Why are There Torrey Pines on Santa Rosa Island?

by Anna-Lena Malm
Photo by Herb Knufken

The speaker at the February meeting was our Channel Islands trip organizer, Docent Tom Polakiewicz. Tom gave a very witty and entertaining talk titled “Why are There Torrey Pines on Santa Rosa Island,” which was cast in the form of a report of “The 2011 Torrey Pines Docent Society Expedition to the Channel Islands National Park,” a perfect teaser (complete with beautiful photos) for all docents who haven’t made this trip yet, as well as for all of us who want to do this “expedition” over and over again…

The focus of the “expedition” included three areas: the geology of the islands, the human cultural history of the islands, and the botany of the Torrey pines on Santa Rosa Island.

We learned that the relevant geological history goes back 100 million years to the time when the Farallon Plate was subducting under North America. Fifty million years ago the Pacific Plate began to collide with North America, and the block that included the Channel Islands began to move from its position near where San Diego is today. Five million years ago, the islands rotated 100 degrees clockwise and were uplifted to their present elevation above sea level off the coast of Santa Barbara.

Research has shown that the Torrey pines on Santa Rosa diverged from our own Torrey pines somewhere between 8,000 and 160,000 years ago and the genetic evidence suggests that the trees were first on the mainland, and then transported to the Islands.

How did the trees get from the mainland to Santa Rosa? Tom gave us three different theories: Geology tells the tale; The Chumash did it; and The pine cones floated from here to there. He then discussed and discarded each of the theories. The movement of the Channel Islands block started five million years ago, long before the genetic divergence of the two sets of pines,

(continues on p. 3)
The Torrey Pines Docent Society publishes the Torreyana bi-monthly, edited by Anna-Lena Malm. On alternate months, the Society publishes the Torrey Pinecone, edited by Joan Simon. Both publications include the monthly duty calendar, announcements and information concerning membership meetings. Submissions for either publication are due on or about the 20th day of the preceding month and may be submitted to Editors@torreypine.org.

Please send postal/email address changes to:
Torrey Pines Docent Society
P.O. Box 2414, Del Mar, CA 92014
Attn: Membership or to
Membership@torreypine.org

Web sites:
TPDS www.torreypine.org
TPA www.torreypines.org
Visitor Center phone 858.755.2063 dial 0

TPDS Board Members:
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Dir. of Training, Janie Killermann
Dirs. of Lodge Hosting, Irene Larrimore & Jan Lombardi

Extra newsletters are available in the Docent Library.

TPSNR Staff:
Supervising Ranger: Dylan Hardenbrook
Rangers: Kyle Knox, Mike Winterton, Lisa Urbach
Sr. Park Aides: Diane Greening (Interpreter), Laura Lowenstein (Volunteer Coordinator)
Sr. Park Aide Ambassador: Louis Sands
Park Aide Ambassador: Jake Mumma

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Message from the President

Here's to your good health! Those of us who are aging (and who isn't) realize that our health is worth preserving in any way we can. And what does that have to do with being a docent? We have focused on having more fun as a docent (more social activities and more field trips), which is certainly beneficial, but did you know that volunteering does good things to our health as well?

Donna Cardillo, RN, MA, and one of Dr. Oz’s panel of experts, says: “Volunteering has long been touted as a great way to ‘give back’ and make a positive contribution to the world. And while all that is true, numerous studies have shown that people who do volunteer work for 2 or more hours per week have lower rates of depression and heart disease, live happier more fulfilled lives, have greater self-esteem and greater functionality, especially for older adults.”

People who volunteer may live longer than those who don’t, as long as their reasons for volunteering are to help others rather than themselves, suggests research published in 2011 by the American Psychological Association.

This was the first time research has shown volunteers’ motives can have a significant impact on life span. Volunteers lived longer than people who didn’t volunteer if they reported altruistic values or a desire for social connections as the main reasons for wanting to volunteer. People who said they volunteered for their own personal satisfaction had the same mortality rate four years later as people who did not volunteer at all, according to the study.

