



TORREYANA

THE DOCENT NEWSLETTER FOR
TORREY PINES
STATE NATURAL RESERVE

Issue 438

January 2022

Holiday Potluck Party a Sunny Success

by Joan R. Simon

The sun was shining, docents were smiling, and the food was plentiful. Nearly 100 TPDS docents gathered together for the first time in two years to celebrate at our annual holiday potluck party on December 11.



President **Lynne Truong** led off the gathering by recapping the almost two years of intermittent docent activity at the Reserve, with weeding, Roving Interpreters, and graffiti clean-up along the beach cliffs (thanks, **Guy Laurie**, **Don McGuire** and others!) being the first to come back. With both the Lodge and TIK now open (albeit in somewhat restricted forms), things are getting a little more back to normal. Thanks to **Steve Neal** for retraining us in Lodge procedures before the reopening. **Cres Torres** has been leading CEED events this year and the Nature Discovery Series presentations are up and running, thanks to **Kathy Dickey**.

Stephanie Adams, volunteer liaison from the ranger staff, thanked docents for all our hard work during a difficult time: "We are fortunate to have you -- you are amazing."

Annette Ring, who is leaving the board after seven years, was name Docent of the Year. She was thanked for "always being willing to help in any way." As a testament, she proffered capes for two docents who have worked above and beyond the call of duty this year: **Myrna Trust** as the "Top TIK-Talker" and **Thomas Holland** as the "Host with the Most" (see photo on right).

Docent General Meeting

Date: Saturday, January 8, 9:00 am

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

Speaker: Corinne Heyning Lavery

Topic: North America's Galapagos: The Historic Channel Islands Biological Survey

Corinne will recount the adventures and ambitions of a group of researchers, explorers, and science-hungry teenagers who came together in the late 1930s under the aegis of the Natural History Museum of Los Angeles County to piece together the human history and biological evolution of California's eight Channel Islands.

Corinne is the author of *North America's Galapagos: The Historic Channel Islands Biological Survey* (University of Utah Press, 2020). She is a member of the Santa Barbara Natural History Museum Board of Trustees, a research associate and fellow at the Natural History Museum of Los Angeles County, an associate of the Santa Cruz Island Foundation, and a member of the All Eight Club, a geographic organization that tracks the people who have set foot on all eight Channel Islands.



(Cont. 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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your ZooNooz magazines to the
Museum Shop.

President's Message

Greetings from the 2022 TPDS Board of Directors. Wishing you a healthy, happy and nature-filled 2022.

I want to thank the Nominating Committee for the work they put in to select the 2022 Board. This year we welcome three new board members: **Matthew Xavier** as Secretary and **Rosemary Wareham** and **Mark Lippard** as Directors-at-Large. **Roger Isaacson**, **Gabriele Wienhausen** and **Harry Proctor** continue as Directors-at-Large, supporting me as president, with **Cresencio Torres** as Vice President and **Janet Ugalde** as Treasurer. We look forward to working together to prepare the Docent Society for the challenges and opportunities that volunteering during the pandemic brings. Winter is a time to slow down and recharge. It's a good time to pause for a few moments and focus on gratitude. Reflecting on all we accomplished with park staff in 2021, gratefulness comes easily. A special thank you to the *Torreyana* team for keeping us all informed and connected through this past year. The Children's Pavilion, the TIK, and the map board all got a refresh. Even the taxidermies got cleaned, and we purchased the tools to enable us to keep them clean. We were able to resume many of our volunteer activities, some in limited hours or capacity: Nature Walks, Mindful Walks at Torrey Pines, TIK, Lodge Hosting, Nature Discovery Series, CEED, Interpretive Trail Patrol, Weeding, roadside and beach cleanup, sandstone graffiti cleanup, and new Docent training. Some core activities such as Lodge Hosting and TIK required tremendous prep work to get restarted, so a big thank you to 2021 Board members and committee leads and your teams for your valuable contributions this past year.

We encourage all docents to stay engaged in the many docent interpretative activities and to share the wonder and mysteries of the Reserve with visitors. Take a cue from nature: use the quiet winter time at the Reserve to slow down, observe, and delight in the beauty of Torrey Pines.

