



A PUBLICATION OF THE MISSION TRAILS REGIONAL PARK FOUNDATION • VOL 28 • NO 1 • WINTER 2017

Mission Trails Regional Park News



A doe and fawn return to the Kwaay Paay burned area looking for tender grasses sprouting from the recent rains. Thanks to a grant from REI, the area, which burned in July 2014, was revegetated in July of 2016. *Photo by Wendy Esterly*



**Mission Trails
Regional Park Foundation**

Board of Directors

Joseph C. Morse
President

Nancy Acevedo
Vice President

Dorothy Leonard
Secretary Treasurer

Patrick Abbott, Ph.D.

Elizabeth E. Bruton, Attorney

Neil Mohr

J. Carlton Morse II, CFP

Betty Ogilvie

William L. Sperling, M.D.

Alan Ziegau

Staff

Jay Wilson

Executive Director

Maggie Holloway

Administrative Assistant

Patty O'Reilly

Gift Shop Manager

Advisors

Eric Frost, Ph.D.

Associate Professor, San Diego State University

Ted Griswold

Partner, Procopio, Cory, Hargreaves & Savitch, LLP

Honorary Directors

Hon. Jim Ellis

California State Senator, retired

Hon. Jim Madaffer

Council Member, City of San Diego, retired

Hon. Judy McCarty

Council Member, City of San Diego, retired

Hon. Dick Murphy

Mayor, City of San Diego, retired

Superior Court Judge, retired

Michael R. Pent

Past Chair Mission Trails Citizens'

Advisory Committee, Past President Mission

Trails Regional Park Foundation

Hon. Larry Stirling

Superior Court Judge, retired

California State Senator, retired

A Message from MTRP Foundation Executive Director Jay Wilson



Mission Trails flourished in 2016. The MTRP Foundation continued to assist with funding and coordination for a variety of projects including new exhibits in the Visitor Center Exhibit Hall - *The Rock Cycle*, *Wildlife of Mission Trails*, and *Embers: The Hidden Threat*. The Foundation continues to support the on-going 5-Peak Challenge, rewarding over 4200 participants with a special pin and certificate for their accomplishments.

Thank you to everyone who donated funds to the Foundation in 2016. Your donations consistently help make things happen to improve the park. We hope you will continue to support Mission Trails Regional Park in 2017.

Volunteers, who give their time and talent, have always been a vital part of the Mission Trails family. In 2016, over 11,000 volunteer hours were logged in for the park. Whether it is helping to run the Visitor Center, being on patrol throughout the park, helping remove non-native vegetation, or improving a trail, volunteers continue to play a prominent and active role in the success of Mission Trails.

There are many ways to volunteer at MTRP. Just read the article in this publication by Linda Smith, a Visitor Center volunteer for 15 years. You can meet Linda just about every Monday morning at the Visitor Center.

Another volunteer you may meet while out hiking in the park is Terry Gaughen. Most days Terry begins his day early in the park. His weathered green truck, with the license plate "L Junque," is parked near-by and filled with native plants that he has raised in the park's nursery. In 2016, Terry volunteered over 1,500 hours in the park, that included planting 847 native plants (all propagated by Terry in the MTRP nursery), loading and spreading 115 cubic yards of mulch throughout the park to prepare the soil for more native plants.

The Mission Trails volunteer program is managed by the City of San Diego Park and Recreation Department. David Lee, Visitor Center Director, is always looking for good volunteers who can cover at least two, four-hour shifts a month in the Visitor Center. Check the website at mtrp.org or contact David at dlee@mtrp.org for more information.

We are looking forward to another good year in 2017. For more information about all the activities in the park check the Events Calendar on the website at mtrp.org. If you are looking for a venue for an after-hours event, contact Maggie Holloway at mholloway@mtrp.org or call her at 619.668.3280 ☐

Interested in being a part of the discussions that shape the future of MTRP?

MTRP Task Force and Citizens Advisory Committee meetings are open to the public and meet every other month at the MTRP Visitor Center.

MTRP CAC next meeting: March 7, 2017 at 6:30 PM

MTRP Task Force next meeting: March 16, 2017 at 10 AM

For future dates and agendas visit mtrp.org

Are You Ready to Give Back?

