

TORREYANA

THE DOCENT NEWSLETTER FOR
TORREY PINES
STATE NATURAL RESERVE

Issue 425

December 2020

Ystagua

by Dan Hammer

Five thousand years before the first commuter train stopped there, Sorrento Valley was home to a thriving Kumeyaay village. Called Ystagua, its 200 or so residents belonged to four clans (or *sibs*) from the Ipai branch of Kumeyaay – those clans living north of the San Diego River. (The southern Kumeyaay are known as Tipai.) They occupied about one square mile along Peñasquitos Creek, beneath today’s I-5/805 merge and around the Coaster station.

At the November 14 docent meeting on Zoom, Richard Carrico outlined his work on Ystagua and its people. A lecturer in the Department of American Indian Studies at San Diego State, Mr. Carrico is the author of *Strangers in a Stolen Land: The Indians of San Diego County from Prehistory to the New Deal*. Along with his teaching, research, and public speaking, he is now working on a comprehensive catalog of Kumeyaay place names and their meanings. *Ystagua* is an Ipai word meaning either “worms’ home” or “bringing something home from the sea.”

Mr. Carrico began by asking “How do we find the past?” Among the most valuable documentary sources are Spanish colonial records of Native American baptisms, marriages, and deaths beginning when Spaniards first arrived in San Diego in 1769. Another source is the work of local archaeologists, who have unearthed about 23,000 sites in San Diego County since the 1930s, when Malcolm Rogers discovered the Harris site along the San Dieguito River.

The Ystagua digs began in the 1970s. As usual, archaeologists worked backwards through time, uncovering the more recent levels of settlement first. Eventually, seven feet below grade, they unearthed the earliest settlements, which contained human remains buried in pits. They also found bones and shells of 32 species of fish and shellfish from both local waters and as far away as the Coronado and Channel Islands. Some of the shells, particularly *Olivella*,

Docent General Holiday Party

Saturday, December 12, 11 am

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

Program: See pg. 7 for details.



were used to make beads that were buried with the dead along with jewelry made from abalone and clam shells. At the upper level – the last 3 feet below grade – archaeologists found that cremation had replaced inhumation for burial about two thousand years ago. They unearthed different species of shellfish (mussels rather than oysters), evidence that the local diet adapted as the ocean level rose. They uncovered many bones from rabbits and antelope, the latter demonstrating that grasslands once flourished in land now covered in chaparral. Ystaguans ate seeds from these grasses, which they periodically burned to flush out rabbits and return nutrients to the soil.

(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:

GIVING FEELS GOOD!

Give kindness and respect.

Give your time by listening.

Give smiles and laughter.

Give encouragement and support.

Give sincere praise.

Give thanks.

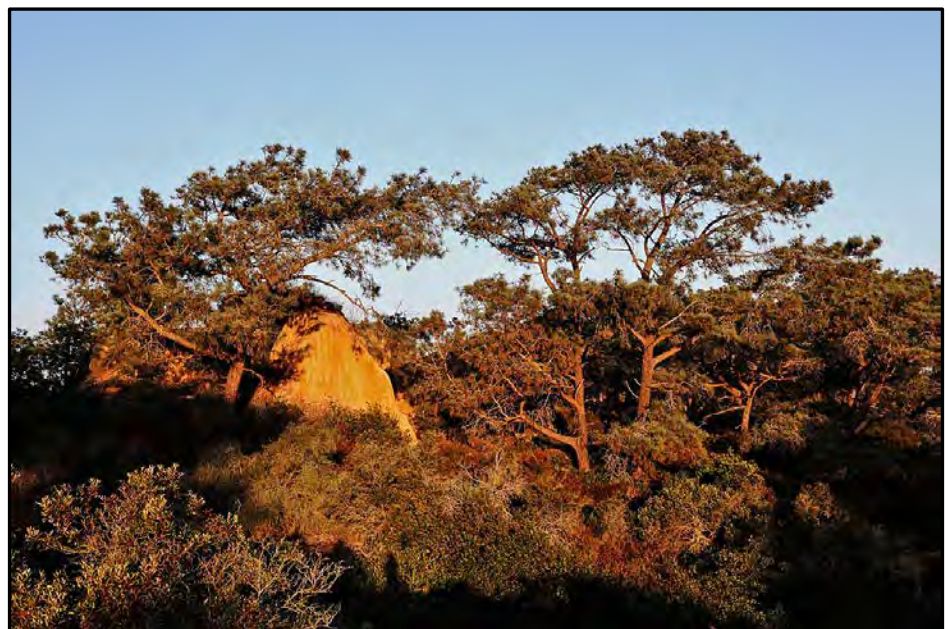
As my term as your president comes to a close, I want to thank everyone who offered me kindness, respect and encouragement along the way. Thanks to the incredibly hardworking and committed board members, who enthusiastically shared the load. Thanks to the docents who volunteered their time to help keep the Reserve and Docent Society running smoothly.

