



TORREYANA

THE DOCENT NEWSLETTER FOR
TORREY PINES
STATE NATURAL RESERVE

Issue 450

January 2023

A Soggy but Warm Welcome to the Class of 2023

by Joan R. Simon

Rain couldn't dampen the spirit of the Docent Society's Annual potluck holiday party on December 11. Nor did it lessen the attendance of over one hundred docents. It certainly helped that we were at an indoor venue, the Del Mar Powerhouse! The perennial combination of abundant and delicious food with plenty of good cheer made for a warm welcome to the docent class of 2023.

Lynne Truong, TPDS outgoing president, thanked departing board members **Janet Ugalde**, whose seven years on the board included terms as president, vice president, and treasurer; and first-year member **Mark Lippard**, who worked hard updating the TPDS Bylaws and Standing Rules.

Myrna Trust was named Docent of the Month for her many roles, including CEED organizer, Lodge and TIK host, and training class assistant. **Stu Rosenwasser** received the Docent of the Year award for managing the special walks team for five years, serving on the board for four years, and participating in the Children's Program, as a Lodge host and Roving Interpreter, and on the Garden Committee and Seabees. **Coach (Evelyn) Vance** was hailed for her incredible achievement of working more than a thousand hours this year! **Roger Isaacson** was honored with his name on the special plaque in the Lodge for 10,000 hours of service over his 18 years as a docent!!

After introducing the new TPDS president, **Matt Xavier**, thanks went to the four docent editors of *Along Torrey Pines Trails*, the anthology of 47 years of *Torreyana* articles: **Kathy Dickey**, **Dan Hammer**, **Roger Isaacson**, and **Joan Simon**.

January General Meeting

Date: Saturday, January 14, 9:00 am

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

Speaker: Andrew Meyer, Director of Conservation at San Diego Audubon Society

Topic: ReWild Mission Bay

ReWild Mission Bay is a project of San Diego Audubon and our ReWild Coalition partners to enhance and restore the natural wetlands in the northeast corner of Mission Bay for cleaner water, greater climate resiliency, carbon sequestration, and improved access to its public space, including for Native Americans, along its shared bayfront.

Andrew received an undergraduate degree from SUNY Binghamton in New York and a Masters in Geography from the University of Colorado, Boulder. He worked for the Hudson River Estuary Program for several years and now leads the conservation work at the San Diego Audubon Society.

Twelve Lifetime Members (who have served the Docent Society for 10 years) were welcomed: **Susan Bar, Julia Blake, Donna Close, Pete di Girolamo, Franne**

Fischman, Bob Glaser, Helen Grundler, Carol Hunt, Michelle Kurtis Cole, Karen Lay, Joe Meyer, and Stu Rosenwasser.

With a year's experience under their belts, the Class of 2022 did a fabulous job of organizing and running the holiday party under the leadership of **Loraine Trust.**

(Cont. on pg. 3)

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Editors@torreypine.org.

Please send postal/
email address changes to:

Torrey Pines Docent Society

1155 Camino Del Mar #404

Del Mar, CA 92014

Attn: Membership or email to

Membership@torreypine.org

Web sites:

TP Docent Society: torreypine.org

TP Conservancy: torreypines.org

Visitor Center phone: **858.755.2063**

TPDS Executive Board Members:

President: Matt Xavier

Vice-president: Harry Proctor

Treasurer: Lynne Truong

Secretary: Rosemary Wareham

Directors-at-large:

Roger Isaacson

Lisa Kakone

Gary McCook

Evelyn Vance

Gabriele Wienhausen

TPSNR Staff:

Supervising Ranger: Dylan Hardenbrook

Rangers: Stephanie Adams, Kyle Knox,
Dave Richards, Jesus "Chuy" Salinas
Rodriguez

Interpreter 1: Louis Sands

Sr. Park Aide: Ingo Renner

Park Aide: Zuzana Volny

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FLASH - Don't forget to donate
your ZooNooz magazines to the
Museum Shop.

