



Publication of Mission Trails Regional Park Foundation

Mission Trails Regional Park News

Volume 18 Number 1

Winter/Spring 2007

New Signs for Mission Trails

Large Monument Sign Replaced

This past year, after standing over twenty years inviting and welcoming visitors to the park, one of our two large monument signs at the main entrance succumbed to the elements and had to be removed. There is a monument sign at every vehicle entrance to the park: the Park's main entrance at the intersection of Mission Gorge Rd. and Father Junipero Serra Trail, the Equestrian Staging Area at Mast Blvd., Cowles Mountain Staging Area at Golfcrest and Navajo, and the Kiowa Dr. entrance to Lake Murray. There are also small monument signs welcoming people to various sites within the Park: the Old Mission Dam and Kumeyaay Lake Campground, etc. Made of wood all are susceptible to various environmental challenges. Wood will swell, shrink and flex with temperature changes be-

Sign, continued on p. 6

Directional Sign Installed

A new sign has been installed at the intersection of the Visitor Center Driveway and Father Junipero Serra Trail. Due to the small size of a previous sign and the camouflaged nature of the Visitor Center, new visitors to the park had a difficult time finding their way. To alleviate this problem, a seven foot wooden sign with large letters was constructed by Kitt Sign Company. The new sign not only directs people to the Visitor Center, but also gives directions and mileage to the Old Mission Dam and Kumeyaay Lake Campground.



The new sign for the Visitor Center

Featured Park Ecosystem

Chaparral Voices Taking time to listen

By Richard W. Halsey
California Chaparral Institute

It wasn't always so peaceful along the quiet paths of Mission Trails Regional Park. You had to be careful. You had to be alert. And you hoped that if you did make a mistake there would be enough time to escape before the giant crashed through the shrubs to attack. The creature you had to fear and respect more than a century ago? The California grizzly bear: resident and master of the state's most extensive, native plant community, **the chaparral**.

Misunderstood and underappreciated by many, the chaparral is still the keeper of many secrets and mysteries. Some find it surprising that such a huge animal like the grizzly preferred chaparral to forest and that the chaparral itself supports a remarkable array of plants and animals that can thrive in such a treeless environment. However, with patience and a few hours spent on the trail, anyone can meet these inhabitants and discover for themselves the natural wisdom they have to share.

Chaparral is not an individual plant, a Western television

Chaparral, continued on p. 6



Twin signs once again stand sentinel over the main entrance

Alternative MTRP News Sources

Quarterly Newsletter

The Mission Trails Regional Park Foundation has been publishing this newsletter since 1990. Originally published as a one sheet, tri-fold mailer, it has expanded to eight pages published quarterly. It is mailed to donors, public officials, schools and is distributed at our Visitor Center and area libraries. It is an important source for news about MTRP; we will continue to publish it for years to come.

24/7 Web Site

The newsletter is a good source for news about the park, but being published quarterly is often not timely. Another, more timely source for park news, is our web site, mtrp.org. It not only gives you up-to-date news about the park, but also provides our calendar of events and contact information for city and Foundation staff. It is also a good place to access trail information to help make your hike a pleasant experience.

Another advantage of our web site is the ability to access color versions of current and past copies of our newsletter. Archived on the site are issues going back four years. If you are a new subscriber who wants a little histori-

cal perspective on the park or a long time reader wanting to re-read a particular article or view a color version of the newsletter, access the "Newsletter" link on our site.

Monthly E-news

The newest addition to news sources for MTRP is our monthly electronic newsletter delivered to your e-mail address. A lot of things can happen between quarterly newsletters and people do not always have the time or inclination to visit a web site on a regular basis. Our monthly newsletter is a way to serve you with up-to-date information on a regular basis. In the future, we intend to

send more spontaneous messages regarding conditions of the trails, special event notices and other relevant and timely information.

