

TORREYANA

THE DOCENT NEWSLETTER FOR
TORREY PINES
STATE NATURAL RESERVE

Issue 392

January 2018

The Spirit of the Holidays

by Jean Glover

The annual Docent Society holiday party was held on December 9. The day dawned with calmer winds and a bit cooler temperatures than the previous few Santa Ana days. Extra protection for our beloved Reserve was forefront in our thoughts as the terrible fires raged in the Los Angeles, Ventura and Santa Barbara areas. The holiday spirit was high as over 100 people attended this year's event. This group has so much fun and loves to eat! The bountiful variety of food was amazing. Park aide and 2017 docent, **Cheryl Biernacki**, created a spread sheet for all of the docents to sign up on with their offering. This provided an excellent balance between appetizers, salads, main dishes and desserts. Everything was delicious, and we all ate very well. A special thank you to **Gabriele Wienhausen** who baked and brought both a turkey and a ham, plus trimmings! Our celebration was graced with the now traditional mulled wine from **Thomas Stehlik's** recipe. Several crockpots arrived for this special addition to the festivities. **Joe Raffaele** headed up potluck logistics and **Khai Truong** organized the Lodge decorating for the Class of 2017. Both the Lodge and party area looked very festive, and as always, everyone pitched in for setup and cleanup even when not signed up for it. Thank you, everyone.



Photo by Joan R. Simon

Docent General Meeting

Saturday, January 13, 9 am

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

Speaker: Herb Knüfken, TPDS docent and photographer extraordinaire

Topic: Copper Canyon in Mexico and the town of Batopilas,

Docent Herb Knüfken, our resident photographer, will present a slide show of his trip to Copper Canyon, Mexico, where in Batopilas, at the bottom of the canyon, he and his wife met with local Taramuhara Indians who by chance had arrived at the same time in full regalia to receive their bimonthly support from the Mexican government. "It was a Kodak moment," Herb said.

Refreshments: Docents with last names beginning with M, N, O will be responsible for providing snacks for this meeting.

Many outstanding people were recognized for their active and untiring support of the Reserve. Twenty-seven docents became Lifetime members this year due to combining the Classes of 2007 and 2008. (Docent first year service is now counted in the Lifetime service policy.) From the 2007 class, new Lifetime members are **Vince Castiglione, Nancy Danning, Meg Donnelly, Flo Eckles, Bill Eckles, Peggy Farness, Bonnie Hornbeck, Cecil Hornbeck, Mike Lewis, Mike Pisor, Suzan Potuznik, Diane Russell, Carol Smith, Marlis Sticher, Steve Tarkington, Janet Ugalde, B. J. Withall, and Mike Yang.** From the 2008 class, **Lou Adamo, George Beardsley, Kathy Dickey, Marie Johnson, Barbara Justice, Sylvia McGee, Jim Patterson, Cindy Tozer, and Lynne Truong.**

(cont. on pg. 3)

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Park Aides: Cheryl Biernacki, Krista DeBusschere, 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

The year 2017 was a very busy one for our Torrey Pines Docent Society, bustling with a large variety of projects in the Reserve. Record numbers of visitors joined our nature walk programs, engaged in our Visitor Center and TIK interpretive displays, and hiked our wonderful trails. We hosted two special public events this past year: our Torrey Pines Earth Day Celebration and the Fall Arts and Nature Festival, both featuring interpretive nature booths, live animals, children's crafts and a lot more.

We docents also enjoyed our share of good times, socializing at the general meetings and celebrating special moments at the Summer Full Moon Potluck/Hike, the End of Summer Beach Party and Beach Walk, and the December Holiday Potluck. For a change of pace, we had Native American "the Native American 'Running Grunion'" entertain us at our evening general meeting in June.

