



TORREYANA

A NEWSLETTER FOR
TORREY PINES
STATE RESERVE

Volume 8, Issue 2

Online version March 2007



After the Fire

By Victoria Schaffer
Photo by Herb Knufken

Programs Director Ken Baer introduced the speakers at the February TPDS meeting: Left to right, above, Ted Van Arsdale, James O'Keefe and David Hernandez from the Cuyamaca Rancho State Park Interpretive Association (CRSPIA.) The first thing that impressed you was that they didn't look at all like the surfer dudes and other Del Mar beach visitors you had just passed on your way to the meeting; after that, it was their enthusiasm about Cuyamaca and commitment to their volunteering activities. Also, those cool hats and belt buckles.

Cuyamaca Rancho State Park comprises 30,000 acres with about

1000 miles of mule trails, and is second in size only to Anza Borrego. A mounted unit, MAU, was started in 1976 out of Los Caballos horse camp; a docent group came together in 1980, and a mountain bike group was formed in 1988. In 1995 Mike Curtis and others started a trail maintenance program. Volunteer activities include "meet and greet," trail maintenance, watching out for inexperienced hikers, mounted patrols, and after-fire recovery.

Ted, who coaches track and field at UCSD, serves on the MAU Advisory Committee and got seriously involved in volunteer work, together with his wife, after the 2002 Cedar fire. Among other activities he does mounted patrol and keeps an eye on the returning wildlife species.

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He refers to cougars as "the cats," and he confesses that "he doesn't particularly want to see them, but likes to know they are there."

Fourteen cougars are in the area now, and in an ongoing study four of them have been tagged and are tracked. For the counting, they are lured to a deer carcass. Deer are thriving on new grasses and number close to 800.

James is the Association's President, and Coordinator of MAU. He explained that the Park has four Rangers. The Association has about 200 volunteers, who "work as the Rangers' eyes and ears." Cuyamaca, a Kumeyaay word, means "Above the rain." The Cedar fire that ravaged the Park was a chaparral fire, which burns almost everything, different from a forest fire. Specific plant communities such as riparian are more devastated.

(Continued on page 3)

The **Torrey Pines Docent Society** publishes the *Torreyana* bi-monthly. Items for publication may be submitted to Victoria Schaffer, victoria1906@roadrunner.com or left in the *Torreyana* mailbox at the Lodge. In alternate months, TPDS publishes the *Torrey Pinecone*, edited by Walt Desmond. The *Pinecone* includes the monthly duty calendar, announcements and information concerning membership meetings. Items for publication in the *Pinecone* should be e-mailed to w.desmond@sbcglobal.net. Submissions for either publication are due on or about the 20th day of the preceding month.

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Extra newsletters are available in the Docent Library.

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Torrey Pines Docent Society

Since 1975

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Many thanks to the docents contributing to this newsletter and to Senior Editor Victoria Schaffer and Copy Editor Walt Desmond. Many thanks to Eva Armi for mailing and distribution.

Roger Isaacson

Director of Communications

From the President

The New Year is quickly proving to be one of recognition and change. The new Lifetime membership status has enabled the Society to formally recognize those members who have contributed to making the Docents the dynamic and vital organization that it is today. We will soon have approximately 40 Lifetime members, with an average of 12 years of active service. Within this group are members with active service of as much as 23 years (Bob and Marge Amann) as well as members who first became Docents as far back as the early to mid 1970s (Melba Kooyman - 1970, Julie Marine - 1975, Jack and JoAnn Cannon - 1976). The dedication and commitment of our Lifetime members serve as a model to which we should all aspire. It is a pleasure to recognize and applaud their achievement.

This year is also turning out to be a year of important change as several of our coordinators have decided to step down. Jeannie Smith has relinquished her role as Membership Coordinator. Over the past ten years, Jeannie has done a tremendous job of maintaining our membership rolls, keeping track of hours and dues and regularly publishing our Membership Directory. Without her consistent efforts we would not have been able to introduce Lifetime memberships. Steve and Sharon Rose have also decided to step down as our Librarians after three years of focused and dedicated work. Steve and Sharon were instrumental in transforming our Library into an organized and accessible resource center. They were also key members on the committee responsible for the Library remodeling following the generous grant from the Josephine Stedem Scripps Foundation. Finally, after assuming responsibility for organizing the Trail Patrol group nearly two years ago, Paul Whitby will be passing the baton to Alan Bennett and Sherry Doolittle this month. Paul was the first coordinator for the Trail Patrol and under his guidance the group has operated smoothly and efficiently ever since. As with our Lifetime members, these four individuals exemplify the true spirit of service and commitment that defines the Docent Society. To them we offer our deepest appreciation and thanks.

