

Publication of Mission Trails Regional Park Foundation

# Mission Trails Regional Park News

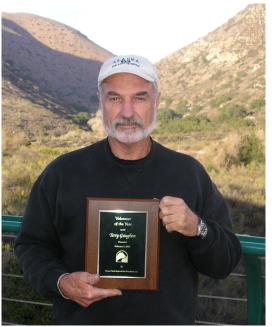
Volume 18 Number 2

Spring/Summer 2007

# Valued Mission Trails Volunteers Recognized

Congratulations to our Mission Trails volunteers who were honored at the 12th annual awards event on Saturday, February 3, 2007. Terry Gaughen was named Volunteer of the Year for 2006 by the Mission Trails Regional Park staff. Terry began volunteering at MTRP back in May of 1993. He has dedicated most of his volunteer time over the past 13 years on the Trail Improvement, Habitat Restoration and Park Beautification Crews: he has also spent countless hours working throughout the park on various other individual projects. Over the years, Terry has also helped Park Rangers by using his knowledge and expertise to perform trail inspections and assessments. He has generously donated materials for several trail work projects, and even the use of his own personal truck to haul materials to and from project sites.

Other volunteers receiving awards for outstanding service in



Terry Gaughen

2006 were Shirley Herring, Visitor Center Staff; Carlo Emani, Volunteer Patrol; Linda Hawley, Trail Guide; Cathy Perry, Trail and Habitat Restoration Crews; and

Volunteers, continued on p. 6

# Featured Park Flora

#### Laurel Sumac

One of the most common shrubs found in the chaparral and coastal sage scrub plant communities throughout Mission Trails Regional Park is the Laurel Sumac (*Malosma laurina*). A member of the Sumac (Anacardiaceae) Family, it was recently taken out of the genus *Rhus* and



Laurel Sumac Flower Cluster

# Summer Twilight Walks

Join MTRP Trail Guides for free special interpretive walks at twilight this summer. Walks start from the Kumeyaay Lake Campground entry station and last approximately one and a half hours. Come and enjoy an evening walk in the park and learn about the changes that occur during dusk and evenings. Participation in these very popu-



mize your enjoyment, so sign up by phone or in person at the Kumeyaay Lake Campground Entry Station, 619-668-2748.

Saturdays: June 16, 7:15 p.m. July 21, 7:15 p.m. August 18, 6:45 p.m. September 15, 6:15 p.m. renamed *Malosma* because of its different fruits. The Latin genus name, *Malosma*, refers to the apple-like aromatic oils of the plant, which make it flammable when dry.

Laurel Sumac is a large rounded shrub or tree up to 15 feet high, which grows below 3,000 feet on dry ridges and slopes, and in dry canyons along coastal southern California into Baja. Its dense foliage of evergreen leaves,

Sumac, continued on p. 3



# A Message From Councilmember Jim Madaffer

Most likely, the average person has the most contact with the City of San

Diego through our parks and libraries. People often express strong opinions about these two topics. That has been the case recently with two issues involving parks. The first has to do with the overall structure of the City's Park and Recreation programs. Like other departments, it is undergoing an evaluation process called BPR or Business Process Reengineering. The Park and Recreation Department is in a highly transitional phase, with the Director recently retiring and Stacey LoMedico, the Acting Director, being selected as Director, and several key positions vacant. We are waiting to hear the Mayor's report and recommendations on the Park & Rec Department's BPR, especially as it pertains to recreational uses at City lakes such as Lake Murray.

On a related topic, I want to bring to your attention an issue concerning Lake Murray. The Southern California Water Sports Association is requesting to use Lake Murray temporarily for Slalom course water skiing. This issue will be heard on May 9th at the Mission Trails Regional Park Task Force meeting at City Hall at 12:15 p.m. It is an open meeting and the public is invited to attend.

I want to commend Chester Owen III, an Eagle Scout candidate with Boy Scout Troop 959. His Eagle Scout project focused on improving the Cowles Mountain hiking trails in Mission Trails Regional Park. The trail was closed on Saturday, February 24th when he and a great crew of volunteers installed fencing and railings to protect the habitat and limit further trail erosion. Not only does this benefit MTRP users, but my calculations indicate that he saved taxpayers \$15,000 in what it would have cost to have this work done. On behalf of the residents of District 7, I want to thank and congratulate Chester for a job well done.