While our interpreters were engaged with the public, our Whacky Weeders and Seabees were busy busting a sweat while removing invasive flora and maintaining infrastructure. The High Point Trail remodel was dedicated in March with a new trailhead, railing and circular bench at the top, and in December the Whitaker Garden Project was completed with a new stone water fountain and cedar corner bench, dedicated to the memory of **Stu Smith**, who passed away earlier this year.

2018 holds much promise and work for our Docent Society, so please sign up and help make this year a prosperous and exciting one for TPSNR.

Ingo Renner

President, TPDS

America's State Parks First Day Hikes 2018 is a national initiative supported by State Parks in all 50 states. Last year California set an all-time record of 53 State Parks participating with 85 hikes available.

Join a hike at TPSNR on January 1, 2018 at 10 am or 2 pm.



(cont. from pg. 1)

Thank you to the outgoing board: **Annette Ring** for four years as secretary; **Gerry Lawrence** for four years as treasurer; and **Lynne Small**, our esteemed Whacky Weeders leader, for her service this past two years on the Board as a director-at-large.

Special recognition was given to **Jeannie Smith** for being a docent training leader for the last 11 years. As we have all experienced, the quality of the docent training program is truly superb. Thank you so much!

Carol Smith has headed up our membership department for 7 years. Thank you Carol for all the hard work and dedication in this very important position.

Wesley Farmer received the Exemplary Lifetime Service Award for his 26 years as a docent and over 8000 hours. Wesley, you are a hard act to follow! Congratulations!

Joe “Coyote” Meyer received the Docent of the Year award. Such an amazing person! With his boundless energy, enthusiasm and dedication, Joe has been involved in so many aspects of the Docent Society. He was recognized for his service with public walks, special walks, the Children’s Program, Lodge hosting, the Museum Shop, Whacky Weeders, and above all his spectacular leadership of the CEED program. All your work is very much appreciated.

Another year closes with fond thoughts for this amazing group of people who have come together in stewardship of the Reserve, fostering great friendships, new ideas and improvements, strong teamwork and much joy. Thank you Class of 2017 for a delightful celebration, and thank you everyone for all your service.

See pg. 7 for more Holiday Party photos.

Children's Program

by Janet Ugalde, Children’s Program Director

Welcome Winter — please bring us lots of rain!

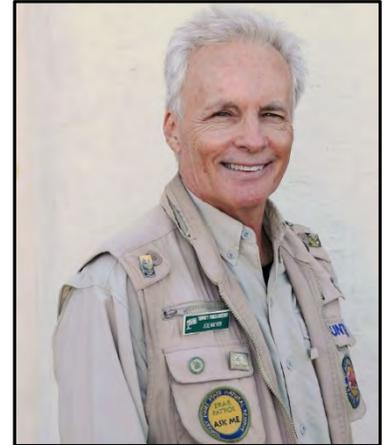
The Children’s Program resumes Tuesday, January 9, following a holiday break. In January, we are pleased to host six Kumeyaay programs. Ethnobotanists -- this is your opportunity to share your passion with students, teachers, and Children’s Program docents. Please join us.

Here is our fall report card. We hosted 1600 students, grades 2-5, from 24 elementary schools. Thirty-two amazing docents donated 650 hours. Our fall superstars (participating 10+ times) are: **Walt Burkhard, Susan Elliott, Mary Friestedt, Jennifer Greenberg, Paul Howard, and Janet Ugalde.** THANK YOU to everyone who contributed to our success!

Docent of the Year:

Joe Meyer

Photo by Herb Knüfken



My heartfelt gratitude for naming “Coyote Joe” Docent of The Year 2017. I was totally surprised. If I had known, I would have worn my “Coyote Tail” hat. Thank you for this honor. It has been a pleasure working alongside so many of you this year, to look back at all we

accomplished, and know that 2017 was a very good year for the Reserve, despite the many challenges we have faced.

