



Torrey Pinecone

A news bulletin for the
Torrey Pines Docent Society

October 2007

Docent General Meeting Saturday, October 20th 9:00 a.m.

National University, 11255 N. Torrey Pines Road

State of the Reserve:

Natural Resources and Ecological Programs at Torrey Pines State Reserve

Darren Smith, the Environmental Scientist and Natural Resources Program Manager for the San Diego Coastal District of DPR will be our speaker.

Program for the September Docent Meeting: unique and informative!

by Sharon Clay Rose

Opening comments by Ken Baer, Director of Programs, led into a dynamic video presentation on Trail Patrol by Paul Whitby along with additional commentary about the special value of Torrey Pines State Reserve by Bobbi Whitby and Margaret Fillius

Cecily Goode, Director of Children's Programs gave a lively presentation on the rewards of working with children in the reserve. She demonstrated some of the materials used for the Kumeyaay program while modeling the willow skirt that "Mrs. Kumeyaay" dons as part of the children's learning experience. For the final portion of her presentation she showed slides of children in the reserve along with copies of thank you letters sent to docents by the children.

Margaret Fillius then explained the history of Special Walks, a program set up 5 years ago by Don Grines. She spoke about what is involved in leading walks for the

variety of folks and organizations that request these uniquely tailored walks and elucidated the personal enjoyment of leading these walks as well as the financial benefit to TPDS.

Barbara Wallach of Whacky Weeder fame presented the many ways that docents are contributing to the beauty of the reserve as well as developing camaraderie and getting to know more about the nooks and crannies of TPSR.

Docents were treated to a DVD presentation of Herb Knufken's magnificent and inspiring photography. This will be shown to plein air artists to prepare each of them to select their "spot of beauty" when they come into the reserve to do their paintings.

The "open house" format for the docent meeting program provided an enjoyable and informative showcasing of these talented hard working docents

September Docent Meeting Notes

Excerpted from notes from the TPDS General Meeting, September 15, 2007 by Secretary, Judy Schulman. Complete minutes in Library.

Docent of the Month: Dawn Thieding (2006) is being recognized for her work with organizing the music for the Plein Air Art Festival and coordinating next year's Earth Day event.



Photo by Herb Knufken

Ranger Report: Ranger Jody Kummer reported that, starting on Monday (9/17/07), the upper 2 lots and the lower lot will be slurry sealed. No cars will be allowed in the

park on Monday and possibly on Tuesday. They may also prevent walkers from coming into the park. She also plans to have a life-size whale design on the parking lot nearest the bathrooms. This will make it easier for docents and staff to explain where the bathrooms are. In October, they will slurry seal the front half of the North Beach parking lot. First they have to do test drills for waterlines and check for archeological sites. She encouraged all of us to come at 2 p.m. on Friday to help set up for the Plein Air Art Festival. The volunteer appreciation dinner will be the first Sunday in October. [Ed. Note: *The date has changed to October 14th. See announcement later in this bulletin*]. It will include a movie on the beach from a high school student who used his project to get into USC's film school. She is also interested in getting photos of docents in action. There is a new gas fireplace. Historian Victor Walsh will replaster the adobe wall. The North Beach concessionaire contract has not been signed yet. It is doubtful they will come in until next summer. She thanked docent Steve Tarkington and her volunteers for picking up 12 bags of trash on the west side of 101.

Lodge Duty: (Irene Larrimore) There was a clarification that the time period stated in the docent manual (9:30 a.m.-1:00 p.m. and 1:00 p.m.-4:30 p.m.) is for Saturday and Sunday only during Standard Time. *Docents are asked to let her know if they are having problems with the new 3.5-hour shifts.*

Children's Program: (Cecily Goode) Handouts were available on how to signup for the Children's Program online.

Communications: (Roger Isaacson) Anne Williamson was acknowledged for her work on the hour Tracker program. Docents can

now enter their General Meeting hours more efficiently.

Bookstore: (Nancy Woodworth) Two new items were showcased. One is a book called *Land of Sunlight* which features many of the artists who will be at the Plein Air Art Festival. It also includes Joan Grine (Don Grine's wife whose painting the TPDS used on a t-shirt). The other item is the 2008 Southwest Calendar.