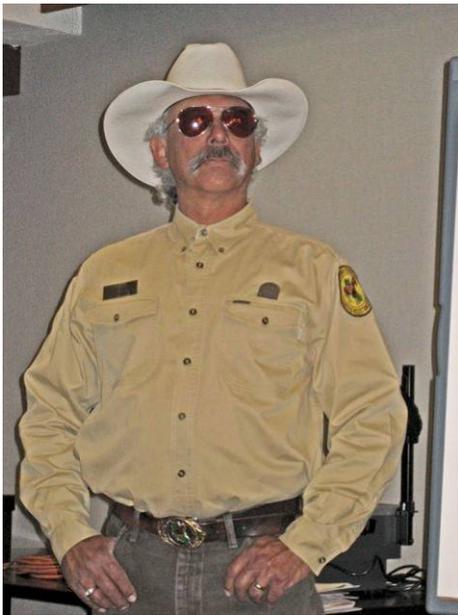
Yet the work continues. While Paul's role will be filled, we need someone to take over for Jeannie and the Roses. Walt Desmond has graciously agreed to temporarily step in for Jeannie, but we need someone to serve as Membership Coordinator on a longer term basis. Anyone interested in either of these positions should contact me at their first convenience.

In keeping with Jeannie's work over the past years, it is also important to remember to pay our dues and to log our hours to remain active and current. It takes ten years of active membership to achieve Lifetime status. This means that in addition to putting in hours, we need to log them. If anyone has difficulty with this, please contact Roger Isaacson or me. Help will be quickly on the way.

Once again, thank you all for your dedication and hard work. See you around the Reserve!

Steve Usher

President, Torrey Pines Docent Society



Notice Ted's cool belt buckle.

Photo by Don Grine

(Continued from page 1)

The decimated wildlife are returning: cougars, bobcats, raccoons, an occasional silver fox, coyotes, and many birds. Plant life is also returning, and ceanothus, a fire-follower whose dormant seeds sprout after a fire, is now thriving. A drought had killed or damaged sixty percent of the conifers including Ponderosa and Cuyamaca pines, and the fire burned most of the rest. They are slow to recover although some seedlings have been seen. Surviving oaks are now affected by a not yet identified disease. Most emerging grasses are non-native.

Dave Hernandez is the Association's VP. He serves in the Trail Maintenance Advisory Committee, and is involved with the plant recovery. Dave explained that the high population of taller chaparral trees, counted as stems per acre, had favored abundant undergrowth that catches fire easily. Dave showed vivid photos of the overpowering Cedar fire, and of remnants of buildings that housed the museum, information center and gift shop. He also showed new, colorful fields of lupines, goldfields, tidy tips, and bush poppies. James added that the fire had exposed remnants of Native American sites around Los Caballos, which is "almost an archeologist's dream come true." The area is now closed to visitors. Above all, the lasting message was one

of hope and renewal, of returning wildlife, surviving seeds followed by Ponderosa and Cuyamaca pine seedlings, and bright flower displays.

For more information about CRSPIA, their newsletter *Stonewall Sentinel*, and the Cuyamaca Rancho State Park, visit their Web site www.cuyamaca.us, or write to Cuyamaca Rancho State Park Interpretive Association, 12551 Highway 79, Descanso, CA 91916.

Docent Chronicles March 07

Next General Meeting
March 17, 2007 9 a.m.
at

National University just across the highway from the Torrey Pines Golf Course (15 min walk from the Visitor Center)
11255 North Torrey Pines Road.

Speaker:

Jack Paxton

Jack Paxton will present: "Hunting Gorillas in the Torrey Pine Midst".

This talk will address ecological threats to Torrey Pines past, present and future.

Highlights from the February General Meeting

By Victoria Schaffer

Excerpted from the February TPDS General Meeting minutes written by Board Secretary Judy Schulman. Complete minutes in docent Library.

Docent of the Month: Barbara

Wallach, for her many years of outstanding work with the Children's Program and the Whacky Weeders.

Treasurer's Report, by Priscilla Lewis: TPDS had a positive balance, with over \$5,700 in income (\$2,400 in bookstore receipts, \$1,500 in contributions from special walks and the donation box, \$1,480 in dues and \$352 in unrecorded sales.) There is \$78,000 cash in the bank.

Children's Program: Laura Lowenstein thanked **Bob Lawhead** and **Roger Isaacson** for the programming for the

new online signup system. The online system can be accessed by going to our web page and clicking on the Children's Program link in the upper left corner.

Duty, by Lillian Lachicotte: there are open spots in March. Docents should use pencil because pen bleeds through the page and makes it difficult to read and make changes. Because of the time change on March 11, more docents will be needed for extra shifts.

