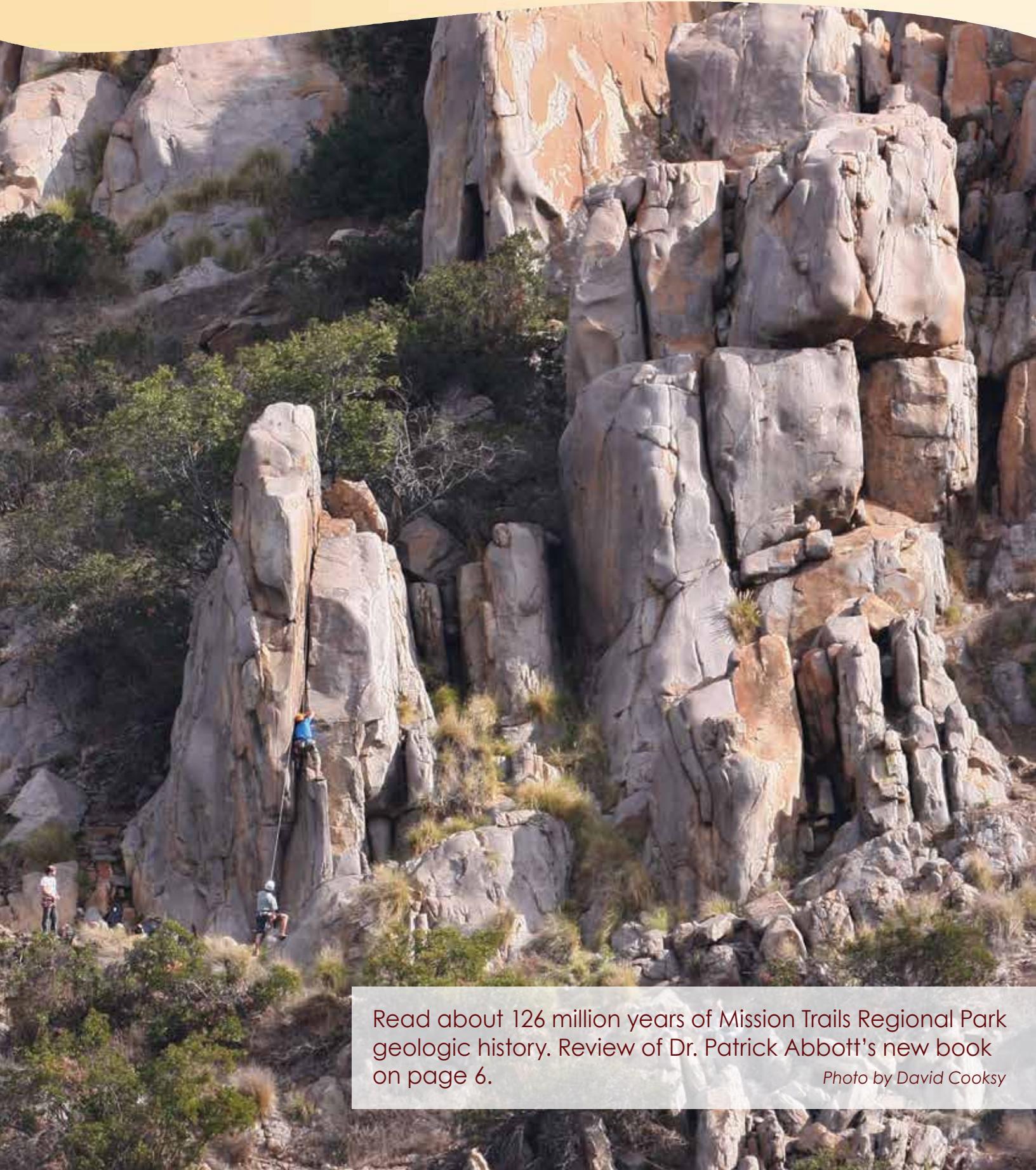




A PUBLICATION OF THE MISSION TRAILS REGIONAL PARK FOUNDATION • VOL 29 • NO 1 • WINTER 2018

# Mission Trails Regional Park News



Read about 126 million years of Mission Trails Regional Park geologic history. Review of Dr. Patrick Abbott's new book on page 6.

