

# TORREYANA

THE DOCENT NEWSLETTER FOR  
TORREY PINES  
STATE NATURAL RESERVE

Issue 370

March 2016

## Interpretive Trail Patrol Emphasizes Non-Confrontation

by Tina Rathbone

Photos by Andy Rathbone

On a brisk late-January morning, more than 30 docents gathered to learn how to fine-tune their approach to visitors while on Trail Patrol. The group, which already includes over 100 trained participants, is led by **Lynne Truong**.

Addressing the trainees, Ranger Kyle Knox explained that the purpose of Trail Patrol is to be the “eyes and ears” of the Reserve, helping to educate visitors about Torrey Pines’ special “Reserve” status, and showing visitors how their behavior should change to match their surroundings.



The Reserve’s surge in popularity means that more than 9,000 visitors, on average, enjoy the Reserve every day. Unfortunately, the increase in visitors also increases off-limits behavior like picnicking, dog walking, and heading off trail to take selfies. Many visitors simply don’t know this behavior isn’t allowed, Ranger Knox said, but they need to be informed in a way that leads to education rather than blunt enforcement.

“Don’t be confrontational,” Knox stressed. Once visitors learn the rules, most of them are glad to adapt their

## Docent General Meeting

Saturday, March 12, 9 am

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

Topic: C. C. Parry and the Discovery of the Torrey Pine

Speaker: James Lightner

James Lightner is the author of *San Diego County Native Plants* and has recently edited *Parry’s California Notebooks, 1849 – 51*.

Refreshments: Docents with last names beginning with **P, R, & S** will be responsible for providing snacks for this meeting.

behavior. “After all, they’re in Torrey Pines because it’s beautiful.”

“It’s not what you say, but *how* you say it,” Knox explained. “That determines the whole context of the conversation that follows.” When gently informed of the Park’s rules and regulations, most visitors quickly comply. But when they don’t, docents shouldn’t take matters into their own hands: they should contact a ranger through the Lodge or the Kiosk.

Knox covered topics as diverse as dealing with the homeless (*don’t* – in this case, call a ranger, using SURCOM) to handling visitors who insist Rover is a service dog.

(Unfortunately, there is no official tag or license to verify a true ADA dog.) Dogs present a major issue because “people regard their dog as part of the family.” Knox related how a visitor, non-compliant and aggressive, ended up in handcuffs.

(Cont. on pg. 3)

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The Torrey Pines Docent Society publishes the *Torreyana* monthly, edited by Joan Simon and Pat Finn on alternate months, and is formatted and produced by Roger Isaacson. Submissions are due on or about the 20<sup>th</sup> day of the preceding month and may be emailed to

[Editors@torreypine.org](mailto:Editors@torreypine.org).

Circulation manager: Marian Casazza

Extra copies of the printed *Torreyana* may be found in the docent library.

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Visitor Center phone: **858.755.2063**

**TPDS 2016 Board Members:**

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Secretary: Annette Ring

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**Sr. Park Aides:** Louis Sands & Jake Mumma

**Park Aides:** Elliott Beltran, Samantha Collins, Joy Inton, & Johnson Jou (Interpreter)

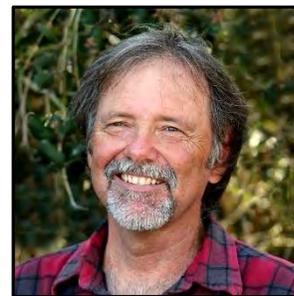
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FLASH From Joy Inton: Don't forget to donate your ZooNooz magazines to the Museum Shop.

## President's Message:

### Busy as Bees at the Sea

One year ago, the Seabees were engaged with the task of delineating the Parry Grove trail with eye-rod and cable before it could be officially opened to the public. We had six weeks to complete the job before gnatcatcher breeding season began on March 1st. Armed with a small rock drill and rod pounder, the group of about 15 docents began setting posts and stringing cable. The work was grueling at times, especially when drilling into the hard Linda Vista sandstone, but spirits and camaraderie were high and the task was completed in record time.