“This could mean that people who volunteer with other people as their main motivation may be buffered from potential stressors associated with volunteering, such as time constraints and lack of pay,” said the study’s lead author, Sara Konrath, PhD, of the University of Michigan.

We docents already knew that it’s not only our love of nature that draws us to this place, but in large measure it’s about the people.

Think about that "altruistic values or a desire for social connections" quote. We have both here!

But there are two different social connections we can create in the Reserve. One is with our fellow docents, and the other with the visitors. While the "non-visitor" activities are critical to the health of the Reserve (think weeding, recycling, Seabees), our fundamental "reason for being" is visitor interaction. The Children’s Program, Lodge Hosting, interpretive walks, and the new weekend "map board" activity all provide those healthful vibes that comes from altruistic activities AND connections with the visitors. So if you have a few extra hours to improve your health, consider those activities.

See you around the Reserve,

Ken King
President,
Torrey Pines Docent Society
so the geologic theory cannot be sustained. The Chumash were great traders who were present at the time of divergence. Maybe they got seeds from a mainland source for planting on Santa Rosa? The problem with this theory is that the first agriculture in the Americas was 3,500 years ago (in Central and South America, not North America), so the Chumash most likely didn’t do it. What about the pine float? There is no known source of Torrey pine cones on the coast near Santa Barbara. We don’t know how long a Torrey pine cone will last in the ocean, and most importantly, the pine cones would have had to jump the cliffs on Santa Rosa to dry land! So, according to Tom, theory number three is also very unlikely…

The 2011 Torrey Pines Docent Society Expedition to the Channel Islands National Park

Tom’s presentation was followed by a very engaged question and answer session in which many more theories were offered by our highly motivated and creative docents. However, the jury is still out…

TPDS General Meeting Notes
February 11, 2012

Excerpted from notes of TPDS February 11th General Meeting, by Secretary Bill Eckles. Complete notes in docent library.

Ken King, President, called the meeting to order at 10:30 a.m. following an informative and humorous presentation by Tom Polakiewicz on the topic “Why are There Torrey Pines on Santa Rosa Island?”

Announcements:
Chuck Anders requested help from the membership with preparing refreshments for the monthly meetings. As a special treat, next month’s goodies will include egg/cheese/sausage burritos, so be sure to bring an appetite as well as enthusiasm to the meeting in March. Chuck also announced that new parking permits will be available, correcting some ambiguities in previously issued passes.

Ken announced that 2012 parking pass stickers for the Reserve were being distributed to qualifying docents by Park Aides Jake and Louis.

For “Spotlight On,” Kathy Estey noted the new and seemingly permanent presence of Allen’s Hummingbirds and Rufous Hummers in the Reserve. Allen’s, particularly, have moved down here from Orange County over the past five years. Unlike the Rufous birds, Allen’s hummers are more permanent residents in the area of Coastal Sage habitat so abundant in the Reserve. She also announced the presence and even the location of a burrowing owl in the reserve and that our Greeting Roadrunner is back, apparently with a mate.

Kristine Schindler, a member of the 2011 docent class, was named February Docent of the Month for her abundant efforts both with visitors in the Lodge and organizing clean-ups, particularly of the Torrey Pines Grade of North TP Drive. Thank you, Kristine, for your energy and initiative. [see p. 4]

Several Lifetime member docents were recognized, capped off by our longest serving, Judy Schulman, at 34 years. Thanks to you all for your service!

At least one driver has been noted harassing walkers and, particularly, bicyclists. Ranger Hardenbrook requests that any admonitions to such drivers be done only when we are “in uniform” and that such admonitions be administered safely so as to not provoke any “road rage.”

Kathy Estey and Lou Adamo have volunteered to be leaders in conducting guided walks in the TP Extension, north of the lagoon area. These will be conducted infrequently, but represent a significant move to organize visits in the Extension.

The posts supporting the front porch ceiling at the Lodge are showing signs of deterioration and some volunteers have expressed concern. However, the Historical Site Review is going on and experts that have been contacted say there is nothing to worry about. After the review the posts will likely be repaired.

