

TORREYANA

THE DOCENT NEWSLETTER FOR
TORREY PINES
STATE NATURAL RESERVE

Issue 394

March 2018

Slices of Life at Torrey Pines

by Dan Hammer

At the February Docent Society meeting, longtime TPSNR Supervising Ranger Bob Wohl delighted us with old stories from “Ranger Bob’s Daily Log.”

Bob presented and commented on excerpts from the 1988 Red Log Book, the rangers’ daily journal. At the time, anyone who worked at Torrey Pines – rangers, aides, docents, and other volunteers – could write an entry in the book whenever the spirit moved them or events warranted. The result is a colorful pastiche of incidents, comments, meeting minutes, and to-do lists.

At TPSNR, we have an unusually rich historical record, from Charles Parry’s journals to Hubbs & Whittaker’s history of the Reserve and **Judy Schulman’s** ongoing research and writings. The Red Book entries add to these with slices of life: brief observations that evoke daily life at Torrey Pines three decades ago.



To cite just one example, here is a series of entries from January 1988:

Monday, Jan. 18th: **MAJOR STORM DAMAGE!! – POWER FAILURES, KIOSK AT THE RESERVE DEMOLISHED** We have a lot of main road cleanup at the beach level, lots of seaweed in the dirt lot, logs along shore thrown up onto roadway, debris, rock, concrete over the entrance road – **CLOSED!** the lagoon is a full lake.

Jan 19th Tuesday: TPSR remains closed to vehicle traffic today, road will open again Jan 20th.

Jan 20th – **PARK REOPENED!** 8 trees down in or near Fatman’s [Misery], 1 along road, 3 in parking lot. One along the road leans against the cliff...Total 14?

Docent General Meeting

Saturday, March 10, 9 am

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

Speaker: John Hildebrand, Prof. of Oceanography, Scripps Institution of Oceanography

Topic: Underwater Archaeology

John Hildebrand’s research focuses on using sound to study marine mammals and the impact of anthropogenic sound in the ocean. Hildebrand’s lab has developed a high-frequency acoustic recording package (HARP) that is capable of long-term acoustic monitoring in remote ocean locations. These instruments are currently deployed in the Arctic, near Hawaii, off the coast of Washington and California, and in the Gulf of Mexico, revealing new information on the behaviors and seasonal migrations of whales and dolphins. Prof. Hildebrand received a B.S. in physics and electrical engineering from UCSD and a Ph.D. in applied physics from Stanford University.

Refreshments: Docents with last names beginning with T - Z will be responsible for providing snacks for this meeting.

Friday Jan 22nd – SANTA ANA – HIGH WINDS!

Discussion of things: a new Kiosk – we discussed a rental guard booth idea, the new \$1million South Beach Entrance and Lot project, which may not commence until the fall. (Photo of the original kiosk on pg. 3.) 2 more TP trees down east of the Lodge – one across the highway.

(cont. on pg. 3)

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

President's Message

Roses in the Reserve?

You betcha! It's hard to guess that three of the most prominent shrubs in the Torrey Pines chaparral belong to the Rose family.

Mountain Mahogany, with its easy-to-spot curly, feathered seeds, will start blooming in March. Then comes **Chamise** in April, which will speckle the whole landscape with its small, cream-colored flowers. And finally in June, **Toyon** will burst forth its beautiful, radially symmetrical flowers.

Learning to identify common plant family traits is a fun part of becoming an amateur "Budding Botanist." As part of our Rose family (Rosaceae) studies, our group has visited neighboring parks in search of other local species. In Oakcrest Park, we found the fernlike Mesa Horkelia (*Horkelia cuneate*); in Lopez Canyon, Holly-Leaf Cherry trees (*Prunus ilicifolia*); and in Gonzales Canyon, the riparian-loving California Wild Rose (*Rosa californica*), with its edible seed pods or hips.

