



TORREYANA

THE DOCENT NEWSLETTER FOR
TORREY PINES
STATE NATURAL RESERVE

Issue 422

September 2020

Support Your Local Lagoon

by Dan Hammer

At the August TPDS meeting on Zoom, we learned a lot more about the Preserve within the Reserve: Los Peñasquitos Lagoon. Mike Hastings, longtime executive director of the Los Peñasquitos Lagoon Foundation (LPLF), surveyed the Lagoon's natural history, including its impairment from human activity and its recent restoration and enhancement.



Photo credit: Mike Hastings

The LPLF is a nonprofit organization that works directly with the Coastal Conservancy, State Parks, the surrounding community, and other stakeholders. It was founded in 1983 to “protect, restore, enhance and preserve Los Peñasquitos Lagoon, a State Marsh Natural Preserve.” Two years later, LPLF produced the first Los Peñasquitos Lagoon Enhancement Plan and Program.

There was plenty of room for enhancement. Historically a vibrant saltwater marsh, the Lagoon had been degraded for nearly a century – first by upstream cattle grazing and land clearing, later by sewage dumping, and then by intense residential and commercial development in Carmel Valley and Sorrento Valley. With development and hardscaping

Docent General Meeting – Special Event

Saturday, September 12, 5 pm – evening event in lieu of monthly meeting

Location: Online via Zoom (link to the meeting will be emailed to all docents)

Hosts: Joe Meyer and the Children's Program Team

Topic: Storytelling: Tales of Torrey Pines

In lieu of a general meeting, we will have a special evening of docent storytelling. The lineup will include Children's Program docents and others who volunteer to share a story (practiced and honed to 3-7 minutes in length) that docents may tell visitors to TPSNR. Please plan to join us for an evening of stories and laughs. For more information, or to join our lineup of storytellers, contact **Kristine Schindler**.

came a dramatic increase in freshwater runoff into the Lagoon, which killed off much of the salt marsh.

The 1985 Enhancement Plan established an “adaptive management” system to monitor the Lagoon and guide restoration projects. Under this system, the LPLF has worked to eliminate sewage discharges, reduce sediment entering the Lagoon, and manage the Lagoon inlet to maintain tidal connectivity.

(Cont on pg. 2)

Key Drivers for Lagoon Impairment

Historic Land Use

Transportation Infrastructure

Legacy Pollutants

Development of the Flood Plain

Urbanization of the Watershed

Large-Scale Beach Nourishment

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

President's Message: Storytelling

One of the most powerful ways to inspire and motivate others is by telling them a story. Storytelling quickly establishes a connection between the speaker and listener. It captures attention and engages emotions. It communicates values and helps people make sense of their world. People love a good story, but aren't necessarily interested in conservation. We can use stories to educate, increase empathy, and even open minds.



Let's work together to enhance our storytelling skills. Join us on Saturday evening, September 12, for "Tales of Torrey Pines," a docent storytelling event. (See Special Event notice on pg. 1.)

See you by the virtual campfire.

Janet Ugalde
TPDS President

Lagoon (Cont. from pg. 1)

In recent years, the LPLF has moved from repairing damage to restoring the long-term health and viability of the native salt marsh. Working with stakeholders, LPLF updated the Lagoon Enhancement Plan and is providing oversight in the Design and Feasibility Study for large-scale salt marsh restoration in the Lagoon. Long-term projects will include restoring channels between the railroad tracks and the Marsh Trail and designing a "managed retreat" of the North Beach Lot as sea levels rise.

Meanwhile, the LPLF is working to restore native habitats around the Lagoon. Among other projects, volunteers are working to maintain the Marsh Trail and remove invasive plants. Mike showed how they cleared a large patch of *Carpobrotus* along Carmel Valley Road by covering it with tarps, "cooking" it with solar heat, raking it, and removing it.

Mike said the LPLF welcomes continued help from docents on these projects, and he promised to keep in touch about upcoming volunteer opportunities.

If you missed Mike's presentation or wish to see it again, [visit Vimeo link.](#)

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General Meeting Minutes – August 8, 2020

The General Meeting was called to order at 9:00 am by President Janet Ugalde.

TPDS President Ugalde welcomed Torrey Pines docents to the meeting, again conducted via Zoom.