Molly McConnell will lead the organization of a docent’s book club. A membership of about 8-12 participants is expected. Please contact Molly to join. [see p. 5]

Treasurer’s Report: (Ken King for Carolyn Butterfield) January was another good month for the Society, especially through the Museum Shop. Special Walks are also doing well.

Margaret Fillius, speaking for Ann Williamson, who is currently recovering from an illness, requested volunteers to help with these special walks.

Special Programs: (Bob Doolittle, VP) Bob announced that March 27th is the date for a visit to the Wolf Center in Julian. Additionally he’s talking with Carmen Lucas for a guided hike on the Cottonwood Trail and possible visits to Crystal Cove and Sumner Canyon.

Training: (Ken for Janie Killermann) There are currently about 60 applicants and, though the number will likely attrite, a large class is expected. The size will be monitored to assure we
conduct the training sessions in a location of adequate size.

**Lodge Hosting: (Irene Larrimore)**

Thank you goes out to Gabriella Ivany for her work editing the new Lodge Hosting Manual. The "Lodge Hodge Podge" is being emailed biweekly to provide helpful tips and updates to the cadre of Lodge hosts. Thanks to Irene for her efforts.

**Art in the Pines: (Cindy Wollaeger)**

Promotional bookmarks were distributed to docents attending the meeting. Cindy is encouraging more applications by the artists. There is currently a good interest level. The website is artinthepines.org.

**Torrey Pines Association: (Rick Vogel)**

CALPA will meet in San Diego this year the weekend after Mother’s Day, 5/16-20, and bring between 125 and 150 visitors. Rick requested help from 12-15 docents to assist with the meeting being held at the Reserve.

TPA’s last short film titled "Playing by the Rules" and featuring our own Lisa Urbach is up on the TPA web site.

**Jeff Spivak** issued a large "thank you" to all who have helped during his struggles with epilepsy and requested participation in his fund-raising efforts on April 15 at Dana Cove on Mission Bay. Sign up to participate.

Ken King adjourned the meeting at 11:25 a.m.

**Docent of the Month - Kristine Schindler**

Kristine explains: “As with many of you, I trust, I became a docent at Torrey Pines State Reserve because I wanted to give back directly to the Reserve. For 15 years I have been bike commuting up through the Reserve (and back down on Hwy 101) and enjoying the Reserve on foot, as well, since moving to the San Diego area. I bought annual parking passes now and again, but those $$$ went to the general State funds. I wanted to support TPSNR itself (and did not yet know about the TPA). So the plans to become a park docent somewhere, once I retire, moved up in my timeframe to becoming a TPSNR docent now. I am delighted to join a great group of folks dedicated to conservation, interpretation, and habitat preservation of such a wonderful place. Thank you for the warm welcome.”

**Children’s Program**

*by Sue Randerson, Children’s Program Director and Laura Lowenstein, Children's Program Coordinator*

Many thanks to our wonderful docents who signed up and filled our calendar for February with nary a plea needed from Laura. Several of you have also signed up throughout the spring and this is greatly appreciated. No worries, there are still many slots available to sign up and lead a walk or make a presentation in March, April and May. You can sign up well in advance and easily cancel or make changes online, if needed. If you must cancel within a week of the program, just contact Laura directly by email or telephone so she can send out a request for a replacement.

**Diane Greening** has agreed to lead a training workshop for Children’s Program docents on Friday, April 6, when no schools are scheduled. Her lively presentations on “What’s in My Vest?” and “The Nuts and Bolts of the Children’s Program” were great hits last spring. She will provide us with more helpful tips for interpretation and leading children on walks. We will then have a walk with everyone sharing their favorite stops and activities along the trail. We welcome any docents who are interested in participating in the Children’s program and look forward to seeing all our regular CP docents who are free on April 6 at 9:30 a.m.