President's Message

Happy New Year! As we wander together into the post-COVID era, I have heard from many docents that they want to rebuild the community at the Reserve. I couldn't agree more with that sentiment. The board values your input on this subject, and I welcome your thoughts on reconnecting our sense of belonging and community. **To increase communication and connection with all docents, I will hold a monthly coffee/tea at the Bird Rock Coffee Roasters on the lagoon's edge (2212 Carmel Valley Rd.) on the first Tuesday of every month at 8 am. I hope you can attend!**



The board will have another busy year with a full agenda of new projects to support and cultivate, and I look forward to working on them with my new vice president, **Harry Proctor**. I want to thank our immediate past president **Lynne Truong** for her wise and compassionate leadership over the past two years. I also want to welcome two new directors-at-large, **Gary McCook** and **Evelyn Vance**. Vance, as we all call her, has remarkably reinvigorated the TIK, and she reached 1,000 volunteer hours in 2022. They both continue to enrich our programs.

I would be remiss not to mention several of our board members who deserve recognition for their selfless acts. **Roger Isaacson**, one of the main pillars of our Society, has reached 10,000 hours of volunteer service, a remarkable feat. The board honored him with his name engraved on the Torrey Pines plaque that hangs in the Lodge. **Rosemary Wareham** has been the leading force behind the BLIK Project, and we plan to get this operational by March. **Gabriele Wienhausen** continues to schedule engaging speakers for our general meetings and lead the Bee Project, now named the "WannaBees." When she is not engaged in bird counts, Lodge hosting, Whacky Weeding, and public walks, you'll find Gabriele guiding others through the Mindful Walks program on Sundays. **Lisa Kakone** continues to contribute to the BLIK project and the assessment of the museum taxidermy. I also want to thank two retiring board members, **Mark Lippard** and **Janet Ugalde**. Both of them have been highly productive docents. Individual efforts such as theirs to improve our Docent Society serve as a shining example for all of us. All of our directors are truly inspiring and give us a reason to become more involved in our community!

What I find most inspirational is when docents create something new, e.g., the WannaBees (aka the Bee Project), Mindful Walks, and several educational programs. I will make an effort in each *Torreyana* article to recognize and thank those docents who go over and above their duties to create new ways to educate our visitors. So let me take this opportunity to mention **Mark Embree** and **Jerry Trust**, who have shown remarkable persistence in guiding the new Plant Leaf ID project (see box) for the Discovery Trail. Please thank them the next time you see them at the Reserve.

The board would like to hear from you! Please feel free to communicate with a board member; my cell phone is listed in the paper Roster if you want to reach out.

Happy Trails to you - until we meet again.

Matt Xavier
TPDS President

The Plant Leaf ID project consists of signs to help visitors learn about plants (and their adaptations) at the Reserve. They will be bilingual and have a QR code for additional information.

(Cont. from pg. 1)

Before the 2023 docents took the stage, training leader **Janet Ugalde** thanked her team, which included Interpreter/Park Aide Louis Sands, mentor leader **Susan Elliott**, and communications manager **Myrna Trust**, with invaluable tech assistance from **Pao Chau**.

Janet listed an impressive array of professions and avocations among the incoming group: a wetlands ecologist, two geologists, two garden designers, a Falcon Naturalist, a CPA, two Whacky Weeders, an MFT therapist, a musician, an enologist, two nonprofit workers, a college instructor, two grant writers, an occupational therapist, a forester, a civil engineer, and a Spanish teacher.

Before introducing his fellow 2023 docents, **Alan Myers** (right) commented, “We all began the program as strangers and ended the program as friends.” He praised the education they received as every bit as good as any college-level class. Besides Alan, the new docents are:



Angela Bailey, John Bowe, Linda Brown, Gale Darling, Bob Friedman, Ann Herbert, Jeff Jacobs, Connie Jaffe, Laura Jefferson, Lisa Lomas, Dione Leone, Mukesh Mehta, Tony Mondini, Santosh Nichani, David Nichols, Gretchen Rogers, Lila Beth Scott, Maurice Taitano, John Thomas, and Dawn Verdugo.