At its peak, 107 docents were signed in.

Speaker

Mike Hastings, Executive Director of the Los Peñasquitos Lagoon Foundation (LPLF). Topic: Preserving Los Peñasquitos Lagoon (see pg. 1).

TPDS Business

President Janet Ugalde shared the following:

- **Tales of Torrey Pines**

Janet confirmed that the **September** meeting will be replaced with a special event, the “Tales of Torrey Pines” storyteller event (via Zoom).

Joe Meyer will be the event’s Master-of-Ceremony, and **Kristine Schindler** will coordinate the event. Details about the event, including event logistics, such as how to become a presenter, will be sent out soon by Kristine.

- **Docent Refresh Training**

The next Docent Refresh Training will take place on August 22. The topic will be “Torrey Pines State Reserve: Historical Characters.” **Mark Embree** as narrator and his team (**Joe Meyer, Judy Schulman, Jerry Trust, Barbara Wallach** and **Gabriele Wienhausen**) are bringing the history of the Reserve alive by telling the past history of our region and by impersonating Charles Parry, Ellen Browning Scripps, Guy Fleming and Frances Burkholder.

The program was developed as part of the 2019 docent training and was conducted as a walk through the Reserve. To recreate this experience, the presentation was recorded August 5 in the Reserve by **Louis Sands**. It will be shown as a video via Zoom on August 22 as part of Docent Refresh training.

Unauthorized Activities in the Extension

Kathy Dickey shared that while conducting an approved bird count in the Torrey Pines Extension, she discovered remnants of a campfire and quite a bit of trash. She and other docents, who live nearby and are witnessing daily that the public ignores the closure signs, were wondering how to inform authorities about these illegal activities.

In response to this, Mike Hastings provided the following information:

Contact SURCOM by calling 951-443-2969.

An alternative suggestion – especially when seeing potentially dangerous situations such as campfires – is to call 911.

Museum Shop Team

Nancy Walters (lead, Museum Shop team) shared that TPA in partnership with the TPDS Museum Shop team created The Torrey Pines Boutique, an online shopping site. TPDS will sell bandanas, ball caps and canvas shopping bags. The team hopes to add additional items soon. Click [here](#).

Docent of the Month

Marty Hales is Docent of the Month. Marty, Class of 2015, has made substantial and broad contributions that include the monthly bird count, Lodge hosting, Roving Interpreter, and Whacky Weeding.

The General Meeting ended at 10:28 am. Informally, many docents stayed on Zoom for a little while to visit with each other.

Torrey Pines History Comes Alive

by Janice Barnard

Our August 22 Docent Refresh Training #7 featured a video with incredible reenactments of historical figures who shaped the destiny of TPSNR. The actors included **Mark Embree** (playing a ranger), **Barbara Wallach** (as a docent), **Joe Meyer** (Dr. Charles Parry), **Gabriele Wienhausen** (Ellen Browning Scripps), **Jerry Trust** (Guy Fleming), and **Judy Schulman** (Francis Burkholder). Additional recognition goes to producer and director **Louis Sands**. Thank you to our actors for their time in researching their roles and presenting the Reserve’s historical characters. The video is fun with lots of interesting facts and a refreshing look at the Reserve’s history. If you missed this presentation or want to see it again, [click here](#).

Next Docent Refresh #8: on September 26 at 9 am on Zoom. Guest speaker Dr. Phil Stoffer will present the geology of TPSNR.

Masks by and for Docents

by Kristine Schindler

Facial coverings have taken on an important place in our COVID-19 world. Over the last several months, a group of docents have stepped up to make masks and offer them to other docents and park staff. (Perhaps you picked up one during our Docent Day at TPSNR in June.) Many thanks go out to **Debi Buffington, Susan Elliott, Lore Heath, Patty Montgomery, Nancy Richardson, and Steve Tarkington** for contributing to this impromptu mask supply chain. Not a way you would have ever thought you would give to our TPDS, but there you go!

Docent of the Month:

Marty Hales

Photo by Herb Knüfken

In 2014, as a recently retired pathologist and newcomer to San Diego, I was looking forward to spending time outdoors.