Before becoming "Masters of Delineation," the Seabees routinely helped with maintenance projects relating to broken trail posts, benches, peeler poles and Eagle Scout projects. Under the direction of **Frank Burham** and **Sheldon Krueger** they were kept busy as bees, buzzing the trails by the sea. But for the past year, their mission has changed and under the guidance of Docent **Michelle Kurtis Cole** and Park Aide **Jake Mumma**, the Seabees have been busy stringing over seven miles of cable along Reserve trails and pounding in more than 3,000 eye-rods. Material has been graciously funded by the Torrey Pines Association.

This tremendous task came with inherent learning curves. A new, more powerful hammer-drill and generator were purchased by the Docent Society, as well as a propane-powered post-pounder. A system had to be devised to haul all of the material and tools out onto the trails, and at times a willing public was invited to assist in bringing supplies back up the hills. This wasn't easy work, but week after week the Seabees showed up with enthusiasm to do a job they believed in, a job that has been successful in keeping most of the public on trail, thereby hindering erosion and preserving habitat. Luckily, they have occasionally received help with labor from groups like Intuit, a local Christian school, and even neighborhood folks. Next time you see the Seabees working on the trails, give them a big high five and praise them for their awesome, selfless work!

Ingo Renner,  
TPDS President

(Cont from pg. 1)

Eighteen trainees from the Class of 2015 attended the Trail Patrol session. Recent graduate Gloria Garrett said, "I see my job as helping people fall in love with this place so they'll protect it." Gloria related that when she saw a teen off trail at Lion's Paw on the Guy Fleming Trail, "I told her I needed allies, because I'm only here for so many hours." Garrett asked her to be her ally, "and she said yes."

Lynne emphasized one of the newest prohibitions facing the Trail Patrol today: drones. New drone owners love to film the stunning cliffs and vistas, but fail to realize that the drones interfere with the Reserve's native raptors and other fauna. And, should a drone land off-trail, the owner would have no legitimate method to retrieve it. Drones are now prohibited at all California state parks and beaches.

Smoking, banned everywhere in the Reserve and the beach, poses another big issue, according to Lynne. Many visitors come from countries that don't observe California's strict smoking laws, and they don't realize the drastic impact that cigarette butts and smoke have on the Reserve's animals and environment, as well as the serious risk of fires.

The phone numbers for SURCOM, the Kiosk and the Lodge (as well as Sea World Rescue) are on the Docent Login page of our website [torreypine.org](http://torreypine.org).



Lynne Truong explaining trail maps



More discussions about Trail Patrolling

### March CEED Field Trips:

Tues. Mar. 15, 10 am, Whale Watch

Mon. Mar 28, 9 am, Birch Aquarium

Contact **Joe Meyer** for more information.

Also, see [Docent Login](#) for more details

## Torrey Pines Docent Society General Meeting Minutes February 13, 2016

**Speaker #1: Gloria Garrett** recounted a situation where she spoke with a young visitor who was off trail.

**Speaker # 2: Joe Meyer**, leader of CEED (Continuing Education & Enhancement of Docents), showed slides of the field trip to Fish Creek-Sandstone canyon within Anza-Borrego Desert State Park.

**Speaker # 3: Wes Farmer** treated us to a slide show called "Walking on the Beach."

For more details on these three talks, see pg. 4.

**Announcements: Ingo Renner** mentioned that the Museum Shop was giving away the last of the old "Bird List" brochures, originally published in 2003 by **Don Grine**. The new "Checklist of Typical Birds of Torrey Pines State Natural Reserve," compiled by Docent **Jack Friery**, is now available as a free tri-fold handout at the Lodge and TIK (see pg. 8).

Ingo requested anyone interested in helping with the Earth Day event scheduled for Saturday, April 23, please sign up during the break or email Ingo. The activities will be in the area adjacent to the TIK and West Overlook. Ingo would like to see a committee formed to organize this event.

**Bob Doolittle** reminded us that it is not only a 3-day weekend, but tomorrow is Valentine's Day. Last Valentine's Day there were many couples off-trail searching for that romantic spot to enjoy the sunset. Docents were asked to come to the Reserve and monitor the overlooks on Valentine's Day.