Two projects are ahead: The first is to update the Teacher’s Guide that goes to teachers who have signed up to bring their classes to the Reserve, and to make the information accessible online. The second is to expand the Whales and Dolphins unit to cover more marine topics and possibly more about the lagoon ecosystem. Several people have indicated interest in this. If you are interested in joining us on either of these projects, please contact Sue or Laura.

The kids love seeing animals. Laura tells of the roadrunner which was spotted near the Lodge with a lizard in its beak and a burrowing owl which has set up residence in a hole near the South Beach lifeguard dirt ramp, on the cliff.
**Facts and Fancy about Torrey Pines State Natural Reserve**

by Jack Friery and Anna-Lena Malm

This is the first in an occasional series about the unique features of Torrey Pines State Natural Reserve. You may use it to begin discussions with visitors to the Reserve – or even as an inspiration to you to write an article for the *Torreyana*.

Suggestions about this series are welcome.

The answers to these questions can be found on the pages 8 and 9 of this newsletter.

1) The rarest pine tree in the western hemisphere
2) The smallest butterfly in the world
3) A plant that smells like a skunk
4) An insect that helped make Spain fabulously wealthy in the 17th century
5) The fastest animal in the world
6) A bird that is born, lives, and dies within a space of a few hundred feet
7) A plant that hid the scent of Indian hunters
8) A mammal that migrates greater distances than any other in the world
9) Two animals that live underground
10) A plant community that has a name in the Basque language

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**Book Club**

**Announcement**

by Molly McConnell

Torrey Pines docents are in the process of forming a book club. If you would like to participate, please contact Molly McConnell at mollyfleur@yahoo.com. We will focus on non-fiction and fiction books relating to the natural world.

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**Docent Hosting at the Map Board**

by Frank Burham, Trail Patrol Coordinator

Photos by Ken King and Roger Isaacson

Over the last few weeks, we have continued the experiment of weekend docent hosting at the map board as an expansion of Trail Patrol. Several docents have participated and provided good suggestions. A few docents split their time with half at the map board and half on the trails. We currently have a flower board display that has attracted a lot of attention. Since the board is set low to the ground, the kids are fascinated and point out the flowers they saw on the trail.

All feedback from visitors and docents has been very positive. We still have some infrastructure-related issues to work out. Plans are in progress for construction of some type of information kiosk at that site. A signup system is also in the development stage. In the interim, we will continue to provide weekend visitor information with a docent at the map board. Until we get a schedule system, please advise me by email at frankburham@att.net what date and time you plan to participate.

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A current list of docent board members and committee heads is one of many items kept at Docent Login at torreypine.org.
2012 Torrey Pines Docent  
Training Begins  
*Article and photos by Janie Killermann, 2012 Docent Training Coordinator*

Activity at the Lodge started early on Saturday, February 25th as rangers, staff and docents readied the facility to welcome prospective docent trainees. Under the studied supervision of John Hacklander, the retiring Coffee Guru, Class of 2011 alums Thomas Stehlik, Andre Betarseh and Bill Sheehan (right) readied a welcoming brew to greet the prospective new docents. Nearby Linda Lawley and Carolyn Colwell (middle right) set out tasty snacks for mid-morning break, while inside, Ranger Lisa Urbach (below) greeted the potential members of the Class of 2012.

Thirty-five guests gathered to explore with docents and staff the range of opportunities for service to Torrey Pines State Natural Reserve, the expectations and commitments accepted by docents, and the many delights we experience working with one another. Facilitating small group discussions where potential trainees could explore in depth the docent experiences were Frank Burham, Sherry Doolittle, Bob Doolittle, Margaret Pluth, Steve Rose, Kristine Schindler, Thomas Stehlik, Steve Tarkington, Sharon Thompson, Rick Vogel and Sally Whitlock.

By the meeting’s conclusion, Training Coordinators Linda Zlotnik and Jeannie Smith (right) had sold all 17 available Training Manuals to eager participants ready to embrace the training adventure and Linda headed off to the printer to order up additional notebooks.