*When I think back to that fateful day in November, 2012, hiking up the Beach Trail with my wife, spying Docent **Sylvia McGee** in her official vest, and stopping to ask her, “How does one get a vest like that?” She told us there are docent classes every year, and while she thought the current class was full, she suggested I head up to the Visitor Center and put my name on the list. Here we are, five years later and going strong, thanks to a fantastic group of volunteers keeping our Reserve vibrant, interesting and fun.*

I am blessed to be a part of this wonderful group and look forward to many more years of volunteering at “The Greatest Natural Reserve in the World!” Thank you one and all. See you at the Park.

*“Between Every Two Pines is a Doorway to a New World”
- John Muir*

January CEED Event

Date: Wednesday, January 24

Time: Leave @7:30 am (arrive at 9:30 am)

Place: Coyote Mount Trail: Geology and Paleontology

Duration: 4 – 5 hours

Leaders: Wes Farmer & Joe Meyer

Anacardiaceae (Sumac or Cashew) Family, Part 2

Ethnobotany

by the Budding Botanists

The new growth of the **Laurel Sumac** (*Malosma laurina*) was used by the Kumeyaay to make a tea for the women about to give birth to help move the process along quickly. They also pounded the root to make a tea to be given after birth to ensure that everything was cleared out and the placenta was delivered. They also used it to treat venereal diseases.

The Chumash ate the berries after pounding them and leaving them in the sun to dry. They also scraped the inner bark from the root, boiled it in water and used it to treat dysentery.

The fruit of the **Lemonadeberry** (*Rhus integrifolia*) is covered with a pleasant acid-tasting exudation that can be sucked and the seeds spit out. When the fruit is soaked in cold or hot water for 10-30 minutes, it makes a lemonade-like drink that is refreshingly tart. The roasted fruit is a coffee substitute.

The Lemonadeberry leaves are rich in tannins. When the leaves fall in autumn they can be used to make brown dye or mordant. Oil can be extracted from the seeds. It develops a tallow-like consistency and can be used to make candles. The wood is hard and dense and can be used for kindling.

A tea can be made from the leaves to treat colds and lung congestion. The plant has compounds that are antiviral, antibacterial, anticancer and anti-inflammatory. When the sap from the plant has contact with skin it can cause an allergic reaction.

The Kumeyaay Indians would wad up leaves from the plant to keep their thirst at bay during long, hot journeys. Also, they brewed the seeds into a tea. Some Native Americans made an edible mush from the berries.

The small fruits of the **Sugar Bush** (*Rhus ovata*) were pressed to make a lemonade-like drink, though not as flavorful as the one made from Lemonadeberries. The berries were also eaten raw, mashed into a porridge, or dried for later use.

Infusions made from the leaves were drunk as a remedy for colds, other lung infections, and dysmenorrhea, as well as to help ensure an easy delivery during childbirth. Coughs and chest pains were also treated with an application of this infusion.

The Kumeyaay considered both **Laurel Sumac** and **Sugar Bush** in the foothills and mountains to be important for women's reproductive health. They used the new growth of both plants to make a tea for women just before giving birth. They pounded the root and made a wash for cleaning after childbirth. The Chumash also used the Laurel Sumac

to ease menstrual cramps. When the Kumeyaay made an eyewash using the California Buckwheat flowers, they often added the leaves of the Laurel Sumac and the Holly Leaf Cherry (*Prunus ilicifolia*).

The Chumash pounded the berries of Laurel Sumac and dried them in the sun before they ate them. There was no record of the Kumeyaay doing that, but they ate the Sugar Bush berries. They also used the Sugar Bush for firewood and construction material.

Basket Bush or **Squaw Bush** (*Rhus aromatic*, aka *Rhus trilobata*) has a very pungent fragrance and edible lemony-tasting berries. Berries were eaten raw or dried and used in drinks, soups, porridges and pemmican. The dried berries are very astringent and were used to dust into smallpox pustules, mixed with water to use as a mouthwash, and used as a tea for stomach troubles, toothaches, urinary troubles, as a diuretic, and in childbirth.