Communications, by Roger Isaacson: Roger also thanked **Bob Lawhead** for his dedicated work on the Children's Program signup program. TPDS may use the similar programming for a duty calendar online. About sixty people have opted out of receiving hard copy of the *Torreyana*. Extra copies are available in the Docent Library. Roger reminded everyone to put volunteer hours in the Tracker program.

Docent Training, by Jeff Spivak: 54 people signed up for training, to begin February 24th.

Bookstore, by Nancy Woodward: Sales have been good. A delivery of new books is expected next week.

Reports by Board President Steve Usher

Trail Patrol: Paul Whitby will step down from his Coordinator position. Docents interested in this position should contact Paul or Steve Usher. Duties include training, coordinating with DPR staff, monitoring the hours, maintaining training materials, and reporting activities/hours to the Board. Ranger Kyle Knox is the DPR liaison.

The Endowment: The Torrey Pines Reserve Endowment Fund is now officially part of the San Diego Foundation. A \$10,000 check will be sent to them this week. Personal donations on TPDS's behalf can be made through personal check out to the *San Diego Foundation*, with Torrey Pines Reserve Endowment Fund written in the memo section. Docents will be given more information later.

Beach Trail: The Coastal Commission took the Beach Trail project off their

February meeting agenda because they forgot to get City of San Diego approval for the project. The project is definitely on the Commission's March agenda.

Trails Report: A community meeting was held February 6th at the Lodge at Torrey Pines hotel. Issues discussed included getting joggers off of the Guy Fleming Trail and the future of the Reserve road. No decisions were made.

Lifetime Memberships: Gold pins were given to members with 10 or more years of active membership: (Their starting year is in parentheses.) **Jack and Joanne Cannon** (1976), **Bob and Marge Amann** (1983), **Marion Dixon** (1985), **Marc Gittelsohn** (1985), **Bob Margulies** (1985), **Bob and Jane Talbert** (1988), **Kathy Estey** (1989), **Joan Nimick** (1989), **Graham Parnell** (1989), **Eva Armi** (1990), **Jim Cassell** (1991), **Wes Farmer** (1991), **Susan Ferguson** (1991), **Mayo Stiegler** (1991), **Theo Tanalski** (1992), **Hank and Jane Baele** (1993), **Nelson Brav** (1993), **Don Grine** (1993), **Barbara Wallach** (1993), **Diana Wenman** (1993), **Ree Miller** (1994), **Arnie Shaw** (1994), **John and Myrna Burton** (1995), **Twinx Hauer** (1995), **Jim Randolph** (1996), **Jeannie Smith** (1996), and **Rick Kamen** (1996.)

Lifetime members no longer need to pay dues and are not required to volunteer 96 hours. They are encouraged to continue logging in their hours for the reports to the State Park System.

Special Commendation: Jeannie Smith has stepped down from being Membership Chair. She was thanked for 10 years of service, and was presented with a basket made and donated by Judy Schulman.

Special Projects Committee: Some topics to be addressed are the Whitaker Garden, recycling, and signage. Committee members are **Steve Usher, Alan Bennett, Barbara Wallach** and **Karen Woods**.

Special Announcements for Docents

Docent Hours: The Board made the decision that only TPDS members in good standing, with yearly dues paid, can participate in docent-sponsored volunteer tasks such as Children's Walks and Desk Duty. Non-TPDS members can volunteer directly through the State Park Staff for other tasks. Docents who do not complete the 96-hour requirement will not get a parking pass, unless they notify the Membership Chair in advance that they may not be able to complete that requirement. Docents should be sure to enter all their volunteer hours. Docents who did not complete the required 72 hours in 2006, who are in a list submitted by Jeannie Smith, will be notified by e-mail. Class-of-2006 Docents are exempt.

The Science Fair will be on March 28:

Those interested in being a judge, please contact Theo Tanalski.

Earth Day: Earth Day at TPSR will be Saturday, April 21, 9 a.m. through 3 p.m. in the North Beach parking lot. This date coincides with the TPDS monthly general meeting, so we are planning a speaker at the event for all to attend. The docents will work with the TPA and with the California DPR's Ranger and Park Maintenance Staff. Booths will feature solar energy products and energy and water conservation ideas. Residents of the Extension area will be specifically invited to the celebration, as part of Supervising Ranger Jody Kummer's goal of sensitizing them to their impact on the Reserve (by activities such as irrigation and pesticide usage). Attendees may volunteer to work on projects such as trail maintenance in the Extension and brush clearing near the road's south gate. Volunteers are also needed to help with registration of these work crews. A complimentary BBQ lunch for these volunteers will be again provided by TPDS, so all are invited to bring their appetites as well as their enthusiasm.