See you on the trails,

Lynne Truong

TPDS President

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(Cont. from pg. 1)



TPDS docent Class of 2022. L-R: Pablo Ramirez, Danielle Connolly, Karen Gross, Gary McCook, Tina Tong, Tatiana Gagauz, Emmy Ibrahimovic, E.P. Vance, Beverly Toth, Loraine Trust, Kevin Solano, Craig Carlisle, Ron Styn, Robert James Not shown: Dinah Carl, Linda McCaffery, Joann Sandlin, and Kathy Simmons

The docent Class of 2022 was welcomed by **Susan Elliot**, who along with **Janet Ugalde** and Park Aide **Louis Sands** were their instructors this year. Susan catalogued a dizzying array of professions and talents among the new group: engineers, geologist, electrician, wildlife biologist, landscape contractor, attorneys, law professor, superior court judge, retired Salk Institute scientist, teacher, nurse, ballerina, Ironman triathlete, nature journalist, Sierra Club hiking leader, college students, and even two comedians, as well as the usual hikers, cyclists, photographers, birders and campers. For four of the inductees, English is not their first language. The 18 new docents are: **Dinah Carl, Craig Carlisle, Danielle Connolly, Tatiana Gagauz, Karen Gross, Emmy Ibrahimovic, Robert James, Linda McCaffrey, Gary McCook, Pablo Ramirez, Joann Sandlin, Kathy Simmons, Kevin Solano, Ron Styn, Tina Tong, Beverly Toth, Loraine Trust, and E.P. Vance.**



Ten new Lifetime docents were congratulated for their ten years of docent service. L-R: **Nancy Walters, Selma Torres, Sara Mussen, Annette Ring, Joanne Miale, and Darby Lewis** Not shown: **Mary Friestedt, Mary Hohmeyer, Karen Lisi, and Debby Sherman.**

Nature Discovery Series: Upcoming Schedule

Jan 15: Amazing Migration of the Gray Whales (Jane Barger)

Feb 19: Animals and Habitats (Bruce and Patty Montgomery)

3 pm at the Children's Pavilion

Contact Kathy Dickey for more information

Docent of the Year: Annette Ring

Photo by Herb Knufken

I am deeply honored by this recognition as Docent of the Year. I was also very surprised. My fellow board members did not tip their hand at all. I was at the meetings but had no idea this was in the works.



Staying very active as a docent has helped me heal from the near-fatal car crash I had two years ago on Friday, December 13, 2019, as well as weather the pandemic.

The initial draw of TPSNR for me was the ocean. I had sailed around the world for seven years as a teenager, and the ocean has always drawn me to it. It is where I recharge myself and retreat for peace and quiet. Then the docent training, and being out in the Reserve, taught me that there is so much more to TPSNR than just the shoreline and ocean. The Reserve is so rich with plants, animals, geography, history, and so much more.

What I value most about being a docent is being part of this wonderful, warm and supportive Society. I love that our common purpose, as docents, is the protection of our beautiful Reserve, our natural oasis in the urban sprawl.

Many thanks to the board and to all docents that make this such a vibrant and dynamic group.



The Children's Program Is Back!

by Louis Sands, Children's Program Coordinator

Janet Ugalde and I are so excited to announce that the Children's Program will resume operations the last week of January, 2022 – nearly two years after the pandemic forced its closure! The docent board has approved a program format that we believe all docents, new and returning, will appreciate.

Please plan to attend our kickoff meeting for the program details: **Wednesday, January 12**, from 10 am to noon at the Children's Pavilion. If you cannot attend our meeting, do not worry. We will make program details (docent qualifications, program signup, program structure and goals) available via Google Groups. If you do not subscribe to Google Groups, send an email to me at tpsnr.childrensprogram@yahoo.com to request the information.

We cannot wait to welcome students back to our beloved Reserve. We also look forward to contributions from our most recent docent graduates, as well as those docents who considered the program but never took the plunge, and, of course, our seasoned veterans who have waited patiently. Everyone is welcome!

80+: A Conversation with Jack Friery

Interviewed by Nancy Richardson

What drew you to become a docent at Torrey Pines?

Even as a child growing up in the tenements of New York City, I was interested in nature, every facet -- insects, astronomy, birds -- so that by the time I moved to San Diego in 2000, I got involved with Torrey Pines.



I know you are very involved with the bird inventory at Torrey. How did that begin?

When I had a young family, we had a cabin in North Carolina. Sitting on the deck, I noticed all the little yellow birds. With a pair of cheap binoculars and a bird guide, my interest began.

You have the significant task of compiling the bird inventory at the end of each month here at Torrey Pines, which is no small feat. Are there other special duties or honors you are proud of at Torrey?

I've been involved in the bird count for over 15 years. It started with my doing the beach and lagoon bird count. I was writing an article every month, so there are over one hundred articles that I've written on birds for the *Torreyana*.