[See photos on pg. 5.]

Children's Program

by Louis Sands, Children's Program Coordinator

Happy New Year, Docents! **Janet Ugalde** and I would like to thank all who have contributed to our beloved Children's Program during the fall of 2022. Once again, you have “walked the talk” of an oft-employed Children's Program theme: All plants and animals (including humans) must adapt to their habitats in order to survive!

Back in August, our outdoor education “habitat” was confronted with some uncertainty related to the COVID-19 pandemic and its impact on field trip authorizations and transmission risks for docents. As a result, we chose to carry over our one-class-per-day limit from the spring.

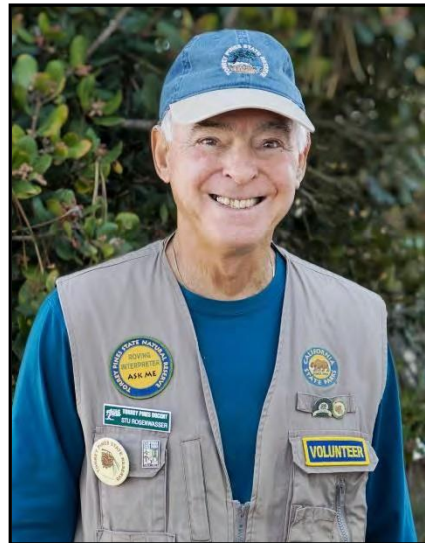
We are pleased to report that, despite the reduced daily participant numbers, our amazing docents still managed to provide quality programming to hundreds of deserving schoolchildren. We even expanded access to our program by welcoming two new participant schools: Christian Family Schools of Escondido and St. Mary, Star of the Sea in Oceanside.

After the holiday season, the Children's Program will resume operations on January 10, 2023. The daily maximum for student participation will be 70 students; therefore, the need to *adapt* will rest upon our shoulders again, and we will certainly rise to the occasion! Please stay tuned to Google Groups for a spring kick-off meeting announcement.

Docent of the Year: Stu Rosenwasser

Photo by Herb Knufken

I am extremely honored and grateful to be awarded Docent of the Year. I know there are many of my fellow docents who were equally deserving of the award this year. Being a Torrey Pines docent over the past 10 years, developing so many friendships with fellow docents, and sharing my love for the Reserve with our visitors from all over the world has been an enduring delight and continues to be a very important part of my life.



[Click here](#) for the 80+ Conversation with Stu in the December 2022 *Torreyana*. [Click here](#) for the video of this conversation.

Burst of Energy

by Rhea Bridy

A new life
A burst of energy
A nursery
Budding new
needles.



Docent of the Month: Myrna Trust

Photo by Herb Knufken

I have done quite a bit of travelling and seen some beautiful places all over the world, but I am always happy to come home. I love it here. I am a southern California native; I was born in Los Angeles and moved to San Diego when I was 10 years old.

When my two children were younger, we spent a lot of time swimming and surfing at Torrey Pines State Beach. It wasn't until they were older, and I



had more time for myself, that I began hiking up the hill. I found in the hills, the trees, and the ocean a spiritual place I call my church. I had searched for a church for a while looking for a good fit for me, and this is where I found it. Then after retiring from teaching, I became a docent, and my fellow docents provided the strong sense of community and a sense of purpose I wanted in my retirement years.

When I am not at the Reserve I enjoy my hiking group, biking, yoga and time with friends, traveling, learning mahjong, and staying connected. I still volunteer once a week at my old elementary school. The pandemic has left a scar in the education of so many kids - they need the extra support and I need my kid fix! I fly off to Maui several times a year to stay with my precious family. My grandson is 6 and he still thinks his nana is cool. I have to take advantage of this time before puberty hits!