My love of nature dates back to exploring the Connecticut woods as a child. I vowed to someday live where there were no signs of civilization - quite a contrast to San Francisco, where my husband Jim and I settled. It wasn't until we began escaping the city to a cabin north of the Bay Area that I rediscovered the pleasure of becoming familiar with a unique natural environment. That experience returned in 2015 when I entered the Torrey Pines docent program.



Nancy Walters had recommended the program to me and served as an excellent mentor; her flower ID was awesome! I began with Lodge Hosting, Whacky Weeding, and Trail Patrol but hoped to find a niche at Torrey Pines. I was interested in birds, but I knew little about them. (In our graduation skit, I had mentioned a Peregrine falcon looking for rodents on the Guy Fleming Trail!) **Jack Friery** inspired me to attend bird counts and Audubon walks, and to study birds. **Kathy Dickey** taught me to listen to their songs and calls. When I expressed an interest to Jack in a bird count of the main Reserve that had been dropped a few years earlier, he said "Let's do it!" After a few months of Jack's guidance, I was on my own. If you look at my Torrey Pines ebird counts, the numbers increase - not because of an influx of birds since 2016, but because my skills gradually improved along with those of my bird count crew.

Now I divide my time between San Diego and our cabin in West Sonoma, and between my newfound passions of birding (especially at Torrey Pines) and playing harmonica.

Nominating Committee Seeking Board Applicants

by Ken King, Nominating Committee Chair

Please consider serving on our docent board! It's a great way to learn what's going on, and you get a say in the decisions faced by the board at the monthly board meetings. Docent Society board members are the elected leadership of our society. They oversee our activities, create and approve new activities, take care of our finances and reporting, communicate board decisions to TPDS members, and work with the State Parks staff. Members of the board are expected to attend the majority of the monthly board meetings and actively participate in discussions and decision-making. All of the terms are for one year. Each of the five at-large members serves as liaison to specific docent activities, such as the Children's Program, Lodge hosting, weeding, etc. Those assignments are selected at the first board meeting of the year. The Nominating Committee, appointed by the board, asks the general membership to consider serving, accepts applications, and chooses the nominees who comprise the proposed slate for the coming year. The slate is presented to the general membership in October, and the members vote in November. You can download a copy of the application form [here](#). Your application will be reviewed by the five Nominating Committee members: **Ken King, Janice Barnard, Peter Domaille, Steve Neal, and Joe Meyer.**

Del Mar Sand Aster

by Rhea Bridy

for Maryruth Cox on her 90th birthday

Just a little wink of purple
and a dash of orange
Hi!, dear little joy
Del Mar Sand Aster!
You sweeten the breezes
along the silvery steps.



“Mat” Matsumoto: Two Exhibits

by Joanne Miale

One morning back in February, when I was Lodge hosting (remember?), Helen Kagan walked in. Helen, the daughter of Tsuyoshi “Mat” Matsumoto, bought 12 of her father’s beautiful cards for a show featuring his work, and we struck up a conversation. I told her how much her father meant to all of us docents and how we appreciated her family’s generosity in giving us the rights to reproduce and sell his art. She told me she feels a special connection to him whenever she comes to the Reserve.

Helen explained that there were in fact TWO shows – one at an Alabama library and one at a Louisiana university. She said she didn’t understand why they had chosen her father since he wasn’t famous. I said Mat WAS famous, at least to us, as someone with a fascinating story who moved to this area for a passion and gave a lot back to his new home. I asked her to let me know about the shows upon her return. She recently wrote to me about her adventures.



Matsumoto with his sketchbook. Courtesy of Helen Kagan.

Helen and her husband Ron went first to Athens, Alabama, where her father had taught music during the 1930’s and

early 40’s at the Trinity School for African-American children. The exhibit, at the Athens-Limestone County Library, also features the work of Daisy Tibbs, a Black artist who had been a student of Mat’s and was inspired to defend Japanese-Americans when he was interned after Pearl Harbor. Kris Reisz, the show’s organizer, acknowledges **Maryruth Cox’s** *The Story of Mat* (published for TPSNR) as an important source of details about Mat’s later life, and several of Mat’s Torrey Pines drawings are part of the exhibit. For a press release about this show, [click here](#).