By MTRP Visitor Center Volunteer Linda Payne Smith

That's what I was thinking about when I planned what I would do after retirement from teaching young children for 31 years. I wanted something different, something that mattered. Since my mother had enjoyed Mission Trails Regional Park for years (she hiked Cowles Mountain at age 82), on her passing, my family made a donation to honor her with a plaque at the campground. That was the first time I had ever been to the Visitor Center and I have lived in San Diego for 58 years. I decided that volunteering at Mission Trails was different than anything I had done before, so I became a Visitor Center Volunteer.

In my 15th year here at Mission Trails what I enjoy most are the visitors who come into the center, many who are new to the facility. As volunteers, we meet people from all over the world, some who barely speak English but love the outdoors. Local families with young children teaching them to respect nature as they set a good example for exercise by taking a hike. "I saw a lizard," a child tells me with excitement. For him, it's a first. To see the wonder of a two-year old's face when he first sees a three-dimensional actual-size mountain bobcat in a mural display is rewarding for the volunteers and staff.

Where else can you see a helicopter mountain rescue from your workplace? Or changing art exhibits all year long? We once experienced a group of cross-country bike riders riding from the Atlantic to the Pacific—they had 10 miles left to go.



We volunteers have met many groups of people that use the facility rooms for training purposes, such as the police and fire departments. All those handsome men in uniform created a bit of a stir for us.

All staff and volunteers at the center are on a first name basis. Volunteers are shown respect and are thanked every time we are there. It's nice to feel appreciated and it's part of what keeps us coming.

So, if you want some diversity in your life with people who care, consider becoming a Visitor Center Volunteer. It's worthwhile. As a bonus, you will learn how to pronounce (maybe even spell) Kumeyaay, Shawii, Kwaay Paay, Ewaa and Cowles (pronounced "kohl's") Mountain. □



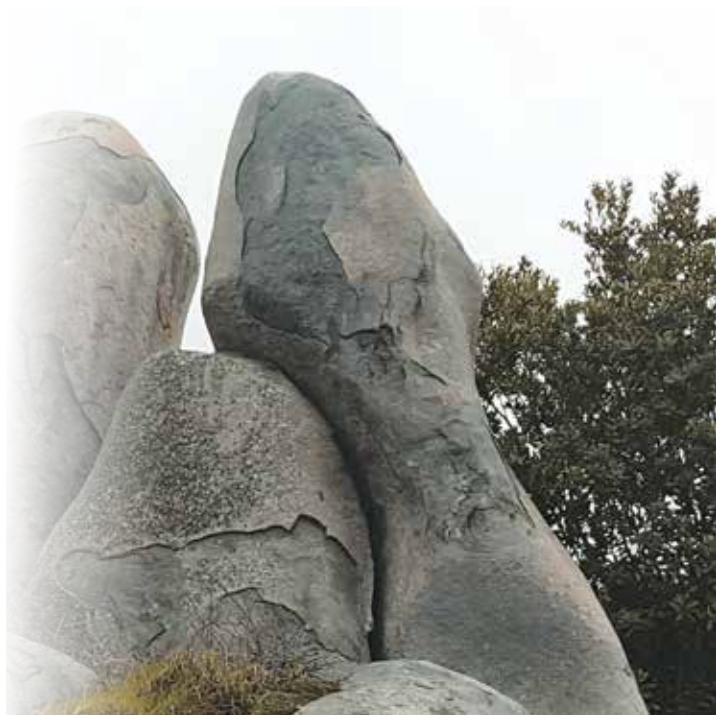
Have You Seen Snake Head Rock?

By MTRP Volunteer Patrol Daryel Stager

Located near the Grinding Rocks Trail Head along the east side of Father Junipero Serra Trail stands the granite outcropping of Snake Head. Comprised of three granitic monoliths of plutonic rock, Snake Head is right next to the trail (road), taking the shape of one of Mission Trails' non-venomous reptiles raising up toward the sky.

This natural formation was caused by either rainwater or nearby plant roots creating an affect called "wedging," that puts pressure on a small fracture of the rock causing it to break. Once the separation is complete, over time, weathering from both wind and rain takes over, causing the two sections of rock to become smooth to the touch.