Membership: (Walt Desmond) The roster by docent's first name is now available. Please let him know if there are any changes that need to be made or if you want your *Torreyana* and *Pinecone* electronically. Benefits for getting these newsletters electronically are color, additional photos and more up to date.

Trail Patrol: (Sherry Doolittle) All Trail Patrol members are urged to be out in force on Saturday for the Plein Air Art Festival.

Library: (Michael Yang) There was a recent acquisition of an 18-hour DVD course on Geology (recommended by Lillian Lachicotte). There is also CD for making nametags for the Children's Program by Diane Greening.

Treasurer: (Priscilla Lewis) to date there has been \$43,000 in income and \$43,000 in expenses. We are breaking even. \$200 was given to the endowment in memory of Arnie Shaw and Katherine Chaffee.

Plein Air Art Festival Schedule: (Steve Usher) Herb Knufken has produced 62-photo DVD of Torrey Pine scenes that will be played in a continual loop at the artists' cocktail reception on Wednesday night. [Ed. Note: *The schedule for the volunteer participation in the event was clearly presented. See complete minutes.*]

Annenberg Foundation: President Steve Usher announced that we have received a \$10,000 check from the Annenberg Foundation to be used for the Children's Program. The purpose is to extend our outreach to low income children and schools. He thanked TPA president Pat Masters for her involvement and Priscilla Lewis for doing the extra paperwork needed. This is an important example of the TPDS and the TPA working together in furthering their mission to support the Reserve.

Gourd Workshop: Barbara Wallach announced that there will be another gourd and craft workshop on October 13 starting at 9 a.m. [see page 3]

Docent Question of the Month – October 2007

Courtesy of Jim Larrimore & Gill Williamson

Q: Can you safely drink tea made from leaves of the Yerba Santa in Torrey Pines State Reserve?

A: (See p. 4)

Painting the Air with Music

by Dawn Thieding

Photo by Herb Knufken

Not even rain could dampen the spirits of festival-goers at the First Annual Torrey Pines Plein Air Art Festival. Upon arrival, attendees were greeted by the sweet sounds of Peter Sprague and his brother, Tripp.



Peter (guitar, above) grew up in the area and is a long-time patron of the Reserve. Through his experience and expertise, he beautifully matched the flow of guests and the majesty of the Torrey Pine. With Peter on guitar and Tripp on flute and saxophone, their

melodies sang to the trees, while the guests dined on lunch provided by the Lodge at Torrey Pines and strolled the festival grounds. After lunch, Nature provided a surprise performance of "The Sound of Rain," followed by guitar duo Paper Moon, who entranced the crowd as the sun came out again. Performers Scot Taber and Daniel Dever captivated the audience with their original compositions. Their unique and upbeat acoustic sound had something for everyone, as they combined traditional styles with a contemporary flavor. A good time was had by all! A HUGE thanks goes to John Dorian, the sound technician, for graciously donating his time, expertise, and equipment. John's generosity allowed the music to paint the air at the festival and brought much unity and joy to the event.

Children's Art at the Plein Air Festival

by Diane Greening

Photo by Roger Isaacson

Over 50 kids (and some adults) became plein air artists this weekend as they dabbled in watercolor pencils and sand painting. Most participants did both projects, sometimes more than once. We started just before 10 a.m. with two tables tucked under shelter by the whale bones, but expanded to four tables on the patio as demand went up. Although there was a lull at 1 p.m. when the rain came, but children continued to paint until 3:30 p.m.



Works ranged from landscapes of the cliffs and sea, to studies of Torrey pine trees, to bold abstract expressionism. Some young artists

offered their works to be auctioned to help the Reserve, but parental bids kept the works in the family.

Everyone thoroughly enjoyed themselves! Thanks go to the volunteers who helped keep the glue tidy and the water cups clean: **Diana Davis, Vince Castiglione, Sally Whitlock, Priscilla Lewis, and Joy Kenawell** (non-docent). Special thanks to **Barbara Wallach** who donated the many colored sand palettes and boards for the sand painting, and **Laura Lowenstein** for suggesting the cardboard frames for the watercolors.