*Photo by David Cooksy*





## Mission Trails Regional Park Foundation

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*Superior Court Judge, retired*  
*California State Senator, retired*

## A Message from Executive Director Leslie Perkins A New Year!

As the new year begins, the Mission Trails Regional Park Foundation extends its thanks and gratitude to you for visiting the park and participating in the variety of events and activities! Thousands of people enjoy Mission Trails Regional Park, a treasured resource, and all it has to offer as one of the largest urban parks in the United States. We look forward to continuing the important mission, in partnership with the City of San Diego, to preserve the natural environment of Mission Trails Regional Park and to provide educational and recreational opportunities for generations to come.

### Extraordinary Volunteers

We are so lucky and thankful to have many dedicated volunteers that are invaluable to the operations at Mission Trails Regional Park! There are over 150 active volunteers that selflessly give of their time and talents to make the park such a special place to experience. There are numerous volunteer opportunities if you are looking to get involved, and you can help in a variety of ways:

- Visitor Center - Staff the information area welcoming visitors to the park, staff the gift shop, and introduce the video presentations in the theatre.
- Trail Guides - Complete the annual training to lead interpretive walks.
- Volunteer Patrol - Interact with and educate park users about park rules.
- Trail Crew - Assist rangers with trail maintenance and construction, erosion control, and sign installation.
- Habitat Improvement Team - Assist rangers with exotic plant eradication, habitat protection, and revegetation projects.
- Beautification Crew - Assist rangers with projects that beautify the park such as picking up litter, trimming back brush, weeding, and applying mulch at various locations in the park.

Volunteering is a great way to learn new skills, share talents and knowledge, gain experience, make new friends, and help make the park a better place! Check out [mtrp.org](http://mtrp.org) for an application.

### Winter is a great time to photograph images of the park to enter in our annual Amateur Photo Contest

Check for details on the contest on page 4.

Hope you get a chance to come enjoy the park, and always feel free to call 619-668-3280 with any questions. ■

## 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 Mission Trails Regional Park Visitor Center.

**MTRP CAC next meeting:** March 6, 2018, 6:30PM

**MTRP Task Force next meeting:** March 15, 2018, 10AM

For future dates and agendas visit [mtrp.org](http://mtrp.org)

**MTRP Volunteers are Terrific!**

## 2017 Arbor Day, San Diego way!

*By MTRP Foundation Board Member,  
Ruth Gautereaux*

Volunteers, MTRP Foundation board members, elected officials and City Park and Recreation staff helped celebrate Mission Trails Regional Park's own Arbor Day on Saturday, December 2, 2017. Ten young Coast Live Oak trees were planted by volunteer groups, including Girl Scout Troop #332 (pictured below), at the East Fortuna Staging Area.

Everyone was welcomed by Joe Morse (Foundation Board President) and then were given an instructional overview by Carmelo Esquer and Tom Folk (City of San Diego Park Grounds Maintenance Staff), who coordinated the planting of the trees. Participants were able to observe a special Native American ceremonial tribute carried out in honor of a passed away loved one.

Those who donated to fund the Arbor Day trees were the Leonard and Laird families, Robert and Linda Gordon, and my husband, David and I. If you would like to support this annual effort next year, please contact 619-668-3280. ■



*Members of Girl Scout Troop #332 dig in!*

## A Full Family Education Inspired By Eloise!

*As told by MTRP Trail Guide, Mary Todd.  
Photos by Mary Todd.*

It all began when our granddaughter, Eloise (age 5), attended the "Summer Day Camp" program at Mission Trails Regional Park (MTRP) run by Alicia Berg, MTRP Education Coordinator. Eloise chose to attend the River Camp session and was excited to learn about the various animals in the waterways around the park. As part of the camp experience she visited the grinding rocks along the bank of the San Diego River and also watched a film at the Visitor Center about the making of "shawee" a food staple made from ground acorns by the Kumeyaay. Our grandson Jameson was next to attend the Creepy Crawlies Camp session in July 2017, and was thrilled to learn about some of the insects, snakes, and lizards in the park. Eloise wanted her whole family to come to MTRP, especially to visit the grinding rocks and be able to make shawee together. She told her mother to write this on the family "bucket list" so they would plan it!