Leaves could be soaked to make a black dye. Leaves could also be dried and mixed with tobacco for smoking. Leaves were rubbed on the skin as an insecticide or a snake repellent. Roots were boiled to make a tea used for tuberculosis. Roots were also used as a deodorant or a perfume. The bark was chewed for sore gums.

Bark could be stripped and used to make baskets, as a sewing material or to make cloth. Branches were strong and were used for hoe handles, bows, and spear shafts. Branches might also be tied with yucca to make a prayer stick or a "bugaboo" to subdue insubordinate children. Pollen was also used in religious ceremonies.

Poison Oak (*Toxicodendron diversilobum*) is used for skin problems, warts, ringworm, skin cancer, and rattlesnake bites. Northern tribes used the supple slender stems for the warp or ground in woven baskets. The leaves were used by the Karok tribe to cover bulbs of the soap plant when baking them in the ground for food. Leaves were mixed into acorn meal when baking bread. Other tribes used the leaves to wrap acorn meal during baking. Twigs were used to spit salmon steaks when they were being smoked. Fresh juice from the leaves turns black quickly and was used as a black dye for making baskets by the Pomo. The black juice was also used in tattooing.

The Chumash used the fresh-cut leaves and stems in the spring to heal wounds and stop the bleeding and cause the blood to clot. They treated severe dysentery or diarrhea with a tea made from the Poison Oak root. The vapors from the boiling were said to be toxic to the eyes.

Full-blooded Native Americans seem to have been only slightly or not at all subject to the effects of Poison Oak. This natural immunity to urushiol decreased when they intermarried with Anglo-Americans.

Docents Jane Barger, Karen Fraser, Debi Buffington, and Sue Lange contributed to this article.

The TPDS Art and Nature Festival 2017

by Suzan Potuznik

The Art and Nature Festival on December 2 once again came together beautifully on the steps and paths leading to the Visitor Center at TPSNR, with many docents in attendance, volunteering or simply enjoying, browsing, learning and selecting arts and crafts originals. Visitors to the Reserve on a gorgeous warm, sunny day were aplenty. Surrounded by his paintings of the pines, **Ingo Renner** intermittently entertained the visitors with his beautifully hand-crafted folk string instruments which included a mandolin and octave mandolin, a psaltry, a rebe, a jouthikko and an Appalachian lap dulcimer.



Music instruments and art by Ingo Renner Photo by Mike Yang

The children applied their artistic skills to making numerous mementos -- masterpieces to be taken home, including sand dollar snowmen, marble etchings, multicolored butterflies, and pinecone crafts. **Donna Close** reported 60 snowmen left the Reserve that day and the marble ceramic-framed etching tiles were an admired work of art in themselves.



Etching tiles Photo by Suzan Potuznik

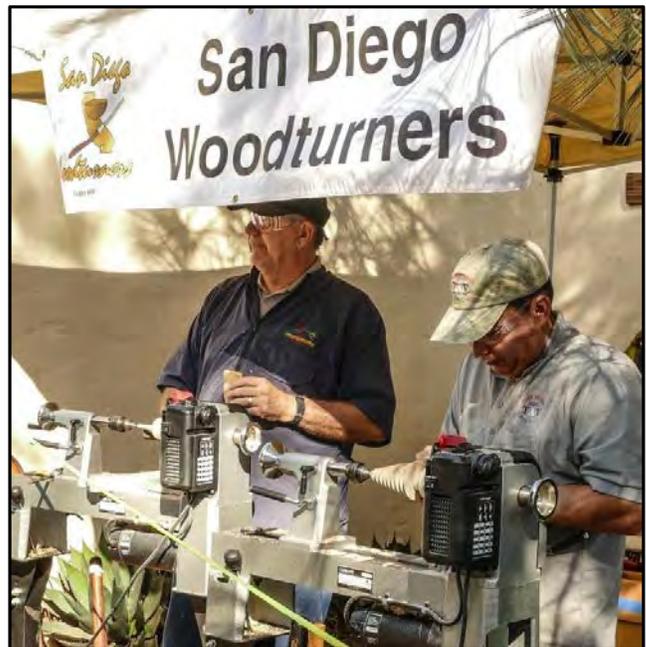
Both children and adults were captivated by the world of insects, reptiles and an awe-inspiring screech owl that were brought by Project Wildlife. Several cases of species of