Library News: New DVD Series and Checkout Procedure

by Mike Yang

The Library has acquired a new 18-hour DVD course on Geology which has recently been placed in circulation. The course, entitled "The Nature of Earth: An Introduction to Geology" is taught by John J. Renton, Ph.D. of West Virginia University and produced by The Teaching Company. Due to the high cost to replace any lost or missing DVD's of this series, the Library has adopted a new procedure to be used by docents in checking out each "Part" or volume, of which there are three. The content of each Part have been summarized and is posted in the Library for your information.

New Checkout Procedure for this DVD series only: These DVDs will not be on the open shelves of the library but rather in one of the locked cabinets. There will be a sign-up sheet where docents may sign up in advance to borrow any Part of the series. It will be located on the shelf by the return basket in the Library at the Lodge. The request sheet will be checked regularly and availability of the requested DVDs will be communicated to the requester via e-mail. Check out time for these DVDs will be 3 weeks.

CHILDREN'S PROGRAM UNDERWAY!

by Cecily Goode

The Children's Program started Thursday Sept. 20th with a first-time Carrillo School in Carlsbad. What a great way to start the school year with this beautiful fall weather. The children had an opportunity not only to see TPSR, but also to observe Plein Air artists at work. The artists invited the children to observe them painting, to take pictures and engage in conversation. I heard comments like: "I can't wait to show my parents the pictures I took of them painting," and "Those are beautiful paintings."

There are still open slots to be filled for the docent led hikes. Don't hesitate to sign up on the Web site or just come tag along.

CRAFTY PEOPLE WORKSHOP!

Please join us for some fun and to produce multitudes of craft items for the bookstore.

Saturday, October 13th is the date and 9 a.m. is the time at the Lodge.

Please bring craft supplies (cones, dried flowers, glue guns, art pens, ribbons, seashells, etc.) if you have them and, of course, your clever ideas.

Judy will teach her knotless netting techniques again. Rain or shine~ Hope you can join us!

Barbara Wallach

Volunteer Appreciation Evening Featuring MOVIES ON THE BEACH!

October 14, 2007, 5:30 p.m. Gather at the beach near Lifeguard Tower 1. Bring beach chairs and blankets. Dress warmly. Movie-going food provided: Hot dogs, chips, popcorn, candy, coffee, tea and soda (Anything stronger, you are on your own, and if you want anything else to eat, you are welcome to bring it.)

Note: the date was changed because of the tide.

Eagle Scout Benches have a new life

Thanks to the fine efforts of **Kirsten Wilkes, Alan Bennett, Frank Burham, Bob Doolittle, and Sheldon Krueger**, the benches built by an Eagle Scout project have been repaired and refinished. They now have an attractive coat of a spar varnish with a UV inhibitor and the varnish should stand up better to our marine air. The Torrey Pines Docent Society Board has authorized an extension of this project. So if you want to help spruce up the big benches on the front porch of the Torrey Pines Lodge and the low benches in the Children's amphitheater, along with other benches around the Lodge, please contact Alan Bennett at (619) 955-3275 or alanbennett@hotmail.com. No experience is necessary and we provide all the materials. If you have a favorite hand or power tool (sanders and drills are always in short supply), you are encouraged to bring it.

Lodge Duty Request for Month of October: There are only a few uncovered weekend shifts in October, but please take a look at the calendar and if you are able to help out, especially as a 2nd person call the desk and sign up for one of the empty extra spots. Thanks!

Irene Larrimore and Lillian Lachicotte

Docent Question of the Month: October 2007

by Jim Larrimore & Gill Williamson
Photos from Web as indicated

Q. Can you safely drink tea made from leaves of the Yerba Santa in Torrey Pines State Reserve?

A. No, and don't do it!

Tea made from leaves of Yerba Santa (*Eriodictyon crassifolium* or Felt-leaf Yerba Santa) taken from

TPSR is likely to make you pretty sick. One of our docents tried it and wound up in the Scripps Green Emergency Ward. The tea caused his uvula (small thing that dangles from the upper back of throat) to expand until it was thumb-sized. The expanded uvula fell down the back of his throat, choking him. The receiving nurse at Scripps Green Emergency turned out to be the daughter of a well-known east-coast botanist. She was shocked that anyone would think of drinking tea from *E. crassifolium*.