As if on cue, our resident roadrunner (left) hopped out to watch the trainees head off behind trail leaders Diane Greening, Rick Vogel, Frank Burham, Sherry Doolittle and Bob Doolittle as the morning concluded with exploration of the Mesa, the Guy Fleming Trail, and Red Butte.

The training program concludes on Saturday, June 9th with Graduation of the Class of 2012.
Free-Verse Poem
by Rhea Bridy

Light-filled, bracing
and breezy hikes
Spouting-whales in oceany air
Clinging acorn caps, miniatures in
The scatters of prickly chaparral and scrub
Black Sage leaves, savory and strong
California Sagebrush, fragrant and feathery
and spring green.
Torrey Pines of all sculptures and size, in canyon and cliff
Bearing bouquets of pollen in lower branches
Clusters of small pinelets, purple-dotted, greening, yellow
Drying, dispersing soon, upwards in the wisps of wind
Toward the high, readying rosettes, atop the trees
Crowning the uplifted stems
Like rustic, pine-scented candles.

Visit Carmel Mountain Preserve on
Sunday, March 11, 2012 (changed from original date/time)

Article and photos by Diana Gordon

Many Torrey Pines docents, including myself, have been involved in the movement to set aside Carmel Mountain as a preserve. The reasons for the set-aside are many: wildlife connectivity between Los Peñasquitos Canyon Preserve and Torrey Pines State Reserve; the Southern Maritime Chaparral community of plants; endangered plant species, such as Dudley brevifolia; and endangered animals, such as the San Diego Fairy Shrimp, found in vernal pools on Carmel Mountain.

I will be leading the last of three hikes in the Carmel Mountain Preserve on March 11 between 3-5 p.m.
The meeting point is:
4730 Fairport Way, at the intersection with Shorepoint Way

Hikes in the Preserve are moderate, and encompass a loop hike around the mesa top. Additional trails are either in place, or under planning. Here is a trail map link:

The mesa is beginning to bloom, and if it continues to rain, there will be vernal pools. Currently there are only a few pools with water in them. Flowers should be blooming well this season, and they are representative of those at Torrey Pines State Natural Reserve.

P.S. There was a recent exhibition at the Athenaeum Library in La Jolla of Ruth Wallen's work. This link explains some of what Ruth has been involved in with regard to the Carmel Mountain Preserve:
communication.ucsd.edu/rwallen/carmelmt.html

photographs
by Judy Schulman

Given all the current construction on the bridge over the railroad, I thought this photo from 1969 of the lagoon bridge was interesting. Note that today, with only two supports for this bridge, the flow between the lagoon and the ocean is much less impeded than in 1969, a factor that has contributed to the improved health of the lagoon.
Answers to the TPSNR quiz on page 5

1) **Torrey Pine** (*Pinus Torreyana*) - in TPSNR and on Santa Rosa Island.

2) **Western Pygmy Blue** (*Brephidium exilis*) - it has a wingspan of only 5 to 7 mm.

3) **Skunkweed** (*Navarretia hamata*) - plant with pink or purple tubular flowers.

4) **Cochineal** (*Dactylopius coccus*) - an insect from which the crimson-color dye carmine is derived. (Cochineal is a scale insect that looks like white foam on the pads of the prickly pear cactus. It is used to produce the lovely color dye called crimson. In the museum in El Morro Castle in old San Juan, Puerto Rico, there is an exhibit of the New World commodities that made Spain fabulously wealthy in the colonial period. These include gold, silver, emeralds – and the humble insect Cochineal.)

5) **Peregrine Falcon** (*Falco peregrinus*) - can reach 202 mph during its characteristic hunting stoop (high speed dive).

6) **Wrentit** (*Chamaea fasciata*) - a small bird that lives in the chaparral.
7) **White Sage** (*Salvia apiana*) - an evergreen perennial shrub in the coastal sage scrub habitat of Southern California and Baja California.

8) **Pacific Gray Whale** (*Eschrichtius robustus*) - every year they swim over 10,000 miles roundtrip between Mexico's nursery lagoons and feeding grounds in the Arctic.

