



TORREYANA

THE DOCENT NEWSLETTER FOR
TORREY PINES
STATE NATURAL RESERVE

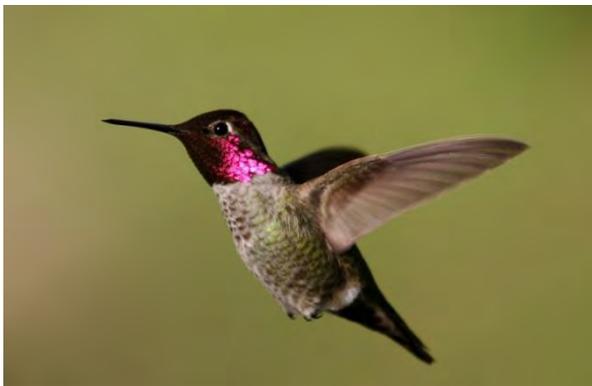
Issue 366

November 2015

Indefatigable Hummingbirds

by Joan R. Simon

Marion Stacey, the “Hummingbird Lady of San Diego,” has been rescuing, raising and releasing hummingbirds for 30 years at the Hummingbird Rescue Center in Chula Vista. She shared with us a lifetime of stories and insights into these miniature feathered marvels of nature, including tales of shopping with a baby hummingbird tucked into her bra. One can imagine the surprise when fellow shoppers saw the hummingbird creeping out into view.



"Anna's hummingbird" by Pacific Southwest Region - Licensed tinyurl.com/flickr-hummer519 under CC BY 2.0 via Commons – and tinyurl.com/wikimedia-hummer

Hummingbirds are New World birds (native to North, Central and South America) with well over 300 species, 22 in the United States, and 7 in California. We are lucky to have Anna’s and Allen’s Hummingbirds living in the Reserve and several species that migrate through: Rufous, Black-chinned and Costa’s.

Marion shared many insights into how hummingbirds survive and thrive. Their hearts beat at 250 beats a minute

Docent General Meeting

Date: Saturday, November 14, 9 am

Location: St. Peter’s Episcopal Rec Hall, Del Mar

Speaker: Melba Kooyman and Bill Brothers

Topic: Founding of the TPDS in 1975

We will celebrate the founding of the TPDS 40 years ago. The speakers are current docent Melba Kooyman, a pre-TPDS Lodge Sitter, who started training new docents in 1975, and Bill Brothers, who joined the TPDS in 1976.

Refreshments: Docents with last names beginning with **G, H, & I** will be responsible for providing snacks this month.

when they are at rest and over 1000 beats when in flight. With a very high rate of metabolism, they need to eat enough to replace half their body weight every day. Adults eat every hour and babies every ½ hour, one of the challenges of rescuing these tiny birds, Marion noted. One day’s growth is equal to one year for a human.

Because of their exhausting days, hummingbirds go into a hibernation-like state at night called “torpor,” where their heart beat rate goes as low as 50 beats per minute. When in this state, they should never be fed.

Mating and nesting occur in San Diego during the winter months, so Marion cautioned against pruning trees and

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TP Docent Society: torreypine.org

TP Association: torreypines.org

Visitor Center phone: **858.755.2063**

TPDS 2015 Board Members:

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Sr. Park Aides: Louis Sands & Johnson Jou (Interpreter)

Park Aides: Elliott Beltran, Samantha Collins, Joy Inton, & Jake Mumma

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FLASH From Joy Inton: Don't forget to donate your ZooNooz magazines to the Museum Shop.

bushes in the cooler months to avoid disturbing hummingbird nests.

If they find a good nesting place, she told us, hummingbirds will come back and build a new one on top of the old one. What makes a good nesting place? Food, of course. Hummingbirds get their nourishment from the nectar in tubular flowers and some protein from insects found on other plants. Click [HummerPlants.pdf](#) for a list of plants that attract hummingbirds on Docent Login. (password needed)

Here is Marion's recipe for hummingbird feeders:

1 part sugar (only use granulated white sugar; other forms of sugar can be harmful)

4 parts water

Heat (stove or microwave) until the sugar is completely dissolved. Cool.

