



TORREYANA

THE DOCENT NEWSLETTER FOR
TORREY PINES
STATE NATURAL RESERVE

Issue 451

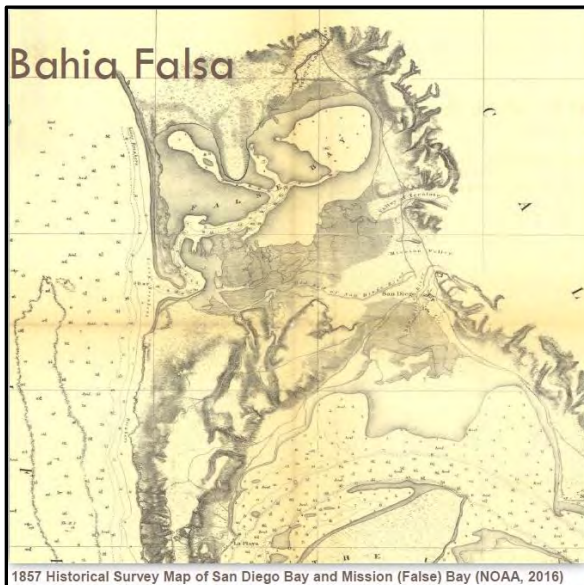
February 2023

The Call of the Wildest

by Dan Hammer

At the January TPDS meeting on Zoom, Andrew Meyer briefed docents on ReWild Mission Bay, a project of the San Diego Audubon Society (SDAS) and its ReWild Coalition partners to enhance and restore natural wetlands in the northeast corner of Mission Bay. Andrew, SDAS's Director of Conservation, showed how this project could provide the bayfront with cleaner water, greater climate resiliency, carbon sequestration, and improved access to public space.

Andrew noted that humans have lived around Mission Bay "since time immemorial." Kumeyaay settled at the mouth of Rose Creek, which at that time ran freely and brought fish and rich sediment to marshlands along the northeast corner of the bay. The Spanish called the bay *Bahia Falsa* ("false bay") for two reasons: It was very shallow, and early explorers sometimes entered its waters in the mistaken belief they were coming into San Diego Bay.



1857 Historical Survey Map of San Diego Bay and Mission (False) Bay (NOAA, 2016)

February General Meeting

Date: Saturday, February 11, 9 am

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

Speaker: Professor John Hildebrand, Scripps Institution of Oceanography

Topic: Why Do the Great Whales Sing?

Dr. Hildebrand teaches classes on bioacoustics, experimental laboratory acoustics, and marine mammal biology. His recent research has focused on ocean ambient noise and the detection and classification of marine mammal sounds. He will discuss how animal song is related to sexual selection with the following characteristics: (1) produced by males; (2) territorial, related to ownership of an area; (3) stereotyped; (4) seasonally produced; and (5) involved in reproductive displays. The extent to which baleen whales fit these criteria is considered for a variety of species.

Refreshments: Docents with last names beginning with **M, N, O** will be responsible for providing snacks for this meeting.

The shallow waters of Bahia Falsa meant that nearly half the bay's area consisted of tidal marshes and other wetlands. These provided critical habitats for native flora and fauna, such as the now-

endangered Ridgway's Rail. The wetlands also buffered upland areas from tides and storm surges while sequestering vast amounts of carbon from the atmosphere. (For more on carbon sequestration, which has become increasingly important with climate change, [click here](#).)

In the early 20th century, the City of

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Interpreter 1: Louis Sands

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

San Diego changed the bay's name to Mission Bay and began planning to create an aquatic park. In 1946, dredging began, and dredged material was used to create many landforms we know today, including De Anza Point, Fiesta Island, Vacation Island, and Bahia Point.

Within a few decades, 98 percent of the bay's wetlands had been lost to development. (This is unfortunately common in California, where 95% of the state's wetlands have been destroyed.) As Mission Bay

developed, local conservationists began working to preserve the little we had left and restore some degraded wetlands to their former glory. The bay's last 40 acres of native wetlands are now protected at the Kendall-Frost Marsh Reserve (KFMR), part of the University of California Natural Reserve System (for more on KFMR, [click here](#)).

In 1992, responding to pressure from environmental organizations, the City of San Diego authorized a new Mission Bay Master Plan that would integrate recreational, commercial, and environmental uses of the bay. The 1994 plan update called for additional wetlands to be created or restored; the ReWild Coalition asserts that we need at least 80 more acres for wetlands restoration to be viable after sea level rise is planned for.