The people here are what make the Docent Society special. We are all teachers. Whether we are working at the TIK, the Lodge, on a guided walk or roving, we are all teaching our guests about the value of preserving and respecting nature. There are so many brilliant minds volunteering, each with their own unique contributions. I learn something new every time I am at Torrey Pines. I am very proud to be part of this community.

[Click here](#) for her March 2019 *Torreyana* DOM article.

NDS: Native American Heritage and Legends

by Kathy Dickey

In honor of Native American Month, we invited Ami Admire, director of the Rincon Youth Storytellers, to come share her heritage and legends with us. Ami teaches culture and language at many schools and at public events. The group also makes reading books for elementary students in Luiseño and English.

About 19 adults and children enjoyed learning about her tribe and their land, which once ranged from Oceanside to Camp Pendleton to Mount Palomar (*Pa Ow*). They reject the name *Luiseño* because that refers to the Mission of San Luis Rey in Oceanside. Their name is *Payo'mkawichum*. Their language is completely different from the nearby Kumeyaay.

For 55 years, California Indian Day has been the last Friday of September. They and all the other tribes have been urging the legislature to pass their bill for a state holiday. Geography for them is the four directions, plus the person's place of birth. Highway 76 was their historical trade route from Camp Pendleton to Mt. Palomar.

Ami's great uncle was Lucario Cuevish (1831-1929), a famous blind storyteller, who kept the creation stories (*Yumak Yumak*) alive for future generations. She is proud to continue that heritage and shared some of those stories with us.

In those old, old days, all plants and all animals were "people." Quail danced, rabbits sang, and they all could talk. She told us many examples of contests between ocean "people" and mountain "people." Ami split the audience into two groups, making the whole presentation more fun. After each story, the winning group shouted "ooo" and the losing group shouted "aww." Her PowerPoint illustrations were all painted by children, and that made it even more fun.

In one detailed story, the fish and the Great Horned Owl had a staring contest (the fish won). In another, the sea fog and the summer thunder cloud had a long race from Pala to La Jolla (the thunder cloud won).

Today, during every full moon, Rincon still holds race contests. They also have a three-day fiesta similar to a pow wow and open to the public, the Nootush Ceremony ("children, don't forget") on the third weekend in August. The fiesta includes dances, a four-way tug of war, a watermelon eating contest, a staring contest, and many races. They also play games similar to hockey and one like golf, except that the ball is continually pushed along the ground for one mile -- and one mile back.

Ami ended by sharing a table full of toys and games. One was a stick game with acorn tops. Lots of people tried it!

Annual Potluck Party Photos



Docent Class of 2023 (Photo by Herb Knufken):

Front row: Gale Darling, Glo Silva, Jeff Jacobs

Second row: Laura Jefferson, Santosh Nichani, John Bowe

Third row: Connie Jaffe, Linda Brown, Lisa Lomas

Fourth row: Dione Leone, Ann Herbert, Alan Myers

Top row: Tony Mondini, Mukesh Mehta, Angela Bailey, Dave Nichols, Lila Beth Scott, Gretchen Rogers