I am grateful for the opportunity to serve the Torrey Pines Docent Society.

See you on the trails!

Janet Ugalde

TPDS President



Early morning in the Reserve Photo by Herb Knüfken

(Cont. from pg. 1)

In addition to grass seeds, native crops included chia, buckwheat, and acorns. The people of Ystagua hunted, first with darts and later with bifaced arrowheads. They fished with hooks fashioned from abalone and with weighted nets. In all, Mr. Carrico said, Ystagua was blessed with “a phenomenal amount of food,” and famine was rare throughout the five millennia of habitation.

Before the Spaniards arrived in 1769, the Native population of San Diego County was around 20,000 – about twice the average density for this type of landscape (probably because food was so plentiful). After contact, the population was decimated by disease, slave labor, and murder. By the 1870s it was estimated at 2,000.

In 1775, Tipai clans sacked the Mission San Diego and killed the priest. Mr. Carrico said the Ipai “were not invited to the party” even though Spanish soldiers had raped women, whipped men, and damaged their fields with cattle and horses.

Around 1810, the people of Ystagua probably moved to Poway. From there, they moved on to the mountains in the 1870s.

Today the Native population of San Diego County has recovered to its original level of 20,000, including about 8,000 Kumeyaay and Luiseño. Ystagua has been replaced by modern roads and buildings. But the next time you’re stuck in traffic at the merge, look down to the west and imagine the people who lived there five thousand years ago. Thanks to Richard Carrico, we have a better sense of what their lives were like.

General Meeting Minutes – November 14, 2020

The General Meeting was called to order at 9:05 am by President Janet Ugalde.

TPDS President Ugalde welcomed Torrey Pines docents to the meeting, conducted again via Zoom. The meeting was attended by 110 docents.

Speaker

Dr. L. Richard Carrico, Lecturer in the Department of American Indian Studies at SDSU, talked about “Five Thousand Years in Sorrento Valley: The History of Ystagua and its Ipai People” (see pg. 1).

TPDS Business

Voting of TPDS Board 2021 Slate

President **Janet Ugalde**, in preparation for the election of the 2021 Board and in accordance with the TPDS bylaws, called on the Nominating Committee for its report. **Ken King**, representing the committee, reiterated that last month

the Nominating Committee submitted the following slate of board members for 2021:

President: **Lynne Truong**

Vice President: **Roger Isaacson**

Treasurer: **Janet Ugalde**

Secretary: **Gabriele Wienhausen**

At-large:

Annette Ring

Stu Rosenwasser

Cres Torres

Harry Proctor

Myrna Trust

Janet thanked the committee and reported that Ken did not receive any prior notice of additional nominations from the floor and that the nominations are therefore closed. He invited the docents to vote on the entire TPDS Board slate, as is customary for the Society.

The board slate was elected, 82 ayes and 0 noes.

Janet congratulated the new Board and thanked the Nominating Committee and the voting members.

Holiday Party

Kristine Schindler will organize a Zoom Holiday Party on December 12, in lieu of the GM on that date. She asked docents via a survey for feedback about format, timing, and content of such an event. She also invited docents to actively contribute to program components, such as sharing special holiday traditions or telling holiday stories. Of the 105 docents present, 80 answered the survey questions. Of those, 5% volunteered to share a holiday tradition and 6% agreed to contribute to a playlist, e.g., tell a story or play music. Although slightly more docents suggested starting the event at 5 pm (33 out of 80), to avoid religious conflicts the event will take place at 11 am, which was favored by the second highest number of docents (28 of 80).