The process has been agonizingly slow, but in 2014 the ReWild Coalition received grants from the U.S. Fish & Wildlife Service and the Coastal Conservancy to develop plans for northeast Mission Bay. Four years later, a science-based feasibility study was completed.

Of three alternative plans for the area, the ReWild Coalition supports Alternative 3 – "the Wildest" – which includes 227 acres of wetlands and 4,800 feet of trails. The Wildest Alternative would improve water quality, increase resiliency against sea level rise, and provide greater public access to the shoreline. (See Alternative 3 map on pg. 3.)



Mission Bay image taken in 2021



Andrew asked docents, particularly San Diego residents, to lobby San Diego City Councilmembers to begin budgeting for wetlands restoration and approve the Wildest alternative for northeast Mission Bay. He also invited us to attend “Love Your Wetlands Day” on February 4 at Kendall-Frost Marsh (for more information, [click here](#)).

If you missed Andrew’s presentation or want to see it again, [click here](#).

For more on the ReWild Coalition and restoration alternatives, [click here](#).

Torreyana article on Kendall-Frost: torreypine.org/wp-content/uploads/nl/2019/1908.pdf

General Meeting – Minutes January 14, 2023

The meeting was called to order by President **Matthew Xavier**.

The Meeting was on Zoom and 87 docents attended.

Invited Speaker

Andrew Meyer, Director of Conservation for the San Diego Audubon Society, on ReWild Mission Bay (see pg. 1).

Docent of the Month

Loraine Trust was selected because of the wonderful job she did with our December holiday party. Loraine also leads Mindful and Public walks and hosts at the TIK (see pg. 4).

New position for Louis Sands

Louis is now our official Reserve Interpreter 1. (He will continue to manage the Children’s Program until the end of

the year.) Louis announced that there are four new senior park aide positions opening. Docents are eligible to apply (see pg. 8).

Christmas Bird Count

170-200 species were counted. **David Walker** invited all docents, experienced or not, to participate in the monthly bird counts (see pg. 9).

Stephanie Adams, Ranger’s Report

The North Beach Parking lot is closed due to damage from a water main break on January 6. The break was near the very bottom of the Mar Scenic Trail in the Extension next to the tennis courts. That entrance to the Extension is closed. The water ran all the way down and across Carmel Valley Road onto McGonagle Road and into the North Beach entrance. It will be repaired by the end of next week. However, the North Beach parking lot will be closed January 25 to 28 as it is being used for parking by the Farmers Open Golf Tournament.

Maintenance will be doing repairs on the trails that were damaged by the recent storms.

Stephanie did not know when the repairs would be made to the Mira Montana parking lot at the top of the Extension.

BLIK (Beach and Lagoon Interpretive Kiosk) Update

Matt said the site and storage shed were approved. A gazebo very similar to the TIK will be built and staffed in the coming months.

More business news and dates from Matt

Matt will be at the Bird Rock Coffee Roasters on Carmel Valley Rd. every first Tuesday of the month at 8 am to meet, talk, and sip coffee with whoever wants to join him. The next get-together is Feb. 7.

April 8 is the 100-year anniversary of the Lodge. There will not be a General Docent meeting that month so docents can attend the celebration. Earth Day is May 22.

Selma Torres is now helping Roger and Jan with Better Impact signups for Lodge hosting and Public Walk leaders. Thank you, Selma.

Parking Passes and Docent Roster

VIP parking passes will be sent out by State Parks by mail. 2022 docent passes are good until the February 11 General Meeting. 2022 docent passes will be good until the February 11 General Meeting, where the 2023 will be available. They are also available from a park aide or ranger at the Lodge. The printed Member List will come out in March.

The business meeting is available for viewing at: vimeo.com/789325055 (23minutes)

Children's Program

by Janet Ugalde, Program Director

Please mark your calendars for **Wednesday, February 8** at 10:00 am. Join us at the Children's Pavilion, where we will be treated to a presentation by our new State Park Interpreter, Louis Sands.

After nearly three years of pandemic restrictions, we are again able to host two classes per session. Our first program of 2023 included 70 fifth graders from Green Elementary, an SDUSD academic magnet school. Afterwards, docents agreed that the students had been attentive, inquisitive, and thoroughly delightful.

With larger groups, our awesome Children's Program team needs more hike leaders. Please consider joining us. The experience can be exhilarating.

