



TORREYANA

THE DOCENT NEWSLETTER FOR
TORREY PINES
STATE NATURAL RESERVE

Issue 412

October 2019

Potluck and Parry

by Dan Hammer; photos by Herb Knüfken

On Saturday, September 15, about 85 docents gathered at the Pavilion for the annual TPDS potluck.

It had been a hot, humid day at Torrey Pines. Hosting the Lodge that afternoon, Shelley and I had welcomed dozens of tired visitors who struggled up the hill and were happy to find a cool old building where they could recover before heading down to the beach.

However, as the docents arrived, the sun began to set and the day cooled into a mild evening in a perfect setting.



Docents laid out their wares: sumptuous appetizers, main dishes, salads, and desserts.



Docent General Meeting

Date: Saturday, October 12, 9:00 am

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

Speaker: Michelle Innis, San Diego Mycological Society

Topic: Local Mushrooms

The San Diego Mycological Society includes amateurs, enthusiasts, and professionals who are interested in mushrooms for a variety of reasons: culinary, cultivation, identification, photography, ecology, and more. SDMYCO members conduct classes, lead forays, and assist in mushroom identification. Society secretary Michelle Innis will present a slide show about local mushrooms and offer tips on collecting and identifying them.

Refreshments: Docents with last names beginning with **D, E, & F** will be responsible for providing snacks for this meeting.

After a few announcements – including our Photo Contest winners and Docent of the Month (see articles in this issue) – TPDS president **Janet Ugalde** introduced our surprise



guest: Dr. Charles C. Parry! Magically channeled by **Joe Meyer**, Dr. Parry shared his life's story, including his discovery of the Torrey pine and his successful effort to convince San Diegans to preserve and protect this unique species.

It was a marvelous evening of food, camaraderie, and educational

entertainment. Following the dinner show, a group of docents adjourned for moonlight walks led by **Ingo Renner** and **Peter Domaille** (see article on pg. 3).

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

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Park Aides: Cheryl Biernacki, Krista DeBusschere, Joy Inton, Shawn Jacobs, Johnson Jou (Interpreter), Ingo Renner

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

President's Message

Though it doesn't feel like fall yet, it is that time of year again. And with the many changes the season brings, we at TPSNR welcome a new class of docents to our Interpreter Training. This year, in addition to 19 trainees, we are hosting 4 students, who will help create a docent program at UCSD Scripps Coastal Reserve.



This class includes many nature lovers, longtime TPSNR devotees, and wanna-be naturalists. It also brings us a returning docent, and a roving docent — who spent 20 years delivering naturalist talks around the world. Also joining us are several retired medical professionals, including a Flying Doctors volunteer. We have a herpetology enthusiast, a special needs leader, and a retired National Parks tour director. This describes just a few of this amazing group. They are enthusiastic, eager to learn, and lots of fun! Please join us in helping them prepare to interpret our Reserve to visitors.

WELCOME DOCENTS IN TRAINING!

See you on the trails.

Janet Ugalde

President, TPDS

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Children's Program

By Louis Sands, Children's Program Coordinator

So you've always wanted to participate in the Children's Program, but you're not sure how to go about it? Well, we've got a plan for you: **JUST SHOW UP**, and we'll take it from there!

Any Tuesday, Thursday, or first Friday of the month, bring your enthusiasm, knowledge, curiosity, and good humor to the Visitor Center by 9:15 am. We will pair you with a seasoned Children's Program docent who you can shadow along the trail. What a deal! You get to enjoy a full program day: presentation to hike to lunch — with absolutely no pressure on you! All we ask is that you observe, take notes, ask questions, and enjoy.

If you're ready to take the leap after your first outing, then we will talk next steps. If not, **REPEAT THE PROCESS** until you *are* ready. Be a part of this great tradition as we enter our 30th year. The Children's Program is truly a "Legacy of Stewardship" because of docents like you!

Docent of the Month:

Laura Chaing

Photo by Herb Knüfken

Time doesn't feel real: It's really been nearly a whole year for me volunteering at Torrey Pines, and being named a Docent of the Month is a touching surprise! Already some of my greatest regrets are having a full-time job that keeps me from attending most events and volunteering during our busiest days, the weekends; but being able to dedicate my free time to the TIK and Children's Program has been wonderful! My favorite is a 5th grader saying, "No Miss Laura! You aren't a spoil sport - you're fun!" when I try to remind him about trail safety. There is a special feeling when a park visitor sincerely thanks you for sharing what you feel makes the Reserve a treasured place in your heart, when a child hugs you as thanks for creating an appreciation for the little things they never noticed before. The community that surrounds and visits Torrey Pines has been one of welcome and appreciation, and I'm thankful to be a part of it.