All these sources are designed to help keep our park patrons informed and in-

involved. If you wish to receive our quarterly newsletter by mail, you must be a donor. Fill out the form on page eight and send it in with a donation. To receive our e-news, go to mtrp.org and use the subscription link down the right hand side of the web page. Or, you may fill in the e-mail information line on your yearly donor form.



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**Recycle your glass, plastic and aluminum at Kumeyaay Lake
Campground. Containers are located in the day-use parking lot.**

Proceeds go to MTRP Foundation.



Art Exhibits

“Hidden San Diego” An exhibition of fine art by **Monique Straub** January 27, 2007 through March 9, 2007

Native San Diegan, Monique Straub fulfilled one of her lifelong dreams when she became a full-time artist working out of Studio 34A in Balboa Park’s “Spanish Village.” As an artist, Ms. Straub was influenced by her training in fine art, photography, art history, illustration and painting. A versatile artist with a passion for color, Ms. Straub works freely, unrestricted by the traditional rules of art making.

Monique’s paintings have been juried into many exhibitions. She is the recipient of numerous “Best in Show” awards. Her original and commissioned works are in collections throughout the United States. Ms. Straub is a member of Spanish Village, the San Diego Art Institute and the Pastel Society of San Diego.

You are welcome to peruse the art from 9:00 am to 5:00 pm, seven days a week at the Visitor &

Interpretive Center. The art work is for sale. Artists donate a portion of their proceeds to Mission Trails Regional Park Foundation for park related projects.



Upcoming shows

March 10 - April 20, 2007
“Different Strokes” group:
Joan Grine, Carol McClure, Alice Rathbone, Carol Patton.

April 21 - June 30, 2007
Annual Amateur Photo Contest.

July 1 - August 10, 2007
Pat Silver, solo artist.

Gift Shop

The Visitor Center gift shop is pleased to offer merchandise geared to those who love to explore the out-of-doors. Whether a guide book or a walking stick, our merchandise will help you to enjoy your excursions into nature.

Besides our own “San Diego’s Mission Trails Regional Park: Official Guide Book”, you will find various books dealing with the geology, history and ecology of the San Diego region.

The gift shop also continues to carry crafts made by the local Native American people. Numerous, pots and baskets are



available for your purchase and enjoyment.

For more information go to mtrp.org/gift_shop.asp on the web.



*Cynthia Hight at work on the
Predator Exhibit mural*

New Mural For MTRP

A new exhibit to educate the public about predators that live in San Diego open space canyons and parks, including Mission Trails Regional Park, is being created at the Visitor & Interpretive Center. When completed, this exhibit will include information about mountain lions, coyotes and other predators that live in Mission Trails. The animals will be displayed in a setting of faux boulders and a background wall mural depicting their habitat as found in the park.

Visitors to the Mission Center can watch Cynthia Hight of Hight Design at work on the wall mural. Cynthia, an award-winning graphic designer, is adept at painting, illustration, sculpture and photography. Her work at the Visitor Center includes the Old Mission Dam mural, plant illustrations for the interpretive signs on the plant identification walk, a set of illustrated note cards available in the Gift Shop, and various brochures about the park and its features.

Thank you to our many Mission Trails contributors of 2006

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Paule-Nora Lessard*
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In memory of Ed Reppenhagen
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October – December 2006

Patron – \$2,500 - \$5,000

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Bob O'Brien
Walter and Linda Odening

Founder - \$1,000 - \$2,500

Beckman Coulter, Inc.
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Trail Blazer - \$500-\$1,000

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Path Finder - \$100-\$500

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Elayne and Marnin Wolfenson –
In Honor of George Varga
Rev. and Mrs. Fred Zacharias

Kumeyaay Pine Needle Basket Weaving Class

MTRP is pleased to announce another Kumeyaay basket weaving class. Join a Kumeyaay instructor from San Jose de la Zorra, Baja California, Mexico, to learn how to make an authentic pine needle basket.

