hour shifts; please contact Supervising Ranger Kummer.** Counters will be stationed at the South Gate, the Kiosk, or the entrance to the Guy Fleming Trail. **Trainees can also participate.**

★ Volunteer Patrol vests are available for sale. Price: \$50 plus tax. Contact SR Kummer if you would like one.

★ Please note that the Beach Trail must remain closed for the rest of the summer.

★ **Jim Cassell, Wes Farmer, Margaret Fillius, Rick Vogel and Barbara Wallach** were given CA State Parks passes in recognition of their more than 200 hours of volunteering over the past year. Thank you all so much!

April's TPDS Speaker

Margaret Fillius has been studying and photographing San Diego County wildflowers for 7 years. She has a book coming out soon about area wildflowers, and she compiled the wildflower identification board outside the Lodge entrance. At the April 16 meeting, attendees were treated to her refreshing and delightful presentation on TPSR wildflowers.

Using overhead slides, Margaret walked her audience through the Flower Board, which was put together from pictures contributed by a number of docents. She highlighted familiar friends, such as the Indian Paintbrush and Purple Nightshade, and pointed out where some lesser-known flowers can be seen. For example, a genetic variation of the Snapdragon can be found on the east side of the road just below the High Point Trail head, and a white variant of blue-eyed grass can be seen along the roadside.

Given the abundance and beauty of the wildflowers this year, Margaret's presentation was especially timely and appreciated. Many thanks to one of the Docent Society's resident experts! □

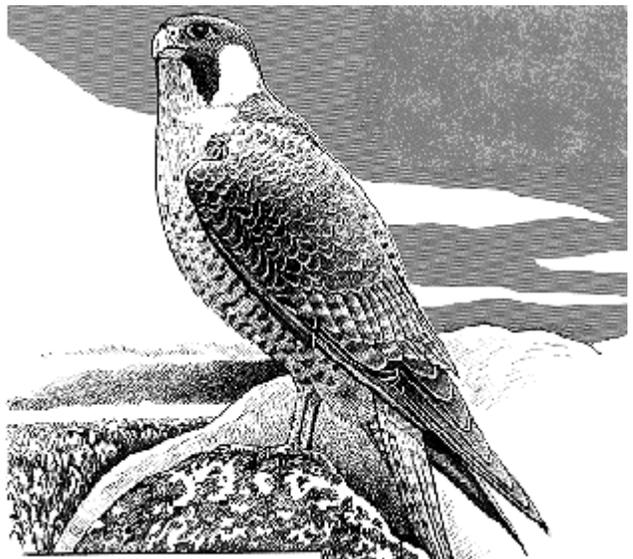
Maryruth reports- peregrine falcon sighting

by Maryruth Cox

On March 15 a warm wind came out of the northeast and chased the grey drizzle away. At Torrey Pines south beach a swarm of ladybugs clambered over the plants in the median strip, and on the beach the sand was swept clean.

Nancy Woodworth and ranger aides had reported peregrine falcon nesting activity near the south overlook on the Guy Fleming trail. We scanned the cliffs from below and sure enough, there were peregrine falcons darting in and out of the sandstone hollows near the overlook.

A bird fracas on the cliff caught our attention. A peregrine falcon and a raven were having a territorial dispute. The big black bird retreated, and the falcon sunned itself on a narrow ledge. We retreated too, as the tide was coming in, up to the cliffs. If anyone has further observations of the falcons, please report to the docents and/or rangers in the Lodge. □





Tidings from TPA — Through a door before dawn

by Peter Jensen

Come morning, with the neighborhood still asleep, our instincts tell us to start walking. Outdoors is where we might see something unusual, something outside the flow and turbulence of busier times when the workplace exerts its tidal pull on a million cars and a million San Diegans.

We don favorite fleece vests, lace on shoes, and set out down the hill toward the ocean—the state beach and the Reserve.

My body and my mind are telling me, on many levels, to move, simply move; to seek the day in terms of quickening light, a gray ocean turning to blue, the crows scolding me from the pine trees on the corner where the sidewalk glistens from the bark's weeping.

We step outside primarily to be outside. We don't need a reason beyond that, for a body ceases to function as a complete and ready organism if it is locked away from wind and light and heat and cold, the elements that creep or eddy or storm toward us across the Pacific. You might call this "being in nature," but below these hills and canyons surrounding the Reserve, imperial nature now struggles to offer us the last colonies of her once-complete dominion.

To begin with, most of the ground around the Reserve is locked beneath a crust of asphalt that carries our feet and seduces us with its uniformity. A few years ago, trusting the street in the darkness of dawn, my wife stepped in a deep hole and twisted her ankle. She fell, and cried like a mewling kitten in the darkness while she sat on the curb and I ran back to get the car to carry her home. Has this ever happened to her, or me, on the uneven trails of our park? Ironically, no. There's a message in there somewhere...

No, we stumble because we think that a street is beyond nature—an improvement, a norm that defies the random. We stumble because we no longer even know that we have the tools of balance and nature-keen sight.

In these moments of walking, the monkey mind of a built-up world is left behind by rhythmic steps, the swinging arms, the seeking eyes. Nothing tells us to watch a wingbeat; we are equipped to do so. Nothing forces us to examine our lives and the days that remain; we are equipped to do so.