insects, including a live tarantula and scorpion, were exhibited under the knowledgeable expertise of Park Aide and Docent **Joy Inton**, a native bee expert Jessica Davids, and Annika Nabors, an entomologist from the Natural History Museum. Jeff Nordland, a local herpetologist, provided hundreds of visitors with a unique opportunity to handle and touch some of the reptiles that inhabit both the Reserve and our local deserts and mountains: a rosy boa, a gopher snake, a fence swift lizard, to name a few.



Insect booth Photo by Mike Yang

Tom Lightener brought two lathes and volunteers to demonstrate the art and skill of woodturning alongside the Torrey pine wood crafts, made by the TAV (Turn Around for Veterans) craftsman, and available in the Museum Shop.



TAV booth Photo by Mike Yang

Flintknapper Mark Becker and the TPDS basket weavers showcased their skills of arrowhead chipping and basket weaving. Mark has been perfecting his flintknapper skills for many years and shared his story of studying with the masters, the various tools necessary to make an arrowhead, and the importance of safety in working with sharp stones. The baskets were decorated for the holiday season and

charmingly enhanced the miniature pine tree displayed in the Museum Shop.



Flintknapper Photo by Mike Yang

Highlighting the importance of our key pollinators, the bees, Candace Vaneerhoff brought her unique SoloBee native bee shelters and beekeeper James McDonald of Encinitas Bee Company educated the public on relocating bee hives that may be too close for human comfort to a new location where their work as pollinators can continue. **Wes Farmer** shared his knowledge of science and his artistic skills, mesmerizing children with moving sands. The Children's Program docents shared the tools and craft of the Kumeyaay Indian people while teaching the visitors a stick and stone game.

Tavio Del Rio of Cabrillo National Monument and a costumed "Spanish explorer" gave the Reserve visitors a glimpse of San Diego history and an introduction to the programs available at Cabrillo, highlighting "EcoLogik," their science education program that looks at the coastal marine environment.



Cabrillo Nat. Monument display Photo by Mike Yang

The Art and Nature Festival would not be complete without the artists' impressions of the world and nature about us.

The talents of the painters Joan Grine, Paula McColl, Pat MacGillis, Patricia Gill and Rita Pacheco as well as the potters **Connie Beardsley**, **Arline Paa**, and Ellyn Hartman, whose designs often incorporated pinecone and sea life motifs, captured the eyes of many.



Art display Photo by Mike Yang

A resounding "thank you" goes to Park Aide and Docent **Johnson Jou**, who quickly jumped in and organized the event and to Tom Lightener who once again provided the spark for the TAV demonstrations. **Ingo Renner**, our TPDS president, with his usual calm, can-do style, helped to keep all moving smoothly.

The TPDS Art and Nature Festival -- see you, same time next year!

A Pair of Gnatcatchers on Parry Grove Trail

by Rhea Bridy

They flew from their cozy nest on a sloping cliff above the Pacific to inspect the brand-spanking-new cable and eye-rod fencing on the trail. Since this part of the trail was in their backyard, the young couple decided to inspect and explore. She stood in the shade and worried. He looked excited and flew up to the metal cable and felt it sway under his weight. Whenever it swayed toward the huge yellow sea dahlia, he tried to peck the seeds, but the cable swung back the other way and he would lose his balance. She asked him to come down. He continued to sway and peck in the air and sway and peck again. She fretted and watched and fretted and watched carefully. But to no avail. He was playing and having fun.