**Pat Finn** mentioned the KPBS story about TPSNR called "Too much love may be hurting San Diego park," available at this link: <http://tinyurl.com/KPBS-TPSNR>

**Bird Class: Kathy Estey and Kathy Dickey** will hold a training session to help identify the birds of TPDS at 8 am on Monday, February 29. The meeting place is the Park and Ride on Carmel Valley Rd. The maximum number of docent participants is 16. If the class is fully subscribed there may be another one in May. Homework for attendees is to take the bird list, cross off the shore birds as the class won't be near them, and determine which birds you need to learn about.

(Minutes cont. on pg. 4)

## Off Trail, In the Desert, Behind the Camera: Docents Tell All

by Pat Finn

During any given month, docents do plenty of worrying – about big crowds, off-trail visitors, invasive plants, the lack of toilets, the crumbling Lodge. But if a speaker for the monthly meeting cancels on **George Beardsley** two months running, absolutely no worries there. He's got it covered.

For the February meeting, three docents stepped into the breach with completely different presentations. First up was **Gloria Garrett** on how to handle visitors who go off trail, don't respond to pleas to do the right thing, and pretend not to hear or see you.

Gloria is a tall redhead, and the miscreant in this case was a young girl, also a redhead and either shy, or stubborn, or wishing she'd gone to the mall instead, or all three. Gloria gently persevered and got her back on the trail, where resistance was futile. She stood listening to Gloria spin tales of rattlesnakes and reasons for trail markers. As the young girl reluctantly nodded in agreement with everything she said, Gloria delivered the coup de grace. Moving next to her, she swept her arm toward the beautiful scene and asked, redhead to redhead, if she would like to be her ally in preserving the park. She smiled and said why... yes, she would like that very much.

A hard act to follow, but **Joe Meyer** was up to it.

There are probably not many hiking trails in San Diego County (and perhaps Imperial County) that Joe hasn't had a go at. He recounted an all-day trip with fellow docents to Fish Creek Canyon in Anza Borrego State Park in November, 2015, that began with fortification at the Iron Door in Ocotillo Wells, "a five-star dive bar." Joe and his fellow hikers saw some very rare Elephant Trees, *Bursera microphylla*, which belong to the Frankincense Family; Fossil Reef (a hill full of fossils); Mud Hills and Mud Caves. The farther they hiked in, the more they saw, including fossilized elephant, horse, llama, and bird tracks. They stopped when the hike was called on account of impending darkness.

No word on whether they hit the Iron Door on the way back.



To cap the presentation, **Wes Farmer**, who knows his way around a camera, put on a spectacular show of the ocean in all sorts of moods: calm and angry; blue and green; flat and iridescently bubbly; stormy and, well, pacific. Looking at



(Minutes cont. from pg. 3)

**CEED: Joe Meyer**

**First Day Hike on New Year's Day**, 1/1/16, was a success. Joe showed a slide with the numbers of participants from all over the country.

**San Diego Botanic Garden:** Saturday, February 20, 2016, at 1:30 pm. Meet at the Welcome Center/Admission Kiosk. Leader is **Mary Friestedt**. Duration: 1 ½ - 2 hrs.

**Lake Hodges Hike:** Rancho Bernardo, Thursday, February 24, 2016, meet at 9:00 am at the Rancho Bernardo Community Park. Docent Leaders are **Jack Friery** and **Marty Hales**. Hike is moderately strenuous; duration is 2 hrs.

**Ingo Renner** announced the board has decided that docents may record 1 hour of volunteer time per CEED event that they participate in. Also, field trips and CEED events are being combined so that all such events are eligible for the 1 hour of CEED time.

**TPA, Ken King:** TPDS members are invited to come to the TPA annual meeting on Sunday, February 21, at 3 pm at Martin Johnson House. The speaker is Helen Kagan on "The Artist of the Pines: My Father, Mat."

**Library: Mike Yang** announced that the updated library catalog will be online. (See article on pg. 6 for access information.)