Thank you as well to **Ingo Renner** for the opportunity to paint a new wingspan board for the TIK. It was one of my favorite displays even before I began volunteering for TPSNR and I hope it will live up to the legacy left by **Jim Cassell**, who painted the original!

A Matter of Balance

by Kristine Schindler

The TPDS Board recently approved my offer to provide an eight-session fall-prevention program to docents for free. (Thanks, Board members!) Called *Matter of Balance*, the program addresses the fear of falling; how to prevent a fall; basic exercises for flexibility, balance, and core strength; and more. The class will be held early next year (dates and time to be determined). It will consist of eight two-hour sessions, probably held outside at the Torrey Circle Pavilion. Spouses or significant others are welcome, with docents having priority because the course is restricted to 14 attendees. Stay tuned for more details to come.



Moonlight Walks

by Ingo Renner; photos by Marian Edelbrock

Following our delicious potluck, a number of docents enjoyed an evening moonlight hike. This year we broke into two groups; one went on the Guy Fleming Trail and the other to the newly opened North Fork of Broken Hill. Half an hour after sunset, we were greeted by a Harvest Moon rising over the eastern mountain ranges, casting a cream-colored light on the sandstone trails.

Our senses picked up the scent of coastal sage scrub wafting through the cool air while the heat of the day dissipated. Our hearing picked up the faint cries of poorwills calling out for their mates. Some docents carried black lights that quickly illuminated scorpions hiding along the trails. When we turned off our flashlights, we picked out stars and planets and saw the beautiful ocean bathed in moonlight.

It was truly a wonderful evening, thanks to all who helped make this possible.

Special recognition goes out to **Steve Neal** and **Michelle Kurtis Cole** for cleaning up while others were on the walk.



Winners of the Tide Calendar Contest

The six winners of the 2020 Tide Calendar photo contest were:

Herb Knüfken (four photos)

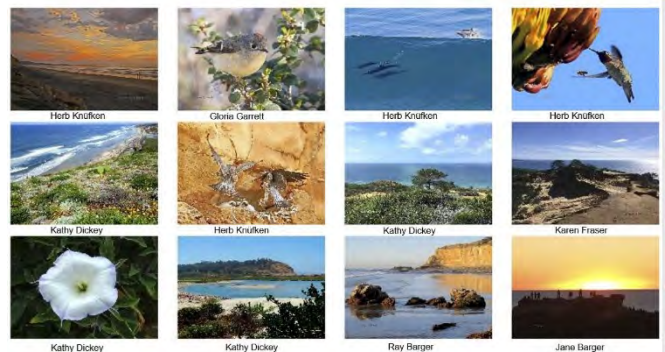
Kathy Dickey (four photos, one of which is the cover)

Gloria Garrett

Karen Fraser

Ray Barger

Jane Barger



The calendars are now for sale in the Museum Shop.

The Ethnobotany of Three Flower Families at TPSNR

by Jane Barger, Karen Fraser, and Sue Lange

This month's ethnobotany article includes information on three flower families in the Reserve.

Liliaceae – Lily family & sub-family, Calochoroideae

Patterns of the Lily family and the Calochoroideae sub-family include:

- Monocot flowers with parts in threes
- Basal leaves
- Large, showy flowers with three distinct sepals and petals
- Six stamens
- Pistil has three-parted stigma indicating three carpels in the ovary
- The flowers in the sub-family are commonly referred to as Mariposa Lilies for their resemblance to butterflies.

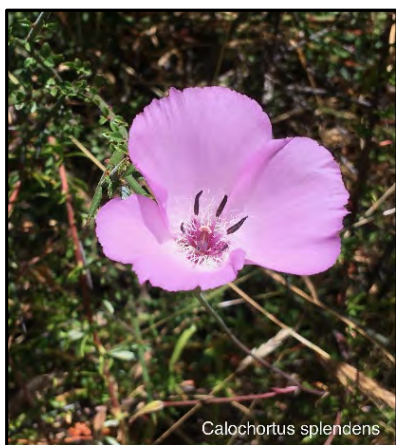
Weed's Mariposa Lily or Yellow Mariposa Lily (*Calochortus weedii*)



Splendid Mariposa Lily (*Calochortus splendens*)

The bulbs (corms) of both were eaten by the native Californians.