Since my husband and I serve as volunteer MTRP Trail Guides, we were delighted to schedule nature walks for the whole family to visit the park. Finally the day anticipated by Eloise had arrived, when the family with grandparents met us at the Visitor Center reception counter. We went out onto the patio where we introduced the parents and their younger sister Madeline to the Mission Trails Regional Park. We walked to the flowering shrub bladderpod where Jameson was able to show his family the harlequin bug. He also showed them the water striders, insects often seen skating over the surface of water, in Dog Creek and helped us show them the snakeskins of the rattlesnakes in the park. Madeline had taken some of the MTRP Nature Adventures classes taught by Linda Hawley so she was able to assist in demonstrating the collecting activities of the woodrat.

The final stop for the family journey through Mission Trails was at the grinding rocks where Eloise gladly passed around the acorns that they had been gathering along the trail. The whole family had watched the film, referred to us by Alicia Berg and Ranger Chris Axtmann on the MTRP website, of Miss Kumeyaay Nation as she made shawee. Each family member tried his or her hand at cracking the acorns with nearby rocks and grounding them into acorn meal. Eloise put the ground acorn meal in a cloth and carefully poured water over it to rinse out the bitterness.

A memorable family experience and great time at the park was had by all thanks to the inspiration of Eloise from that first Summer Camp participation! The wonderful youth educational programs at MTRP have not only encouraged the children, but their influence has had a ripple effect to the adults many months later! ■



*Granddaughter, Eloise, at the  
San Diego River*



*Grandson, Jameson, at the  
Grinding Rocks*





*"A true photograph need not be explained, nor can it be contained in words" ~ Ansel Adams*

## **We invite the public to get out in the park, get inspired, and start taking pictures for the 2018 Annual Amateur Photography Contest!**

For 26 years, the MTRP Foundation has hosted this contest as a way to encourage participants, children, and adults to experience the park through the lens and share their unique images of MTRP. This is a great time of year to capture your vision of MTRP in the categories of "plants", "animals", "landscapes", and "people". All entries will be on display at the Visitor Center from May 12th - June 22nd, with an awards reception on June 10, 2018. Look for more information on the contest rules, cash prizes, and application process at [mtrp.org](http://mtrp.org).

# Kumeyaay Lake Campground, the little-known gem of the camping community

*By MTRP Ranger, Julie Aeilts*

The California buckwheat has donned its russet flowers for the season, as the western sycamores shed their few remaining golden leaves to the ground. It's winter in San Diego, and with the unnaturally warm temperatures as of late, now is the time and Kumeyaay Lake Campground is the place to enjoy a wintry campout. Located in Mission Trails Regional Park, the campground – open year-round on weekends and certain Monday holidays – offers a refreshing and unique overnight camping opportunity in the largest open space park within the City of San Diego.

Amenities at the campground include two comfort stations, each with hot showers, flushing toilettes, faucets, and outdoor sinks with potable water. Along with its 46 campsites, at \$24 a site per night, Kumeyaay Lake Campground also boasts a shade structure with three picnic tables and a stand-up grill, and an outdoor amphitheater with seating for larger congregations. Those who prefer the comforts of camping in an RV will not find electric or water hookups at individual sites, though generator use is permitted from September 16 to March 14 during designated hours. Patrons staying in RVs or motorhomes or those towing trailers are limited to the second hemisphere of the campground, where the larger, more accommodating sites are located.



Such campers will also receive a fee waiver to access the facility dump station, whereas non-camping patrons must pay \$5 to empty their tanks. For those individuals who enjoy a more intense experience sleeping under the stars and waking up to dew on their sleeping bags, all of Kumeyaay Lake Campground's sites are available for tent reservation, with a maximum of two tents per site. Campers can book their reservations online up to two days in advance, or day-of and in person at the campground on a first-come first-serve basis. Prospective campers should be forewarned that the campground is significantly busier in the spring and summer months, so advance reservations are recommended.

When making reservations, heed the map legend to understand specific site restrictions.

*Continues next page*

## CAMPGROUND *continues*

Regardless of the sleeping configuration, some policies and limitations have been implemented to ensure camper, staff and wildlife safety. Each site can comfortably fit six people, and no more than two vehicles per night; one vehicle is included with the reservation, though a permit for a second vehicle can be purchased for \$4 per night. All pets – from dogs and cats to pigs, too – are \$1 per pet per night and must remain leashed, tethered, and contained at all times. Though it can be tempting to collect twigs and other dead downfall to aid in mustering a campfire, no collecting of vegetation is tolerated within the campground, as it provides food and shelter materials for many animal populations.