Then I moved. They both swung their attention my way and she disappeared down a slope very fast. He took his time, hopping over cactus and bushes and low-lying limbs. I was so sorry I had moved. They were such a cute couple. I would name him Cable and her Eye-Rod, or maybe just Serious Supervisor!

Torrey Pines Book Club

When: Tuesday, January 9, 2:00 pm

Where: Cindy Tozer's home in Rancho Peñasquitos

What: *The Long Walk: The True Story of a Trek to Freedom* by Slavomir Rawicz

From Amazon:

In 1941, the author and six other fellow prisoners escaped a Soviet labor camp in Yakutsk -- a camp where enduring hunger, cold, untended wounds, untreated illnesses, and avoiding daily executions were everyday challenges. Their march -- over thousands of miles by foot-- out of Siberia, through China, the Gobi Desert,



Tibet, and over the Himalayas to British India -- is a remarkable statement about man's desire to be free.

*While the original book sold hundreds of thousands of copies, an updated paperback version includes a new Afterword by the author, as well as the author's Foreword to the Polish edition. Written in a hauntingly detailed, no-holds-barred way, the new edition of *The Long Walk* is destined to outrank its classic status and guaranteed to forever stay in the reader's mind.*

The 2011 movie, "The Way Back," is based on this book.

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

February 13: *Ellen Browning Scripps: New Money and American Philanthropy* by Molly McClain



Class of 2007, including their trainer Jeff Spivak (green shirt, front) Photo by Herb Knüfken



Class of 2008 Photo by Herb Knüfken

Dessert table Photo by Jean Glover



2017 TPDS Highlights

- First Day Hikes!
- High Point Trail renovation dedicated: new bench, railing, entrance



- Earth Day Celebration: interpretive booths, live animals, children's crafts; used book sale raised \$200 for new library books

- New larger TIK Desk with a Torrey pine wood top; new interpretive props: skulls, paw prints, shell games



- CEED and OAKS Programs: continuing docent education

- Children's/Interpretive Pavilion meetings to define scope and design; temporary plastic shade structures installed

- "Running Grunion" evening at the June general meeting



- New touch screen for showing videos at the Visitor Center, with added open (on all the time) captioning

- Budding Botanists established, with in-depth research on native plant groups shared at monthly meetings and in the *Torreyana*

- New nature artifact drawers, including shells, bird nests, and other items, on the west side of the Visitor Center

- Summer Potluck and Moonlight Hike, with photo contest winners presented

- Three Scorpion UV Lights purchased; used on Moonlight Hike; available for loan

- New high-powered AV projector and screen; used for outdoor Jill Hamilton genome study and photo contest show at the Summer Potluck

- Certified Interpretive Training Scholarship: available to park aides and docents for continuing education
- 30 new wireless headsets and 3 mics for interpretive walks; training sessions for their use
- Interpretive and Financial Oversight Committees established
- End of Summer Beach Party and Flat Rock Hike
- Dendrochronology class: Seabees sanded and prepped 40 "tree cookies"
- New docent logo and t-shirts for docents only
- Docent training shifted from spring to fall of 2018
- Membership categories modified and hours increased to 84 in 2019

- 350 Torrey Pines Tide Calendars sold, with winners of the photo contest as the monthly photos



- Gloria Garrett's "Mindfulness in Nature" walks continued on a weekly basis

- Art & Nature Festival: artists, nature booths, Turn Around Vets, flintknapper Mark Becker, Project Wildlife, Jeff Nordland, and more

- 4th edition of Margaret Fillius's *Native Plants: Torrey Pines and Nearby SD County Locations* published by the Docent Society; 500 books printed

- Dedication of Stu Smith Memorial at Whitaker garden: new stone aggregate water fountain and corner bench



This list of highlights was compiled by President Ingo Renner.