It is always amazing to learn that natives we have in the Reserve are related to foods we find in our kitchens and plants in our gardens. There are three genera in the Rose family with which we are very familiar: *Rubus*, known for its woody, spiny vines, includes blackberries and raspberries; *Rosa* includes ornamental garden roses; and *Prunus* flaunts some of the best-tasting fruit in the world including plums, cherries, peaches, and apricots.

Being a docent provides a constant learning experience that brings you ever closer to your natural environment, so I urge you to get out there and learn those plants!

Ingo Renner

President, TPDS

"A rose is a rose is a rose" after all.



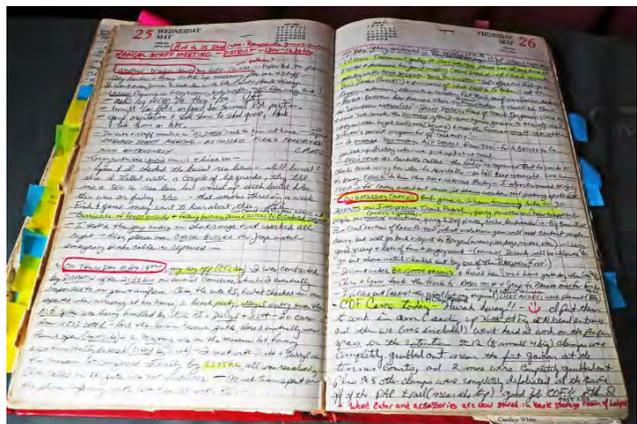
Chamise

(cont. from pg. 1)



The original entry kiosk- * See note below.

One amusing series of February entries dealt with a rash of drownings at Torrey Pines – dead mice found in the Lodge toilet. It turned out that a closet behind the Lodge that was used to store work helmets had turned into a mouse nursery, with about 60 little mouse nests in the upturned helmets. This discovery also solved the mystery of why so many bobcats had been hanging out near the Lodge.



Several entries recorded successful efforts to expand TPSNR and block nearby development proposals, notably a restaurant that Chargers' star Lance Alworth wanted to build at the southeast corner of Coast Highway and Carmel Valley Road. Bob lauded the conservation initiatives by Del Mar residents and by the late State Senator Bill Craven, who creatively used State funds to expand the Reserve.

As shown by Bob Wohl's lively presentation, the Red Log Books are a tremendous historical resource. The logs, which had long been kept in storage, are now available at the Lodge for staff and docents who want to learn more about the fascinating history and daily operations of TPSNR.

* *Heavy storms in January 1988 closed the park for two and a half days to car traffic. Water and debris covered the road leading to the kiosk. The kiosk itself was either blown or washed off the road. A new kiosk was put into place by March. (ref [Torreyana Feb 1990 p. 5](#))*

Meeting Minutes – February 10, 2018

Meeting called to order at 9:05 am by **Ingo Renner**.

Speaker: Bob Wohl, former supervising ranger at the TPSNR, gave a very interesting presentation on the year 1988 in the Reserve, using the Red Log Book of that year. (See the article on pg. 1.)

General Meeting Speaker Committee: **Jane Barger**, **Mark Embree**, and **Gabriele Wienhausen** are the Program Directors for selecting future speakers for our general meetings. **George Beardsley** was thanked immensely for his speaker selections over the last several years.

2018 Tide Calendars: **Ray Barger** explained that there is now a link on the lower right side of our website for anyone who still wants to order a 2018 TPDS Tide Calendar.

Santa Rosa Island Trip: **Ray Barger** stated the trip will be May 15 - 17 with a cost of \$555 per person. The primary expense will be the plane rental, and with 14 docents signed up, two plane trips will be required. We will stay at the CSU Channel Island Research Facility bunkhouse, and a Research Facility Naturalist will lead a hike on the 16th.

Trail Patrol Training: Annual training will be Sunday, Feb 25 at 1 pm at the Lodge. **Annette Ring** put out signup sheets for any docents interested in attending.