For questions or for more volunteering information, please contact Ken Baer at 619-248-4200 or **KenBaer@WillisAllen.com**
or
Earthday@torreypine.org

The Torrey Pines Reserve Endowment:

The Docents were notified at the February 17 General meeting that the Board decided to put into the Endowment the \$145,000 Jewell D. Le Grand bequest to TPDS. **This item will be discussed at the March 2007 General meeting, with vote on it to follow. Docents are encouraged to attend this meeting.**

Lodge Duty News

By Lillian Lachicotte

A Reminder: Daylight Saving Time begins on March 11, and Lodge Duty shifts change to **9-12, 12-3** and **3-6**. Please help us fill empty slots in the book.

Coming Soon: Diane Coram has volunteered to reorganize the Lodge Duty desk. We thank Diane in advance for sharing her much-needed expertise and assistance. **And**, thanks to all you docents who work so faithfully at the desk and conduct walks. I am sure the visitors are grateful for, and enriched by your friendly and helpful presence.

On-line Torreyana

www.torreypinesreserve.org
or www.torreypine.org
Remember the Web version is in **color**. Just click on **'Torreyana'**.

DON'T MISS DOCENT-ONLY INFO on Docent Home, found also at www.torreypine.org. Click on 'Docent Login' at the bottom of any page, enter the Username and Password from a recent Pinecone (or from Roger Isaacson via 'Contact' link). This page also contains the Children's Program online signup.

Children's Program Important Notice

The signups are now available online, with the help of some very savvy docents. **Signup access is no longer available on the sheet in the library.** For those without computers, use of a computer is available in the library or sign up by calling Laura Lowenstein.



There are 3 months left for docent-led hikes for school groups. It is not too late to come and see what we do.

April 6th will be a training day. We have no school signed up that day. More news will come as we get closer to the date.

Cecily Goode

Photo by Herb Knufken

A Turning Point in the Acquisition of the TPSR Extension

By Maryruth Cox

Bob and Gloria Bates stared in dismay at the bulldozer cutting a road through mature Torrey pines in the hills just north of Del Mar Terrace. It was November 1964, before the state protected this land, and evidently a subdivision was planned. This magical wonderland of sculptured sandstone and rare trees would turn into flat, featureless lots.

Bob and Gloria dashed home to write letters of protest to park officials and environmental groups such as the Torrey Pines Association. The T.P.A. responded immediately by forming the "Citizens' Committee for the Extension of Torrey Pines Reserve," with

members Bates, Dr. and Mrs. Shepard, Margaret Fleming, Eugene Geritz, Carl Hubbs, and Tom Whitaker. For years people had dreamed about annexing the thousands of Torrey pines adjacent to the reserve, and now the threat of development had spurred action.

By March 1965, the committee had

produced a 14-page proposal, which suggested that the broad valley from Carmel Valley Road north to Del Mar Heights Rd. and Crest Canyon north to San Dieguito Rd. be acquired by the state as an extension of TPSR. It would include 260 acres with an estimated 3000 native Torrey pines at a cost of \$1,690,000 (about \$6000/acre.) This led Hale Ashcraft, State Assemblyman, to introduce a bill in the Legislature. The State Parks Commission shot down the bill, because "Enough Torrey pines are protected already."

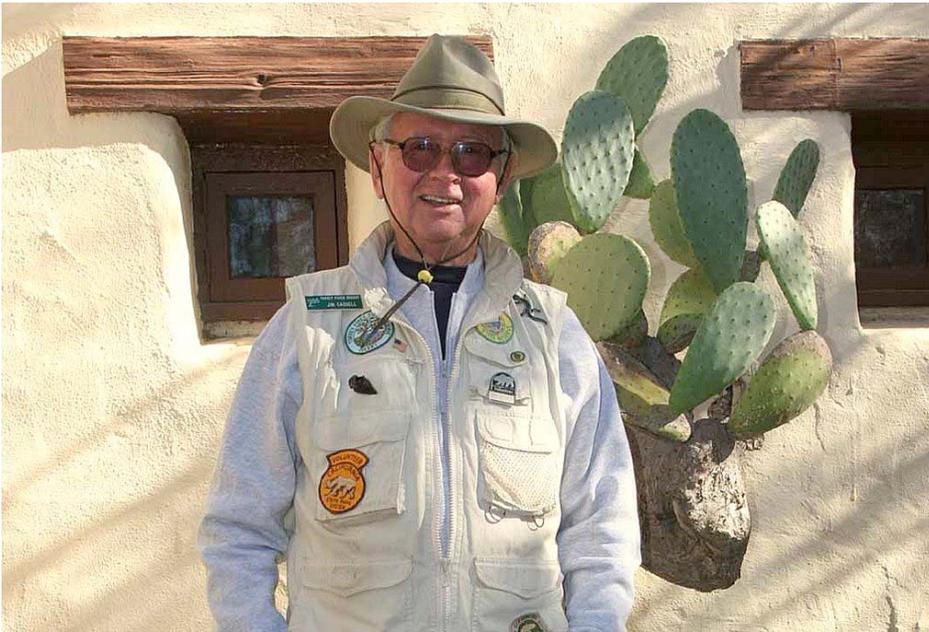
Undeterred, the committee kept on writing letters, making phone calls, and traveling to Sacramento. The continued pressure brought results: in January 1966, the State Park Commission reversed its decision and earmarked \$1.5 million in State Park Bond funds for the extension. Jubilation reigned until July 8, 1966, the last day of the legislative session, when this use of the funds was eliminated.