President Ugalde encouraged docents to contact Kristine with questions, ideas and or suggestions pertaining to the event (See pg. 7.)

Membership Dues

Lynne Truong reminded all docents that the annual membership dues (\$25) are due December 31. (See pg. 5 for details.)

Museum Shop One-Day Sale

Nancy Walters announced that docents and TP staff will be able to purchase Museum Shop items from an online catalog and receive those items via curbside pickup (behind the Lodge) on **December 3** between **10 am and 1 pm**. Docents must wear items that identify them as TP docents (e.g., vest, name tag), must wear masks and must adhere to

physical distancing. Browsing will not be possible. Only Museum Shop staff will have access to the Lodge.

All orders must be made by 30 November (no exception) by emailing Nancy or **Selma Torres**. (See Docent Roster for emails.)

All sales are credit card only.

Further details will be sent via TPDS Google Group.

Budget 2021

President Ugalde stated that the COVID-19 situation has created uncertainties that makes establishing a 2021 budget difficult. The TPDS Board proposes therefore that committee budget allocations made for 2020 also be used for 2021. Janet asked committee leads who wish to propose a different budget allocation to contact their respective Board liaisons. Requests need to be prepared and submitted to the TPDS Board for the December Board meeting.

Passing of John Pfleger

See pg. 7.

Refresh Training

Cres Torres, co-organizer of the Docent Refresh Training Program, announced that the last session will take place November 21 from 9 – 10:30 am. The speaker will be **Barbara Wallach**, who will talk about “The Art of Interpretation”.

Cres asked docents to share ideas about format, type and content of a possible 2021 continuing training program with the new board helping to develop a new strategy for training.

Road Clean-Up

Kristine Schindler is considering organizing a road clean-up. Interested docents should contact her to express their willingness to participate. –

TPDS Classified pages

Kathy Dickey, webmaster of the TPDS Classified Pages freddickey.net/tpds-classifieds, reminded the docents that this free posting offers opportunities to sell, purchase and give away items. Docents who wish to send notices for the classified pages should do so by emailing Kathy (see Docent Roster).

Docents of the Month

Nancy Walters and **Selma Torres**, both in the Class of 2012, are the Docents of the Month. They took over management of the Museum Shop from **Nancy Woodworth** when she retired in June 2019. Since then, they have done a very commendable job of managing the shop before and during the time of COVID-19. They have organized a "curbside" pickup for holiday purchases

(behind the TPSNR Lodge/Visitor Center) on Thursday, Dec. 3.

Nancy and Selma thanked the TPDS for the honor but made it clear that the contributions of the other members of the shop team, Docents **Valerie Thomas** and **Mary Hohmeyer**, were significant and essential for organizing the December 3 event.

The General Meeting ended at 10:50 am.

Many docents remained on Zoom for another 20-plus minutes for informal socializing.

Jazz for the Pines a Fundraising Success

by Peter Jensen

Born in the recording and broadcast studio of local jazz guitarist Peter Sprague, Torrey Pines Conservancy's *Jazz for the Pines* turned out to be a surprising success. More than \$10,000 (net) was raised for future projects in the Reserve.

Although the virtual event certainly had little of the outdoor ambience (and none of the food and wine) of recent years' *Wine in the Pines* held in the Reserve, it still offered a good bit of warmth and camaraderie among attendees. After a simple login, attendees could watch and listen to high-quality sound and live video from two accomplished musicians, Peter and guest vocal artist Rebecca Jade.

Every ticket purchase represented a significant donation; the highest-level ticket price included a copy of a new art poster depicting a lone pine in the Reserve. The poster also commemorates the 70th year of Torrey Pines Association, now known as Torrey Pines Conservancy. These posters are for sale on the Conservancy website: torreypines.org. (See image of poster on pg. 6.)