"The 1585 Tree of Joy" — at High Point, Torrey Pines State Reserve, La Jolla — pencil by Mat
Copyright © 1992 by Tsuyoshi Matsumoto

Drawing above is from *The Story of Mat* by Maryruth Cox

Helen and Ron then traveled to New Orleans, where the Amistad Research Center at Tulane University was preparing a small exhibit called “I Know Them as People, Not as Figures” – a quote from one of Mat’s letters during his detention. This show personalizes the experiences of four diverse individuals who exemplify the gifts immigrants can offer their new country. It will soon be available online at artsandculture.google.com/partner/amistad-research-center.

Both exhibits focus on the prejudice that Mat and others faced (still unfortunately relevant today) and how they overcame these challenges to make important contributions to American culture. An inspiration and lesson to all.

For more about Mat’s extraordinary life, you can read *The Story of Mat* (Box.com [link here](#)) or [click here](#) for the Discover Nikkei website.

Fall Prevention Tips

by Kristine Schindler

We were scheduled to have an in-person “Matter of Balance” program at the Reserve starting in April, but that plan needed to change because of the COVID-19 pandemic. I do still hope to offer this program again to my fellow docents as a volunteer coach. Stay tuned.



In the meantime, did you know that September is Fall Prevention Month here in San Diego? It is tagged to the first day of *Fall*, which this year is on September 22. Clever, huh? Well, it is important to shine a light on the risks that lead to falls and how best to avoid falling or to have a minor instead of major fall. Here are a few tips:

- Awareness is so important to prevent a fall. Mind + body awareness, including looking for obstacles (such as car wheel stops in parking lots), being aware of your surroundings, and not being distracted are key.
- At home, turn on lights (especially near stairs), cut down on clutter, secure or (better yet) remove area rugs, and look for other hazards you can identify and address. Ask someone to do a home fall risk inspection with you – different eyes see different things.
- Rooms with water (like kitchens and bathrooms) are areas to be very aware of – slippery when wet. In the kitchen, put the most-used items in easy reach – not too high or too low. Do you have permanent grab bars in your bathrooms? If yes, well done!
- Set yourself up for success by doing physical activities that help to improve your core strength, balance, and flexibility.
- Consider tools that may help you be safer, such as trekking poles, shower seats, canes, and walkers. It is vital to keep moving and to use whatever tool you may need to remain active.
- Dogs and leashes have increased statistics for falls. Again, be aware and careful, but do enjoy your dog walking. It is important exercise for all involved.
- If you have a fall, please tell your person (spouse, partner, family member, close friend) AND your doctor. There could be factors to address that entered into the fall such as medications, vision, hearing, and/or alcohol use. Do your best to identify what may have contributed to the fall.
- The fear of falling, especially after a fall, is real and should be talked about so that you can address the fear head-on and remain active.

- Good shoes to give you a good sturdy foundation are important. No flip-flops, please.
- Be pragmatic – safety over vanity.

We all fall throughout our lives, but as we age the impact of a fall may be more dramatic and harder to heal from. We learn best from each other, so I do look forward to the day when we can come together for the Matter of Balance program, which includes a fair amount of peer-to-peer sharing and support. If you have any questions now, please feel free to give me a call.

Torrey Pines Book Club

We will continue to meet via Zoom at our regularly scheduled time. Please notify Ken King if you plan to participate and if you need any extra help getting connected.

When: Tuesday, September 8, 1:00 pm

What: *The Perfect Predator: A Scientist's Race to Save Her Husband from a Deadly Superbug: A Memoir* by Steffanie Strathdee and Tom Patterson

This is timely because of the pandemic, and it has a local angle with UCSD.

Amazon says:

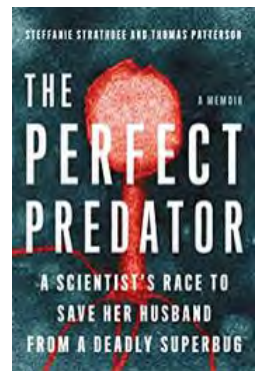
Epidemiologist Steffanie Strathdee and her husband, psychologist Tom Patterson, were vacationing in Egypt

when Tom came down with a stomach bug. What at first seemed like a case of food poisoning quickly turned critical, and by the time Tom had been transferred via emergency medevac to the world-class medical center at UC San Diego, where both he and Steffanie worked, blood work revealed why modern medicine was failing: Tom was fighting one of the most dangerous, antibiotic-resistant bacteria in the world.