CEED Event: **Joe Meyer** announced the February CEED event will be the "Hawk Watch" Raptor Show on Sat, Feb 17. We will meet at 9 am at Begent Ranch at the Ramona Grasslands, 18528 Highland Valley Road. Joe then presented the highlights of the January CEED Ocotillo/Coyote Mountain hike, crediting Tsaiwei Olee with most of the beautiful photography in the presentation.

Spotlight Presentation on the Rose Family: **Ingo Renner**, a prominent member of our Budding Botanists group, presented a very interesting talk on the Rose family in the Reserve. See the President's Message (pg. 2) and the Ethno-Botany article (pg. 5) for more details.

Possible New Docent Vest: **Sherry Doolittle** (with **Jeannie Smith** modeling) presented a vest purchased from the California State Parks website for \$55 that might be more appealing to our female docents. It has 22 pockets, is a little longer than our usual vest, has a small CA State Park emblem, but does not have the "Volunteer" stitching.

TPA: **Ken King** encouraged everyone to attend the TPA 68th Annual Meeting on February 25, from 3 – 5 pm at the Martin Johnson House. The featured speaker will be SIO Prof. John Hildebrand, speaking on "The Offshore Landscape."

Ken also announced that the Guy Fleming House tour will coincide with TPSNR Earth Day celebration on Saturday, April 21; Earth Day events will be in the morning and the Guy Fleming House tour in the late afternoon. The date for the next Wine in the Pines will be Oct. 20.

Docent Hours: 230 docents logged 24,450 volunteer hours for 2017, including Lifetime Members who logged over 5000 hours. There were 120 Southern District Park passes handed out for 100+ volunteer hours and 50 State Park passes handed out to those working more than 200 volunteer hours.

Docent of the Month: Bob Glaser for his hard work with the Garden Committee, the TIK, Whacky Weeding, and bird counting.

Refreshments: At March General Meeting docents with last names starting with **T - Z** are responsible for snacks. Meeting ended at 11:10 am.

Children's Program

by Janet Ugalde, Children's Program Director

During the months of March and April, the Children's Program will participate in an exciting collaboration with EarthLab and Groundwork San Diego-Chollas Creek. Our fellow docent, **JoAnna Proctor**, is the education coordinator for EarthLab, and she has facilitated this partnership.

Our goal is to provide science students at Chollas-Mead and Johnson elementary schools with multiple opportunities to understand the application of various science concepts in nature. These concepts are part of the SDUSD Next Generation Science Standards, and docents will learn to apply the new standards while helping these deserving kids to excel.

As preparation for these visits, Children's Program docents toured EarthLab and learned about its curriculum and how our docent-led hikes can reinforce student comprehension.

The students, who will have already participated in the EarthLab program, will visit the Reserve for an Ecosystems & Food Chains or Reserve, Plants, and Habitats program day.

Here is a link to the EarthLab program:

groundworksandiego.org/category/current-projects/

March CEED Event

Date: Thursday, March 15

Time: 9:00 am

Place: San Diego Whale Watch, 1717 Quivira Rd., SD 92109

Duration: 3.5 hours

Leaders: Naturalist on board the Privateer

Docent of the Month:

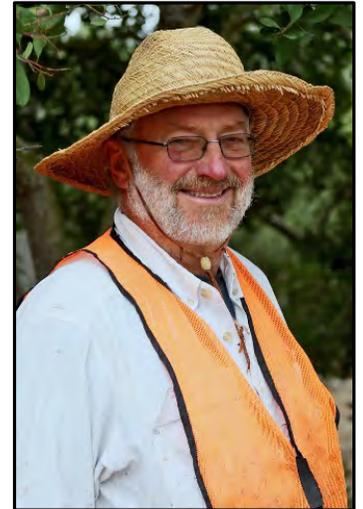
Bob Glaser

Listen to the chirping and chattering of the residents and visitors; feel the warmth of the sun and the cool moist air of the marine layer; enjoy the colors of the flowers and the ocean vistas. Using all of one's senses is the best way to enjoy TPSNR.