The pristine beauty of the campground is due in part to the live-in camp hosts that volunteer their time and energy in keeping the park and surrounding areas clean. Couples Mike and Judy Wade, who began working at MTRP in mid-November of 2017, and Algie and Marlene Hassler, who've been at the campground for just more than a year and a half, demonstrate their love of the outdoors and genuine concern for the safety and well-being of patrons and the park alike, every day. Both couples work in the campground, rain or shine, and assist park staff with various projects, provide the public with trail recommendations and advice, answer the questions of concerned campers and warn regulation-violators of the possible consequences of their actions.

Stay a night at the campground, hike around Kumeyaay Lake with the recent addition of a pontoon bridge, and say hello to the campground hosts and staff. With guided nature walks, easy access to hiking, biking, and horseback riding trails and star parties, Kumeyaay Lake Campground is the lesser-known camping gem of San Diego. ■



Photo by David Cooksy

# Join MTRP's "Wild Read" Book Club

By MTRP Ranger, Rebecca Smart



Photo by Ranger Rebecca Smart

Do you enjoy friendly conversation, reading for pleasure, and meeting new people? Are you interested in a new spin on exploring the natural world? Would you enjoy sharing nature through the adventure of reading? If yes, join the pack at WILD READ BOOK CLUB! This is a free, nature-related book club for adults. Whether that nature is found in an urban backyard, or hidden among the deepest canyon walls; we will share observations from "wild reads." Hosted by Park Rangers at Mission Trails Regional Park.

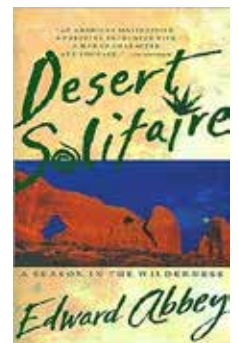
Every five weeks, a new environmentally-themed book will be selected and information emailed to book club participants. After reading the selected book, group members come together at Mission Trails Visitor Center to share thoughts, discuss the book, have a cup of tea, and connect with good folks. Group discussions will be guided by a Park Ranger. Light refreshments will be provided. After the program, some may wish to explore the many spectacular trails and natural beauty of the open space park at Mission Trails.

**February Book Club Meeting:** Join Park Ranger Rebecca Smart at Mission Trails Visitor Center on Sunday, February 25th at 1:30PM. Meeting location is the beautiful Visitor Center Library – One Father Junipero Serra Rd., San Diego, 92119.

**February Book Selection:** At our February 25th meeting, we will discuss the classic book *DESERT SOLITAIRE* by EDWARD ABBEY. City and county libraries can provide free copies of the book to borrow if you request it. Below is a description of the book & author:

*"Desert Solitaire is a collection of vignettes about life in the wilderness and the nature of the desert itself by park ranger and conservationist, Edward Abbey. The book details the unique adventures and conflicts the author faces, from dealing with the damage caused by development of the land or excessive tourism, to discovering a dead body. However Desert Solitaire is not just a collection of one man's stories, the book is also a philosophical memoir, full of Abbey's reflections on the desert as a paradox, at once beautiful and liberating, but also isolating and cruel. The author is a rebel and eloquent loner. Desert Solitaire is a powerful discussion of life's mysteries set against the stirring backdrop of the American southwestern wilderness."*

**To sign up for Wild Read Book Club:** Send an email to Ranger Rebecca Smart at: [rsmart@mtrp.org](mailto:rsmart@mtrp.org) indicating your interest. Please provide your full name, email address, and a phone number. You will receive information on meeting dates and current book selection. There is no fee associated with joining the group. **Space is limited, participants must RSVP.** Adults, 18 years old and over, wishing to join in the adventure and friendship are welcome! ■