Not present: Bob Friedman, Maurice Taitano, Dawn Verdugo



TPDS President for 2023, Matt Xavier; photo by Herb Knufken



Honoring the new docents (standing); photo by Annette Ring



Bountiful spread; photo by Joanne Miale



Outgoing president Lynne Truong; photo by Herb Knufken

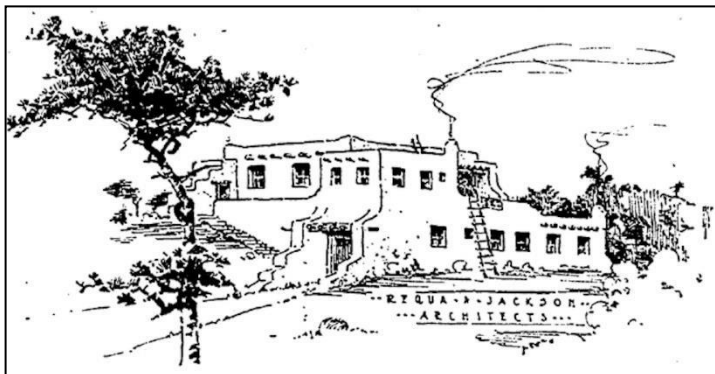
Happy Birthday, Torrey Pines Lodge

by Judy Schulman, TPDS Historian

This is the first in a series of articles by Judy Schulman about the Torrey Pines Lodge. We will be celebrating its 100th anniversary on April 8, 2023.

As you all know by now, we will be celebrating the Lodge's 100-year birthday this year. But if a few occurrences in history had been a little different, we would be celebrating our 111th year anniversary!

As early as 1909, there were plans to bring what later would be called the 1915 Panama California Exposition to San Diego. The City leaders wanted a grand entryway to San Diego. What better place than through the then partially completed coast road through our park?



To encourage travelers to the area, in 1912 Ellen Browning Scripps hired the architectural firm of Mead & Requa to design a lodge for the park. Both men were interested in Southwestern architecture. Their pueblo revival architectural style called for a two-story Hopi village structure. Some of the features of this style include rounded adobe walls, canales, chimney pot caps, corbels, gargoyles, log benches, niches, parapets, pole ladders, and vigas.

Primarily for a live-in park supervisor and family, the lower floor would have a living room, three bedrooms, bathrooms, and a garage. The upper floor (main floor) would have an open balcony, a covered terrace, toilets, a refectory (dining hall), a kitchen to provide light refreshments/tea service, and a store. The store would have souvenirs as well as supplies for campers and picnickers. A 1919 description of the plan suggested that there would be a gas station.

Unfortunately, since the lodge was on city land, the City decided that they should be the ones to find and hire an architect. The fiscal year ended before they could make a decision. The money that Ellen Browning Scripps would have contributed went to the City general fund. It was set aside to be used for the 1915 Exposition. The onset of World War I also put the City's focus elsewhere.

With input from Ellen Browning Scripps, it wouldn't be until 1921 that the City decided on the need for some type

of visitor center to accommodate the increasing number of tourists to the park.

By then Mead had left the firm, and Herbert Jackson became Requa's new partner. Their 1922 plan for the Lodge retained many of the original features that had been planned years earlier. By the time construction was actually to begin, the plans changed to what we see today. I wasn't able to find any newspaper article or City document that addressed the reason for the change. My guess is that it was related to cost and the desire to finish as quickly as possible.

A Wrentit Couple, a Tall Giant Yellow Sea Dahlia, and a Shiny Swinging Chain

by Rhea Bridy

The soothing sea sounds resonated below the morning Parry Grove Trail sea cliff. Here the awakened Wrentit couple call home, under the protective lemonadeberry patch. Rains have subsided, and a new shiny object is glinting surprise. It was the steel eye-rod pole for fencing the trail. But the cute chubby feathery couple with big heads and eyes did not know that. That pole happened to be almost perfect, a few inches from the tallest, yellowest, most succulent sea dahlia ever known. And its gigantic flower head and developing seeds were almost close enough to reach from the swaying fence chain. Almost. Handsome Mr. Wrentit swung almost close enough, but then the chain swung backwards again. This continued for several minutes, leaving the frustrated bird a feather ball on a shiny chain and exposed. Worried Mrs. Wrentit hid under the patch of nearby toyon leaves but never took her eyes off her mate for a second.

Then, well, I had to move, and I almost got away with it. But their heads turned, I was seen, and the male Wrentit's precarious but fun foraging efforts were cancelled.

He almost skipped and half flew and tiptoed over brush to zoom home. She almost froze, then scurried under and through the brush to safety. And I, well, I almost got a picture. Almost. Sigh.