During your next trek along Father Junipero Serra Trail, slow down to see what you may have been missing all these years. You might even see "The Horse Coffin." □



Thank you to our many "Friends of Mission Trails" in 2016

Director's Circle

Ruth Gibbs Family Trust

Benefactor's Circle

SDG&E - a Sempra Energy utility

Sponsor

Barbara Thompson Trust with the San Diego Foundation

City of San Diego Special Promotion Program

Stephen R. Prewitt Trust with the San Diego Foundation

Steward

County of San Diego Community Enhancement Funds

Brian and Michelle Cox for Light Speed

Republic Services

Patron

Crystal Pyramid Productions

Family and Friends of Georgiann Mason

Samuel and John Henry Fox Foundation

Linda and Bob Gordon

Superior Ready Mix

Founder

Jeremy Cowperthwaite

Jeff Davies

in memory of Jeanne Davis

Family and Friends of Kathleen Ann Martin

Family and Friends of Steven Threlkeld

Donna Gookin

in memory of Edwin Gookin

Ideal Plumbing, Heating, Air, Electrical

Gerald and Patricia Johnson

Kaiser Permanente Foundation

MTRP Endowment Fund with the San Diego Foundation

Linda Odening

in memory of Walter Odening

San Diego Family Magazine LLC

Ruth and Arthur Savage

Stephen Thompson

John and Mary Todd

Jeff Toister

Marie Tuthill Family Trust

Trailblazer

Rita and Jerry Bierman

Patrick Harrison and Eleanor Lynch

Lindsay and Diana Hill

Mike and Patricia Pent

San Diego Community News Network

Jill Thacker and Gregg Rosner

Tierrasanta Kiwanis Club

Jeri and Charles Willson

Michael Wu

Pathfinder

Pat Abbott

Nancy Acevedo

Michael Andrew

Marysa Andriola

John and Ann Aydelotte

Lynn Baer

Hal and Carolyn Barkow

Aaron Beard

Julia G. Brown

Beth Bruton

Ramona Bush

John S. Caragozian Trust

Curtis Carlson

Greg Carron

Susan W Christison Trust

Alan Clark

Colleen Conaway and Mark Peterson

David and Leatha Cooksy

Clarence Daub, Jr

Wendy and Terry Esterly

Lawrence and Patricia Fox

Judith and William Friedel

Linda Gillett

Richard Goldberg

Julia and Stephen Guroff

Laura Hall

Steve and Mary Jane Harris

Elaine Harvey

Tom and Joan Hayes Family Trust

Joan Helland

Lyla Zoe Herald Trust

Allan and Gerry Hodge

Gary Hogue

John and Peggy Holl

Debra and Michael Holmes

Gary and Keiko Jensen

Allyn and David Johnston

Derryck and Carolyn Jones

Fred and Linda Kramer

Kathryn Krug

Lawrence Family JCC

Alvin and Lorah Lehman

Dan and Dorothy Leonard

Perry and Christine Lieber

Gary Lombardo

Mickhael and Genevieve Matherly

Roger and Jo Matthews

Brian and Ann Mc Donald

Charles and Martha Moffett

Steve and D. Kay Moreno

Joe and Rosemarie Morse

Carlton and Cathy Morse

Charles and Ann Nickel

Jennifer Nickles

Jane Allan Noon

Daniel and Cathy Northcutt

Team Northcutt Realtors

Shannon O'Dunn

Ola Olsson

Mike, Pat, Michelle and Mary Pent

Ann Posthill

Jodi Roisman

Barbara and Norwin Rosner

Scarano Family Foundation with the San Diego Foundation

Philip Schey

Stephen Seaborg

Lisa and Berry Shaw

Jeanne Shenkman

Theodore Sledzinski and BJ Withall

Catherine Smith

Bill and Barbara Sperling

Daryel Stager

Donald E. Steele in memory of Pete Cuthbert

Dorothea Sotiros

The Caye Foundation in honor of Ken McIntyre

Janet Trentacosta
Debbie and Bruce Van Hyfte
George and Nancy Varga
Mark and Robin Wade
Blue Marble Photography
Cecile Walters
G. Thomas Walters
Hans and Mary Weber
Joseph Weening Trust
Mike Weinberg
Kathryn Wellbrock
Anne and Don Wemple
Howard Wiggins
Brian and Luann Wright
Karen Zatt