9) **Ground Squirrel/Gopher** (tribe Marmotini) - the ground squirrels are members of the squirrel family of rodents (the **Sciuridae**) which generally live on or in the ground, rather than in trees.

10) **Chaparral** (*Txapar*) - Basque is regarded as a language **isolate**, that is, not related to the Indo-European languages. It holds co-official language status in the Basque regions of Spain.

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**Torrey Pines Docent Society Bird Survey: February 4, 2012**

**Number of species: 92**

- Snow Goose 2
- Gadwall 25
- American Wigeon 7
- Mallard 7
- Blue-winged Teal 7
- Cinnamon Teal 12
- Northern Shoveler 8
- Northern Pintail 38
- Green-winged Teal 22
- Lesser Scaup 42
- Surf Scoter 8
- Bufflehead 19
- Red-breasted Merganser 3
- Ruddy Duck 3
- California Quail 6
- Pacific Loon 8
- Common Loon 1
- Pied-billed Grebe 2
- Eared Grebe 1
- Western Grebe 201
- Clark's Grebe 1
- Black-vented Shearwater 3
- Double-crested Cormorant 13
- Brown Pelican 28
- Great Blue Heron 1
- Great Egret 2
- Snowy Egret 5
- Little Blue Heron 1
- Black-crowned Night-Heron 5
- White-faced Ibis 40
- Osprey 2
- White-tailed Kite 4
- Northern Harrier 1
- Cooper's Hawk 1
- Red-shouldered Hawk 2
- Red-tailed Hawk 4
- American Kestrel 5
- Peregrine Falcon 2
- American Coot 13
- Black-bellied Plover 6
- Snowy Plover 28
- Semipalmated Plover 27
- American Avocet 1
- Long-billed Curlew 22
- Sanderling 62
- Western Sandpiper 2
- Least Sandpiper 24
- Heermann's Gull 10
- Ring-billed Gull 95
- Western Gull 9
- Eurasian Collared-Dove 2
- Mournning Dove 6
- White-throated Swift 8
- Anna's Hummingbird 24
- Rufous Hummingbird 1
- Rufous/Allen's Hummingbird 1
- Belted Kingfisher 2
- Nuttall's Woodpecker 4
- Northern Flicker 1
- Black Phoebe 2
- Say's Phoebe 4
- Cassin's Kingbird 1
- Loggerhead Shrike 1
- Western Scrub-Jay 5
- American Crow 19
- Common Raven 16
- Northern Rough-winged Swallow 2
- Bushtit 78
- Bewick's Wren 3
- House Wren 5
- Marsh Wren 2
- California Gnatcatcher 5
- Ruby-crowned Kinglet 1
- Wrentit 28
- Hermit Thrush 2
- California Thrasher 3
- European Starling 3
- Orange-crowned Warbler 5
- Common Yellowthroat 9
- Yellow-rumped Warbler 32
- Wilson's Warbler 1
- Spotted Towhee 15
- California Towhee 14
- Savannah Sparrow 3
- Song Sparrow 21
- White-crowned Sparrow 16
- Red-winged Blackbird 8
- Brewer's Blackbird 12
- Great-tailed Grackle 1
- House Finch 50
- Lesser Goldfinch 32
- House Sparrow 2
- Observers: Jack Friery, Herb Knufken, Gary Grantham, Frank Wong, Blair Francis, Eva Armi, Kathy Dickey, and Anonymous

Previous Bird Surveys may be found at [torreypine.org/activities/bird-sightings.html](http://torreypine.org/activities/bird-sightings.html)

Herb Knufken's amazing photo gallery may be found here: [pbase.com/herb1rm](http://pbase.com/herb1rm)
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To sign up for an opening, call the hosting docent (858-755-8219) to confirm the time and write your name in the Logbook. If you cannot do your session, please try to find your own substitute by switching with another docent or using the short-notice list. Then call the hosting docent to make the change in the Logbook. Coordinators: Irene Larrimore & Jan Lombardi