Our docent training provides each of us with a basic understanding of the history, ecology, and geology of our Reserve. Working with the knowledgeable park staff and the more-seasoned docents in the various programs allows us to delve into specific topics.

For me, being a docent at TPSNR has been a welcome change from my professional career that included working with companies involved in environmental investigations and cleanups.

I encourage each docent to try a variety of activities. Thus far I have worked at the TIK, helped out with the bird counts, worked at the Lodge, weeded with the "whacky" ones, gardened with the garden committee, and lead a walk or two. Each activity has taught me something. Enjoy our TPSNR.



Public Walk Schedule Changed

Starting March 3 the afternoon public walk will be moved from 2 pm to 1 pm, as a trial to gauge visitor interest.

We thank all the walk leaders who responded to the informal poll that was recently sent out to see what beneficial changes might be made to improve public participation.

Statistics from the past two years showed the 2 pm walk was less attended and also more difficult to staff. Other factors mentioned by current walk leaders were slightly easier parking for the docents and a little cooler temperatures in the summer season and less close to Lodge closing time in the winter months.

Send your comments and ideas to portal@torreypine.org

Ethnobotany – Rosaceae (Rose Family)

San Diego Mountain Mahogany, *Cercocarpus minutiflorus*

Native peoples used Mountain Mahogany to make small articles for industrial and domestic use such as bows, spearheads, special digging sticks to dig up potatoes and worms, combs for weaving, rabbit sticks and dice for gaming or for ceremonial use. Bunches of tied branches could be used for rough brooms. It was also used to make spindle sticks to rub together to make fire. Its heavy, dense wood made a long-burning fire for smoking meats.



Infusions of leaves of the Mountain Mahogany were used to bolster the physical system. Roots and bark could be boiled in water for stomach complaints.

California Wild Rose, *Rosa californica*

The primary use of Wild Rose by native California peoples was as a medicine. Rose petals were mashed in cold water for colic,

teething, and constipation in babies. Rose hips can be eaten fresh or dried and stored for later use.



Rose hip tea is used to soothe anxiety or to treat pain, fevers, sore throat, kidney problems and also used as a medicine for cancer. Root extracts were used to treat colds. It is a valuable source of vitamin C.

Rose seeds can be cooked and ingested for muscular pains. Roots steeped in water and are used as a general-purpose astringent for diarrhea, sore throat, fevers, conjunctivitis and to stop bleeding. Rose petals were employed as bacteriostatic protective bandages on burns and minor wounds.

Holly-Leaf Cherry or Islay, *Prunus ilicifolia*

Holly-Leaf Cherry is the most common wild cherry in coastal California south of San Francisco Bay. It was used as food in every group/tribe in whose territory it occurs. The native people would gather the fruit and eat the thin, outer, sweet flesh. But the central and southern California tribes prized Holly-Leaf Cherry, not for its minimal fleshy fruit but for its kernel or seed which could be dried and would last for years. The kernel had to be subjected to a lengthy preparation and cooking process to remove the poisonous hydrocyanic acid it contained. The flour made from the processed pits was said to taste like beans or chestnuts. The kernels were also cooked into a mush after being leached, similar to refried beans that have a sweet, mild flavor. The kernels were almost as important as acorns for food.



Secondary uses: A tea is made from the bark to treat colds. The steam from boiling leaves was inhaled to relieve the flu. A leaf decoction was used as a wash for headaches and the mush was used to treat coughs and as an eyewash. Sometimes the seeds were used as beads for necklaces.