Fill the feeder with only the amount you think will be used in a few days. The remainder of the solution may be kept for several weeks in the refrigerator.

Do not add red dye or a protein supplement.

Most feeders come with red markings to attract hummingbirds. If not, circle the opening with red nail polish.



"Allen's Hummingbird Guarding Flower Patch" by Shravans14 - Own work. Licensed under CC BY-SA 4.0 via Commons - [Wikipedia- image link](#)

If you come across a hurt hummingbird or a baby that has fallen from its nest (and you cannot locate the nest to put the bird back into it), keep the bird warm (wrap in a towel warmed in a microwave or use a blow dryer on the lowest setting). Keep the bird contained and call: 619-420-5156.

Save the Date, Docents and Families!

The Holiday Potluck is at the Lodge on Saturday, December 12 @ 11 a.m.



Also, the decorating of the Lodge will be on Saturday, Dec. 5, starting at 8:30 am. Please join us and help with the fun.

Torrey Pines Docent Society

General Meeting Minutes

October 10, 2015

Meeting called to order at 9:02 am by **Ingo Renner**.

Speaker: Marion Stacey, known as the "Hummingbird Lady."

Komen Breast Cancer Walk: **Ann Smith Mercandetti** asked for docents to sign up for the Susan G. Komen walk on Friday November 20th, starting at 7 am. 2,300 people are expected to walk through TPSNR. In past years, having docents with signs cheering the walkers on and reminding them not to litter or eat in the Reserve has helped greatly.

Nominating Committee: **Walt Desmond** presented the slate for the election of the 2016 Board of Directors. See following article.

Continuing Education: **Joe Meyer** has been appointed to manage field trips and continuing education for docents. See pg. 3 for more details.

TPA: Wine in the Pines Fundraiser: **Ken King** reported that Wine in the Pines is scheduled for Saturday, October 17th, from 3:30 to 6:30. Ken thanked all the docents who volunteered to help to set up and clean up.

Lodge Museum: **Lillian Lachicotte** gave an update on the museum. See pg. 6 for details.

Margaret Pluth asked for sign-ups for the holiday basket making on Oct. 16 from 10 am – noon. See photo on pg. 7.

Docent/Staff Appreciation Beach Party: **Ingo Renner** is organizing a beach party on Friday, October 30 from 4:30 to 7:30. Dinner is at 5:30. Pizzas (meat and veggie) will be served and docents will bring salads and desserts. Afterwards, we can on going on an evening hike to Flat Rock since it will be a minus tide, so bring flashlights. RSVP to Ingo with your reservation (significant others welcome) and if you plan on bringing a dish to share.

Holiday Party: **Bev Roberts** announced that the holiday party will be on Saturday, Dec. 12 at 11:00 am at the Lodge. It will be a pot-luck so bring a dish to share. Water, cider and hot mulled wine will be provided. Decorating the Lodge will be on Dec. 5th and all are welcome to participate.

Docent of the Month: **Sumiko Nagamine** was named DOM for her many years helping out with Whacky

Weeders, recycling, and refreshments at the monthly meetings.

Refreshments: At the November meeting docents with last names starting with **G, H & I** are responsible for snacks.

The meeting ended at 10:37 am.

Nominees for the 2016 Docent Board

At the November 16th docent meeting, the Nominating Committee will present the following slate of candidates for the 2016 Board:

President: **Ingo Renner**
Vice President: **Roger Isaacson**
Secretary: **Annette Ring**
Treasurer: **Gerry Lawrence**
At-Large Members:
Frank Burham
Jan Lombardi
Lynne Small
Steve Tarkington
Janet Ugalde

Nominations from the floor will be accepted under two conditions: the nominee has given consent and the board president, Frank Burham, has been given seven days' notice.

Coordinator of Continuing Education & Field Trips

The Board approved establishing a new position, Coordinator of Continuing Education and Field Trips. The job will be to develop, manage and conduct large and small scale continuing education programs and field trips for the TPDS in order to enhance and expand our knowledge as stewards of TPSNR. **Joe Meyer** has been appointed to this position.

Children's Program

by Janet Ugalde, Children's Program Director

Autumn is here, and the Children's Program is in full swing. Schools are signed up for every available date through the end of May.