There are five new books in the library:

- 1) *Ecology: A Pocket Guide* by Ernest Callenbach
- 2) *Indian Uses of Native Plants* by Edith Murphy
- 3) *California Wildlife Viewing Guide*
- 4) *The Sixth Extinction: An Unnatural History* by Elizabeth Kolbert
- 5) *The Invention of Nature: Alexander Humboldt's New World* by Andrea Wulf.

**Docent of the Month: Annette Ring** for her work on the TPDS Board. She is now in her third term as secretary. She also works with the Children's Program and does Trail Patrol along the beach while picking up trash.

**Refreshments:** At the March General Meeting docents with last names starting with **P, R & S** are responsible for snacks.

Meeting ended at 10:45 am.

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several splendid photos of incoming tides meeting outgoing backwash or huge waves crashing onto piers, one can only respect the terrific patience it takes to capture a perfect shot. And one wonders: Exactly how many photos does Wes have, anyway?

## Docent of the Month: Annette Ring

Photo by Herb Knüfken

I sailed around the world with my family through all of my teenage years. We were out of sight of land for more than a year if you add up all days we were at sea. The circumnavigation was an amazing experience and left me with a deep-seated need to see the horizon and smell the ocean regularly. I have loved Torrey Pines since I arrived in San Diego 34 years ago because that is where I can get my fix of the ocean.

For decades, I had a State Parks parking pass for the sole purpose of going to Torrey Pines beach: boogie boarding in the summer and walking all year.

When each of my two kids was in third grade they came to Torrey Pines to participate in the Children's Program. I came along as a chaperone and got as much out of it as any of the kids. On one of those visits there was a packrat out in the open, mid-morning, collecting sticks. The docent leading our group said she had never heard of that happening before. I was thrilled, felt I'd been given a special treat, and have been enthralled by the Reserve ever since. I've been increasingly captivated by the beauty of the rugged cliffs, delicate flowers, rare and endangered plants and animals, and the wide horizon views.

About six years ago I ran into **Bobbi** and **Paul Whitby**, who were out on Trail Patrol on *Guy Fleming*. We knew each other from another circle, and I had lots of questions for them, including what it takes to become a docent. About that time I was able to leave the corporate high-tech world, allowing me the time to pursue my true interests. The first order of business was to sign up for docent training and I'm so very glad I did.

One of the best parts of being a docent is the other docents. I deeply value the company of my fellow docents and our shared love of nature.



Being able to help protect and interpret our precious Reserve is an honor. The time I spend at Torrey Pines, our oasis of nature in the middle of all this urban sprawl, brings me peace. Protecting this beautiful and fragile place is my foremost mission and I intend to continue doing it for many more decades.

"I must go down to the seas again, to the lonely sea and the sky ..."

"Sea Fever" by John Masefield

## Children's Program

by Janet Ugalde, Children's Program Director

In January, 107 third grade students from Ericson Elementary visited TPSNR for our Kumeyaay program. Thank you enthusiastic students, prepared teachers, and conscientious chaperones, for making it a fun day for all of us. Special thanks to Mrs. Hartel for treating us to these candid photos of our own rising star, **Paul Dunphy**, happily leading a walk.

THANK YOU Children's Program team members for giving Ericson Elementary students a memorable field trip! Presenters: **Pao Chau & Mary Friestedt**; Hike Leaders: **Frank Burham, Walt Burkhard, Bob Doolittle, Paul Dunphy, Wesley Farmer, Kathy Glasebrook, Meg Jackson, Barbara Justice, Joe Meyer & Louis Sands**



