



A PUBLICATION OF THE MISSION TRAILS REGIONAL PARK FOUNDATION • VOL 27 • NO 3 • SUMMER 2016

Mission Trails Regional Park News



2016 MTRP Amateur Photo Contest Winners

Clockwise from lower left: First Place Children 13-17 Fauna by Emma Meng, Best of Show/First Place Fauna by Darlene Luckins and People's Choice by Darlene Luckins



Photo by Jose Juarez
2016 Adult Fauna Second Place

Mission Trails Regional Park Foundation

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Superior Court Judge, retired

California State Senator, retired

A Message from Executive Director Jay Wilson



The 14th annual Explore Mission Trails Day, held on May 21st, was spectacular. The weather was great and between the two locations-the MTRP Visitor Center and the East Fortuna Staging Area-the count exceeded 3,000 visitors.

On behalf of MTRP and the MTRP Foundation staff, we thank the more than 100 volunteers who made this event possible. Thank you to our Explore Mission Trails Day sponsors: City of San Diego Special Promotional Program Fund, County of San Diego Community Enhancement Fund, Republic Services Inc., Superior Ready Mix, Kaiser Permanente Foundation, SDG&E, Lightspeed Outdoors, and *San Diego Family Magazine*.

SDGE grant funds SDUSD 6th Grade Camp at MTRP

On Friday, June 10, Morgan Justice-Black, Community Relations Manager for SDG&E, presented the MTRP Foundation with a check for \$25,000 as one of the recipients of their annual Environmental Champions grant program.



The check was presented while Morgan visited with 6th-grade students from Mann Middle School who were participating in a San Diego Unified School District and MTRP Foundation overnight educational fieldtrip pilot program.

Over the last several years, more than 15,000 school children and organized youth groups from throughout San Diego County have benefitted from fieldtrips to Mission Trails funded by SDG&E Environmental Champions grants.

Our Donors Rock!

Throughout the year, there are always people and businesses who lend a hand by donating their time and expertise to Mission Trails. Each month Cameron Scott, a videographer, donates his time and expertise to produce a video of all the art exhibitions on display in the Visitor Center Gallery. ■

There is an adventure waiting for you everyday at Mission Trails. Visit mtrp.org

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: September 6, 2016, 6:30PM

MTRP Task Force next meeting: September 15, 2016, 10AM

For future dates and agendas visit mtrp.org

Farewell and Good Luck!

By MTRP Ranger Heidi Gutknecht

Sadly, we bid farewell to our beloved Senior Ranger, Andy Quinn, as he leaves for a District Manager position with the County of San Diego's Parks and Recreation Department. During his time here at Mission Trails Andy has truly been a wonderful leader and will be greatly missed by park staff and volunteers alike.



Andy graduated from San Diego State University in 1997, majoring in Recreation Administration, with an emphasis in Systems Management. He began his career with the City of San Diego's Park and Recreation Department back in 1995, and over the years has worked in Community Parks II, Developed Regional Parks and Open Space Divisions. He has held a variety of positions, starting with Recreation Leader I, Recreation Leader II, Assistant Center Director, Center Director I, Center Director III, Park Ranger, and finally finishing as Senior Ranger at MTRP since 2014.

As a quarterback on his high school football team, Andy's leadership skills came in handy at making the Mission Trails staff a cohesive, winning team. Staff morale was at an all-time high under his guidance, and so he leaves a humongous pair of shoes to fill – no pressure to his successor! Andy is literally a “rock star,” having been an accomplished guitarist for the past 30 years. We are confident that he will continue to “rock on” in his new pursuit, and hope that he will visit as often as he can. ■

Science Comes Alive at MTRP

By Audrey F. Baker

The San Diego River Park Foundation (SDRPF) and MTRP recently hosted a group of determined second graders from Miramar Ranch Elementary. With the help of Bob Forthun, education coordinator for the SDRPF, the girls were on a scientific quest to “identify, document and release (unharmful)” insects found in their natural habitat. For them, a visit to the park was an important step toward completing the STEAM Backyard Safari Challenge, which includes creating a presentation for an exhibit at the San Diego County Fair.