In October, 32 docents contributed 240 hours, as we shared our love of TPSNR with 600 students. Students in grades 2-4 received presentations on Geology, Native Americans, Ecosystems & Food Chains, and Reserve Plants & Habitats. Docents are enjoying this year's smaller (8 student) hiking groups, as we step up to the challenge of manning

additional shifts. We still have a number of openings for docent hike leaders and presenters.

Many thanks to each and every awesome Children's Program docent for your contribution. Also thanks for signing up in advance and arriving full of enthusiasm. We are crafting another great year for the TPDS Children's Program!

Docent of the Month: Sumiko Nagamine



Photo by Herb Knüfken

I am surprised to be Docent of the Month.

What a privilege to do what I enjoy in a special place with friendly, devoted and knowledgeable docents at the Torrey Pines State Reserve.

I owe a lot to many docents. Jim Cassell was a training coordinator in 2001 who encouraged everybody and made things fun with his magic power. When I had a hard time fulfilling my 72 hours, due to my busy work and personal life, and felt like dropping out, Nancy Woodworth pulled me in and gave me extra work to take home with various shop items, such as folding origami.

*It was **Barbara Wallach** who recruited a stray (me) for a place on the weeding team. That morning the group was cleaning up the Lodge. She gave me a broom and I've been weeding and recycling ever since. My recycling partner, **Jim Patterson**, and I counted the record number of diapers from the bin while talking about his fascinating mountain climbing experiences. **Frank Burham** and **Bob Doolittle** picked up the bags with their vehicles as we did not have a big truck for recycling. Unfortunately this program was terminated.*

*Under the strong leadership of **Lynne Small**, who heads up the Whacky Weeders, I have enjoyed weeding in the off-trail natural habitat of the Reserve. Occasional trail patrols with **Joan Simon** or **Debby Sherman** give me a chance to chat and enjoy seasonal floral changes while carefully watching people's behavior. I have made precious friendships with many wonderful docents. Thank you to all.*

I grew up watching my mother garden in post-war Japan, so English was not my first language. I was pronouncing "red butt" for Red Butte at the Lodge desk giving trail information until I was told, "Sumiko, the red butt belongs to monkeys." Now I wonder how visitors felt about the "Red Butt" trail instructions.

I am a quiet follower. I do a good job with a partner or under a strong leader's instructions. But I am also a bit curious and adventurous. I came to San Diego with my two suitcases hoping to be able to do more sailing at midlife. My dream of sailing the South Pacific was realized when I spent two years on a small sailboat. I love traveling, dancing, gardening, operas, and hiking. I travel to Japan twice a year to eat Japanese food and see my family and friends.

My dream now is to remove all the Ehrharta from the Reserve and give the native plants space to grow.

Our Volcan Mountain Adventure

by Suzan Potuznik

Saturday, October 3rd, was a perfect day for a hike up Volcan Mountain near Julian. Sunshine and a few clouds provided just the right balance of light and temperature for 21 Torrey Pines docents and friends to complete the four-hour, 6+ mile hike to a spectacular lookout over the Volcan Mountain range, a pristine preserve that is a main watershed for San Diego County.

Guided by Kathleen Beck, Education Coordinator for the Volcan Mountain Foundation (VMF), and her husband Jim, we began the morning with a stop at the Visitors Center, a rustic small cabin/museum that now proudly houses a

topographic relief map of the Volcan Mountain range. The relief map is made of thin plywood layers meticulously sculptured by local artists Eleanor Warner and Matt Johnson, providing a hands-on opportunity to see how a watershed functions and rainwater flows from the mountain to the ocean and Salton Sea. We learned that 31,000 acres of the 52,000 acre mountain range are now conserved, largely due to the efforts of the VMF.

The wildlife is thriving on Volcan Mountain. Enjoying a pine-tree-shaded rest on log benches, we saw the VMF motion/heat sensor camera that has captured images of a healthy and diverse animal population of deer by the hundreds, mountain lions and cubs, bobcats, skunks (striped and spotted), possum, fox, rabbit...