Class size is limited and pre-registration is required. The registration fee is \$25. The class is being held on **Saturday, February 17th, 2007 from 12:30**

p.m. to 4:30 p.m. at the Visitor & Interpretive Center, One Father Junipero Serra Trail, San Diego, CA 92119. For more information, call 619-668-3279. If you are mailing your payment, please include your name, phone number and e-mail address for confirmation.

Examples of pine needle baskets can be seen on page 3 of this newsletter under "Gift Shop."

Chaparral, *continued from p. 1*

show, or an herb you can buy in a health food store, but is rather a special habitat dominated by hardy, drought tolerant shrubs able to live in poor soils and survive the wrath of wildfires. As you walk through sections of the Park burned during the 2003 Cedar fire, notice how the chaparral is recovering, especially on the hill-sides. As long as fires are spaced 20-30 years apart, the chaparral can continue to rebound each time. If the flames return any sooner, the chaparral is destined to follow the grizzly and disappear from the landscape, replaced by smothering, non-native weeds.

Manzanita, scrub oaks, and scrub jays, each has its own chaparral story. Take some time this winter and lend an ear. Sit quietly and you will hear off in the distance, hidden deep in the shrubbery, a secretive little bird with a long tail and an alert set of yellow eyes introducing itself. Its call, recognized by those who consider wild Southern California their home, is known as the "voice of the chaparral." Of all the interesting life forms found there, it is the sparrow-sized wren that best characterizes the shrubby habitat; ubiquitous, yet hidden, its secret revealed only to those with patience and a willingness to listen.

Change your routine a bit some morning. Bundle up and walk Mission Trails. Listen and let the chaparral fill your heart with magic.



Erik Valentine and Eddie Appleton of "Sign Here" adding a coat of brown paint over the white primer

Sign, *continued from p. 1*

tween night and day which will cause it to split and crack. Wood will be attacked by insects and eventually and inevitably rot. After twenty-four years one of the signs began to sag and could no longer support its own weight.

Because of this, all other signs in the Park were inspected for wear. Some were found to be in a weakened though not dan-

gerous state and steps were immediately taken to strengthen them. A new sign was ordered to replace the one which had failed. It was installed on Wednesday, November 22, 2006. Eddie Appleton of "Sign Here", who was involved in installing the original sign, explained that newer technology used to construct this sign should allow it to last much longer than the one it replaced.

Signed copies of
Rick Halsey's book

**Fire, Chaparral, and Survival
in Southern California**

are currently for sale
in our gift shop.

Support Mission Trails Regional Park

Volunteer Opportunities

There are numerous volunteer opportunities available. No prior experience needed. We provide any training necessary.

At the Visitor Center
Front Desk
Gift Shop

Within the park
Trail Guide
Park Patrol
Work Crews



**The easiest way yet
to support Mission Trails**

*
Simply go to www.escrip.com
access the "sign up" link near
the top of the page
and follow the simple
instructions.
All it takes is five minutes.

Ways you can donate to Mission Trails Regional Park Foundation

The Mission Trails Regional Park Foundation Board of Directors extends sincere thanks to our many donors. It is because of your continuing support that we are able to fulfill our Mission - *In partnership with the City of San Diego, to preserve and protect the natural environment of Mission Trails Regional Park and to provide and promote educational and recreational opportunities.*

In addition to traditional cash donations, there are other ways you can provide short and long-term financial support for park programs and projects.

Memorial or In Honor Of gifts
Honor a friend or family member with a donation.

Matching Funds
Identify Mission Trails Regional Park Foundation for a matching funds contribution if your employer

has a policy of matching charitable gifts.

Wills

Remember Mission Trails Regional Park Foundation in your will.

Gifts of Securities

In order to allow donors to realize full tax deductions for appreciated stock, Mission Trails Regional Park Foundation accepts gifts of stock. Please call (619) 668-3280 for further details.

Charitable Remainder Trusts

With a CRT, highly appreciated assets are placed in an irrevocable trust. Those asset proceeds provide income to the donor and/or to his/her beneficiaries for life. Contact your financial advisor for information.