Frantic, Steffanie combed through research old and new and came across phage therapy: the idea that the right virus, aka “the perfect predator,” can kill even the most lethal bacteria. Phage treatment had fallen out of favor almost 100 years ago, after antibiotic use went mainstream. Now, with time running out, Steffanie appealed to phage researchers all over the world for help. She found allies at the FDA, researchers from Texas A&M, and a clandestine Navy biomedical center – and together they resurrected a forgotten cure.

A nail-biting medical mystery, *The Perfect Predator* is a story of love and survival against all odds, and the (re)discovery of a powerful new weapon in the global superbug crisis.

October 13: *Walking the Amazon: 860 Days. One Step at a Time* by Ed Stafford



Bird of the Month: Killdeer

by Jack Friery; photo by Herb Knüfken

Our featured bird this month is the **Killdeer**, *Charadrius vociferous*, a shorebird that is in the plover family. The bird is eight to eleven inches long, and has two bold black bands on its chest. Watch it as it dashes across open fields, stopping and starting, picking off various invertebrates.

The “shorebird” description has to be taken with a grain of salt. Although Killdeer are seen at the shore, these birds are common in the desert, and are almost guaranteed to be seen in open expanses of green in golf courses and cemeteries far inland. (Make sure to check the open fields in Miramar National Cemetery or at your favorite golf course.)

The Killdeer creates its nest as a scrape in areas that are graveled, such as gravel rooftops and parking lots. (One birder told me of a pair that nested in a gravel parking lot at a spot where school buses discharged their kids every day; the nest apparently did fine.) When the bird is nesting, it often performs the “broken-wing trick” to lure predators away from its nest and young—feigning a broken wing as it moves further and further away from the nest, drawing the invader away.

The bird’s common name, Killdeer, is derived from its call: a far-carrying, excited *kill-deer*. Its species name, *vociferous*, also describes its loud call.

Sources: Unitt, *San Diego Bird Atlas*; Choate, *The Dictionary of American Bird Names*; allaboutbirds.org/guide/Killdeer/overview



Torrey Pines Docent Society Bird Survey: August 2020

Number of species:66
(+4 other taxa)

Gadwall 4
Mallard 4
California Quail 4
Pied-billed Grebe 1
Eurasian Collared-Dove 1
Mourning Dove 43
White-throated Swift 17
Anna's Hummingbird 36
Rufous/Allen's Hummingbird 12
hummingbird sp. 3
Whimbrel 16
Long-billed Curlew 1
Marbled Godwit 12
Least Sandpiper 25
Willet 12
Heermann's Gull 12

Western Gull 32
California Gull 2
Royal Tern 1
Red-throated Loon 10
Brandt's Cormorant 13
Double-crested Cormorant 6
Brown Pelican 16
Great Blue Heron 5
Great Egret 1
Snowy Egret 7
Osprey 2
Cooper's Hawk 2
Red-shouldered Hawk 1
Red-tailed Hawk 1
Downy Woodpecker 1
Nuttall's Woodpecker 9
American Kestrel 2
Peregrine Falcon 1
Black Phoebe 13
Ash-throated Flycatcher 1
Cassin's Kingbird 6

Hutton's Vireo 1
California Scrub-Jay 12
American Crow 20
Common Raven 17
Northern Rough-winged Swallow 5
Cliff Swallow 23
swallow sp. 1
Bushtit 52
Wrentit 55
Blue-gray Gnatcatcher 2
California Gnatcatcher 28
House Wren 9
Bewick's Wren 19
wren sp. 2
California Thrasher 8
Northern Mockingbird 9
Western Bluebird 3
Phainopepla 1
House Finch 55
Lesser Goldfinch 70

Dark-eyed Junco 12
Savannah Sparrow 4
Song Sparrow 18
California Towhee 66
Spotted Towhee 16
Hooded Oriole 5
Red-winged Blackbird 2
Brown-headed Cowbird 2
Orange-crowned Warbler 7
Common Yellowthroat 6
Yellow Warbler 2
Western Tanager 1
Black-headed Grosbeak 1

Observers: not specified
(Count limited by closure of the Reserve)

View this checklist online at ebird.org/checklist/S72398477

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



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