Also, a big thank you to Nancy Acevedo and Walter Odening who have been re-appointed as mem-

Madaffer, continued on p. 6

#### Mission Trails Regional Park Foundation Board of Directors

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international Community Foundation retired

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Advisory Committee Citizens' Advisory Committee

Past President Mission Trails Regional

Park Foundation

Hon. Larry Stirling

Superior Court Judge, retired California State Senator, retired

# Fifteenth Annual Amateur Photography Contest

The 2007 Amateur Photo Contest will, again this year, coincide with this year's Explore Mission Trails Day. All entries will be on display during this annual event, which celebrates everything Mission Trails has to offer.

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.

You may pick up a contest application form at the Visitor Center or on our web site at http://www.mtrp.org/photo\_contest.asp





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

Proceeds go to MTRP Foundation.

# 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 - Viejas Band of Kumeyaay Indians, City of San Diego Transient Occupancy Tax Program, Supervisor Pam Slater-Price and the County of San Diego. Community Sponsors - Adventure 16, Olive Garden Italian Restaurants, RCP Block & Brick, Inc. and San Diego Landfill Systems. Pony Ride Sponsor - Kaiser Permanente. Neighborhood Sponsors - Beckman Coulter, Chipotle, Gunning Plumbing and Kurt's Camera Repair. 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.





Sumac, continued from p. 1

which are folded up along the midrib like a taco shell, provides excellent cover and habitat for wildlife. War-

blers love to nest in it!

Laurel Sumac also makes a wonderful privacy hedge and landscape plant, but only in mild climate areas, as it is frost-sensitive and the outer branches and leaves will turn red and die back. Because of this, many avocado and citrus growers in southern California have used the plant as an indicator of frost. A walk along Father Junipero Serra Trail or the Oak Grove Loop will reveal several

Laurel Sumacs that were

obviously affected by this winter's freezing temperatures. Fortunately, like many other chaparral and coastal sage scrub shrubs, they will re-sprout from underground burls (lignotubers).

The leaves of Laurel Sumac were used by the Chumash Indians (who lived along the coast north of San Diego, from L.A. to Ventura County) to make a tea



Laurel Sumac shrub with dried flower panicles

for the relief of menstrual cramps. The wood makes a good bow and drill set for starting fires with friction. The conical clusters (panicles) of small white, fivepart flowers bloom at the ends of branches from June to July and attract butterflies, bees and hummingbirds; the tiny, berry-like fruits are enjoyed by many songbirds. The old flower/fruit clusters dry up, darken and remain on the plant for a long time. Because of their resemblance to miniature trees, these clusters are often used in model railroads as such!

When you are out here hiking and come across Laurel Sumac (its taco-shaped leaves make it easy to spot!), you might just want to look but not touch. This is because plants in the sumac family, such as the infamous poison oak, contain skinirritating compounds that can cause contact dermatitis in some individuals. However, the nice apple scent given off by the plant can be safely enjoyed, as it follows you along the trail!

Ranger Heidi Gutknecht

# **Cowles Mountain Trail Project**

Chester Owen III, an Eagle Scout candidate, contacted Park Ranger Melvyn Naidas in November 2006, for potential projects to work on in Mission Trails Regional Park.



Chester Owen instructing volunteers

After receiving an orientation on projects that were available, Owen chose the task of installing 300 feet of fencing along the first quartermile of Cowles Mountain Trail start-

ing at the staging area at Golfcrest and Navajo Road. He chose this project because he wanted to "Make A Difference" in the conservation, preservation, protection and restoration of the habitats of wildlife and vegetation along Cowles Mountain Trail. During Ranger Mel's orientation, Owen learned that successful projects require five stages to be completed: Planning, Organizing, Coordinating, Facilitating and Managing. Owen's project

also required him to network with local businesses and the community in order to secure the donations of supplies and heavy labor needed to complete the project.