Catalina or Island Holly Cherry, *Prunus ilicifolia* ssp. *Lyoni*

This species is a larger fruited and less spiny leaved form of Holly-Leaf Cherry. There is a nice specimen planted in front of the TPSNR Lodge. It is common on the large Channel Islands. The islanders traded for other food sources and items with the mainland Chumash.

Toyon, *Heteromeles arbutifolia*

The wood, bark, leaves and berries of the Toyon have all been used culturally. The wood is hard and used as tool handles and as a drill to bore holes in the elderberry flute. The Kumeyaay also used an infusion of the bark to treat infected wounds but they would add leaves to the infusion.



The Chumash, the Tongva, the Costanoan, the Luiseno, the Cahuilla, and the Kumeyaay all collected and ate the toyon berries (or pomes). The raw young underripe berries are bitter and believed to contain trace amounts of cyanide. Natives would aim to pick only the ripe berries to avoid this unpleasantness. Raw berries were eaten to help quench thirst. Their bitterness was thought to help create saliva. Another way to make the berries more palatable was by heating them. The fruit was also dried and then added to porridge or combined with seed flour to make pancakes.

Chamise (Greasewood), *Adenostoma fasciculatum*

Native Americans used the wood from the Chamise to make arrow points, arrow fore-shafts, gathering sticks and a pry bar for opening clams. The roots were used for firewood. Wood coal was used for roasting.



Medicinally, Native Americans made a tea by boiling leaves which they drank to supposedly cure tetanus, rabies and syphilis. The steam from the tea was used for respiratory problems. Bathing in the tea was a treatment for paralysis. Oil from the leaves was used for skin infections and sores. A decoction was also made by boiling the root and drinking the liquid as a remedy for chronic coughs, severe colds, lung congestion, asthma, constipation, and pulmonary problems.

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

Torrey Pines Book Club

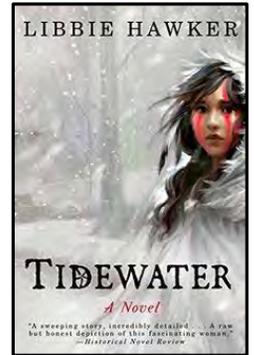
When: Tuesday, March 13, 1:00 pm (note new starting time)

Where: Molly McConnell’s home in Normal Heights

What: *Tidewater: A Novel* by Libbie Hawker

Amazon says:

In 1607, three ships arrive on the coast of Virginia to establish Jamestown Colony. Their only hope of survival lies with the Powhatan tribe. John Smith knows this. He knows, too, that the Powhatans would rather see the English starve to death than yield their homeland to invaders. In the midst of this struggle, Pocahontas, the daughter of the great chief, forges an unlikely friendship with Smith. Their bond preserves a wary peace—but as each seeks to fulfill their own ambitions, their delicate truce begins to crack. Soon the colonists and Powhatans are locked in battle, and Pocahontas must choose between power and servitude—between self and sacrifice—for the sake of her people and her land.



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

April 10: *American Wolf: A True Story of Survival and Obsession in the West* by Nate Blakeslee



American Kestrel at the Hawk Watch CEED event Feb 17, 2018 at Begent Ranch, Ramona Grasslands.

See TPDS Google Group [post here](#)

Sponsoring organization: wildlife-research.org/hawkwatch

A Whale of a Tale I Tell You

by Rhea Bridy

I never get to see whales passing by. Must believe in the power of positive thinking. Must think Whale as I wait 15 minutes on this bench...this Guy Fleming Trail bench overlooking the blue sweep of foaming ocean. What is that blowing sound from underneath the trees and cliff and that huge dark gray head looking lost in the breakers? Dolphin? No, too big. It looks north then south, then north again and PAUSE. LISTENS. Abruptly turns, dives westward, blows goodbye. Mother called?

Bird of the Month: Hermit Thrush

by Jack Friery

Our featured bird this month is the **Hermit Thrush** (*Catharus guttatus*). This 5- to 7-inch bird is a wintertime visitor to the Reserve. It has a brown back and pale underparts, but what distinguishes it is a rust-colored tail and extravagant dark spots on its throat and breast.