I've seen how dynamic nature is reflected in the bird count. European Starlings that were in San Diego in abundance are declining. Allen's Hummingbirds were a new bird to the county and now they are here year-round. Eurasian Collared Dove numbers were going up, but now they seem to be receding. Forty or fifty years ago, there were no crows here. There are lots of pulls and tugs that just keep nature interesting.

Beyond that, for ten years I did the weekend walks. Then, because I had some flexibility owning my own law firm, I was able to do the Special Walks as well. I've enjoyed meeting people from all over and with different backgrounds.

Can you tell us more about your childhood?

I like to say \$17.50 changed my life. I was brought up in Manhattan tenements and then in the Bronx. I tested for a Jesuit Prep school and was accepted, but the tuition was \$35 a month. My mother said we couldn't afford it, but my uncle stepped in to provide half the tuition each month, paving the way for me to be the first person in my family to go to college.

I understand from your website that you went on to Fordham University. What was your favorite subject?

Yes, I went to Fordham for both undergrad and law school. I studied English literature and languages. Specifically, the languages I studied were Latin, Greek, Spanish, Italian and French. I thought then that I could study Shakespeare on my own. I took another 15 years of courses, and now I'm in a Shakespeare book club and another book club where we are reading both James Joyce's *Ulysses* and Homer's *Odyssey* at the same time.

What brought you to San Diego?

Briefly, job opportunities. I practiced contract law with the government, including the U.S. Department of Defense. I worked as a JAG attorney during the Vietnam War and tried several hundred courts-martial. I was with a private law firm in D.C, then Hughes Aircraft, which brought me to the west coast. I then moved to San Diego for the role of corporate counsel for SAIC (Science Applications International Corp.) before opening my own private law firm.

You have had many achievements with the Docent Society. Is there any you are specifically proud of?

Well, I guess winning Docent of the Month in 2009. But I'm also proud of all the fascinating people I've met here, both within the Society and on the trails. One of the habits I like to persuade new docents to practice is to say hello to everyone on the trail. It's amazing who you will meet and how that has such a positive influence on the visitors.

That leads me directly to next question: Do you have

any philosophies or advice you would like to share with other docents?

Yes, really I have two. First, instead of lecturing at the visitors, try to ask them questions to engage them in the natural environment. Second, encourage them to use all their senses (except maybe taste) to experience the place: smell the pines and the chaparral; hear the birds. There's no better way to instill a passion.

What makes you happy these days?

These past couple of years have been especially difficult. On top of Covid, my wife of 43 years passed away. I also had a detached retina in 2020 to deal with. To prevent myself from going into a morass of depression, I have kept myself busy. Along with my volunteering at Torrey Pines and my book clubs, I'm active in a Zoom meeting with my old high school mates. This past year I went on a bird trip to Costa Rica, a trip to Istanbul and Athens, and a short jaunt to Dublin, with two short trips to Virginia and one to New York City. I guess my fatalist Irish heritage comes through with my philosophy: "Enjoy the good times, as tragedy is right around the corner."

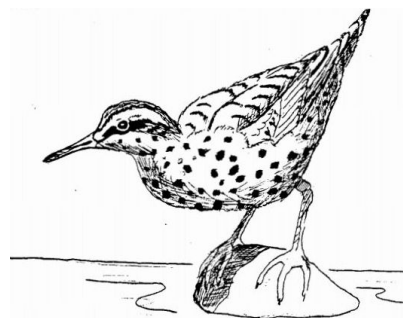
With this busy schedule, do you have anything else on your bucket list?

Not really. I feel I have done and continue to do many of the things I have wanted to do, but I would like to travel to Kyoto and Tokyo, as well as Stockholm.

In closing, do have any advice for future docents, beyond what you have already provided?

Not so much advice for future docents, but perhaps our system. When I go on guided walks, I find the leaders may have the same pitch but what they say is inconsistent at best, sometimes outright wrong. Maybe we need some retraining or some other system of quality assurance.

Jack does not meet the 80+ age criteria for these interviews, but his wisdom, wit and experiences go way beyond his years. I hope you will have a look at the video to see the full effect: click on [this link](#).



Spotted Sandpiper; from the *Torreyana*, January 1984

Beach Discoveries

by Ingo Renner

November tides washed up three unexpected marine animals onto Torrey Pines state beaches and down the coast. The first two were found by Supervising Ranger Dylan Hardenbrook while on his morning beach patrols.