The plant life is also thriving and new tree growth following a fire some years ago has sprouted and flourished under the ceanothus-covered terrain. Along our path, past the fern-shrouded Ironside Spring, a headwater for the San Dieguito River, we saw beautiful columbine blooming, swamp orchids, unique milkweed, bird's beak, rosehips, evening primrose and many berries: strawberries, blackberries, elderberries and a coffeeberry (with a unique taste).

The *metate*-covered rocks were a reminder of the time when this land nourished and was the home of the Iipay. The Iipay, the People, still live on Volcan Mountain, whose name remains a mystery.

Thank you to **Joe Meyer** for organizing this fantastic trip and to Kathleen Beck for generously donating her time, sharing her extensive knowledge of the mountain, and taking the Torrey Pines docents on a hike of nature's wonders with wonderful stories. Visit the Volcan Mountain Foundation on the web at: volcanmt.org.



Volcan Mountain hike on Oct. 3, 2015. *Photo by Ingo Renner*



Photo by Wes Farmer



Photo by Wes Farmer

Docent Membership Requirements

Docent Membership for 2016 for Active and Supporting members is due on January 1st!

Docent requirements remain the same:

- 72 annual service hours and \$25 dues for active members
- \$40 for Supporting Members, no hours requirement (but are appreciated)
- Lifetime members have no requirements, but many record hours anyhow!

Please have all your hours recorded on Volgistics by January 1st. If you need help with Volgistics, contact Roger Isaacson (portal@torreypine.org).

If you have questions about your hours or dues requirement, contact Carol Smith at (membership@torreypine.org).

Please pay your dues by January 1st. You may bring your check (or cash) to the November or December docent meetings, or leave a check in the Treasurer's box in the library at the Lodge. You can also mail your check to:

Torrey Pines Docent Society
Attn: Treasurer (Dues)
P.O. Box 2414
Del Mar, CA 92014

Museum Committee Update

by Lillian Lachicotte

The September meeting of the Museum Committee was very productive. We were fortunate that Supervising Ranger Dylan Hardenbrook attended to give us his expert advice and suggestions.

- Dylan has received estimates for the restoration and photographing of the Guy Fleming maps.
- **Frank Burham** has installed hinges for all four window coverings in the video room. They now can be opened for light and fresh air.
- Dylan approved cleaning the fireplace. **Bill Eckles** arranged the cleaning and was told by the chimney sweep that the condition of the chimney is not awful, but it shows wear and tear. A more complete report will be forthcoming.
- We discussed taking down many of the wires serving the alarm system and speakers that have proliferated throughout the Lodge. **Roger Isaacson** agreed to advise us on how it could be done.
- We installed the LED lights in the video room and decided that a dimmer switch wasn't necessary, so that project is complete.
- **Ingo Renner** agreed to work on bird call sounds for the museum. Preliminarily he has made a three-minute loop of quail, raven and ocean sounds, put them on a nano-pod and bluetoothed them to a speaker on a shelf. In the future, Ingo plans to create a 10-15 minute loop of nature sounds that Lodge hosts will be able to manage from the desk.
- We were shown a sketch of the new cabinet that Ingo is building for us for the south wall... impressive!
- We accepted a Great Horned Owl to be preserved with wings open that was offered to us. Now we're hoping to find a rabbit, crow and raven.
- Many ideas were expressed concerning reorganizing wall hangings (plaques, history, artwork), so we are forming a committee, headed by **Nan Danninger**, to come up with suggestions on how this can be done.
- We also saw a need to inventory and estimate the value of items in our museum. **Hank Beck** has agreed to take charge of this project.
- We discussed the various contributed objects that spontaneously appear in the Lodge. In an effort to control enthusiastic docents from over-sharing, we will ask someone to be in charge of observing and overseeing these very kind and generous, but possibly overwhelming, gestures.

Plant of the Month – Coast Jepsonia

by Margaret Fillius



Photos by Margaret Fillius

I love this plant for being different, and for its name. The botanical name, *Jepsonia parryi* (Coast Jepsonia), reminds us of two historical botany heavyweights – Charles C. Parry and Willis Linn Jepson. How is it different? It blooms only at this time of the year, while its leaves emerge in the spring and are long gone before the flowers appear; inversely, the flowers are long gone when the leaves are replenishing their plant food stores. It is in the Saxifrage family. You will have to be alert to see Jepsonia as the flowers are quite small on stems about 8" tall, but it is worth studying closely. The best place to see them is in the middle section of Broken Hill on the south side of the trail. When you find one you can pay your respects to Jepson and Parry!