Because the SDRPF has a permit to collect and study the river creatures, the girls were able to learn safe collection practices and how to create a temporary habitat for close observation, affording a mini-lesson in preservation and respect for other life forms. Distinguishing insects from other arthropods was made simple with a living insect modeling its physical attributes. Observing relationships between animals and their habitat is a microcosm, mirroring our own existence on Planet Earth.

The enthusiasm and dedication the girls exhibited is a reminder of the wonderful resource Mission Trails truly is, offering innumerable opportunities to interact with nature, learn from it, unleash curiosity and connect with the natural world. What a better place to learn about nature than in nature's classroom?

At MTRP everyone can be a naturalist, a “citizen scientist,” an environmentalist, and appreciate the wonders of the world. Learning is fun, hands-on and personally rewarding. The girls enthusiastically agreed, “Bugs are cool!” ■



Take the “Parks Fit San Diego” Challenge



By MTRP
Ranger Aide
Julie Aeilts

Need some motivation to revisit your

new year's resolution of becoming more active and maintaining a healthful attitude. In an effort to promote active lifestyles and increase the public's enjoyment of our open space parks and canyons, the Parks Fit San Diego 2016 program has a challenge for you.

The two-month long event encourages participants to run, walk, roll (bike) or swim 30 miles in 60 days, beginning June 13 and ending August 13.

To wrap up the summer challenge, the Parks Fit San Diego will be hosting a 5-K Run/Walk and Family Celebration on Saturday, August 13 from 7:30 to 10:30AM at NTC Park in Liberty Station. Registration is required. **Enroll at sdreconnect.com code using activity #24791.** ■

New Exhibit Completed in Time for Fire Season

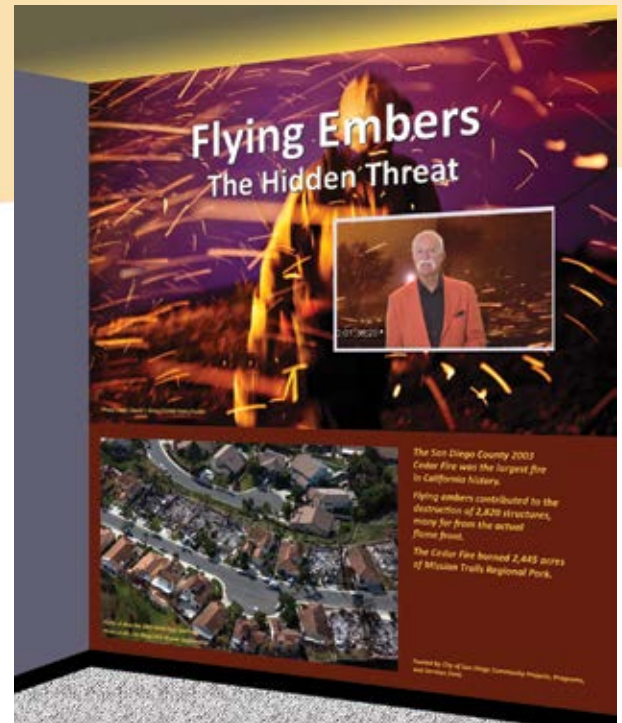
By **MTRP Ranger Araceli Dominguez**

Living in the City of San Diego is pretty nice. We have beautiful mountain peaks that you can see for miles on end and beautiful beaches that give us amazing sunsets. If that doesn't suit your fancy, perhaps you are smitten with our sunny, mild climate. After all, who can't appreciate an average temperature of 70°F year round. On occasion though, when extreme temperatures or the Santa Ana winds ensue, we get an eerie reminder. A reminder that we live in a climate that is prone to burn. It has burned before and it will burn again. The question I have for you is, do you know THE HIDDEN THREAT?

The majority of people get scared and panic when they see the enormous "wall of flames." Yes, it's intimidating, but it's not the hidden threat. The hidden threat is embers! Embers can be the size of a grain of sand and fly for miles, landing on your roof. Once this occurs, it may be too late to save your house. What can you do to prevent such a catastrophe? You can come to the Mission Trails Regional Park Visitor Center and visit the Flying Embers exhibit to learn what you could do to prevent a wildland fire from threatening your home.