Docents of the Month:

Selma Torres

Photos by Herb Knüfken

Growing up in Rio de Janeiro, the beach was our primary destination every free moment. But there were also hikes in the mountains around us and frequent visits to the botanical garden. Fast forward many years and cities later and I'm in San Diego and



introduced to TPSNR, right on the Pacific Ocean! It combines my love of beaches and this amazing nature reserve. Since 2012 I've mostly enjoyed Lodge hosting and meeting people from all over and even practicing my Portuguese now and then. Co-managing the Museum Shop with Nancy Walters has been a terrific learning experience, which is made much easier with the invaluable support of **Valerie Thomas** and **Mary Hohmeyer**. Thank you so much for this great honor, so glad to be part of the amazing team of TPSNR docents.

Nancy Walters

It's an honor to be selected as co-Docent of the Month along with Selma. Although we are co-managers of the Museum Shop, we are helped enormously by the efforts of our other Shop team members. We could not do this job without them.



I grew up just outside NYC but have always been drawn to nature, whether in hiking and camping, exploring a botanic garden, or just gardening in my own yard. My time spent as a docent has been one of the most meaningful and pleasurable activities of my life. We have the awesome responsibility of representing and interpreting nature to all visitors. As docents, we are people of influence, serving our community and helping others to appreciate the beauty and importance of this special place that is TPSNR.

While it has been a challenging year, we look forward to a time when our activities return to "normal" and the Lodge is open once again.

Docent Dues Are Due!

by Lynne Truong

To retain your membership in the Torrey Pines Docent Society, please pay your annual \$25 membership dues by December 31, 2020.

Payment Methods:

1. \$25 check to TPDS, mail to
PO Box 2414
Del Mar, CA 92014
2. \$26 via Paypal: follow this link torreypine.org/donate2/ and scroll down to the very bottom of the page for the yellow Donate button.

I will be at the back of the Lodge to collect membership dues, check or cash on December 3 from 10 am until noon.

All current docents will get a 2021 parking pass and retain their current membership status regardless of hours volunteered, with the following exceptions:

- * If your current status is Associate and you have at least 84 hours, your status will become Active;
- * If this is your 10th year of Active membership and you've completed at least 84 hours by the end of the year, your status will become Lifetime.

Please log your service hours. **NOTE** that the minimum 84 service hours is waived this year for the parking pass, but it is still required if you want your year to count towards Lifetime status.

Please check the printed membership roster and send any updates to membership@torreypine.org

2020 Docent Refresh Training in Perspective

by *Crescencio Torres and Janice Barnard*

The year 2020 began with excitement and Hope, but COVID-19 brought it all to a screeching halt. With the Reserve closed in April to all visitors, including docents, a significant intervention to fill the learning, volunteering, and connecting vacuum created by the deadly Coronavirus was needed. In just a few short weeks, all our lives changed, and mask-wearing, social distancing, and ZOOM became the new normal.

To fill the vacuum, the Care Team led by **Annette Ring** took the bull by the horns and jumped into action, looking for ways to keep docents engaged during the COVID shutdown. Reaching out to other volunteers, **Janice Barnard** found that many docents in her cohort expressed concern about retaining their skills. The proverb "out of sight, out of mind" started taking on a new significance and created an urgent need for action.

In May of this year, we began the Docent Refresh training with the purpose of refreshing, enhancing, and expanding interpretative skills while the State restricted access to TPSNR. We have had ten excellent knowledge expanding opportunities with at least 75 to 100 participants at each session. Trainers have been exceptional in their depth of knowledge and their respective subject matter and creative in their interpretive and presentation approach.

"After so many months of COVID induced docent inactivity at TPSNR, the Refresh sessions were valuable in reminding me that I may have forgotten a lot of stuff, teaching me some things I never knew and reconnecting with fellow docents."

—*Stu Rosenwasser*

As we finish the Refresh with the final session this month, we again express our gratitude for the inspiration for this program from our most recent graduating docent class and thank those who made the Refresh Training a success: **Pao Chau, Janet Ugalde, Margaret Fillius, Bruce Montgomery, Kathy Dickey, Marty Hales, Mark Embree, Joe Meyer, Gabriele Wienhausen, Jerry Trust, Judy Schulman, Joy Inton, Johnson Jou, Barbara Wallach**, and Dr. Phil Stoffer. Also, a special thank you to **Roger Isaacson, Louis Sands, Patty Montgomery, Ken King, Cres Torres, and Janice Barnard** for their program support.