Torrey Pines Book Club

When: Tuesday, Dec. 1, 2:00 pm

Where: Carol Hunt's home in Carmel Valley

What: *The Storied Life of A.J. Fikry* by Gabrielle Zevin

From Amazon: A. J. Fikry's life is not at all what he expected it to be. He lives alone, his bookstore is experiencing the worst sales in its history, and now his prized possession, a rare collection of Poe poems, has been stolen. But when a mysterious package appears at the bookstore, its unexpected arrival gives Fikry the chance to make his life over—and see everything anew.

All TPDS docents are welcome. Meetings usually last a couple of hours. RSVP to Carol Hunt if you plan to attend. (Check Member List for email or phone number.)

Back-to-Back Volunteer Groups

On Oct. 1 and 2, two groups of volunteers helped the Whacky Weeders with *Carpobrotus* removal at High Bridge and curb clean-up at the North Beach parking lot.

The first group of 23 was from Eli Lilly (in red), helping out for the 7th year; the second group of 18 was from Vertex Pharmaceuticals (in purple), in their 3rd year. Both companies have annual volunteer days where all of their offices worldwide participate in volunteer activities. We're fortunate to be one of the sites in San Diego these companies have chosen.



Photo by Lynne Small



Photo by Julia Gulewich

Making Holiday Mini-Baskets

Usually Margaret Pluth's craft group works under the pines at the picnic table on the back patio. But when they gathered on Oct. 16th, it was raining (!), so they changed their venue to the front porch. Fourteen docents worked diligently, with experienced docents showing newcomers how to make the holiday mini-baskets, which will be available for sale in the Museum Shop in early November.



Photo by Ken King

Torrey Pines Docent Society Bird Survey: October 3, 2015

Number of species: 63

Gadwall 3
Mallard 8
Cinnamon Teal 1
California Quail 2
Pied-billed Grebe 1
Eared Grebe 18
Black-vented Shearwater 20
Brandt's Cormorant 3
Double-crested Cormorant 4
Brown Pelican 115
Great Blue Heron 4
Great Egret 7
Snowy Egret 10
Osprey 2
Cooper's Hawk 1
Red-shouldered Hawk 1
Red-tailed Hawk 1

Common Gallinule 2
American Coot 1
Killdeer 4
Willet 2
Whimbrel 2
Sanderling 20
Bonaparte's Gull 1
Heermann's Gull 34
Western Gull 6
Eurasian Collared-Dove 2
Mourning Dove 40
Anna's Hummingbird 8
Rufous/Allen's Hummingbird 1
Belted Kingfisher 1
Nuttall's Woodpecker 5
Northern Flicker 5
American Kestrel 7
Black Phoebe 11
Say's Phoebe 7

Cassin's Kingbird 7
Western Scrub-Jay 3
American Crow 30
Common Raven 11
Bushtit 18
House Wren 13
Marsh Wren 5
Bewick's Wren 7
Blue-gray Gnatcatcher 2
California Gnatcatcher 8
Wrentit 17
California Thrasher 5
Northern Mockingbird 4
European Starling 3
Orange-crowned Warbler 4
Common Yellowthroat 13
Yellow-rumped Warbler 33
Townsend's Warbler 1
White-crowned Sparrow 19

Savannah Sparrow 1
Song Sparrow 32
California Towhee 23
Spotted Towhee 3
Red-winged Blackbird 19
House Finch 54
House Sparrow 4

Observers: Kathy Dickey, Herb Knufken, Frank Wong, Blair Francis, Eva Armi, Gary Grantham, Bob Glaser, Jack Friery, Janet Speer, Marty Hale, Dale Williams, and Anonymous

Monthly Bird Surveys are available back to 2005 at torreypine.org/nature-center/birds/birdsurveys/

Herb Knufken's amazing photo gallery, including many birds, may be found here: pbase.com/herb1rm



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