E. Crassifolium- Felt-leaf Yerba Santa

Friends of the Regional Parks Botanic Garden, Berkeley, CA
www.nativeplants.org/

Docents learn that "Native Americans and early settlers had many uses for this "holy herb", Yerba Santa. Tea from the leaves was used to cure headaches, stomach aches, colds and pneumonia. Mashed up, the leaves were used as a poultice; dried leaves were a substitute for tobacco. The fuzzy leaf can be used as a Bandaid. Dried leaves were chewed to keep the mouth moist on long hikes. At one time, it was used to flavor beer." (See TPSR Training Manual, Docent Guide to Plant Uses 1999-revised 03/2004, p.5). Much of that may be true, or it may just be a story.

There are two species of Yerba Santa in our region: *E. crassifolium*, and *Eriodictyon trichocalyx*, which grows more inland and is not represented at TPSR. It has two varieties: *E. trichocalyx trichocalyx* or hairy Yerba Santa, and *E. trichocalyx lanatum* (no common name).



E. Trichocalyx- Hairy Yerba Santa
© Br. Alfred Brousseau, Saint Mary's College from calphotos.berkeley.edu
The Web site

http://waynesword.palomar.edu/ecop_h35.htm shows an herbal product made from another species, *Eriodictyon californicum* or California Yerba Santa. *E. californicum* is common in Northern California and has a smooth, shiny leaf like *E. trichocalyx trichocalyx*. Calflora states that a specimen of *E. californicum* has been identified in San Diego County, but the San Diego Natural History Museum herbarium has no record of this (See <http://www.sdplantatlas.org>).

The story about making tea from an *Eriodictyon* species may have come from the Northern California Indians. The Northern California Indians might have made tea from *E. californicum* and lived to tell the tale. The Indians in our area might have made tea from the similar shiny-leaf *E. trichocalyx trichocalyx*. Or,

perhaps, the only one to make tea from any San Diego County species of *Eriodictyon* was our poor docent. But don't feel too sorry for him. True, he was told during his training that it is safe to make tea from the Yerba Santa at TPSR. But let's not forget that he was also told not to pick the plants in the Reserve....

[Reactions? Let us know. Start the discussion!]

On the "New Books" Shelf!

by Bonnie Hornbeck

Native Plants – Torrey Pines State Reserve and Nearby San Diego County Locations (2nd Edition), by Margaret L. Fillius.

This is a well organized and photographed second edition of Margaret Fillius' popular book that helps beginners (and also those with basic and intermediate knowledge) identify native plants in western San Diego County. Of a possible 1,543 native species, 243 are covered in this edition. Differences from the first edition are: 1) an additional 11

species are covered; and 2) nomenclature is updated to correspond with revisions in the new "Checklist of the Vascular Plants of San Diego", 4th ed. (Simpson & Rebmom). Terrific reference tool.

Sycuan – Our People, Our Culture, Our History by Michael Connally Miskwish. (Oversize)

Michael Miskwish, a member of the Campo Band of the Kumeyaay Nation, has created a beautifully presented book with over 200 photographs that lead the reader to discover the Sycuan's colorful and visual heritage and to better understand and appreciate the tribe's evolving story. Chapters cover traditional Kumeyaay society, Spanish and Mexican periods as well as the early American period, and closes with chapters on Sycuan challenges, legacy, and the peoples' ability to exercise Sovereignty and self-determination. Definitely worth the time to check it out. □



One of about 7 waterspouts spotted off shore at TPSR on Sept 22, 2007. Note the broad water cloud at the base.

Photo by Herb Knufken

Photo images are copyrighted. Please contact the photographer before using an image for any reason: herb1rm@hotmail.com

[Ed.: See more amazing TPSR photos on Herb's site: www.pbase.com/herb1rm]

Torrey Pines Docent Society Bird Survey: September 1-2, 2007

Total of 64 species (unusual sightings shown with an asterisk and in italics)