"Hope is being able to see that there is light despite all the darkness."

—*Desmond Tutu*



Image of 10 DR video covers.

To access docent training videos:
[Click here.](#) (Usual password needed.)

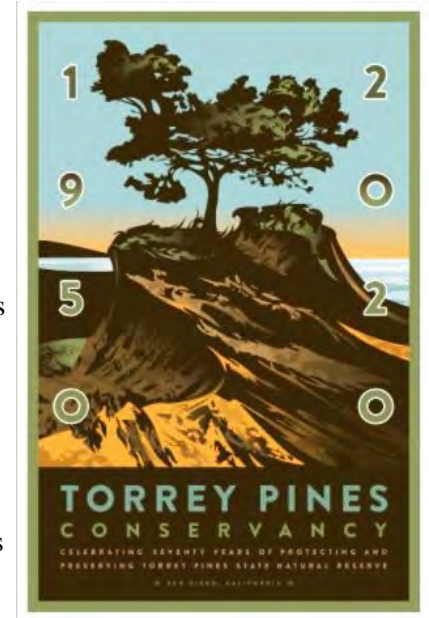
An Association Becomes a Conservancy

by *Peter Jensen*

Seventy years of going by the name "Torrey Pines Association" shifted in October when the organization's Board of Counselors announced that its new name will be the *Torrey Pines Conservancy* (TPC instead of TPA) while its business name will remain *Torrey Pines Association*.

The change was made necessary in good part by changing times: the word *association* has been appropriated by homeowners' associations while *conservancy* has an unmistakable kinship with efforts to preserve and protect still-natural lands.

"We hope the new name will better represent our efforts to help raise funds for projects that assist State Parks' stewardship of Torrey Pines State Natural Reserve," reasons the Board, "without the explanation of 'who we are' that was always necessary with the word *association*."



Docent Holiday Party on Zoom

Please plan to join us on Saturday, December 12 at 11am for our first Holiday Happy Hour via Zoom (and hopefully our last December holiday gathering *via Zoom*). There will be many things to share – smiles (not masked), talent, music, traditions, songs, and more!

We will pack in as much as we can for this 1.5-hour docent gathering. Remember to wear an ugly sweater, shirt, pants, hat, or other if you want to be in that contest. Invite your docent adjacent (e.g., spouse, family, pets) to be in the mix as well.

2020 has been an interesting + challenging + time warp kind of a year. Let's come together to make December 12 a highlight for the year and enjoy each other together ... apart ... together.

If you have questions about this event, please contact Kristine Schindler. See Membership Roster for email or phone number.

In Memoriam: John Pfleeger



1929-2020

Lifetime Docent **John Pfleeger** passed away on November 3. John was 91. His wife, Susan, preceded him in death. He became a docent in 1998. John mostly worked at the Lodge and conducted walks because he loved interacting with people. It was John who encouraged **Roger Isaacson** to become a docent! As well as a docent at Torrey Pines State Natural Reserve, John was also an active member of the Friends of the Powerhouse in Del Mar and a beloved volunteer at Scripps Memorial Hospital. He continued to attend TPDS general meetings into his early 80s.

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, December 8, 1:00 pm

What: *Alta California: From San Diego to San Francisco, A Journey on Foot to Rediscover the Golden State* by Nick Neely

Amazon says:

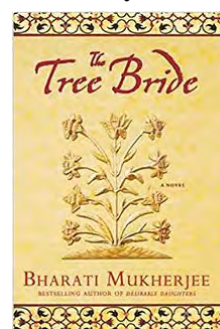
In 1769, an expedition led by Gaspar de Portolá sketched a route that would become, in part, the famous El Camino Real. It laid the foundation for the Golden State we know today, a place that remains as mythical and captivating as any in the world.

Despite having grown up in California, Nick Neely realized how little he knew about its history.