The Committee regrouped, added new members, broadened its support to include 16 organizations, and became the "Council for the Extension of Torrey Pines State Reserve."

The State Parks Commission put the extension plan in the 1967-68 capital outlay budget but trimmed Crest Canyon from the plan. Despite the blow, the Council pressed on with plans for a nature study center to be located between the extension and Del Mar Heights School, "designed to open a whole new world of outdoor education in San Diego County." Margaret Fleming said, "It concerns me that there are children growing up in cities who have no idea of nature, who have never seen a baby animal or explored a wooded, uninhabited area on their own."

The Council appealed to the public and declared February 19-25, 1967 "Save the Torrey pines" week. One Sunday morning Ranger Floyd Lemley gathered children from Del Mar Terrace: Bates, Cox, Winchell, La Grange, and Marsh. They explored the proposed extension while their pictures were taken, for a 32-page supplement in the Encinitas Coast-Dispatch. Extension supporters wrote articles for the supplement about the unique features of the extension: "A rich archeological treasure" (Mrs. J.S. Galbraith); "The large cross-bedded units ... 10-12 ft. in thickness... may be larger than any ... west of Zion." (E. C. Allison.) Eight full-page ads demonstrated the support of banks, industry, and others. The public was aroused. Contributions to the campaign fund reached more than \$22,000 by the end of 1967.

This grass-roots movement stirred political interest in Sacramento. In May 1967, Governor Reagan allocated \$900,000 for the extension, but he specified that matching funds had to be raised locally. The gauntlet was thrown down; the real work began. The turning point in the battle had been the newspaper supplement that excited widespread interest. Many skirmishes lay ahead until finally, in 1974, 168 acres were dedicated as the Extension of the Torrey Pines State Reserve.



Jim Cassell in front of Indian Fig. *Photo by Herb Knufken*

At 86, Docent Jim Cassell Shows No Signs of Slowing Down

By Barbara McCabe

(Class of 2006)

Photo by Herb Knufken

When Jim Cassell moved to Del Mar from Chicago in 1984, the retired graphic artist began walking the beach at Torrey Pines. “I was finally free, says Jim, now 86, “and I was going to make the most of it. I walked the beach almost every day for seven years.” As he wandered the beach, the pressures of a 30-year career in advertising where “everything is due yesterday” began to melt away and he began to tune in to nature’s gentler rhythms. “I’ve always enjoyed nature,” says Jim who was born in San Mateo, “and I was finally able to be a part of it.”

With his artistic sensibilities, he appreciated the intensity of the colors surrounding him, and as he walked he became aware that the cobbles – those well-worn stones that help give the sandstone cliffs their distinctive shape – contained hues of yellow, brown, red, black, blue and green. He collected cobbles and used them to create a mosaic of abstract flowers for his garden. “That’s when I got

busted,” he jokes of the incident in 1991 when Supervising Ranger Bob Wohl “nailed” him for illegally collecting beach stones. “He said I either had to become a docent or he would give me a citation,” explains Jim, grinning mischievously. “Wohl took my name, address and phone number, and later drove over to my house and put an application in my mailbox. The rest, as they say, is history.” That was 16 years ago, and Jim, now a lifetime TPDS member, shows no signs of slowing down. “I still put in about 200 volunteer hours a year,” proclaims the spunky octogenarian who served four years in the air force during World War II.

One of Jim’s early contributions to the Reserve was the removal of the scrub oak and chamise that were blocking the stone steps leading to the road from the terrace behind the Lodge. “You couldn’t see the road,” he explained. “I took a hacksaw and a shovel and cleared it out. I also removed all the non-native aloe plants from the West Terrace.” Jim’s tireless efforts were recognized in 1995-1996 when he was named Docent of the Year. While accompanying Jim on one of the Nature Walks he conducts twice a month, it was evident that he has assimilated encyclopedic information

about the Reserve. He served as training director for new docents five years in a row and still participates in their training.