Dr. Ronald and Mickey Zeichick
Jeff Zubik and Lila Hayes

Family

Badriah Al-Adsani
Jack and Pennie Avery
Lauanne Barrett
Joyce Bartos
Jim and Dorinda Bogart
Dr. Richard and Sue Braun
Sandi Calabough
Arther Casey
Jay Coulter
Karen and Jerry Eisman
Marilyn Fink
Roderick Innes
Charles and Karen Jacobson
Ronald and Lois Kilburg
James W. Lawson
Stacey and Bill LoMedico
Howard and Elaine Maltz
MD McKiran
Amielle Moyer
Carol and Charles Perkins
Margaret Pesce
Jack and Victoria Reed
Donald Ridgeway
Robert Roberto
Arnold and Barbara Saltzman
Dean and Vickie Schlagel
Richard Schwenkmeyer
Tierramesa Veterinary Clinic

Individual

Robert S. Ackerly Jr.
Paul Barbour
Judith Barnes
Christopher and Jamie Burns
Kathy Fazekas
Sophia Frost and Trip Sprau
Elizabeth Hill Family Trust
Loretta Huckabone
Gerald and Maureen Kelly
Julia Matuchova
Laurel McKenzie
Nadine Misiaszek
Patricia Pawlowski

Jeanne Raimond
Patricia Ray
Dorothy Stock
Julie Stollenwerk
Kacy Vega

Erin and Jeanne Western
Katherine Zubel

Arbor Day

Hal and Carolyn Barkow
Girl Scout Troop 3830
Girl Scout Troop 8750
Lindsay and Diana Hill
Ann Wemple
Grossmont Community College District
English Dept. in memory of John Mood

Ruts Wrong?

By MTRP Ranger Araceli Dominguez

Let me tell you. When Chief Seattle of the Suquamish tribe said, "Take only memories, leave only footprints." I'm sure he meant well and I agree with him, to a certain extent. I would have loved it better if Chief Seattle said, "Take only memories and don't leave any ruts, footprints or hoofmarks". "Ranger Dominguez, are you saying we shouldn't visit the park when it rains?" Of course not. By all means, please come to the park and enjoy the Visitor Center. Enjoy the panoramic views from the Visitor Center terrace. Take a stroll down Father Junipero Serra Trail to the Old Mission Dam, a California State Landmark on the National Register of Historic Places.



I want to accentuate what the International Mountain Bike Association (IMBA) states, "stay off wet and muddy trails whenever possible as they are more vulnerable to damage than a dry trail." Leaving "footprints" (this also includes horse and bike tracks) on a wet trail translates to other park users that it is alright to go on them. Before you know it, visitors start "skirting" the puddles and widening the trails trying not to get their feet wet.

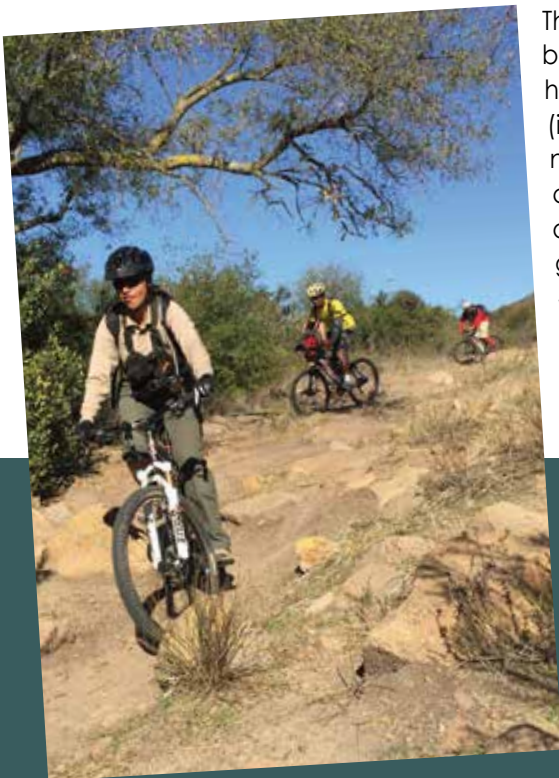
Let me tell you, it is not alright to go on wet trails, especially here at MTRP. There is no "soil fairy" to fly behind you and cover up your ruts, footprints or hoofmarks. While there is no law or regulations, please know that it is a "general rule," a common courtesy not to tread on wet, muddy trails.