The Hermit Thrush has one of the most beautiful songs of any of our birds (a song described as a “series of clear, musical phrases, each on a different pitch, consisting of a piping introductory note and a reedy tremolo”). The great Walt Whitman wrote about the thrush’s song in his poem “When Lilacs Last in the Door-yard Bloom’d,” an elegy on the death of Abraham Lincoln:

In the swamp in secluded recesses,
A shy and hidden bird is warbling a song.
Solitary, the thrush,
The hermit, withdrawn to himself, avoiding the settlements,
Sings by himself a song.
Song of the bleeding throat!
Death’s outlet song of life -- (for well, dear brother, I know,
If thou wast not gifted to sing, thou would’st surely die.)



Photo by Herb Knüfken

Sources: allaboutbirds.org/guide/Hermit_Thrush/overview,
audubon.org/field-guide/bird/hermit-thrush
youtube.com/watch?v=o0mATRdzZSc
bartleby.com/142/192.html.

Torrey Pines Docent Society Bird Survey: February 3, 2017

Number of species: 81
(81+2 other taxa)

Blue-winged Teal 8	Great Egret 4	Peregrine Falcon 2	Dark-eyed Junco 3
Gadwall 5	Snowy Egret 4	Black Phoebe 6	White-crowned Sparrow 46
American Wigeon 24	Osprey 1	Say's Phoebe 10	Golden-crowned Sparrow 1
Mallard 7	White-tailed Kite 1	Cassin's Kingbird 4	Savannah Sparrow 1
Northern Pintail 29	Red-shouldered Hawk 1	Hutton's Vireo 2	Song Sparrow 29
Green-winged Teal 4	Red-tailed Hawk 4	California Scrub-Jay 3	California Towhee 55
Canvasback 2	American Coot 20	American Crow 14	Rufous-crowned Sparrow 1
Lesser Scaup 20	Whimbrel 2	Common Raven 27	Spotted Towhee 17
Bufflehead 16	Long-billed Curlew 1	Tree Swallow 13	Red-winged Blackbird 3
Red-breasted Merganser 8	Spotted Sandpiper 1	swallow sp. 20	House Finch 69
Ruddy Duck 2	Willet 13	Bushtit 58	Lesser Goldfinch 33
California Quail 6	Heermann's Gull 2	Red-breasted Nuthatch 1	House Sparrow 1
loon sp. 2	Ring-billed Gull 1	Rock Wren 1	
Pied-billed Grebe 1	Western Gull 11	Bewick's Wren 10	Observers: Frank Wong,
Western Grebe 6	California Gull 110	Blue-gray Gnatcatcher 2	Jim Wilson, Kathy Dickey,
Clark's Grebe 1	Glaucous-winged Gull 1	California Gnatcatcher 12	Marty Hales, Mark Embree,
Black-vented Shearwater 40	Eurasian Collared-Dove 4	Ruby-crowned Kinglet 3	Steve Neal, Andy Rathbone,
Brandt's Cormorant 500	Mourning Dove 31	Wrentit 44	Eva Armi, Jack Friery, Herb
Double-crested Cormorant 78	White-throated Swift 5	Hermit Thrush 1	Knüfken, Bob Glaser,
Brown Pelican 37	Anna's Hummingbird 70	California Thrasher 7	Tsaiwei Lee, Tina Rathbone,
Great Blue Heron 3	Allen's Hummingbird 14	Northern Mockingbird 9	and Anonymous
	Belted Kingfisher 1	European Starling 1	
	Nuttall's Woodpecker 9	Orange-crowned Warbler 22	
	Northern Flicker 4	Common Yellowthroat 3	
	American Kestrel 7	Yellow-rumped Warbler 23	

View this checklist online at ebird.org/view/checklist/S42853791

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



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