Bird of the Month: Black Phoebe

by Jack Friery

Our featured bird this month is the **Black Phoebe** (*Sayornis nigricans*). This lovely little bird (about six inches long) may be the most common bird in our local suburban yards. The Black Phoebe is in the Flycatcher Family and may use a sprinkler head or fence post as a hunting perch. Watch for them to pump their tails up and down while waiting for a butterfly or bee to pass by. Despite their favoring insects as their diet, they may also eat berries at times. (Black Phoebes in my yard love the orange berries of our Carrotwood tree and seem to eat more than can possibly fit into their little bodies.)

The name "phoebe" is a bit of an accident when used with the Black Phoebe. It is actually a description of the call of a cousin, the Eastern Phoebe. Taken a bit further, *Phoebe* is originally a name for Artemis, the goddess of the moon, from Latin *phoebe*, originally from the Greek *phoibos*, meaning "bright, pure."

Sources: allaboutbirds.org/guide/Black_Phoebe/id,
audubon.org/field-guide/bird/black-phoebe,
identify.whatbird.com/obj/169/_/Black_Phoebe.aspx,
sandiegouniontribune.com/lifestyle/home-and-garden/sd-hm-backyard-birds-phoebe-20170217-story.html.



Photo by Herb Knüfken

Torrey Pines Docent Society Bird Survey: December 2, 2017

Number of species: 79
(+1 other taxon)

Gadwall 4	Cooper's Hawk 2	Northern Flicker 3	Yellow-rumped Warbler 86
American Wigeon 86	Red-shouldered Hawk 1	American Kestrel 6	White-crowned Sparrow 41
Northern Pintail 4	Red-tailed Hawk 4	Merlin 1	Golden-crowned Sparrow 1
Lesser Scaup 3	American Coot 5	Peregrine Falcon 1	Savannah Sparrow 1
Bufflehead 7	Black-bellied Plover 2	Black Phoebe 23	Song Sparrow 9
Red-breasted Merganser 2	Semipalmated Plover 25	Say's Phoebe 11	California Towhee 42
Ruddy Duck 4	Killdeer 9	Cassin's Kingbird 5	Spotted Towhee 4
California Quail 2	Whimbrel 1	Western Kingbird 1	Western Meadowlark 3
Pied-billed Grebe 1	Long-billed Curlew 1	California Scrub-Jay 2	Red-winged Blackbird 10
Western Grebe 110	Marbled Godwit 1	American Crow 16	House Finch 80
Double-crested Cormorant 10	Greater Yellowlegs 1	Common Raven 11	Lesser Goldfinch 22
Brown Pelican 11	Willet 9	Bushtit 59	House Sparrow 10
Great Blue Heron 2	Heermann's Gull 26	House Wren 5	
Great Egret 4	Ring-billed Gull 1	Bewick's Wren 4	Observers: Frank Wong,
Snowy Egret 6	Western Gull 21	Blue-gray Gnatcatcher 2	Jim Wilson, Kathy Dickey,
Black-crowned Night-Heron 1	gull sp. 11	California Gnatcatcher 21	Marty Hales, Mark Embree,
Yellow-crowned Night-Heron 2	Royal Tern 2	Ruby-crowned Kinglet 4	Bob Glaser, Andy Rathbone,
Osprey 2	Eurasian Collared-Dove 2	Wrentit 54	Eva Armi, Sherry Doolittle,
White-tailed Kite 2	Mourning Dove 20	Hermit Thrush 18	Gary Grantham, Herb
Northern Harrier 1	White-throated Swift 33	California Thrasher 3	Knüfken, and Anonymous
	Anna's Hummingbird 29	Northern Mockingbird 3	
	Allen's Hummingbird 10	European Starling 1	
	Nuttall's Woodpecker 10	Orange-crowned Warbler 1	
	Downy Woodpecker 1	Common Yellowthroat 7	

View this checklist online at ebird.org/ebird/view/checklist/S41098441

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



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