The Flying Embers exhibit is located at the Mission Trails Regional Park Visitor Center, second floor. The exhibit is funded by the City of San Diego Community Projects, Programs and Services Fund and by the Mission Trails Regional Park Foundation. The working group who brought you the display consisted of SDSU Geology Professor Emeritus Dr. Pat Abbott, CAL FIRE Deputy Fire Chief Kelly Zombro, MTRP Foundation Secretary/Treasurer, Chair of the Citizen's Advisory Committee and Member of the Task Force Dorothy Leonard, MTRP Foundation Executive Director Jay Wilson and MTRP Park Ranger Araceli Dominguez. Videographers Patty Mooney & Mark Schulze, of Crystal Pyramid Productions, produced the video.

Please come on down, not only to see the exhibit, but to learn about THE HIDDEN THREAT and how you can protect your home and your loved ones. ■



Surviving Summer

by **MTRP Ranger Heidi Gutknecht**

Have you ever wondered how local plants and wildlife manage to survive the sizzling hot days of summer without indoor air conditioning?

During the heat of the day, most wildlife will lay low in a shady area or go into a den or down into a burrow, and wait to come out until it is cooler. That is why you rarely see snakes or other animals when hiking on hot summer days, they're no fools! Maybe they are wondering why we crazy humans aren't doing the same. Some animals also have special adaptations to help deal with the heat. For example, the extremely large ears on a black-tailed jackrabbit are like a car's radiator, allowing heat to escape as blood flows to its surface vessels; in other words, they are like a built-in air conditioning system! When hiking around the grasslands, be sure to keep an eye open for their giant black-tipped ears.

Throughout the summer in the park's coastal sage scrub and chaparral habitats, many of the plants will dry, shrivel up and/or lose leaves, making them appear sickly or even dead. However, this is just a drought-tolerant adaptation for survival, where the plants go dormant and wait patiently for the return of rains.

Sweating is the human body's natural evaporative-cooling system, but your furry, four-legged friends, dogs, can't sweat like we can. It's better to just leave them at home.

We hope you manage to stay cool this summer! ■



Photo by
Alexis Van Proyen
2016 Children (13-17)
Fauna First Place

Capturing the Soul of MTRP

By Maggie Holloway

Many creative park visitors submitted photos showing the beauty of MTRP for our 24th Annual Amateur Photo Contest. All entries were on display at the Visitor Center from June 18 to July 14. The reception and awards ceremony was held Sunday, June 26, 2016.

The contest opened early this year so everyone could take advantage of all the spectacular wildflower blooms and spring growth provided by a warm winter and gentle rains. Children 12 and under were especially encouraged to participate.

High Tech Elementary School Chula Vista teacher Jeanine Blum made it a class project. Pairs of students were given the assignment to take photos in the park and submit their best. Ten pairs of students submitted photos. The judges awarded third place, children 12 and under, to Beckett Wilson and Julius Pacheco's photo, San Diego Pool.

Thank you to our judges, Hans Kuwert, Patricia Simpson and Wendy Esterly, who had 142 beautiful photos to judge.

Hans Kuwert started working with black and white film and print developing as a vocation in 1973. He began utilizing a black and white and color printer as far back as 1974. Today he works with a 100% digital lightroom using Photo Shop CS-4. Currently, Hans concentrates on aerial and nature photography. He began walking and photographing the wonders of Mission Trails Regional Park in 1990.

Patricia Simpson is a trail guide at Mission Trails. She has been photographing mostly natural sites around San Diego for the past 10 years, focusing on scenic, bird or insect subjects. Some of her favorite spots include MTRP (of course!), Cabrillo National Monument, Famosa Slough and the Sweetwater Marsh Unit of San Diego Bay National Wildlife Refuge.

Wendy Esterly began taking photographs with a Kodak Brownie camera as a youngster. She graduated to a 35 mm single lens reflex camera in 1973, and to a digital camera in 2003. Her bird photographs have been used for interpretive signs along hiking/biking paths in San Diego County: Ocean Beach Bike Path, San Pasqual Valley Agricultural Preserve, and the welcome sign at Otay Valley Regional Park.