While investing more than 150 hours of his own time on the trail project, Owen encountered many surprises and obstacles along the way. "I learned never to presume that [something] is going to go as planned," he said. Owen also learned that sometimes the most uncomfortable tasks are the most uncomfortable tasks are the most rewarding. Going out into the community asking for time, money and labor took courage and belief in himself and his ultimate goal. Owen was rewarded for his efforts by the positive response he received

Cowles, continued on p. 5

# Trail Guide Graduation Class of 2007

Welcome to our new graduates of the Mission Trails Regional Park Trail Guides program. The new graduates have been attending classes on Wednesday evenings and Saturday mornings the past 10 weeks to learn about the plants, animals, geology, and history of Mission Trails. They are eager to share their knowledge with the public; please join them on one of the up-coming Ecology Walks. See the Event Calendar for more information.

Members of the 2006 graduating class are (pictured)
Louis Chertkow, Doreen Harvey, Joan Helland, Diana
Hussey, Patricia Kendall, Petra
Koellhoffer, Betty Matthews,
Stephanie May, Brian Moehl, William Roberts, Bryan Sherlock,
Ondina Summers, Ishan Timalsina,
Tim West and (not pictured) Jose
Centeno, Cindy Christ, Mary
Hicks, and Lisa Wilson.



Thank you to the class instructors for their outstanding efforts. These dedicated Mission Trails volunteers include Bill Howell, Reva Block, Judy Alvarez, Dave Bailey, Winona Sollock, Wendy Esterly, Bill White, Fred & Linda Kramer, and Ranger Heidi Gutknecht.

Mission Trails Regional
Park has over 150 volunteers working in a variety of ways to maintain
the park and make educational
programs available to the public.
When on our web site,
www.mtrp.org, to "The Park" and
then "Volunteer!" for more information about volunteer opportunities.

## Mission Trails Regional Park Foundation and Greater Navajo Area Business Association Hosted Successful Business Mixer

The Mission Trails Regional Park Foundation and The Greater Navajo Area Business Association (GNABA) successfully held its second neighborhood Business Mixer on March 29th at the unique and beautiful Mission Trails Regional Park Visitor & Interpretive Center. This was a great opportunity to meet and network with local businesses and encourage community involvement. Guests took in the spectacular sunset from the terrace and explored the Visitor & Interpretive Center, many for the first time!

Attending were over 150 representatives from businesses in the communities surrounding the park including Allied Gardens, Del Cerro, Grantville, San Carlos, Tierrasanta, Santee and La Mesa. Business guests, GNABA representatives, and MTRP Foundation board members enjoyed delicious appetizers, wine and beer. A silent auction with over 30 donated items included gift certificates to area attractions, restaurants and

services. The mixer is part of MTRP's "Neighborhood Business Supporter" window decal campaign for local businesses and friends of the park.



We greatly appreciate all who contributed from the community to make this event a success! Special recognition to Robert Nenow Winery and Gary and Nancy Krueger for the wine donation and The Firehouse Brewing Company for donating beer.

Also thanks to our silent auction donors who helped raise funds for Mission Trails. They include Body Beautiful Car Wash, Build-A-Bear Workshop, Central Plumbing

Heating & Air Conditioning, The Cheesecake Factory, City Councilmember Jim Madaffer, The Comedy Store - La Jolla, Del Mar Thoroughbred Club, Disnevland Resorts, El Indio Mexican Restaurant, IHOP Restaurant, Islands Restaurants, Image Apparel & More, Jenny Craig, Reuben H. Fleet Science Center, San Diego Firefighters, Sunroad Enterprises, Quail Botanical Gardens, SeaWorld, Six Flag's Magic Mountain, Trattoria Tiramisu, and the Zoological Society of San Diego.

To learn more about being a neighborhood supporter of Mission Trails Regional Park, please contact Leslie Walsh at event @mtrp.org or call Roland Roberge at 619-668-3280. For additional information on membership in the Greater Navajo Area Business Association, please call Jan Nanning at 619-462-6181.

#### Cowles, continued from p. 4

from his contacts. On Saturday, February 24, 2007, Owen waited on the trail for the approximately 15 people he was expecting. Surprisingly, fifty people showed up to help build the fence. While Rome was not built in a day, under Owen's leadership, 300 feet of wooden fence was.

Leadership skills, responsibility, and honoring commitments are part of becoming an Eagle Scout. With the fence project complete, Owen's final step in achieving the Eagle Scout badge will be to successfully pass a committee review. Ranger Mel shared that, "In some ways, such projects help young men to become adults. For every merit badge a scout earns, he gains insight and knowledge that can be

useful in his journey to adulthood." Although there is no date set for Owen to receive his badge, when asked if he thought Owen would pass the review, Ranger Mel said, "Oh yes!"