“Did you know there are 450 different types of plants in the Reserve,” asks Jim, “and that each of them has up to five names? For instance, chamise, the most common plant in the chaparral and the Reserve, is also called greasewood, and it is a member of the Rosaceae family with Latin name *Adenostoma fasciculatum*.” And, he always has an anecdote to share. Walking past a stand of Mountain Mahogany on the south side of the Lodge, he describes how the seed, tipped with a feathery, corkscrew-like plume, is carried by the wind to a new location where it twirls and plants itself in the ground. Looking out over the Indian Fig orchard on the slope facing east, Jim relates what an important food source the plant was for the Kumeyaay. “You’ve heard of Nopales Con Huevos?” he asks. “Cactus pads and scrambled eggs? That’s one of my favorite Mexican dishes.” To hear more of Jim’s stories, tag along with him on one of his weekend walks. □

Trail Tales: Excerpts from the Trail Patrol Log

Edited by Victoria Schaffer

After their trail duties, patrollers also take time to log their observations. Here is one of those entries.

The Hummer and the Wrentit Play Nature Tag

“Once there was a rosy-headed hummer with a red iridescent throat and green back. His wings could fly in all directions, even backwards at 200 wing beats per second. He liked to make aerial displays of pendulum dives. And he could slow down his wings to hover at 80 beats per second. This latter behavior allowed him to maneuver his long needle-like bill into blossoms of sage, bladderpod and bush monkey flowers. But this was January

and there were precious few blossoms in the chaparral on the Guy Fleming Trail. So the hungry hummer perched on a tall, spent stalk of an Our Lord's Candle Yucca. Five yards away there stood a live, totem pole-like stalk of Shaw's Agave, in bloom, full of sweet yellow nectar and succulent little insects and spiders. But the little guy was not the only hungry bird who claimed the yellow bloom. There was also a small, gray bird who slipped shyly behind the chaparral brush and then, tentatively, hopped up in a wing beat toward the yellow blossoms above, but only when the top of the totem pole looked clear. The size of your pinkie and one-third the size of the wrenit, the hummer would dive from its perch down toward the daunted bird, just as the hopeful bird approached the juicy yellow target. The wrenit would cover and cower for a while, hiding in the bush until the hummer, with its needlepoint bill, would again perch nearby on the Our Lord's Candle stalk. This natural game of resource-tag continued in successive attempts of hop-ups, humming dives, fast retreats and perches. The wrenit was still trying to sneak in a quick meal when the visitors and I left the little birds to their own natural devices." *Rhea Bridy, Trail Patrol Rookie, 2/1 /07.*

Red Revolution on the I-15

By Victoria Schaffer (Roger Isaacson provided us with this nice information.)

UCSD biologists Joshua Cohn and Matthew Streisfeld have discovered that hummingbirds and hawkmoths are determining the future of red and yellow varieties of monkeyflowers. The red form, common along the coast, is strongly preferred by hummingbirds, while yellow monkeyflowers, found east of I-15, are favored by hawkmoths.

"The shift between the yellow- and red- flowered forms along any road running from the coast inland in San Diego county is one of the sharpest natural patterns residents can view in the late spring," says Cohn. He adds that the abundance of at least one of

the pollinators, hummingbirds, may well favor an eastern expansion of the red-flowered form.

For more on this interesting report, go to the link below:
alumni.ucsd.edu/magazine/vol4no1/waves/15.htm
 The findings were originally reported in the *Journal of Evolutionary Biology*.



Caught in the Rain at Torrey Pines

by Maryruth Cox

Oh -- the wind is a-blowing
 from across the sea,
 from the far-off islands
 all the way to me --

It's shaking dead leaves
 from the tops of the trees,
 dropping debris
 on the trail and me --

It's blowing the rain
 up the long valley,
 billows of mist
 distilled from the sea --

It's peppering my face
 with drops of rain
 that drip off my nose
 and wet my fingers again --

Oh, yes -- the wind is a-blowing
 the rain from the sea,
 bringing new life
 to the land and me.



The Whacky Weeders Keep on Whacking

By Barbara Wallach

The lovely week-end rain or shower depending on where you live cleansed the air and washed the earth. The amount wasn't much to write home about but every little bit counts. The plants and trees in the Reserve enjoyed the moisture.