So come to the Pavilion and bring your ideas to share. We'll discuss stimulating activities we can offer our students as well as upcoming program details. All new and returning docents are welcome.

Docent of the Month: Loraine Trust

Photo by Herb Knufken

One of six kids, my love and respect of nature began in my younger years with many family camping trips, waterskiing, hiking, climbing trees, and chasing lizards. In the summer of 1968, my family moved to Solana Beach. As a teenager, I learned to surf at Pill Box (Fletcher Cove) with my older brothers, bodysurfed, and loved roller skating the PB boardwalk. I also loved and frequented the Torrey Pines Reserve. I know this sounds bad, but the trails at the Reserve back then were not cordoned off, and so for years I exhaustively explored all the hillsides and even once spent the night in a pitched tent in the Reserve with a friend.

When my husband, Jerry, became a docent at TPSNR, we would walk the trails together, talking about the Reserve's plants, animals, and history. I



knew then that I too wanted to become a volunteer docent and help protect the Reserve.

There are so many things to get involved in at the Reserve. I love walking the trails as a Roving Interpreter; this is always a special time to welcome and assist the visitors. The Children's Program is wonderful for all the kids with their curiosity and enthusiasm. I also like to weed with the Whacky Weeders; we can catch up and be productive at the same time. The Mindful Walk Program is especially rewarding; having shared a unique and special experience with visitors can be summed up by the gratitude shown on their faces.



2023 TPDS Board (left to right): Evelyn Vance, Gabriele Wienhausen, Rosemary Wareham, Roger Isaacson, Harry Proctor, Lynne Truong, Lisa Kakone, Matt Xavier. Not pictured: Gary McCook.

Photo by Joan Simon

Photo News Clip



Steps near South Beach Kiosk 10 am on January 15, 2023; photo by Danton Heinemann



Location! Location! Location!

by Judy Schulman, TPDS Historian

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

Have you ever wondered why the Lodge is not down at the beach or on one of the other elevated mesas in the park? If you have, then you are in good company. Ellen Browning Scripps and Guy Fleming were also concerned about the location of the Lodge.

After Ellen Browning Scripps hired architects to design the Lodge, the next concern was where it should be located. She hired the Los Angeles firm of Ralph Cornell (landscape architect) and Theodore Payne (horticulturist) to determine just that. It was part of a management plan for the park that they provided in April 1922.

When I was a new docent, I was told that the Lodge was built where it is now because it was the first flat mesa that would give southbound cars a place to rest at the summit. This would prevent engines from overheating. Cars going north wouldn't need such a stop.

State Park Historian (now retired) Alex Bevil, in his 1998 report that placed the Lodge on the National Register of Historic Places, stated:

After consulting with Fleming, Cornell and Payne agreed that the new refectory [dining hall] building must not compromise the preserve's aesthetic value just for the sake of public convenience. Its design, placement, and construction should have a minimal effect on the surrounding environment. All three agreed that care should be given to save and incorporate as much of the native plant material on site as possible. Cornell suggested that the refectory [restaurant] be located on a terrace overlook adjacent to the crest of Torrey Pines Grade. The building would be a welcome sight for motorists driving up the winding road.

In a May 3, 1922 letter to J.C. Harper (Ellen Browning Scripps's lawyer), Cornell and Payne stated:

The plan of the refectory is only a suggestion and will probably be greatly changed by the architect.... A building so planned and placed would have its back to the prevailing winds and form a sheltered entrance which might be very attractively treated for public use.

The map above was also a part of what Cornell and Payne presented to Ellen Browning Scripps. Note that the orientation of the building is slightly different than currently, the building still appears to be multileveled, and the road is called San Diego Boulevard.

Next month: Groundbreaking News!

In Memoriam: Jeff Spivak

We were saddened by the passing on December 24 of Jeff Spivak, a docent since 2005.

Following his training, Jeff immediately jumped into leading the docent training program in 2006 and served in that capacity for four years. He also was a Roving Interpreter, led nature walks, and worked at the TIK and in the Museum Shop.

Jeff is survived by his wife, Deborah, a 2016 docent, who is arranging a memorial service at the Pavilion (date and time to come).

The outpouring from Jeff's fellow docents is testimony to how much Jeff was valued at the Reserve:

He was an extraordinary teacher and trainer, encouraging all the docent trainees of the class of 2006, of which I was a member. He gave his best to us and I salute his memory. He was a remarkably special man.