The Eagle Scout status/badge is an honorable and prestigious award, representing lessons and experiences that will last a lifetime. Owen is currently attending Grossmont College and plans to attend San Diego State University, where he wants to earn a teaching degree in mathematics. Congratulations to Chester Owen III on his successful completion of such an arduous project and for truly "Making A Difference" at Mission Trails Regional Park and in the San Diego community.

Ranger Melvin Naidas

## **Art Exhibits**

## **Upcoming Shows**

April 21 - June 30, 2007 Annual Amateur Photo Contest

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

August 11 - September 21, 2007 Shandel Gamer Myself and Other Animals 2

You are welcome to peruse the art from 9:00 a.m. to 5:00 p.m. seven days a week in the Visitor & Interpretive Center gallery. The art work is for sale. Artists donate a portion of their proceeds to the MTRP Foundation for park related projects.

### Volunteers, continued from p. 1

Laura Hewes, Park Beautification Crew. Recognition plaques provided by Mission Trails Regional Park Foundation and a certificate of recognition from San Diego City Councilmember Jim Madaffer were presented to each of these outstanding volunteers.

Volunteers were also recognized for their hours and years of service. Most recorded volunteer hours were Betty Neill, 663 hours, Winona Sollock, 480 hours, and Myrna Bateman, 367 hours. Betty received a gift card to Westfield Malls, while Winona and Myrna received restaurant gift cards.

Five year service awards were presented to Luann Wright, Joan Dowd, Opal Hargett, Cindy Fullwile and Linda Smith.

Ten year service certificates were presented to Helene Angoco, Daniece Moden, Barbara DeWitt, Pat Meacham, Robert Eberhardt.

Mission Trails Regional Park Foundation extends sincere thanks to the following businesses who contributed door prizes for the 2007 Volunteer Awards event.

Arely's Bakery The Brigantine

Charata Dali

Cheer's Deli

Chula Vista Nature Center

Einstein Bros Bagels - Friars Road

Einstein Bros Bagels - Lake Murray Blvd.

Biva.

The Fish Merchant

Megan's Cafe

Mimi's Cafe

Mission Trails Market and Deli Mission Trails Regional Park Gift

Mission Trails Regional Park Gift Shop

Office Depot

The Original Golden Bagel Cafe

The Omelette Factory

Viejas Enterprises

Windy's Flowers

Pietro's Cucina Italiana & Pizza

The annual volunteer awards event is sponsored by Mission Trails Regional Park Foundation and the City of San Diego Park and Recreation Department.

# Thank you to our Business Friends

Central Plumbing, Heating & Air
Conditioning
Del Mar Thoroughbred Club
Disneyland
Generic Events
Internet Crusade – San Diego
Jenny Craig
Olive Garden Italian Restaurants
San Diego City Firefighters,
Station 31 (Del Cerro)
SeaWorld San Diego
Six Flags Magic Mountain
Sunroad Enterprises
Tri-City Paint
Viejas Band of Kumeyaay Indians

Madaffer, continued from p. 2

bers-at-large and to Gene Hatton who has been re-appointed as the City of Santee's representative to the MTRP Citizens' Advisory Committee. The park benefits greatly from volunteers such as them.

Please stay in touch. I invite you to sign up for my email newsletter. It is a great way to stay current with the many wonderful projects and events taking place in my District and in the city as a whole. You can sign up by visiting my Web site at <a href="http://JimMadaffer.com">http://JimMadaffer.com</a> which also has videos of events and projects happening in the area. I ask you to keep me informed of issues as you see them. You may call my office at (619) 236-6677 or write me at City Hall, 202 C Street, San Diego, CA 92101 or send an email to <a href="mailto:JMadaffer@sandiego.gov">JMadaffer@sandiego.gov</a>.

# The Gift Shop

Open seven days a week

From 9:00 am to 5:00 pm

Shop in a relaxed and quite

environment.

Plenty of free parking.