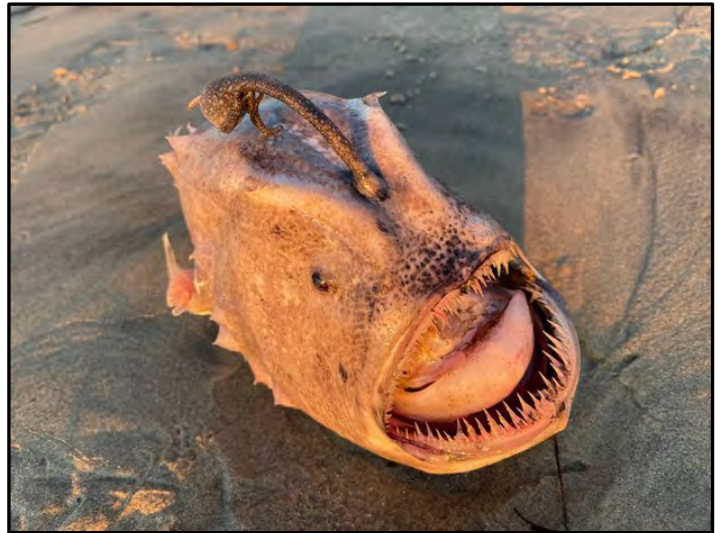
Now residing in the bottom drawer of our artifact cabinet in the Lodge is a dried California bay pipefish (photo at right). They live among beds of eelgrass found in bays and tide pools along the western U.S. coast. Their long, slender, pencil-like bodies are perfectly camouflaged among the swaying blades of grass, poised to slurp up small crustaceans with their tubular, toothless mouths.



A dead salmon shark (see photo below) became a very popular TIK interpretive exhibit for a day. Salmon sharks, as their name implies, usually inhabit colder Pacific Northwest waters, feeding on salmon and other schooling fish. Although many shark species birth their young in warm Southern California and Baja waters, they eventually migrate north to their feeding grounds. It is possible that this individual became disoriented due to a brain parasite common to this species.



A visitor to Black's Beach was surprised to find an ultra-rare sea monster on his evening walk. Known as a Pacific footballfish (see photo above, right), it is a type of deep-sea anglerfish with a bioluminescent light on top of its head that acts as a lure. These are usually found swimming in depths between 1,000 and 4,000 feet beneath the sea. Fun fact -- the male of this species



is known not to eat, but rather just to live long enough to procreate.

Winter is a great time to get out and explore our beaches, as extreme high tides and storm surges often wash up unexpected discoveries.

Stages of Life in Traditional Kumeyaay Culture

by Kathy Dickey; photos by Cresencio Torres

Dr. Stan Rodriquez, from the Santa Ysabel Band of the Iipay Nation and a Tribal Councilman for the Kumeyaay, spoke at a Nature Discovery Series on November 20. He is the Director of Kumeyaay Community College, a member of Advocates for Indigenous California Language Survival, and an adjunct faculty member at California State University San Marcos.



Stan Rodriquez speaking to visitors and docents
Stan described age-old, but still sometimes practiced, cultural traditions of the Kumeyaay people and key ritual ceremonies that mark the stages of life. For example, at birth, the umbilical cord is buried in a specific spot. The baby cradle is constructed of

mesquite root, then shaped and decorated according to the sex of the baby. A belt is made with seven diamond shapes, red for a girl and black for a boy. Afterward, a naming ceremony occurs.

At puberty, once a girl has her first menses, a pit is dug and lined with rabbit skin blankets. The girl stays in the pit for three to four days. The women elders sing to her, feed and pamper her, and instruct her about conduct, pregnancy, babies, and other important matters. Upon completion of the ceremony, the girl is marked with a tattoo, signifying her transition to adulthood.

Boys are brought together as a group when they are about 14. The male elders sing and prepare the boys for their transition to manhood. They must put their hands and feet on ant hills, and stinging nettle is applied to their skin. They must run an entire day, following the sun. A sand painting is prepared that includes red and black snakes and other drawings that signify the Milky Way and various constellations. A soapstone bowl is used by the chief elder to prepare a special tea that will tell each boy in his dreams what kind of man he will become. The boy gets “married” to his rattle, or *halmaa*, so he can learn the traditional songs and creation stories.

For marriage, young people go to tribal gatherings to meet a mate. The mate must come from a different clan group, or *shamull*. At times, arranged marriages are made. The marriage needs to have community support. The bride may move to the groom’s family home area or stay in her own village, depending upon the needs of the respective communities. Stan said his grandparents were 14 and 16 when they married, and his great-grandparents were 12. He said, “Back then, boys and girls grew up quicker.”