Think twice before taking that step on a wet trail. Know that when riding and/or hiking on wet trails, not only does it compromise the physical integrity of the trail, but it also compromises the safety of other visitors and the aesthetics of the trail (when it dries up). Only you can prevent this from happening. ☐

"Riding With A Ranger" Series Continues

By MTRP Ranger Araceli Dominguez

Time flies when you're having a great time, like guiding mountain bike rides at Mission Trails Regional Park with many new visitors and helpful San Diego Mountain Biking Association volunteers! Can you believe it's been a year since the Mountain Bike with a Park Ranger program launched? Last year, we had over 100 adults and 10 children join the rides at Mission Trails Regional Park, which includes the new West Sycamore Open Space.



The program is progressive and repeats every three months. The first class (for beginners and families) is for people who have never ridden a bike on a trail or it has been a long time since they've been on their bike on a trail. The second class (intermediate) is for riders who understand the principles of mountain biking and need to be physically fit as we ascend hills and maneuver switchbacks. The last class (advanced intermediate) is for riders that are confident on their bike and are basically out there to increase their skill level. We practice riding through rock gardens, on narrow track trails and steep downhills.

We meet on the first Saturday of every month at 9AM. The locations change, so check our website, mtrp.org, for information. We do not meet July-September.

The next ride, the second in the series, is on Feb 4 at West Sycamore. We would love to have you join us. Come on down! ☐

Thanks to the volunteers of Mission Trails!

On the evening of February 4, 2017 the staff of Mission Trails and the Foundation will be honoring our dedicated volunteers. All MTRP volunteers are invited to dinner and the 2016 volunteer awards ceremony at the Visitor Center. There are currently over 125 individuals helping with various needs throughout the park.



Become a Friend of Mission Trails Regional Park

Mission Trails Regional Park Foundation provides opportunities for individuals, businesses, community organizations, and foundations to support a variety of programs and projects within the park. Community support is important to ensure adequate funding to maintain the award winning Mission Trails Regional Park Visitor and Interpretive Center and the multiple amenities the park has to offer.

Special event and project sponsorships are also available. Sponsorships for Explore Mission Trails Day, an annual event held each May, range from \$500 to \$5,000. Exhibit sponsorships begin at \$2,500. Bench and table sponsorships range from \$1,500 to \$4,000, depending on the item and its location in the park. Contact Mission Trails Regional Park Foundation at 619-668-3280 or mholloway@mtrp.org for additional information.

Our Funds...

- Friends of Mission Trails
- Trail Maintenance
- Tree and Habitat Maintenance
- Education Programs
- Library Books and Supplies
- Lake Murray
- Endowment Funds
 - General
 - Library

Other ways you may donate....

- Memorial or In Honor Of Gifts
- Matching Funds
- Gifts of Securities
- Remember MTRP Foundation in your will
- Charitable Remainder Trusts
- Become a Business Friend of MTRP

Donor Levels

- \$25 Individual
- \$50 Family
- \$100 Pathfinder
- \$500 Trailblazer
- \$1,000 Founder
- \$2,500 Patron
- \$5,000 Steward
- \$10,000 Sponsor
- \$25,000 Benefactor's Circle
- \$50,000 Trustee's Circle
- \$100,000 Director's Circle
- \$1,000,000 Visionary Circle

Names of contributors of \$1,000 or more will be displayed on the donor board at the Visitor and Interpretive Center. Yearly donations are accumulated from year-to-year for donor recognition purposes.

Name _____

Business _____

Address _____

City _____ State/ZIP _____

Email _____ Phone _____

You may designate your donation for one or more of the following funds. Please indicate the amount.

\$ _____ Friends of Mission Trails - General support for all MTRP programs and projects.