All proceeds benefit

**MTRP** 

### **Notable Donations**

January – March 2007

**Steward -** \$5,000 to \$10,000 Viejas Band of Kumeyaay Indians

**Patron** – \$2,500 - \$5,000 Olive Garden Italian Restaurants

Founder - \$1,000 - \$2,500
The Dieter Bethke Family
Generic Events
Kaiser Permanente
Marie Tuthill

Trail Blazer - \$500-\$1,000

The Denton Family – In memory of
Robert T. Denton

Del Mar Thoroughbred Club
Sunroad Enterprises

Path Finder - \$100-\$500

Nancy and Joe Acevedo - In
memory of Shirley Herring
Nancy and Joe Acevedo
Ed Barber

Roni Breite and Maurice Pessot
Vickie Brunk
Central Plumbing, Heating &
Air Conditioning
Mary Ellen Clapp
Disneyland
Michael and Lois Gubitosi
San Diego City Firefighters, Station
31
Sarah Hass

Stephen Haiman Fred and Bobbi Hammack Dr. and Mrs.John Holl Mary Ann Glatt Mary Jo Grubbs Internet Crusade – San Diego Jenny Craig David and Sally Kotnik Helen Malone Rev. Henry and Shirley Mann David McLaren and Diane Nelson Jose Moraga Kevin Munnelly – *In Memory of* Shirley Herring Charles and Ann Nickel Diane Onstad Jodi Roisman Six Flags Magic Mountain Ann and Mike Sixtus Tri-City Paint

> Hans and Mary Weber Luann and Brian Wright

# **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.

Special Funds

## 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			1 1
Address			Please check fund(s) for which you
City State Zip Code		wish your donation to be used.	
Home Phone	E-mail		wish your donation to be asea.
			General Park Support
Donor Levels			Library Fund
			Library Endowment
\$25 Individual	\$1,000 Founder	\$25,000 Benefactor	Education Program Fund
\$50 Family			Education Program Endowment
\$100 Path Finder			Tree & Habitat Maintenance
\$500 Trailblazer			Trail Maintenance
φουσ Tranbiazer	φ10,000 Sponsor	Other	Lake Murray
M 1			
Make check payable to MTRP Foundation and send to:			Office Use Only
Mission Trails Regional Park Foundation, Attention Secretary/Treasurer			Check DateNoAmount
One Father Junipero Serra Trail, San Diego, CA 92119-1008			Data BaseLetter
			Donor Book Newsletter
Charge my donation to VISA MC			Web\$1000+ Donor Board
Card No			Web \$1000   Dollor Doaru
Expiration date Signature			

One Father Junipero Serra Trail, San Diego, CA 92119-1008 Visitor & Interpretive Center: (619) 668-3281 MTRP Foundation: (619) 668-3280 E-mail: mtrp@mtrp.org Web Site: www.mtrp.org Non-Profit Organization U.S. POSTAGE PAID San Diego, CA Permit No. 658

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# Kumeyaay Lake Amphitheater Repaired

In the 1960s the H. G. Fenton Material Co. Monarch Plant sand and gravel mining operation was established along the San Diego River. Due to the removal of material, a lake was formed which subsequently became known as Hollin's Lake. The mining operation eventually ceased and vegetation began to cover most of the original footprint of the site. Years later when the lake was incorporated into the park and re-named Kumeyaay Lake, it was not known that the ground below the surface at the amphitheater site remained mostly sand.

It seemed like an ideal location for the amphitheater. It was a wide open area at the west end of the Lake with very little vegetation and was easily accessible from the Campground. Over the years, heavy spring rains would come and flood the lake making the bridge that led to the amphitheater impassible for a few days due to the rising water. Then came a particularly heavy, torrential rain that saturated the ground, loosened the soil and eventually eroded away a large portion of the amphitheater.

Shortly thereafter, the wheels were set in motion to repair the washed



Amphitheater site prior to restoration

out area and to strengthen it against any subsequent floods. FEMA grant money was acquired for the project.

On March 12, work began to repair the damage. KTA Construction brought in heavy equipment and seven hundred tons of material for the job. The hole was first given a foundation of large boulders, and smaller stone was then placed over this. This material was cov-

ered with a layer of decomposed granite, and the area was then given a final layer of soil. Large boulders were also spread along the edge of the Lake creating a retaining wall to help slow any inevitable overflows and to help divert most of the water away from the amphitheater.

Roland Roberge