The Foundation's Special Funds include education and library funds, trail and tree/habitat maintenance funds, education and library endowment funds. Call (619) 668-3280 for further information. - MTRP Foundation Federal Tax ID number 33-0285093.

Mission Trails Regional Park Donor Opportunities

Mission Trails Regional Park Foundation provides opportunities for individuals, businesses, community organizations and foundations to support a variety of programs and projects within Mission Trails Regional Park. Thank you to our many friends who make annual contributions to Friends of Mission Trails Regional Park. A variety of donor opportunities are available as indicated below. All contributions are tax deductible. Names of contributors of \$1,000 or more will be engraved on a plaque permanently displayed at the park Visitor and Interpretive Center. Donations of \$100 and above will accumulate from year-to-year for contributor recognition purposes.

Name _____
Address _____
City _____ State _____ Zip Code _____
Home Phone _____ E-mail _____

Donor Levels

\$25 Individual _____	\$1,000 Founder _____	\$25,000 Benefactor _____
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\$100 Path Finder _____	\$5,000 Steward _____	\$100,000 Director _____
\$500 Trailblazer _____	\$10,000 Sponsor _____	Other _____

Special Funds

Please check fund(s) for which you wish your donation to be used.

General Park Support	_____
Library Fund	_____
Library Endowment	_____
Education Program Fund	_____
Education Program Endowment	_____
Tree & Habitat Maintenance	_____
Trail Maintenance	_____
Lake Murray	_____

Make check payable to MTRP Foundation and send to:
Mission Trails Regional Park Foundation, Attention Secretary/Treasurer
One Father Junipero Serra Trail, San Diego, CA 92119-1008

Charge my donation to VISA _____ MC _____

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**Mission Trails
Regional Park Foundation**

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Volume 18 Number 1 Winter/Spring
Mission Trails Regional Park News

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

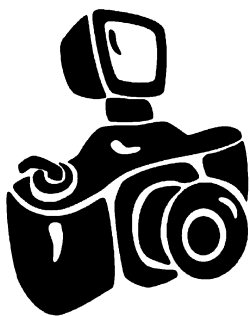
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Distribution: Marjorie Ferrante*

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Mark Your Calendar

Fifteenth Annual Amateur Photography Contest



The 2007 Amateur Photo Contest has been moved to coincide with this year's Explore Mission Trails Day, May 19 2007. All entries will be on display during this yearly event, which celebrates everything

Mission Trails has to offer.

The deadline for submitting photos is 5:00 p. m., Friday, April 13, 2007. The entries will be on display in the gallery during the months of May and June. You are welcome to attend the Photo Contest Reception and Awards Ceremony on June 24, 2007 at 2:00 p. m.

Fifth Annual Explore Mission Trails Day

Join park staff and volunteers on Saturday, May 19, 2007 for an all day celebration highlighting everything Mission Trails has to offer. This popular event will feature free interpretive walks, talks and programs throughout the park, including live animals and activities for children. An exhibition of this year's Annual Photo Contest will be on display at the Visitor and Interpretive Center. There will be free pony rides and children's crafts at the Equestrian Staging Area.

Explore Mission Trails Day is presented by Mission Trails Regional Park Foundation, City of San Diego Park and Recreation Department and San Diego City Councilmember Jim Madaffer. Funding is being provided by the following sponsors: **Title Sponsors** - The City and County of San Diego Community Sponsors, Viejas Band of Kumeyaay Indians. **Community Sponsors** - San Diego Landfill Systems, Adventure 16 and RPC Block and Brick, Inc. **Neighborhood Sponsors** - Gunning Plumbing, and Kurt's Camera Repair, Inc. Sponsorship opportunities are still available. For information on how to become an Explore Mission Trails Day sponsor, contact Leslie Walsh at 619-668-3280 or e-mail at missiontrails@san.rr.com.