Wrentits; photo by Herb Knufken

The Amazing Gray Whale Migration

by Kathy Dickey and Jane Barger; photo by Herb Knufken

With the gray whale migration in full swing, we are re-running an article based on a *Nature Discovery Series* program given by **Jane Barger**, which ran in the March 2020 *Torreyana*. Here are some very interesting facts about the annual whale migration, which passes by the shores of Torrey Pines every year.

- The gray whale is identified as *Eschrichtius robustus*. They are Mysticetes or baleen whales, and are one sub-order of the order of marine mammals called Cetaceans. Mysticetes means mustached whale.
- These mammals have dimples on their noses that grow hair.
- The Eastern Pacific Gray Whale population in 2022 is estimated by NOAA to be 17,000 whales. This is a 38% decline since the 2016 population count of 27,000 individuals. There are a number of likely factors involved, including:
 - Shifts in prey distribution and in some areas prey abundance on their Arctic feeding grounds.
 - Populations that are closer to carrying capacity are more sensitive to environmental changes.
- There is also a Pacific Coast Feeding subgroup of approximately 240 whales that never fully migrate to Alaska in the summer. They are residents in the area of Northern California to Northern Vancouver Island, Canada. A separate population near Russia, northern Japan and Korea called the Western North Pacific group is estimated to be less than 100 whales and is near extinction.
- During the summer in Alaska, the whales gorge on food, eating two to four thousand pounds a day of amphipods, clams and other small creatures that they suck up in the mud from the bottom of the ocean and filter through their baleen.
- The migration from Alaska to southern Baja California starts in October or November and is a 10-12 thousand mile round-trip at an average speed of three to five miles per hour. The northern migration back to Alaska goes from February to May. The whales cover approximately 80-100 miles per day. During migration, the whales rarely eat, and lose 16% to 30% of their body weight.
- Some pregnant females may give birth along the way south, but most deliver their calves in three primary Baja lagoons in January or February. Gestation is about 12-13 months. Newborn calves are 15 feet long and 1,500 to 2,000 pounds. Mother and calf spend about 90 days in the warm Baja lagoons. Calves will continue to nurse on the rich (50% fat) milk for 7 to 8 months.
- Male and female adult gray whales mate while at the lagoons, and occasionally when on their southern migration. The gray whales reach sexual maturity between 5-11 years. Adult females have calves every 2 to 3 years.
- Long ago, the whales also used bays like San Francisco and San Diego to give birth to their young; however, human activities changed the bays so now the gray whales by-pass these areas and continue south to Baja California Sur.
- In 1855 Charles Scammon discovered the Ojo de Liebre breeding lagoon in Baja, Mexico. The whalers heavily hunted the gray whales to near-extinction. The gray whales recovered in the late 1800s, but by the early 1900s they declined again to only one to two thousand whales, due to advances in factory whale-processing steamships and explosive harpoon guns.
- Gray whales were placed on the Endangered Species List in 1973 and after population recovery were removed from the list in 1994. There are scientific teams that count and track these whales every year.
- Up to 100 to 200 pounds of “passenger” creatures live on the skin of the whales. Barnacles (a type of crustacean) attach and stay on for the life of the whale, while whale lice (another type of crustacean) can move around on the skin.
- The gray whale is a conscious sleeper, meaning they can sleep by turning off one hemisphere of their brain, while the other hemisphere periodically arouses them to take a breath.
- A gray whale can live 50-70 years and will migrate a total of approximately 600,000 miles, or the near equivalent of a trip to the moon and back, or 24 circumferences around the earth’s equator.
- Gray whales swimming near shore are occasionally seen from the overlooks at Torrey Pines as solitary or small groups traveling past the Reserve. Look for the “heart”-shaped blows about 15 feet tall.



Torrey Pines Book Club

We will continue to meet via Zoom at our regularly scheduled time. Please notify **Annette Ring** if you plan to participate or if you need any extra help getting connected.