Special thanks to MTRP Foundation Board Member Betty Ogilvie and her husband, Mike, for setting up the displays and refreshments.



Congratulations to all the winners. A complete list of winners of this year's Mission Trails Photo contest and their photos can be seen online at mtrp.org. Thanks to all who submitted photos that captured the soul of MTRP.

Start shooting photos for next year's contest. ■

Photo by Holly Stewart
2016 Adult Flora
First Place

Notable Donations

April 1 - June 30, 2016

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

Steven R. Prewitt Trust

Steward: \$5000 - \$9,999

City of San Diego Special
Promotional Programs

Republic Services

Lightspeed

"Brian and Michelle Cox"

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

Crystal Pyramid Productions

"Mark Schulze & Patty Mooney"

Founder: \$1000 - \$2,499

Kaiser Permanente Foundation

San Diego Family Magazine

Ruth and Arthur Savage

Marie Tuthill Family Trust

Jeff Toister

SDG&E - Sempra Energy Utility

Trailblazer: \$500 - \$999

San Diego Community

News Network

Ideal Plumbing

Michael Wu

Pathfinder - \$100 - \$499

J. Nickles

M & G Matherly

Derryck and Carolyn Jones

Ola Olsson

Hans Weber

Lawrence and Patricia Fox

Jodi Roisman

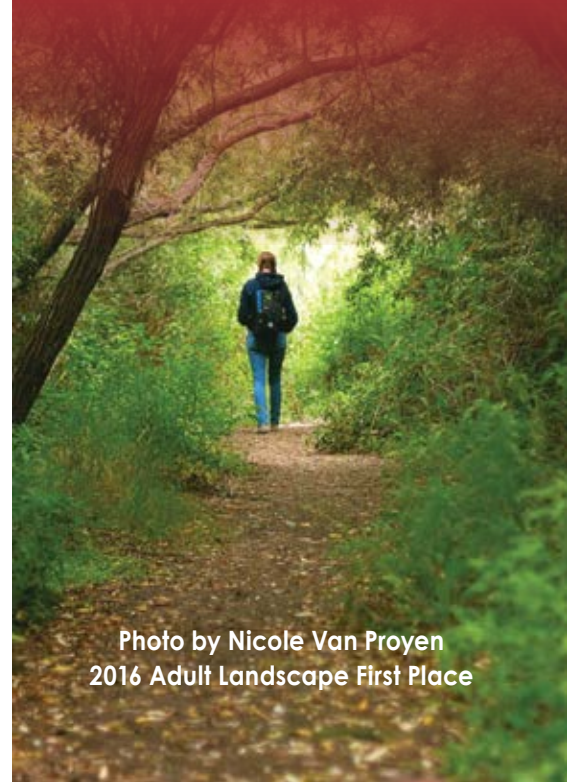


Photo by Nicole Van Proyen
2016 Adult Landscape First Place

Restoring Your Mission Trails

By MTRP Ranger Levi Dean

Rangers and volunteers have been diligently working to improve some of your most loved trails. In the past few years we have made significant improvements to Pyles Peak, Cowles, Kwaay Paay, Beeler Canyon and Quarry Loop trails. Our trails were literally washing away and in need of immediate rescue. Most recently, we have completed the restoration of the beloved South Fortuna trail. The infamous "Stairway to Heaven" was in dire need of repair, becoming a safety risk to hikers. The restoration involved hours of painstaking work to remove, install and repair mass quantities of heavy timber steps, all of which had to be hauled in by hand! Special recognition and much appreciation is due to volunteers Bob Graham, Roy DeRico, Jerry Bierman and John Hopper, who met every week for the past four months to help complete this rigorous project.



Next on the list is North Fortuna. If you are interested in helping with this effort, please visit the calendar of events on the MTRP website for details. Without your help, these much needed projects could not be completed. If you are unable to assist, we encourage you to venture out and see these new improvements for yourself. If you are out hiking and run into volunteers in action, please be sure to thank them for their commitment to making your trails safer and more enjoyable.



Santee-Lakeside Rotary Members Dig In!