_____ MTRP Foundation Endowment Fund - Earnings used for programs and projects

Special Funds

_____ Education Program Fund - Funds used for education programs

_____ Library Fund - Books and supplies for the library

_____ Library Endowment Fund - Earnings used for library books and supplies

_____ Trail Maintenance - Trail maintenance and improvement projects.

_____ Tree and Habitat Maintenance - To help maintain the park's habitat

_____ Lake Murray - Special projects at Lake Murray

\$ _____ **Total Donation**

Make check payable to MTRP Foundation and mail to:

Mission Trails Regional Park Foundation, One Father Junipero Serra Trail, San Diego, CA 92119-1008

To donate securely online, visit our website at mtrp.org

or charge my donation to VISA _____ MC _____

Card No. _____ Expiration Date ____/____

Cardholder's signature _____

MTRP Foundation staff use only: Date of check _____ Check# _____

Database ____ Letter ____ Newsletter ____ Web ____

Visitor and Interpretive Center
619-668-3281

MTRP Foundation: 619-668-3280
Email: mtrp@mtrp.org
Web Site: mtrp.org

Mission Trails Regional Park News
Vol. 28, Number 1, Winter 2017

Mission Trails Regional Park News is funded in part by the City of San Diego Special Promotional Program.

Mission Trails Regional Park Foundation, Inc., established Jan. 1988, is a non-profit public benefit corporation organized for the purpose of preserving, improving and maintaining Mission Trails Regional Park.

Mission Trails Regional Park News is a publication of the Mission Trails Regional Park Foundation, Inc.

Maggie Holloway, Editor

Special thanks to our volunteer photographers Nancy Varga, Wendy Esterly, George Varga, Gerry Tietje, and David Cooksy.



Rodent Control
Officer Serra

Mission Trails Regional Park Foundation

One Father Junipero Serra Trail
San Diego, CA 92119

Address Service Requested

Non-Profit
Organization
U. S. POSTAGE
Paid
San Diego, CA
Permit No. 658

Free Events at the Park!

Offered every month. No reservations. Check website, mtrp.org, for updates and more information.

Guided Walks in the Park

Guided Nature Walks Walks last 90 minutes, on average.

9:30 AM from Visitor Center every Wed., Sat. and Sun.

8:30 AM from the Campground Day Use Lot every
2nd & 4th Saturday

9 AM Lake Murray every 3rd Tues. (check for location)

Bird Walks 8-10 AM with Birder, Jeanne Raimond.

Feb 18 - Oak Grove Loop, Mar 18 - Lake Murray (Ball
Fields) and Apr 15 - Old Mission Dam

Wildlife Tracking Walks 8:30-10:30 AM

1st Saturday of each month in front of Visitor Center

West Sycamore Nature Walks (Scripps Ranch area)

8 AM every 3rd Sunday of every month

Nature Workshops at Visitor Center

Discovery Tables between 10 AM - 1 PM Lobby.

Feb 11 - Plant Parts, Mar 11 - Bird Nests, and
Apr 8 - Animal Skulls

Mountain Biking with a Ranger Series 9-11AM

Feb 4 - West Sycamore (Advanced Beginners)

Mar 4 - West Fortuna (Intermediate Riders)

Astronomy at Kumeyaay Campground Day Use Lot

Stars at Mission Trails Sunset until 10 PM. San Diego
Astronomy Association. Telescopes available.

2nd Friday of each month

Star Parties with MTRP guide and resident amateur
astronomer, MTRP Trail Guide George Varga. Telescopes
available. Check website Calendar for dates and times.

Music & Art at Visitor Center

Concerts 3-4 PM in Theatre. Seating is limited (93).

Jan 29 - Courtly Noyse

Jan 31 - Quartet Luminoso - string and clarinet quartet

Feb 05 - Yuko Maruyama jazz pianist

Feb 19 - JAMB - bass clarinet quartet

Mar 5 - Gregory Page - guitar

Mar 19 - Martin Shaw - Celtic electric violin

Apr 2 - San Diego Harp Society

Apr 22 - Earth Day Concert with Dryad -

Eco Folk Music at the Outdoor Amphitheater

Flute Circle 1-3 PM Outdoor Amphitheater.

2nd Saturday of each month

Art Shows displayed in the Gallery.

FREE Receptions 1-4 PM

Feb 4 - Solo Artist Kathryn Ackley

Mar 11 - Eight Artists' Show

Apr 8 - Solo Artist Chris Witnik