Chiefs, or *kwaypaay*, may be male or female. Elders, or *kuhmii*, are more than just old people. Elders always come first, are fed first, given gifts and blankets, and are highly respected. They also are the speakers, teachers, and priest-doctors within the tribe. They pass along the language and cultural traditions to the rest of the group. Stan said long ago he always stopped to speak with his grandmother every day. She was 96 and nearly blind, but she loved to feed her “cats.” It turned out that the cats she thought she was feeding each night were skunks!

The *kwechmuuyaaw* also passes on the creation stories, which can last four days. Stan told us one of them: “A long time ago, there was nothing here. The creator was

in his place and with his twin brother. The creator pushed his twin, saying ‘it is time to make the universe.’ They blew smoke in an expanding bubble and made the ocean. The ants came and brought the land and mountains up. One twin brought up some white clay, spit on it, and blew it, to make the moon. The other twin said good, but he picked up some yellow clay, spit on it and blew, and made ‘*enyaa*, the sun.’”

In another creation story, we learned that long ago the oaks pushed the Torrey pines to the west and the Pinyon pines to the east, to keep the peace between them.

Following a death, the elders and other men sing hundreds of songs all night. The body is usually cremated after three days. The spirit of the dead person is thought to walk the earth for one year. Following the anniversary of the death, all the dead one’s possessions are burned in another special ceremony called the *karuk*. The soul then goes to the Milky Way.

Stan ended with some Kumeyaay sayings: “We are all learners and teachers,” and “We are with everything else in the universe. They take care of us.”



NDS organizer Kathy Dickey with speaker Stan Rodriguez



Kumeyaay Woman; from the *Torreyana*, June 1991

In Memoriam: Wendy Brody

We sadly note the passing of docent Wendy Brody (Class of 2017) on November 25, 2021. Wendy worked as a Lodge host and a TIK-Talker and participated in Ray and Jane Barger's May 2018 trip to Santa Rosa Island. Wendy was also a Board member of the Museum of Contemporary Art in San Diego and the La Jolla Music Society.



A memorial service will be held on January 8, 2022 at 4 pm at the Conrad Prebys Performing Arts Center in La Jolla. In lieu of flowers, donations may be made in Wendy's name to the Torrey Pines Conservancy: torreypines.org/donate/wendybrody/

For Wendy's obituary at legacy.com [click here](#).

THE NEW YEAR

A Flower unblown; a Book unread;
A Tree with fruit unharvested;
A Path untrod; a House whose rooms
Lack yet the heart's divine perfumes;
A Landscape whose wide border lies
In silent shade 'neath silent skies;
This is the Year that for you waits
Beyond Tomorrow's mystic gates.

--Horatio N. Powers

Reprinted from the *Torreyana*, January 1990

Photo News:



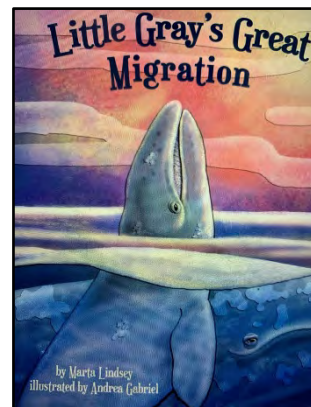
Nancy Richardson showing new docents Craig Carlisle and Loraine Trust the TIK operation.

Museum Shop Spotlight

by Nancy Walters

Shop sales have been very brisk this season. It's hard to keep things in stock since everything goes quickly! We hope to have a fresh influx of books and wooden bowls by the time you are reading this *Torreyana*.

We have a new book addition you might like to look at next time you're in the shop. It is *Little Gray's Great Migration*, a wonderful children's book about whale migration. This is a good way to highlight whale watching for visitors this month. Come in and check it out!



Torrey Pines Book Club

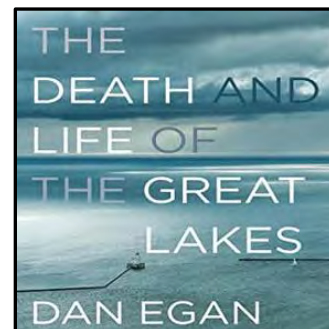
We will continue to meet via Zoom at our regularly scheduled time. Please notify Ken King if you plan to participate and if you need any extra help getting connected.