Speaking of trees I guess you've noticed the yellow dust that is blanketing the parking lots, sidewalks and our cars when we're at the Reserve. That's beautiful Torrey pines pollen. The male stroboli are loaded with pollen grains and the slightest breeze sends them on their way. If lucky, they'll find one of the lovely, small, red, female stroboli atop or at the end of the branches of a neighboring tree. When that is the case "magic" happens! Sex among the pines and most visitors aren't even aware of what's going on, as they hike in the Reserve! If you feel like hiking the Parry Grove trail you'll find some very odd shaped male stroboli on a pine along the ocean side of the trail. They can be seen right at the cable as this particular tree is sprawling on the ground.

Frank, Steve, Roger, Alan, Diane, Lynne, Marian, Georgette and Margaret worked on ongoing projects in the Reserve today. The guys have been working on getting posts up and cable stretched or straightened and also preparing more posts for placement along the trails. Frank and Roger were on the trails with posthole diggers resetting posts and stretching cable while Alan and Steve prepped posts at the maintenance shed. The rest of us attacked the pathway at the side of the road leading south out of the Reserve. If you hike along the south end of the road please use this newly cleared path at the side of the road. Wes Farmer was deep in the brush working on the tree tobacco and we didn't know he was there. If you haven't noticed his work just look left as you head down the beach trail. The

tree tobacco is no longer standing. Wes is still fighting the battle but I have no doubt he will win against this nasty invasive. Go Wes!

Kudos to this group of docents and volunteers for their hard work! Visitors and hikers appreciate what we are doing and thank us for making the Reserve look so good. One visitor who stopped to chat will start training this month. Unpleasantly, the bikers showed us what a danger they are to people walking and working along this road as they ride at top speed totally disregarding our right to be on the road.

Ann Smith headed for the Parry Grove trail to scout out *Ehrharta* that had been spotted in the area. Spraying of the invasives began along the roadway and along several trails. A blue dye is added so that the sprayed areas are somewhat visible if one knows where to look.

As always, keep your eyes open for trail areas that need attention and let us know. There are areas that have steps, which need attention, but we do not have permission to work on them. Hopefully maintenance will be working on these problem areas soon. If you have time on your hands and want to do some work at the Reserve there is always the need to do sweeping behind and in front of the lodge, at the edge of the parking lot, around the drinking fountains, etc.

Have a great two weeks. Think rain. Our next official workday is Monday, March 12th at 8:30-10:00 or so. Meet in front of the VC (Lodge). Schedule: Whacky Weeders--2nd and 4th Mondays 8:30 a.m. Also Tuesdays at 8:30 a.m. to help Darren Smith with weeding.

Just So You Know, We Are Ashamed of Our Carbon Dioxide Emissions

Book Review

By Victoria Schaffer

The Ten Minutes Activist

Easy Ways to Take Back the Planet

The Mission Collective, Nation Books: 320 pp, \$14.95.

The Intergovernmental Panel on Climate Change (I.P.C.C.) released its

report last month. Founded in 1988, the I.P.C.C. brings together the United Nations Environment Programme and the World Meteorological Organization. Every five years it produces an assessment of the state of the climate, vetted beforehand by thousands of scientists, and by the organization's close to 200 participating governments. Past assessments have been cautious and conservative about the responsibility for global warming. February's report states that the likelihood that human beings are the cause of global warming, evident from "increases in global average air and ocean temperatures, widespread melting of snow and ice, and rising global mean sea level" is ninety percent. It notes that the last time the Arctic and Antarctic were warmer than today for an extended period, global sea levels were at least thirteen feet higher.

Global warming is directly linked to the greenhouse effect of increased, accumulating carbon dioxide, most of it a by-product of the process of generating energy from fossil fuels. In short, we all contribute to carbon dioxide emissions during most daily activities.

So, you are not ready to go off the grid and let your backyard wind-turbine take over; or to opt out of your car and embrace bicycles, trains, and buses; or to lobby congress for increased car-fuel-efficiency legislation? Still, you want to do something. *The Ten Minutes Activist*, by the Mission Collective, may help. It lists 283 possible ways. Some, like properly inflating car tires, or composting, are not novel. Others are a throwback to the 1960's save-the-planet activism. Many, familiar or not, are little gems, "small ideas that can apply to your life and, collectively, result in big changes."

- Decrease your meat protein consumption. Studies show that 6% of U.S. greenhouse emissions come from extra energy used to produce meat.

- Use compact fluorescent bulbs instead of incandescent light bulbs. They produce the same light for less than 25% of the energy.
- When gardening, use push-mowers, broom and rake, etc. instead of gasoline-powered tools.
- Carpool whenever feasible. Look up local carpooling Web site.
- Decrease TV-watching and read, exercise or meditate instead.
- Decrease hot-water consumption. Buy energy-efficient appliances. Install low-flow showerheads.
- Use your thermostat wisely.
- Become throwaway-intolerant: Buy rechargeable batteries, reusable cloth napkins, kitchen towels, grocery bags, reusable cameras, shaving appliances.
- Decrease paper and plastics consumption: Use both sides of printing paper. Refuse unnecessary disposable products with take-out food. Consume "slow food."
- Buy groceries from bulk bins to decrease packaging materials. One third of U.S waste is in packaging.