(Note: Do not try this at home.) The bulbs would be peeled and then cooked in a variety of ways. They could be steamed, boiled, roasted and baked. They could also be stored to eat later. The Cahuilla would eat them raw or baked in a rock-lined stone hot oven for 12-24 hours. Once the fire had burned to ashes, the bulbs were nestled in the ashes and covered with leaves or brush, then buried with dirt to lock in the heat. Sometimes another fire would be built on top. These bulbs were referred to as "root foods" or as "Indian potatoes." They are naturally high in carbohydrates making them an important staple food.



Natives practiced harvesting these bulbs in a sustainable method. They would use their fire-hardened digging sticks to loosen the soil without damaging the corms. Individual plants would be left alone and only the largest corms were harvested. The small attached offsets were removed to replant. Harvesting began only then, after the seeds set on the plants to insure greater yield. They would return to the same area year after year to harvest. Some California natives would also practice field burning to encourage growth as these "potatoes" were also labeled as fire followers.

Cleomaceae – Beeplant family

Patterns of the Beeplant family include:

- Mustard-like flowers in dense raceme with pea-like pods
- Ovary often matures as a pod-like capsule
- Six-plus stamens (rarely four)
- Four separate petals
- Four separate sepals
- Regular or slightly-irregular flowers

Bladderpod (*Peritoma arborea*)

Native Americans used the plant as a food source and for medicinal purposes. The leaves, flowers and the seeds of the pod were used. The flowers have a bitter taste and were boiled in water for up to four hours to help sweeten the taste. The water was squeezed out and formed into a mush-ball. It was eaten plain, or in a stew with onions, tomatoes or peppers. The seed pods were used for flavoring. The current-day Kumeyaay usually eat it with atole (mush), tortillas or eggs. Medicinally, a tea concoction was made from the leaves and pods that were used for fevers, stomach disorders and sore throats. Additionally, an extract from the roots of the bladderpod could be used as a green dye for basketry items.



Adoxaceae – Muskroot family

Patterns of the Muskroot family include:

- Bushes with opposite leaves
- Flowers/berries in clusters
- Pithy stems
- Regular bi-sexual flowers
- Inferior ovary
- Five small sepals
- Five united petals
- Five stamens



Blue Elderberry or Mexican Elderberry (*Sambucus nigra* ssp. *caerulea*)

The Kumeyaay picked the flowers and hung them up to dry. The flowers were made into a tea for colds, coughs and flu. They were also used to cut a fever, particularly for children and often mixed with White Sage to make the Elderberry tea more effective. The fresh leaves were used as a laxative and made into an infusion for swollen feet. Cooked leaves were used as a compress for sores. The ripe berries were eaten raw or made into a drink. The berries were often dried to store for future use. The dried wood was used to make flutes.

Things I Learned at The Tribal Climate Change Summit

by Kathy Dickey

I attended the Southwest Tribal Climate Change Summit, held in Idyllwild, CA from Aug. 13-16, 2019. The meetings are organized every two years, and attended by approximately 160 adults and youth from all over the western states. The high school and college youth had their own meetings, broke into groups, and presented to the rest of us their plans to address climate change problems in their schools and communities in the coming year.

Here are some things I learned from the presentations and also from casual conversations during the meeting:

1. Climate change is having a severe impact on tribes large and small throughout the West. For the Navajo, drought and waste management are the biggest issues in a nation as big as West Virginia. For the California tribes, loss of oaks and



pinus, as well as loss of ground water, salmon, and native plants are the big issues. Fire season has become almost year-round and impacts almost everyone, including the Blackfeet tribe in the far north. A rush to establish emergency evacuation plans is underway. For many, environmental funding is a real problem, as well.