When: Tuesday, January 11, 1:00 pm

What: *The Death and Life of the Great Lakes* by Dan Egan

Amazon says:

The Great Lakes — Erie, Huron, Michigan, Ontario, and Superior — hold 20 percent of the world's supply of surface fresh water and provide sustenance, work, and recreation for tens of millions of Americans. But they are under threat as never before, and their problems are



spreading across the continent. *The Death and Life of the Great Lakes* is prize-winning reporter Dan Egan's compulsively readable portrait of an ecological catastrophe happening right before our eyes, blending the epic story of the lakes with an examination of the perils they face and the ways we can restore and preserve them for generations to come.

All TPDS docents are welcome. Meetings usually last a couple of hours.

February 8: *The Book Woman of Troublesome Creek* by Kim Michele Richardson.

Bird of the Month: Eared Grebe

by Jack Friery; photo courtesy of Herb Knufken

Our spotlight bird this month is the **Eared Grebe**, *Podiceps nigricollis*. This small aquatic bird is primarily a wintertime visitor to the Reserve. It is roughly a foot long and weighs 9 to 16 ounces.

Although it's found nationwide, most of the North American population of the Eared Grebe migrates to Mono Lake and Great Salt Lake to breed. And it's the breeding pattern that causes this bird to be perhaps unique in the world among the worldwide nine or ten thousand species of birds. When it reaches its breeding ground, the Eared Grebe gorges on brine shrimp and alkali flies and nearly doubles its weight. In the process, its pectoral (chest) muscles shrink to the point of flightlessness, and its digestive organs grow significantly. Before departure for the wintering grounds, the process reverses. As a consequence of this weight redistribution, the bird is flightless for as much as nine or ten months a year. This is the longest period of annual flightlessness for any bird in the world that is capable of flight.

A final question — why is the bird called “eared”? At the Reserve, we normally see them in the drab gray or brown plumage seen in the accompanying photo. However, when they morph into their summer breeding plumage, they are a dramatic black and brown, with glorious golden feathers reaching back from a sparkling red eye. Those golden feathers are its ears!

Sources: Choate, *The Dictionary of American Bird Names*/ Unitt, *San Diego County Bird Atlas*

allaboutbirds.org/guide/Eared_Grebe/overview

audubon.org/field-guide/bird/eared-grebe.



Torrey Pines Docent Society Bird Survey: December 2021

Number of species: 66
(+2 other taxa)

American Wigeon 36	Ring-billed Gull 2	Peregrine Falcon 1	Savannah Sparrow 1
Mallard 29	Western Gull 79	Black Phoebe 14	Song Sparrow 22
Northern Pintail 1	California Gull 12	Say's Phoebe 4	California Towhee 54
Surf Scoter 96	Royal Tern 1	Cassin's Kingbird 8	Spotted Towhee 22
Bufflehead 22	Elegant Tern 1	California Scrub-Jay 13	Red-winged Blackbird 27
Western Grebe 102	Double-crested Cormorant 3	American Crow 14	Brewer's Blackbird 6
Eurasian Collared-Dove 2	Brown Pelican 53	Common Raven 6	Orange-crowned Warbler 3
Mourning Dove 46	Great Egret 4	Bushtit 19	Common Yellowthroat 12
Anna's Hummingbird 59	Snowy Egret 3	Wrentit 74	Yellow-rumped Warbler 168
Allen's Hummingbird 5	Black-crowned Night-Heron 1	Ruby-crowned Kinglet 7	
Rufous/Allen's Hummingbird 1	Osprey 2	Blue-gray Gnatcatcher 1	
hummingbird sp. 6	White-tailed Kite 1	California Gnatcatcher 8	
American Coot 12	Northern Harrier 1	House Wren 8	
Semipalmated Plover 38	Sharp-shinned Hawk 1	Bewick's Wren 1	
Least Sandpiper 25	Cooper's Hawk 1	California Thrasher 10	
Willet 32	Red-shouldered Hawk 3	Northern Mockingbird 1	
Heermann's Gull 93	Red-tailed Hawk 2	Hermit Thrush 12	
	Belted Kingfisher 1	House Finch 81	
	Nuttall's Woodpecker 2	Lesser Goldfinch 14	
	Northern Flicker 16	White-crowned Sparrow 59	
	American Kestrel 3	Golden-crowned Sparrow 2	

Observers: Anonymous,
Robert Turner, Kathy Dickey,
David Walker, Nancy
Richardson, Gabriele
Wienhausen, Phyllis
Kuszner, Tsaiwei Olee,
Marty Hales, Steve Neal

View this checklist online at ebird.org/checklist/S97450410

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



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