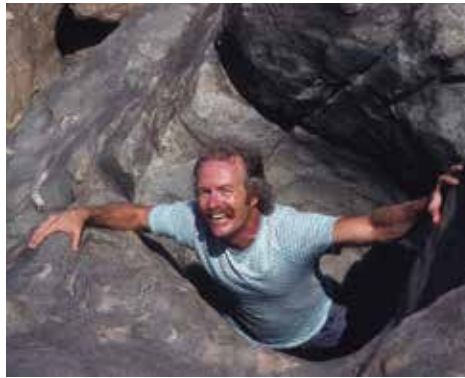




# New book unlocks 126 million years of MTRP geologic history

By MTRP Executive Director, Leslie Perkins

The Mission Trails Regional Park Foundation has recently published Dr. Patrick L. Abbott's newest book: *GEOLOGY - Mission Trails Park*. This book explains the four phases of geologic history of Mission Trails Regional Park and points out "look & learn" sites within the park where geologic history can be observed and interpreted. Looking back over the past 126 million years, the rocks within the park have taken on different trends. An excerpt explains: "Early on, the landscape stood tall with active magma extrusions by volcanoes...then the lands were worn down by erosion. Later, a long-distance river reached San Diego and buried the landscape beneath a huge pile of gravels and sands for millions of years, but then the river was cut off. Once again, erosion took over and reshaped the landscape in processes that continue today."

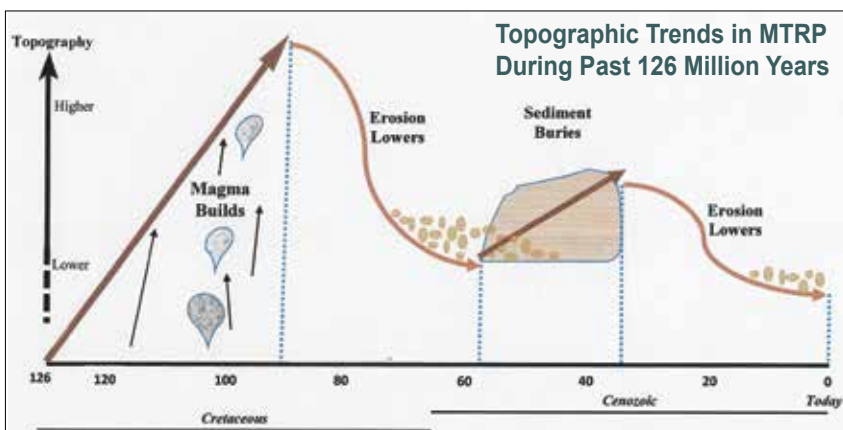


Author Patrick Abbot. Photo by David Cooksy

Dr. Pat Abbott is a native San Diegan with Masters and Ph.D. degrees in Geology, who served as a long-time Professor of Geology at San Diego State University. His renowned research is focused on reading the history stored in sedimentary rocks and fossils, with several published books and multiple media appearances for his expertise. Dr. Abbott has served on the Board of Directors for the Mission Trails Regional Park Foundation and currently serves as an advisor.

This is truly an in-house project. David Cooksy, an award winning photographer and long-time San Diego resident and Mission Trails Regional Park advocate, contributed dozens of photographs to the book. Maggie Holloway, MTRP newsletter editor, served as the book's graphic and layout designer. Maggie, who was formerly on staff as the administrative assistant, is now an instructor for the Foundation's education department. She has been a park volunteer for 20 years.

A geology lecture was given by Dr. Abbott on December 9th to a full house in the Visitor Center Theater, followed by a book signing to over 100 in attendance! This very anticipated book is available exclusively at the Visitor Center gift shop, open daily from 9:00 a.m. to 5:00 p.m., with proceeds benefitting the Mission Trails Regional Park Foundation. ■



## Notable Donations October 1-December 30, 2017

**Sponsor: \$10,000 - \$24,999**

Gary Hogue

**Steward: \$5,000 - \$9,999**

Dorothy Leonard in memory of Dan Leonard

**Patron: \$2,500 - \$4,999**

Jeremy Cowperthwaite

**Founder: \$1,000 - \$2,499**

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Foundation

Linda Odening

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**Trailblazer: \$500 - \$999**

Rita and Jerry Bierman

Arnold Friedman

Ellen and Doug Goepfert

Lindsay and Dianne Hill

John and Maggie Holloway

Roderick Innes

Eleanor Lynch and

Patrick Harrison

Mike and Pat Pent

**Pathfinder: \$100 - \$499**

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Michael Andrew

Hal and Carolyn Barkow

Susan Christison

David and Leatha Cooksy

Ted Daub, Jr.