The Santee-Lakeside Rotary helped beautify the campsites at the Kumeyaay Lake Campground at Mission Trails

for our annual Rotarians at Work Day, Saturday, April 30, 2016. This annual event allows members to participate in a

hands-on project to help our local community. The mission of Rotary International is to provide service to others, promote integrity, and advance world understanding, goodwill, and peace through its fellowship of business, professional, and community leaders. Thank you to Ranger Mel and Ranger Julie for assisting our club in making a difference. More than a dozen Rotarians and four of our scholars braved the rain and cold, participating in weed abatement and campsite beautification. ■

Kids Agree-The Visitor Center is a "Cool" Zone

By Patti O'Reilly

Summer is here at last and children are out of school. What to do with them? Our Visitor Center has an exhibit area, a library, art show in the Gallery, and then be sure to stop at the gift shop to see what we have to offer.

We specialize in items that are specific to our beautiful park – books on botany and history and many other subjects, and Pai Pai pottery. Every single pot is handmade and unique.

There are clever children's books that focus on the natural world. "Nico the Gnatcatcher and the Upside Down River" was researched, written, and illustrated by 47 seventh grade students at San Diego's Tech Middle Media Arts to bring awareness to and celebrate the San Diego River. "My Ancestors' Village" is about Dove, a young Kumeyaay girl who lived in San Diego County long, long ago and tells us about her family and how they lived.

Our puppets are cuddly and soft, fun, and allow children to express themselves through creative play. There are finger puppets for tiny hands as well. They provide links to study of animals' lives and habitats.

Please visit and let us share Mission Trails with you! ■

Summer Day Camps Now at Mission Trails Great For Young Naturalists!

**Fun and Educational Nature Camps for ages 6 to 12
at the Visitor Center. Mon-Fri 10am -2pm. \$125 per week.**

August 1-5, Nocturnal Creatures

August 15-19, Nature Detectives

For more information go to mtrp.org.

To register email mtrpeducation@yahoo.com or call **619-488-7452**

Photo by Alexis Van Proyen
2016 Children (13-17) Flora First Place

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 upon 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 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

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. 27, Number 3, Summer 2016

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



Photo by Cynthia Cook - 2016 Adult People/Man-Made Honorable Mention

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

Summer Twilight Walks Kumeyaay Lake Campground
Aug 20 - 6:45 PM & Sept 17 - 6 PM

Guided Nature Walks 90 minutes long
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 Walk 'n Talk every 3rd Tues.

Bird Walks with Jeanne Raimond and Millie Basden
Aug 13 - Evening Walk 7 PM Bushy Hill Drive Lot
Sept 17 - 8 AM Old Mission Dam

Wildlife Tracking Walks 8:30-10:30 AM
1st Saturday of each month, meet at Visitor Center

West Sycamore Nature Walks 8 AM (Scripps Ranch area)
3rd Sunday of every month

Family Discovery Walk with Trail Guides 3 PM
4th Saturday of each month, meet at Visitor Center

Nature Workshops at Visitor Center

Discovery Tables between 10 AM and 1 PM VC Lobby
Aug 6 - Owl Pellets and Sept 10 - Bird Beaks

Birding Basics 1 PM Classroom in Visitor Center
Aug 27 and Sept 24, with Birder Winona Sollock

Astronomy

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 Party with MTRP Trail Guide and resident amateur
astronomer, George Varga. Telescope available.
Aug 13 @ 7:30 PM and Sept 10 @ 7 PM

West Sycamore Staging Area (Scripps Ranch area)
Star Party Aug 23 & Sept 26 - Sunset until 10 PM

Music & Art at Visitor Center

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

Jul 31 - Diane Mandle, Tibetan Bowls
Aug 7 - Yuko Maruyama, jazz pianist
Aug 21 - Amy Kanner, Celtic harp
Sept 4 - Peter Sprague, guitar

Sept 18 - N. Scott Robinson, percussion

Flute Circle 1-3 PM Outdoor Amphitheater
2nd Saturday of each month

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

July 23 - Pastel Society of San Diego
Aug 14 - Nature Photographer John Valois