## TPDS Library Catalog Online

by Mike Yang

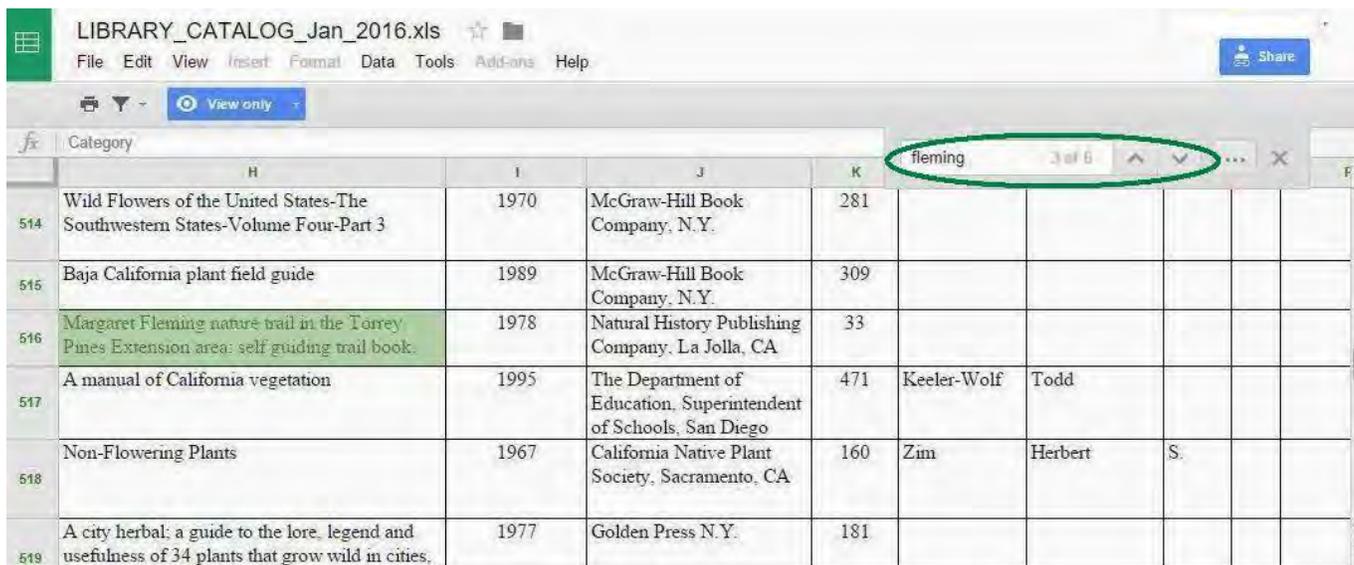
The docent library catalog is now available online. To access it, go to the Torrey Pines website ([torreypine.org](http://torreypine.org)) and sign in to the docent page ("Docent Login" under "Volunteering").

Scroll down to the section which reads (in bold green text) **Operation Manuals/References**.

Beneath that is the Docent Library Catalog link which will take you to the catalog spreadsheet download.

To find any specific word or combination of words in the table do the following:

On a PC, press the CTRL and F keys, which will bring up a Search Box in the upper right. (On a Mac, press COMMAND and F.) Place your cursor in the Search Box (green oval) and type the word or words you want to search for. The fewer words you list, the higher the probability of getting a hit. Also, singular is best. Press the Enter key. If the word is present, the cell where it is found will be highlighted in green. If multiple instances of your search word(s) are present, the Search Box will have an up/down arrow box so you can toggle to each place. The number of matches (light gray) shows in the Search Box (e.g., "3 of 6"). You can scroll left, right, up and down as in a standard spreadsheet. (*Tablets may behave differently.*) The sheet cannot be modified because it is presented in a "Read Only" mode.



The screenshot shows a spreadsheet application window with the title "LIBRARY\_CATALOG\_Jan\_2016.xls". The search bar in the top right corner contains the text "fleming" and shows "3 of 6" matches. The spreadsheet data is as follows:

|     | Category   | H | I    | J   | K   |             |         |    |  |  |
|-----|--|---|------|---|-----|-------------|---------|----|--|--|
| 514 | Wild Flowers of the United States-The Southwestern States-Volume Four-Part 3                     |   | 1970 | McGraw-Hill Book Company, N.Y.                                    | 281 |             |         |    |  |  |
| 515 | Baja California plant field guide  |   | 1989 | McGraw-Hill Book Company, N.Y.                                    | 309 |             |         |    |  |  |
| 516 | Margaret Fleming nature trail in the Torrey Pines Extension area: self guiding trail book.       |   | 1978 | Natural History Publishing Company, La Jolla, CA                  | 33  |             |         |    |  |  |
| 517 | A manual of California vegetation  |   | 1995 | The Department of Education, Superintendent of Schools, San Diego | 471 | Keeler-Wolf | Todd    |    |  |  |
| 518 | Non-Flowering Plants   |   | 1967 | California Native Plant Society, Sacramento, CA                   | 160 | Zim         | Herbert | S. |  |  |
| 519 | A city herbal: a guide to the lore, legend and usefulness of 34 plants that grow wild in cities. |   | 1977 | Golden Press N.Y.   | 181 |             |         |    |  |  |



Some of the docents on the San Diego Botanic Garden field trip, 2/20/16. Once more we had a great turnout with 40 participants. **Mary Friestedt** and **Walt Burkhard** needed two other docents to handle a crowd of this size. We split up into three groups with a SDBG docent leading each group. Another textbook sunny, mild and blue sky all afternoon. Each docent was hugely knowledgeable and we learned a lot. Please visit these gardens, they are wondrous. There was even a huge Torrey pine hollowed out! Our thanks to Mary, Walt, Mo, and Kay for the expertise. *Photo by Annette Ring*

## Short Notice Ebb Tide Hike, Feb 19

On Feb 19<sup>th</sup> we had a great turnout (41 participants) for the impromptu hike down Torrey Pines State Beach past Flat rock to Mussel Rocks. Annette & Karen have provided some great photos. Many were posted to the Google Group. Thanks to all who participated. Textbook day in every way. Fun, fun, fun!



Gathering for short notice Feb 19 ebb tide hike.  
*Photo by Annette Ring*

*Photos below by Karen Fraser*



South of Flat Rock



Ancient tree trunk fossil



Ancient tree root fossil

**Snowy Egrets**  
by Rhea Bridy

A little winter poem

Loose flocks  
of graceful whites  
so small and slender  
in lacy, cascading plumes.  
Like a ballet lagoon  
erect, delicate, foraging.  
Where did you  
get your black tights  
and bright yellow slippers,  
the ones with muddy toes.

## Torrey Pines Book Club

**When:** Tuesday, March 8<sup>th</sup>, 2:00 pm

**Where:** Steve Tarkington's home in Del Mar

**What:** *A Summer in Gascony* by Martin Calder

Amazon says:

“Gascony’s incredible culture and beautiful landscape shine as Martin Calder is introduced to ‘the other South of France.’ In the tiny hamlet of Peguilhan, Martin discovers the unique personalities of Jacques-Henri (the hardworking farmer), Anja (the lovely German student), Pattes (a trouble-making stray dog), and more -- including the town gossip and a man with incredible Gascon heritage.”

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

### Looking Ahead:

**April 12:** *Fastest Things on Wings: Rescuing Hummingbirds in Hollywood* by Terry Masear (Greg and Alison Howard's home in Encinitas)

**May 10:** *Mr. Darwin's Shooter* by Roger McDonald (David and Debi Buffington's home in Rancho Bernardo)

## A SHORT GEOLOGY QUIZ

**Barbara Wallach** ran across this quiz from former docent (and photographer) David Rightmer

1. The three major rock categories include Sedentary rocks, Ignominious rocks, and Metaphorical rocks. T or F
2. Younger rocks are likely to be deposited on top of older rocks. T or F
3. Torrey Pines State Reserve is continuously being uplifted due to public recognition. T or F
4. Some lonely geologists have been seen dating rocks. T or F
5. The volume of the water in the ocean would be greater if there were no sponges in the ocean. T or F
6. Were you present when the schist hit the alluvial fan. Yes or No
7. Like humans, why does the earth have so many faults?
8. Do you need more geology training?

## New Bird Brochure

A brochure on birds in the Reserve has been added to our collection of free pamphlets.

Reserve visitors can use this checklist of typical birds as they walk on the trails. They are available at the Lodge and the TIK. Thanks to **Jack Friery** for compiling this list.