– Rhea Bridy

In addition to his work at the Reserve, Jeff was a frequent runner at Torrey Pines and was effective in sharing the rules with other TP trail runners. He was always kind and cheerful, and I will miss him.

– Lynne Truong

One of my favorite leading questions whenever I took a group out on the trails, no matter their ages, was inspired by Jeff's explanation of Torrey pines strobili during my training days. The question is (pointing at a Torrey pine), "Is this a boy tree or a girl tree?" The answers and following discussions were always great fun. Thank you, Jeff! You will be missed indeed.

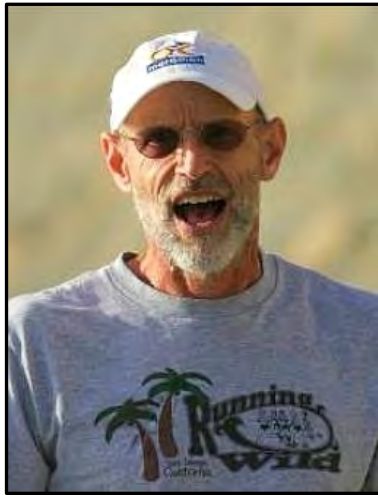
– Mike Yang

Jeff was an inspiration when I first became a docent. Reaching out, informing and welcoming new docents. We shared many wonderful conversations about the Reserve, nutrition, and education. He is missed.

– Suzan Potuznik

Jeff biked everywhere! He encouraged me to become a TP docent.

– Kathy Dickey



Jeff welcomed all comers to learn more about the Reserve and encouraged all of us during my docent training in 2007. He was funny and really loved talking to our visitors while leading walks. Memories of Jeff will be with us for many years.

– Steve Tarkington

We were docent trainee classmates together in 2005, and Jeff immediately jumped in and took over the docent training program. He was a great teacher and an outstanding person. He and Deborah ran the hill almost every day!

– Frank Burham

Jeff had a distinct voice and cadence which revealed his East Coast roots. It was always calm, and I can still hear it. As a fellow runner, Jeff displayed far more patience than I when explaining trail etiquette to errant Reserve visitors. He was a good person – we were lucky to have him.

– Ken Baer

Jeff will be greatly missed. I met him when he first became a docent. We shared many stories of our teaching days. He always had a smile on his face, and you could see his passion for Torrey Pines in the glimmer of his eyes. He loved sharing stories of the Reserve and was an inspiration and friend to us all.

– Diana Coram

Jeff was indeed one of a kind. It was always fun to see him on the trails and, if you were lucky, you could hear him share his deep knowledge of our Reserve with visitors, using humor and warmth. What a great teacher and what a good friend to so many docents.

– Ken King

New Plant Guide for Docents

Donna Close, one of our keenest observers of nature, has given docents a terrific new resource: "Plants to look for along the Trails." Based on her ten years of walking the trails of TPSNR, this list can be used as a guide to the less-common plants you might find on each trail in the main Reserve during the early blooming season. You can find it on the docent log-in or access it directly by [clicking here](#).

For more plant news from Donna, see pg. 7.

What's Blooming?

Uncommon Plants Along the Trails

by Donna Close

Since winter rains arrived in abundance, the plants in the Reserve have quickly responded. Each month I will be highlighting some of our less common plants that are coming into bloom.

California asterella (*Asterella californica*). Liverwort is a simple nonvascular plant related to mosses that grows in shady, damp areas. These plants will disappear quickly when areas dry out. Look for them on the east-facing slope on Guy Fleming, along the park road before the steps leading up to Guy Fleming parking, and in the “Elfín Forest” area of north Broken Hill.



Small-Leaf Virgin's Bower Clematis (*Clematis pauciflora*) is located only within sight of the trail on Parry Grove (west side) and on Broken Hill, in the beginning of the coastal sage scrub, a third of the way up the hill. Its beautiful creamy yellow flowers are on full display. There is also some at the bottom of the Beach Trail just before the little bridge.



Coastal Wishbone Plant, Coast Four-O'Clock (*Mirabilis laevis* var. *crassifolia*) is just starting to bloom. This plant loves the sandy soils and can be found along the south side of the Guy Fleming Trail; it is also quite plentiful on the bottom section of the Beach Trail and on Razor Point before you get to the Yucca Overlook. Its pink to magenta flowers bloom late in the day until



early morning. The V-shaped branching at each juncture is in the shape of wishbones. They have glandular hairs on the stems and leaves, which make them soft and slightly sticky to the touch.