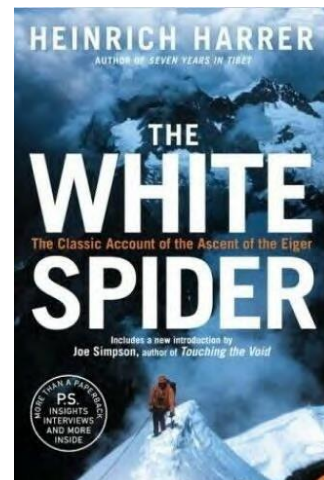
When: Tuesday, January 10, 1:00 pm

What: *The White Spider: The Classic Account of the Ascent of the Eiger* by Heinrich Harrer
Amazon says:

A classic of mountaineering literature, this is the story of the harrowing first ascent of the North Face of the Eiger, the most legendary and terrifying climb in history. Heinrich Harrer, author of *Seven Years in Tibet* and one of the twentieth century's greatest mountaineers, was part of the team that finally conquered the Eiger's fearsome North Face in 1938.

All TPDS docents are welcome. Meetings usually last an hour and a half.

February 14: *Arabian Sands* by Wilfred Thesiger



Torrey Pines Docent Society Bird Survey: December 2022

Number of species: 72
(+3 other taxa)

Cinnamon Teal 1	Least Sandpiper 16	Say's Phoebe 2	Song Sparrow 13
American Wigeon 15	Willet 5	Cassin's Kingbird 20	California Towhee 63
Mallard 24	Heermann's Gull 10	California Scrub-Jay 2	Spotted Towhee 9
Northern Pintail 17	Ring-billed Gull 17	American Crow 18	Western Meadowlark 3
Redhead 2	Western Gull 22	Common Raven 21	Common Yellowthroat 4
Lesser Scaup 9	California Gull 6	Northern Rough-winged	Yellow-rumped Warbler 148
Bufflehead 16	Red-throated Loon 2	Swallow 1 (Seen flying over	Yellow-throated Warbler 1
Red-breasted Merganser 21	Common Loon 2	lagoon)	(Found along Flintkote Rd.)
Ruddy Duck 1	Brandt's Cormorant 1200	Bushtit 36	
Pied-billed Grebe 2	Double-crested Cormorant 21	Wrentit 67	
Western Grebe 1	Brown Pelican 67	Ruby-crowned Kinglet 1	Observers: Andy
Clark's Grebe 1	Great Blue Heron 3	Blue-gray Gnatcatcher 2	Rathbone, Nancy
Western/Clark's Grebe 1	Great Egret 3	California Gnatcatcher 5	Richardson, Gabriele
Mourning Dove 25	Snowy Egret 19	House Wren 5	Wienhausen, Sophia
Anna's Hummingbird 60	Osprey 2	Bewick's Wren 4	Bozone, Christina
Allen's Hummingbird 15	White-tailed Kite 1	wren sp. 1	Hernandez, Sarah Lippert,
hummingbird sp. 3	Cooper's Hawk 1	European Starling 5	Steve Neal, Eva Armi, Donna
American Coot 13	Red-shouldered Hawk 4	California Thrasher 6	Mancuso, Janice Barnard,
Semipalmated Plover 1	Red-tailed Hawk 7	Northern Mockingbird 1	Susan Barr, Marty Hales,
Long-billed Curlew 2	Belted Kingfisher 1	House Finch 54	Tsaiwei Olee, Gary
Marbled Godwit 2	Downy Woodpecker 1	Lesser Goldfinch 19	Grantham, Lori Waller, Anon.
	Nuttall's Woodpecker 5	Dark-eyed Junco 2	
	American Kestrel 3	White-crowned Sparrow 66	
	Peregrine Falcon 4	Golden-crowned Sparrow 1	
	Black Phoebe 11	Savannah Sparrow 7	

View this checklist online at ebird.org/checklist/S123829904

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



Torrey Pines Docent Society
1155 Camino Del Mar #404
Del Mar, CA 92014
(858) 755-2063
torreypine.org