# Plant of the Month

by Margaret Fillius

What a delight it is to see the first **Milkmaids** of the season, heralding the flower season. By blooming soon after the early winter/spring rains, they attract the attention of whatever insects are around in the early season. By March they are in peak bloom. *Cardamine californica* is an herbaceous perennial growing to approximately 1 foot tall from a rhizome. Each flower, about half an inch in diameter, has four white to pale pink petals; the flowers are in a spike. The petals close up in late afternoon as the sun goes down. The basal leaves differ in their form from the leaves along the stems.

*Cardamine* comes from the Greek word describing plants in the cress (mustard) family. The common name of Milkmaids derives from the flower's resemblance to a hat often worn by milkmaids. Milkmaids (also known as **Toothwort**) can be found from Oregon to Baja California growing in partial to full shade. In the Reserve, Milkmaid blossoms brighten the north-facing side of the road and the entrance to, and north-facing trail of, the Guy Fleming Trail.



## Torrey Pines Docent Society Bird Survey: February 6, 2016

Number of species: 86

Gadwall 11  
American Wigeon 16  
Mallard 12  
Blue-winged Teal 6  
Cinnamon Teal 9  
Northern Shoveler 11  
Northern Pintail 58  
Green-winged Teal 12  
Canvasback 3  
Lesser Scaup 6  
Surf Scoter 1  
Bufflehead 14  
Red-breasted Merganser 2  
Ruddy Duck 18  
California Quail 13  
Red-throated Loon 2  
Pied-billed Grebe 3  
Western Grebe 14  
Black-vented Shearwater 20  
Brandt's Cormorant 1  
Double-crested Cormorant 4  
Brown Pelican 20  
Great Blue Heron 3

Great Egret 6  
Snowy Egret 7  
Black-crowned Night-Heron 1  
White-faced Ibis 30  
Osprey 1  
White-tailed Kite 2  
Northern Harrier 4  
Cooper's Hawk 1  
Red-shouldered Hawk 1  
Red-tailed Hawk 5  
Common Gallinule 1  
American Coot 25  
Willet 21  
Whimbrel 2  
Long-billed Curlew 6  
Marbled Godwit 3  
Bonaparte's Gull 10  
Heermann's Gull 7  
Mew Gull 1  
Ring-billed Gull 4  
Western Gull 7  
California Gull 63  
Caspian Tern 1  
Royal Tern 1  
Eurasian Collared-Dove 2

White-throated Swift 7  
Anna's Hummingbird 16  
Allen's Hummingbird 5  
Belted Kingfisher 2  
Nuttall's Woodpecker 5  
Downy Woodpecker 2  
Northern Flicker 1  
American Kestrel 8  
Peregrine Falcon 2  
Black Phoebe 5  
Say's Phoebe 10  
Cassin's Kingbird 3  
Western Scrub-Jay 6  
American Crow 24  
Common Raven 15  
Bushtit 21  
House Wren 3  
Marsh Wren 1  
Bewick's Wren 6  
California Gnatcatcher 22  
Ruby-crowned Kinglet 2  
Wrentit 18  
Hermit Thrush 5  
California Thrasher 5  
Northern Mockingbird 2

European Starling 1  
Cedar Waxwing 2  
Orange-crowned Warbler 8  
Common Yellowthroat 17  
Yellow-rumped Warbler 34  
Dark-eyed Junco 1  
White-crowned Sparrow 27  
Savannah Sparrow 3  
California Towhee 21  
Spotted Towhee 14  
Red-winged Blackbird 60  
Western Meadowlark 2  
House Finch 34

**Observers:** Frank Wong, Eva Armi, Marty Hales, Kathy Dickey, Bob Glaser, Herb Knüfken, Jack Friery, Steve Tarkington, Mark Embree, Gary Grantham, Valerie Thomas, Ingo Renner, and Anonymous

Monthly Bird Surveys are available back to 2005 at [torreypine.org/nature-center/birds/birdsurveys/](http://torreypine.org/nature-center/birds/birdsurveys/)

Herb Knüfken's amazing photo gallery, including many birds, may be found here: [pbase.com/herb1rm](http://pbase.com/herb1rm)



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