An L.A. Times article estimates that a fluorescent bulb uses 80.3 kWh less of energy and costs \$6.26 less, per year, than an incandescent one. Other information sources: *The New Yorker* "The Talk of the Town," February 12, 2007. □

Little Poem from One Appreciative Soul to Others

By Rhea Bridy

It's begun.

Pale yellow clouds of pollen
bouncing upwards,
dusting windswept boughs
and Torrey branches,
bringing hope
of new life
to reddish rosettes,
resinous and readied
to renew again.

I saw two Peregrines about twenty feet apart at the top of the cliff south of Flat Rock. One was eating a bird. I could see the feathers flying, but could not get a good look to identify the prey. The falcon suddenly dropped a big chunk near me and the other Peregrine flew down to eat it. I took about fifty pictures of the process. Here's just one.

Don Grine



Photo by Don Grine

Torrey Pines Docent Society Bird Survey: February 3, 2007

Total of 92 species (unusual sightings shown with an asterisk and in italics)

Ducks & Geese

Gadwall 38
American Wigeon 26
Mallard 4
Cinnamon Teal 4
Northern Shoveler 16
Northern Pintail 11
Green-winged Teal 21
Lesser Scaup 2
Surf Scoter 6
Bufflehead 6
Ruddy Duck 4

Quail

California Quail 8

Loons

Common Loon 1

Grebes

Pied-billed Grebe 11
Western Grebe 121
Clark's Grebe 1

Pelicans

Brown Pelican 24

Cormorants

Brandt's Cormorant 2

Double-crested Cormorant 15

Hérons & Egrets

Great Blue Heron 1
Great Egret 5
Snowy Egret 3

Ibises

White-faced Ibis 10

Vultures

*Turkey Vulture** 1
(2nd February record)

Hawks & Kites

Osprey 1
White-tailed Kite 4
Northern Harrier 2
Cooper's Hawk 1
Red-shouldered Hawk 2
Red-tailed Hawk 6

Falcons

American Kestrel 5
Peregrine Falcon 1

Rails & Coots

American Coot 64

Plovers

Snowy Plover 4
Semipalmated Plover 20
Killdeer 4

Sandpipers & Phalaropes

Greater Yellowlegs 1
Willet 6
Lesser Yellowlegs 1
Marbled Godwit 6
Sanderling 10
Western Sandpiper 12
Dunlin 1

Gulls & Terns

Heermann's Gull 10
Ring-billed Gull 31
California Gull 40
Western Gull 13
*Glaucous-winged Gull** 1
Royal Tern 6

Pigeons & Doves

Rock Pigeon 3
Mourning Dove 6

Swifts

White-throated Swift 20

Hummingbirds

Anna's Hummingbird 29

Kingfishers

Belted Kingfisher 1

Woodpeckers

Nuttall's Woodpecker 2
Northern Flicker 4

Tyrant Flycatchers

Black Phoebe 5
Say's Phoebe 6
Cassin's Kingbird 10

Vireos

*Hutton's Vireo** 1
(1st February record)

Jays and Crows

Western Scrub-Jay 12
American Crow 55
Common Raven 2

Bushtits

Bushtit 62

Wrens

Bewick's Wren 3
House Wren 1

Kinglets

Ruby-crowned Kinglet 6

Gnatcatchers

Blue-gray Gnatcatcher 1
California Gnatcatcher 4

Wrentits

Wrentit 25

Mockingbirds &

Thrashers

Northern Mockingbird 1
California Thrasher 3

Starlings

European Starling 5

Wood-Warblers

Orange-crowned Warbler 7
Yellow-rumped Warbler 54
Common Yellowthroat 2

Emberizids

Spotted Towhee 8
California Towhee 16
Song Sparrow 11
*Lincoln's Sparrow** 2
(4th February record)

White-crowned Sparrow 11

Blackbirds

Red-winged Blackbird 11
Western Meadowlark 1
Brewer's Blackbird 6

Finches

House Finch 31
Lesser Goldfinch 6
*Lawrence's Goldfinch** 2
(4th record ever)

Old World Sparrows

House Sparrow 1

Observers: Hank & Jane Baele, David Blue, Will Cox, Kathy Estey, Blair Francis, Jack Friery, Gary Grantham, Don Grine, and Herb Knufken

Previous months are posted on the TPSR Web site at www.torreypinesreserve.org
On the menu bar point to "Activities" and then click on "Bird-sightings."