2. Some related quotes from the events:

- **From Anthony Madrigal, Cahuilla elder:** “For native people, natural resources are the SAME as cultural resources... We need to acquire and protect more traditional native lands... We must respect and honor all living things... We must recognize the drastic imbalance in nature and between peoples, and react accordingly... We will have ceremonies to recognize what we did wrong.”
- **From Lisa Gover, Pawnee, and Campo Band lawyer:** “I am angry. Science IS politics.”
- **From Gregg Garfin, Climatologist:** “People are more vulnerable at the beginning of a heat event, when the temperature changes suddenly. We must protect our elders and our very young.”
- **From Daniel Calac, MD, Pauma Band:** “Diatoms in our ocean provide 50% of the oxygen on earth... Rapid change is very bad... Be a climate change evangelist. Make it an invitation... Stop speaking about human-caused, just focus on the waves of climate change overcoming us regardless of the cause.”
- **From Eric Descheenie, AZ, Navajo:** “Native Americans see things very differently than objective western scientists. We need to engage with people one on one... Mother Earth, our relatives, our ancestors, are all angry because we have not kept them well.”
- **From AZ State Senator Jamescita Peshlakai, Navajo:** “I don’t want my children and grandchildren to suffer... We must look to the past for our future survival... We are a powerful thread in each other’s rug... We follow the Dine Way... We are not making our offerings to the Creator; it is our sacred duty... We need people who are bold and crazy to heal Mother Earth.”
- **From Shasta Gaughen, Environmental Director, Pala Band:** “How much is enough? Make it OK to say no to consumerism.”
- **From Eric Descheenie, AZ, Navajo:** “We are lucky... We are not victims... We have survived immense impacts over the last 500 years... When the next cataclysmic event happens, we will remember our past survival and we will survive again... Sustainable practices are in our history and in our blood.”

Nature Discovery Series, Beach & Ocean

by Kathy Dickey

It was a glorious warm, clear day for the September 21 event. So clear, in fact, that none of the kids could find a “cloud in the sky” to complete their beach scavenger hunt list! But they still got a prize, of course.

Jane and Ray Barger designed the “What’s on the Beach and What’s in the Ocean?” displays for the public. At the picnic tables near the south beach parking lot were a display about whales hosted by **Debbie Buffington**, one on geology hosted by **David Buffington**, and one on birds hosted by nature photographer **Jonathan Layan** and me. **Bruce** and **Patti Montgomery** and **Stu Rosenwasser** also helped set up and interpret these displays for visitors.



Down on the beach at the BIK (Beach Interpretive Kiosk), hosted by Jane and Ray, there were more displays including dolphins, shells, trash degradation, kelp, urchins, the beach scavenger hunt for kids, and much more. They lost count after over 100 visitors stopped by in the first hour. A few other trail patrol docents participated down on the beach by keeping visitors as far away from the cliffs as possible.



Props from the Lodge, such as our rock collection, whale baleen and vertebrae, along with **Wes Farmer’s** whale

models, added to the interesting displays. Even some of the taxidermy birds were used. A funny thing happened when Bruce was carrying the Brown Pelican back to his car for return to the Lodge taxidermy shelf: A woman stopped him and asked him how he was able to tame such a wild bird!

This was a huge success, and we will look forward to next year’s Nature Discovery Series (NDS) beach/ocean event. Ray and Jane set up the BIK most low-tide weekends this summer. Unfortunately, this was the last weekend until next summer. They look forward to having a new shed at the south parking lot to make the setup a lot easier. They also could use more docent participation at this popular BIK interpretation site next year. So try it – it’s fun!

Don’t miss the next NDS event on October 19 at 10:30. **Norrie Robbins**, a TPSNR volunteer, will present “The Rocks, the Land, the Water and the People,” covering the Los Peñasquitos watershed with a lecture at the Pavilion, followed by a short hike.

Torrey Pines Book Club

When: Tuesday, October 8, 1:00 pm

Where: the Buffingtons’ home in San Diego

What: *The Moth Snowstorm: Nature and Joy* by Michael McCarthy

Amazon says:

The moth snowstorm, a phenomenon Michael McCarthy remembers from his boyhood when moths “would pack a car’s headlight beams like snowflakes in a blizzard,” is a distant memory. Wildlife is being lost, not only in the wholesale extinctions of species but also in the dwindling of those species that still exist.