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Wendy and Terry Esterly

Janet Farrell

Judith and William Friedel

Ruth and David Gautreaux

*Notable Donors Continues*

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Stephen and Mary  
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Lois Hodik

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Roger and Jo Matthews

Maggi McKerrow

Chuck and Martha Moffett

Neil Mohr in memory of  
Dan Leonard

Cathy and Carlton Morse

Joe and Rosemarie Morse

Mike, Pat, Michelle and  
Mary Pent Family

Mark Peterson

Patrick Schlimgen

Ernest Shaw

Theodore Sledzinski

Catherine Smith

Don Steele on memory of  
Dan Leonard

Don Steele in honor of  
Jay Wilson

Janet Trentacosta

Debbie and Bruce Van Hyfte

Joseph Weening

Mike Weinberg

Kathryn Wellbrock

Ron and Mickey Zeichick

# 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. Contact Mission Trails Regional Park Foundation at 619-668-3280 or ksweeney@mtrp.org for additional information.

### Donor Levels

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

**To donate securely online, visit our website at [mtrp.org](http://mtrp.org)**

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 - 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 habitats

\_\_\_\_\_ 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**

## Visitor and Interpretive Center

619-668-3281

MTRP Foundation:

619-668-3280

Email: [mtrp@mtrp.org](mailto:mtrp@mtrp.org)

Web Site: [mtrp.org](http://mtrp.org)

## Mission Trails Regional Park News Vol. 29, Number 1, Winter 2018

Mission Trails Regional Park News is funded in part by the City of San Diego Special Promotional Program and the County of San Diego Community Enhancement Fund.

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**



## Mission Trails Regional Park Foundation

One Father Junipero Serra Trail  
San Diego, CA 92119

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## Free Events at the Park!

*Offered every month. No reservations. Check [mtrp.org](http://mtrp.org) for updates.*

### Guided Walks and Mountain Bike Rides in the Park

#### Guided Nature Walks 90 minutes

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

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

9AM Lake Murray Walk 'n Talk every 3rd Tues. (Boat  
Docks on odd # months, Ball Fields on even # months.)

#### Bird Walks with Jeanne Raimond and Millie Basden

Feb 17 - 8AM Bushy Hill dirt lot

Mar 17 - 8AM Lake Murray Ball Fields

Apr 21 - 8AM Old Mission Dam

#### Wildlife Tracking Walks 8:30-10:30AM

1st Saturday of each month, meet at the Visitor Center

#### Family Discovery Walk with Trail Guides 3PM

4th Saturday of each month, meet at the Visitor Center

#### Mountain Bike Ride with MTRP Ranger Series 9AM

Feb 10 - Ride #2: Moderate/Fit Beginner at West  
Sycamore dirt lot at the east end of Stonebridge Pkwy.

Mar 3 - Ride #3: Intermediate Riders at West Fortuna  
dirt lot at end of Clairemont Mesa Blvd.

### Nature Workshops at Visitor Center

**Discovery Tables** between 10AM and 1PM in the Visitor  
Center Lobby: Feb 10 - Bird Beaks & Apr 14 - Bird Nests

### Live Hawk Demonstration with Bob Gordon and "Huxley" 9AM

First Sunday of each month, Visitor Center Lobby

### Birding Basics 1PM in a Visitor Center Classroom

Feb 24, Mar 31 & Apr 28 with Birder Winona Sollock

### Astronomy

*Kumeyaay Campground Day Use Lot*

**Stars at Mission Trails** Sunset until 10PM. San Diego

Astronomy Association (SDAA). Telescopes available.

2nd Friday of each month

*West Sycamore Staging Area (Scripps Ranch area)*

**SDAA Star Party** Feb 23, Mar 23 & Apr 27 Sunset until 10PM

### Music & Art at Visitor Center

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

Feb 18 - Amy Kanner Celtic Harp

Mar 4 - Gregory Page - Troubador

Apr 15 - SD Harp Society

Apr 29 - Courtly Noyse Medieval & Renaissance

**Flute Circle** 1-3PM Outdoor Amphitheater

2nd Sunday of each month

**Art Shows** displayed in the Gallery. Reception 1-4PM

Mar 3 - Group of Four Artists

Mar 25 - Gloria Chadwick

Apr 22 - Baja Rancho Artists