Coffee Fern (*Pellaea androedifolia*). While not “in bloom,” it is making an appearance along the south side of the Guy Fleming Trail. Unlike other ferns, it does not have sharp pointed leaflets on its fronds, and this one likes dry rocky areas. The leaves are green at first and then turn red, purple, or brown.



A Voice from the Past: Gene Barber

We recently received an email from Gene Barber, a charter member of TPDS, who now lives on the Big Island in Hawaii and is 97 years old! Gene served two one-year terms as president of the Docent Society. He is pictured here in a May 1976 photo taken in front of the Lodge with fellow TPDS board members.

From left: Steve Calder (VP and Program Chair), Sunny Rankin (*Torreyana* editor), Gene Barber (TPDS President, 1976-77), Mary Miller, and Bob Hopper (TPDS president, 1978-1979)



Photo of Gene (taken several years ago)

What's New? Louis Sands, Interpreter 1

by Joan R. Simon

Well-known and well-loved at Torrey Pines, **Louis Sands** has been a park aide since 2005 ([see his profile](#) in the July 2020 *Torreyana*). On November 1, 2022, he was appointed to a full-time California State Parks job, "Interpreter 1," an interpretive position he will use to coordinate, supervise, and in some cases expand existing programs at Torrey Pines, which both the docents and park aides participate in. He also has a mandate to seek out new programs that will enhance the experience of visitors to the Reserve. To make all of this work, the state has authorized hiring four new senior park aides over the next few months (current docents are eligible to apply).



Current programs, such as the Children's Program (spearheaded and funded by the TP Docent Society) and the Jr. Rangers (run by park aides), will be enhanced and likely expanded over the coming months. Louis is especially looking for new initiatives from all quarters to broaden outreach to the Torrey Pines community. The BLIK (Beach/Lagoon Interpretive Kiosk), he noted, is a great example of an exciting new docent-led resource. "The possibilities are endless," he said, suggesting as one example topic-specific walks, in addition to the weekend walks we already offer: e.g., flower walks in the late winter and spring, and bird walks throughout the year. He will also be supervising statewide programs, such as Earth Day.

Louis envisions an updated website listing each week's activities for visitors to check before coming to the Reserve. When the new team is in place, we should expect more activities for docents to run and participate in, more park aides working with us, and a lot of encouragement to initiate new activities.

Louis is now based in a trailer (much nicer than you might imagine) in the maintenance yard, just a short walk down the closed part of the main road toward Broken Hill. His regular schedule is Tuesday through Friday, 7:30 to 5:30, but since he will be participating in many activities on other days (e.g., he will be attending our monthly general

meetings), his hours will vary. To keep the Docent Society informed, he will be writing a short column each month for the *Torreyana* with the latest on new happenings at the Reserve. You will find Louis not only in his office but at the Lodge and on the trails. "I will be everywhere!" he promised.

Shop Spotlight

by Nancy Walters

We are pleased to announce that the shop has had its most profitable year ever! Many thanks to the whole shop team and all the docents who host at the Lodge for making the shop run as smoothly as it does, providing needed funds for the Children's Program.

The shelves ran a bit low for inventory time but are now stocked back up, filled with Laird Plumleigh tiles, new seed pod birds, and wood items from Turn Around Vets, with ceramics from Merle Lambeth coming in early February. Come in and check us out!

Torrey Pines Book Club

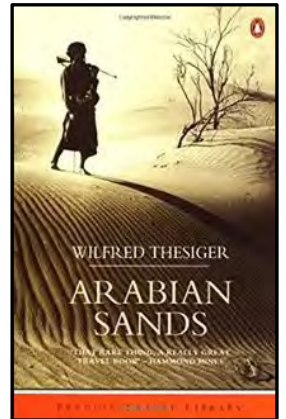
We will continue to meet via Zoom at our regularly scheduled time: the second Tuesday of each month at 1 pm. Please notify **Annette Ring** if you plan to participate or if you need any extra help getting connected.

When: Tuesday, February 14, 1:00 pm

What: *Arabian Sands* by Wilfred Thesiger

Amazon says:

Arabian Sands is Wilfred Thesiger's record of his extraordinary journey through the parched "Empty Quarter" of Arabia. Educated at Eton and Oxford, Thesiger was repulsed by the softness and rigidity of Western life—"the machines, the calling cards, the meticulously aligned streets." In the spirit of T. E. Lawrence, he set out to explore the deserts of Arabia, traveling among peoples who had never seen a European and considered it their duty to kill Christian infidels. His now-classic account is invaluable to understanding the modern Middle East. *Arabian Sands* is Wilfred Thesiger's record of his extraordinary journey through the parched "Empty Quarter" of Arabia.