The Moth Snowstorm is unlike any other book about climate change today; combining the personal with the polemical, it is a manifesto rooted in experience, a poignant memoir of the author’s first love: nature. McCarthy traces his adoration of the natural world to when he was seven, when the discovery of butterflies and birds brought sudden joy to a boy whose mother had just been hospitalized and whose family life was deteriorating. He goes on to record in painful detail the rapid dissolution of nature’s abundance in the intervening decades, and he proposes a radical solution to our current problem: that we each recognize in ourselves the capacity to love the natural world.... Drawing on the truths of poets, the studies of scientists, and the author’s long experience in the field, *The Moth Snowstorm* is part elegy, part ode, and part argument, resulting in a passionate call to action.

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

November 12: *The Last Season* by Eric Blehm

Birding Ethics (or, Don't Be a Jerk!)

by Jack Friery; photo of Osprey by Herb Knüfken

Many areas of endeavor have established codes of ethics. We know there are ethical standards for doctors, lawyers, and architects. But did you know that there's a code of ethics for birders? The American Birding Association has published a Birding Code of Ethics. (See listing.aba.org/ethics/.) The code should be followed by any of us who are birders – whether we participate in regularly established birding groups, such as local Audubon Society chapters, or are simply dedicated backyard birders. In fact, the concepts of the code could be followed by any of us who engage in wildlife viewing of any type.

The ABA code, in summary, provides as follows:

- Promote the welfare of birds and their environment. For example, keep well back from nests and roosts. Avoid agitating the birds. Wear clothing in subdued colors.
- Respect the law and the rights of others. Avoid encroaching on private property and practice common courtesy on the trail. And stay on the trail.
- For backyard birders: Ensure that feeders and nest boxes are kept clean, and safeguard birds from predation by cats and other domestic animals.
- For group birding (including Torrey Pines hikes): Respect the interests, rights, and skills of fellow birders as well as people participating in other legitimate outdoor activities. Freely share your knowledge and experience. Be especially helpful to beginning birders.

The National Audubon Society has published a similar code of birding ethics, with special focus on bird photography. (See audubon.org/get-outside/audubons-guide-ethical-bird-photography/.)

All these rules can be synopsized into one: Don't be a jerk – to the birds, to neighbors, to fellow birders, to other hikers. See birdwatchinghq.com/birdingethics/.



Torrey Pines Docent Society Bird Survey: September 2019

Number of species: 63
(+3 other taxa)

Mallard 9
California Quail 2
Pied-billed Grebe 3
Eurasian Collared-Dove 1
Mourning Dove 39
White-throated Swift 16
Anna's Hummingbird 27
Rufous/Allen's Hummingbird 7
hummingbird sp. 3
Semipalmated Plover 1
Whimbrel 58
Long-billed Curlew 2
peep sp. 12
Red-necked Phalarope 1
Willet 10
Western Gull 32

California Gull 6
Caspian Tern 4
Royal Tern 4
Double-crested Cormorant 8
Brown Pelican 26
Great Egret 2
Snowy Egret 5
Green Heron 1
Black-crowned Night-Heron 1
Yellow-crowned Night-Heron 1
White-faced Ibis 1
Osprey 3
Cooper's Hawk 2
Red-shouldered Hawk 1
Red-tailed Hawk 4
Belted Kingfisher 1
Downy Woodpecker 2
Nuttall's Woodpecker 10
American Kestrel 4
Peregrine Falcon 1

Pacific-slope Flycatcher 1
Black Phoebe 20
Cassin's Kingbird 7
Hutton's Vireo 1
California Scrub-Jay 10
American Crow 11
Common Raven 34
Cliff Swallow 5
Bushtit 15
Wrentit 58
Blue-gray Gnatcatcher 3
California Gnatcatcher 17
House Wren 15
Bewick's Wren 27
California Thrasher 12
Northern Mockingbird 4
Western Bluebird 1
House Sparrow 2
House Finch 85
Lesser Goldfinch 34

Dark-eyed Junco 15
Song Sparrow 21
California Towhee 43
Rufous-crowned Sparrow 1
Spotted Towhee 20
Yellow-breasted Chat 2
Hooded Oriole 1
Orange-crowned Warbler 12
Common Yellowthroat 11
Black-headed Grosbeak 1

Observers: Eva Armi, Andy Rathbone, Marty Hales, Steve Neal, Herb Knüfken, Jack Friery, Kathy Dickey, Gary Grantham, Robert Turner, Manolo Turner, Patti Kroger, Tsaiwei Olee, and Anonymous

View this checklist online at ebird.org/view/checklist/S59741204

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



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