The journey begins wherever we wish it to begin: in a church, on a battlefield, by a bedside, face turned to the shower's spray, or even with a step outside our front doors into the gray dawn light, and the calling of the island we call Torrey Pines. □

Birds of Torrey Pines State Reserve—April 2005

Pacific Loon 2
Pied-billed Grebe 6
Western/Clarks Grebe 200
Brown Pelican 1
Double Crested Cormorant 2
Brandt's Cormorant 1
Great Blue Heron 1
Great Egret 5
Snowy Egret 12
Black-crowned Night Heron 1
White Faced Ibis 4
Mallard 12
Gad Wall 13
Bufflehead 1
White-tailed Kite 4
Sharp Shinned Hawk 1
Red-tailed Hawk 3
American Kestrel 1
California Quail 2
Clapper Rail 2
American Coot 27
Black-bellied Plover 2
Semi-palmated Plover 7
Kildeer 2
Black Necked Stilt 1
Yellowlegs 1

Willet 66
Whimbrel 1
Heerman's Gull 5
Ring Billed Gull 8
California Gull 15
Western Gull 16
Caspian Tern 4
Black Phoebe 4
Cassin's Kingbird 9
Western Kingbird 2
Rough Winged Swallow 23
Cliff Swallow 6
Scrub Jay 6
American Crow 8
Common Raven 25
Bushtit 24
Bewick's Wren 3
House Wren 2
Marsh Wren 2
Ruby Crowned Kinglet 1
California Gnatcatcher 2
Wrentit 6
Northern Mockingbird 1
California Thrasher 1
Starling 1
Orange Crowned Warbler 1

Yellow Warbler 3
Yellow-rumped Warbler 6
Black-throated Gray Warbler 1
Townsend's Warbler 1
Common Yellowthroat 9
Black-headed Grosbeak 1
Spotted Towhee 5
California Towhee 13
Rufous-crowned Sparrow 2
Savannah Sparrow 5
Song Sparrow 17
White-crowned Sparrow 5
Red Winged Blackbird 72
Western Meadowlark 2
Royal Tern 5
Elegant Tern 123
Forster's Tern 5
Rock Dove 4
Mourning Dove 10
White-throated Swift 10
Anna's Hummingbird 20
Rufous/Allens Hummingbird 1
Belted Kingfisher 1
Nuttall's Woodpecker 4
Brewer's Blackbird 4
Brown-headed Cowbird 4

Hooded Oriole 1
House Finch 20
Lesser Goldfinch 8
American Goldfinch 2

Unusual Species:
Red-breasted Nuthatch 1
Ruddy Shelduck 2

Docent Observers:
Jane and Hank Baele, Kathy Estey,
Blair Francis, Gary Grantham, Will
Cox and David Blue.

Lagoon—open

Docents plan an endowment for Torrey Pines

By Ken Baer

The idea of establishing an endowment, or trust, for Torrey Pines has been discussed for many years. The deluge of rain that forced the closure of two trails to the beach was the impetus to get the ball rolling. The concept involves the creation of a surplus fund that would help maintain our goal of providing educational and interpretive programs to the public. The possibilities are endless. With such a fund, we could rebuild trails, finance an expanded Children's Program, purchase a shuttle van for use within the Reserve, establish a scholarship fund, or pay a salary for an on-site Interpreter or Biologist.

Three former TPDS Presidents, Jim Bedinger, Ken Baer and Diana Wenman, Mike Gonzalez of the Torrey Pines Association, with strong support from the California Department of Parks & Recreation Rangers Jody Kummer and Gary Olson, are spearheading the establishment of the trust. We invite the active participation of any interested parties, and especially welcome docents with a financial, accounting, or trust background.

Our goal is to raise \$1 to \$2 million through solicitations from local and national corporations, as well as monies from individuals, to establish our principal endowment total. Annual allocation of funds earned (interest on the principal) would be determined by the TPDS Board of Directors. Additionally, the endowment would work with the Torrey Pines Association and help raise funds to meet one of their established goals — land acquisition.

Torrey Pines Reserve

Ground yellow as dry bones.

A dust of sand glittering.

*Oh, dry! Grey ceanothus stems
twisted and tough; small flowers. A lizard place.*

*Rain rare and hard as an old woman's tears
runnelled these faces of the cliffs.*

Sandstone is softer than the salty wind:

it crumbles, wrinkles, very old,

*vulnerable. Circles in the rock
in hollows worn by oceans long ago.*

These are eyes that were his pearls.

One must walk

lightly; this is fragile.

Hold to the thread of way.

*There's a narrow place for us
in this high place between the still
desert and the stillness of the sea.*

This gentle wilderness.

The Torrey pines

grow nowhere else on earth.

Listen:

*You can hear the lizards
listening.*

Ursula K. LeGuin "Buffalo Gals and other
Animal Presences" 1973.

Submitted by Docent Vernie McGowan



Coming soon...

TPDS has chosen its winners from over 650 participants in the 2005 Greater San Diego Science and Engineering Fair (GSDEF). Four talented young people will receive a Professional Organization Award from our society. Beginning this month the awardees will make presentations at the monthly TPDS meetings. Pictured at left is one of last year's recipients, Virginia Dick and her dad Randy. She presented her work on the use of clays to limit growth of phytoplankton in water. Virginia's findings could be useful in aqua farming where excess phytoplankton interferes with the availability of oxygen to fish.