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

March 14: *Finding the Mother Tree: Discovering the Wisdom of the Forest* by Suzanne Simard.

Bird Counts: Christmas and Beyond

by David Walker

On December 27, docents and friends joined to participate in the 2022 Rancho Santa Fe Area Christmas Bird Count. The National Audubon Society has sponsored Christmas Bird Counts for over 100 years. The data from the counts helps monitor bird populations around the country. The monthly counts at Torrey Pines began 27 years ago. Our normal counts are held over a few days at the beginning of each month. We have divided the park into several areas including the Beach and Lagoon (west), the Extension (east), the Extension (west), Flintkote Road, Carmel Valley and Lagoon (east), and the Mesa (often divided into two groups). The Christmas Bird Count is defined by a circle 15 miles in diameter, and Torrey Pines SNR lies at the south end. While our contribution to the Christmas Count follows, the preliminary totals for the entire area included over 100 participants in 55 groups and a total of 180 species so far! As I mentioned at the January meeting, we are always looking for more birders so get out your binoculars and join us on one of our area counts. You will become a better birder and have fun at the same time. Please email me (see Member List), and I will get you in touch with one of the group leaders.



Prickly Pear Heart

By Rhea Bridy

Many shapes I spy
By the dry Guy gully
But February will awake
With shooting sprouts
Aplenty.

Torrey Pines Docent Society Bird Survey: December 28, 2022

Number of species: 79
(+2 other taxa)

Blue-winged Teal 2
Gadwall 4
American Wigeon 50
Mallard 33
Northern Pintail 58
Green-winged Teal 2
Lesser Scaup 26
Bufflehead 39
Red-breasted Merganser 1
Pied-billed Grebe 4
Western Grebe 90
Clark's Grebe 1
Mourning Dove 30
Anna's Hummingbird 59
Allen's Hummingbird 14
hummingbird sp. 5
American Coot 20
Long-billed Curlew 4
Marbled Godwit 7
Greater Yellowlegs 1
Willet 6

Heermann's Gull 26
Ring-billed Gull 38
Western Gull 25
California Gull 13
Common Loon 1
Brandt's Cormorant 60
Double-crested Cormorant 19
Brown Pelican 68
Great Blue Heron 1
Great Egret 8
Snowy Egret 7
Osprey 2
White-tailed Kite 2
Northern Harrier 2
Cooper's Hawk 2
Red-shouldered Hawk 1
Red-tailed Hawk 6
Belted Kingfisher 2
Nuttall's Woodpecker 5
Northern Flicker 6
American Kestrel 4
Merlin 1
Black Phoebe 9
Say's Phoebe 5
Cassin's Kingbird 14

Hutton's Vireo 2
California Scrub-Jay 11
American Crow 16
Common Raven 39
Northern Rough-winged
Swallow 1 (seen flying over
lagoon area)
Bushtit 42
Wrentit 40
Ruby-crowned Kinglet 3
Blue-gray Gnatcatcher 3
California Gnatcatcher 3
House Wren 2
Bewick's Wren 9
wren sp. 4
California Thrasher 14
Northern Mockingbird 1
Western Bluebird 1
Hermit Thrush 4
American Robin 1
Cedar Waxwing 8
House Sparrow 6
House Finch 66
Lesser Goldfinch 2
Dark-eyed Junco 2

White-crowned Sparrow 56
Golden-crowned Sparrow 10
(Seen in chaparral and in
vegetated lagoon areas)
Song Sparrow 20
California Towhee 65
Rufous-crowned Sparrow 1
Spotted Towhee 8
Red-winged Blackbird 65
Brown-headed Cowbird 1
Orange-crowned Warbler 4
Common Yellowthroat 1
Yellow-rumped Warbler 138
Townsend's Warbler 1

Observers: Kathy Dickey,
Nancy Richardson, Andy
Rathbone, Debbie
Regottaz, Donna
Mancuso, Tsaiwei Olee,
Steve Neal, Susan Bar,
Kathy Esty, Gary
Grantham, Robert James,
Gabriele Wienhausen

View this checklist online at ebird.org/checklist/S124869367

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



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