Gadwall 14	Osprey 3	Western Sandpiper 8	12	California Thrasher 2
Mallard 14	Red-shouldered Hawk	Least Sandpiper 21	Belted Kingfisher 2	Common Yellowthroat
California Quail 10	1	Short-billed Dowitcher	Pacific-slope	7
Pied-billed Grebe 5	Red-tailed Hawk 2	2	Flycatcher 1	California Towhee 21
Brown Pelican 12	American Kestrel 3	Heermann's Gull 50	Black Phoebe 4	Belding's Savannah
Brandt's Cormorant 2	Peregrine Falcon 1	Ring-billed Gull 5	Cassin's Kingbird 7	Sparrow 7
Double-crested	Black-bellied Plover 1	California Gull 6	Western Scrub-Jay 5	Song Sparrow 14
Cormorant 8	Snowy Plover 1	Western Gull 60	American Crow 3	Red-winged Blackbird
Great Blue Heron 3	Semipalmated Plover	Caspian Tern 3	Common Raven 8	4
Great Egret 2	13	Forster's Tern 2	Barn Swallow 1	Brewer's Blackbird 10
Snowy Egret 11	Killdeer 3	Royal Tern 2	Bushtit 20	House Finch 130
<i>Little Blue Heron*</i> 1	<i>Solitary Sandpiper*</i> 2	Elegant Tern 1	Bewick's Wren 2	
Green Heron 1	Willet 14	Pigeons & Doves	House Wren 3	
Black-crowned Night-	Long-billed Curlew 3	Rock Pigeon 7	California Gnatcatcher	
Heron 1	Marbled Godwit 77	Mourning Dove 10	4	
White-faced Ibis 1	Sanderling 4	Anna's Hummingbird	Wrentit 16	

Observers: David Blue, Kathy Estey, Blair Francis, Jack Friery, Gary Grantham, Don Grine, Herb Knufken
For previous months go to www.torreypine.org/activities/bird-sightings.html



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The Pinecone, a calendar of events, notes from business meetings, and other items of specific interest to the docent membership, is published bi-monthly (even months). Please submit items by the 20th of the month to Editor **Sharon Clay Rose** at clayrose@roadrunner.com. For odd months submit to **Roger Isaacson** at risaacson@ucsd.edu. Items for publication may also be left in the *Torreyana* mailbox in the Visitor Center. Roger Isaacson, Director of Communications

October 2007 TPDS Visitor Center Duty Calendar- Updated 9/30/07

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lodge Duty Hours Weekend/Hol L- 9-12 L- 12-3 L- 3-6	1 L- Boynton L- Barnett	2 L- Ivany L- Marshall	3 L- Grantham L-B&C Hornbeck	4 L- Fiorentino L- Butterfield	5 L- Burke L- Larrimore	6 L- Lombardi W- Tanalski L- Schumacher W- Kamen L- Slack
7 L- Richter W- Ugalde L- Anke/Steffen W- S. Rose L- Anke/Steffen	8 L- Chen/Stid. L- F. Doolittle	9 L- Boynton L-	10 L- B&F Eckles L- Gould	11 L- Oppenheimer L- S. Krueger	12 L- Randolph L- Lombardi	13 L- Gaarder W- Sanseverino L- Desmond W- Ugalde L- Blantz
14 L- Rowbottom W- Farness L- Arnold W- Eckles L- Russ./Dana.	5 L- Gould L- B Krueger	16 L- Ivany L- S. Krueger	17 L-B&C Hornbeck L- Oppenheimer	18 L- Killermann L- Larrimore	19 L- Burke L- Desmond	20 L- Arnold W- Tanalski L- Whitlock W- Kamen L-
21 L- Lombardi W- Burham L- Arnold W- Paxton L- Boynton	22 L- Fiorentino L- F. Doolittle	23 L- Tarkington L- McCardle	24 L- Gould L- Oppenheimer	25 L- S Krueger L- Larrimore	26 L- Randolph L- Stiels	27 L- Schulman W- Sanseverino L- Schulman W- Burham L- Butterfield
28 L- Blantz W- Rowbottom L- Schumacher W- Brav L- Anke/Steffen	29 L- Woods L- Stiels	30 L- R. Miller L- A. Marshall	31 L- Neumeister L- Lundstrom	Lodge Duty Hours Weekdays L- 10-1 L- 1-4	Walks W Sat/Sun/Hol 9:30 (Start 10:00) W Sat/Sun/Hol 1:30 (Start 2:00)	

To sign up for an opening, call docent on duty (858 755-2063) to confirm the time and write your name in the Calendar Logbook. If you cannot do your duty, please try to find your own substitute by switching with another docent or using the short-notice list. Then call the docent on duty to make the change in the Logbook.

Duty Coordinators: Irene Larrimore (858 509-9604) & Lillian Lachicotte (858 481-6237)