So he set off to learn it bodily, with just a backpack and a tent, trekking through stretches of California both lonely and urban. For twelve weeks, following the journal of expedition missionary Father Juan Crespí, Neely kept pace with the ghosts of the Portolá expedition — nearly 250 years later.

Weaving natural and human history, *Alta California* relives Neely's adventure, while telling a story of Native cultures and the Spanish missions that soon devastated them, and exploring the evolution of California and its landscape. The result is a collage of historical and contemporary California, of lyricism and pedestrian serendipity, and of the biggest issues facing California today—water, agriculture, oil and gas, immigration, and development—all of it one step at a time.

January 12: *The Tree Bride* by Bharati Mukherjee



Bird of the Month: California Towhee

by Jack Friery; photo by Herb Knüfken

Our featured bird this month is the **California Towhee**, *Melospiza crissalis*. This sparrow relative is commonly seen in Torrey Pines Reserve, often hopping along the ground in our parking lots in search of seeds. You may hear its call note, which is a single metallic “clink,” before you see the bird.

The California Towhee is a year-round resident of coastal California. It is about nine inches long and a uniform matte brown except for a rusty patch under the tail. (This patch is called the *crissum*. It’s technically the feathers that comprise the bird’s undertail coverts. The word’s meaning in Latin is a bit too salacious to be described in this publication.)

As an example of how quickly birds develop after eggs are laid, the towhee’s eggs are incubated for about 11 days before hatching, and the hatchlings may leave the nest in as little as 8 days after hatching.



Sources: allaboutbirds.org/guide/California_Towhee/overview

audubon.org/field-guide/bird/california-towhee

Sibley Guide to Birds (National Audubon Society).

Torrey Pines Docent Society Bird Survey: October 2020

Number of species: 76

Blue-winged Teal 4	Marbled Godwit 3	Say's Phoebe 8	Savannah Sparrow 4
Gadwall 3	Willet 56	California Scrub-Jay 9	Song Sparrow 28
American Wigeon 23	Heerman's Gull 31	American Crow 34	Lincoln's Sparrow 3
Mallard 11	Ring-billed Gull 1	Common Raven 29	California Towhee 44
Lesser Scaup 15	Western Gull 95	Bushtit 95	Rufous-crowned Sparrow 1
Bufflehead 5	California Gull 81	Rock Wren 2	Spotted Towhee 57
Bed-breasted Merganser 3	Brandt's Cormorant 5	House Wren 14	Western Meadowlark 2
California Quail 1	Double-crested Cormorant 5	Bewick's Wren 3	Red-winged Blackbird 10
Pied-billed Grebe 4	Great Blue Heron 4	Wren sp. 2	Orange-crowned Warbler 10
Western Grebe 35	Great Egret 8	Blue-gray Gnatcatcher 2	Common Yellowthroat 12
Mourning Dove 48	Snowy Egret 10	California Gnatcatcher 20	Yellow-rumped Warbler 127
Anna's Hummingbird 41	Black-crowned Night-Heron 1	Ruby-crowned Kinglet 14	
Costa's Hummingbird 1	Yellow-crowned Night-Heron 1	Wrentit 49	Observers: 13 - Kathy
Rufous/Allen's Hummingbird 7	Osprey 1	Hermit Thrush 20	Dickey, Andy Rathbone,
American Coot 12	Cooper's Hawk 3	California Thrasher 10	David Walker, Deborah
Black-bellied Plover 2	Red-shouldered Hawk 3	Northern Mockingbird 4	Walker, Kathy Estey, Gary
Semi-palmated Plover 61	Red-tailed Hawk 8	Cedar Waxwing 20	Grantham, Marty Hales,
Whimbrel 5	Nuttall's Woodpecker 14	House Sparrow 1	Tsaiwei Olee, Nancy
Long-billed Curlew 3	Northern Flicker 9	House Finch 63	Richardson, et al.
	American Kestrel 6	Lesser Goldfinch 101	
	Peregrine Falcon 1	Dark-eyed Junco 4	
	Cassin's Kingbird 14	White-crowned Sparrow 70	
	Black Phoebe 17	Golden-crowned Sparrow 1	

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



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