



# Mission Trails Regional Park News

Volume 20, Number 3

-A Publication of the Mission Trails Regional Park Foundation-

Summer/Fall, 2009

## Beta Gamma Sigma Volunteers



Recently, San Diego Area Alumni members of Beta Gamma Sigma (BGS), an international business honor society, spent a Saturday morning at Mission Trails Regional Park. Besides volunteering their time for park beautification, they had an opportunity to learn a little bit about the Mission Trails Regional Park, its vegetation and wildlife inhabitants. At the visitor center, Ranger Mel Naidas made everyone very aware of

the different kinds of rattlers that could cross our path – and what to do in the case of a snakebite. He encouraged us to stay well hydrated and to use sunscreen, even though there was some slight precipitation that “May gray” morning.

Following the safety briefing, our crew of nine headed out to the trail. We were eager to start cutting brush.

**Beta**, continued on p. 5

## New! Mission Trails Education Programs

The MTRP Foundation has established a new Education Department. Alicia Berg and Linda Hawley have been hired as Education Program Instructors to teach classes for children. Alicia has one more class from August 17 to 21 called “Creepy Crawlies” for 6 to 10 year olds. Beginning in September Linda and Alicia will offer more classes. These are in addition to the MTRP’s successful free educational tours for school groups coordinated by Ranger Heidi Gutknecht. Go to our web site at [www.mtrp.org/education](http://www.mtrp.org/education) for additional information and fees for our new children’s classes and for our free Trail Guide led tours go to: [http://www.mtrp.org/nature\\_study.asp](http://www.mtrp.org/nature_study.asp).

“Family Science Night” returns on Saturday, August 22 from 6:00 pm - 9:00 pm. The event will include learning about and observing bats, a talk by Alicia Berg on reptiles with live animals, star-gazing with Senior Ranger Tracey Walker, a night-time adventure walk, and a viewing our new BluRay presentation “Mission Trails Regional Park: A Natural Beauty.” The cost is only \$10.00 per person and will include pizza and soft drinks. Reservations are required and we are limited to 30 participants. Please go to our website at [www.mtrp.org/education](http://www.mtrp.org/education) for additional information and a registration form.

## Ravens Black as Night

By Trail Guide Lyn Olsson  
Part 1

What do you think of when you hear the word *Raven*? Do you think of Edgar Allan Poe’s narrative poem “The Raven”? *Once upon a midnight dreary . . .* or maybe “The Raven” by Brothers Grimm, or maybe even the 1935 horror film starring Boris Karloff and Bela Lugosi called . . . “The Raven”. Ravens have been the subject of all kinds of lore, myth, religious belief, glee and anger. Ravens with their wily ways fascinate people for many reasons. They are incredibly intelligent (the “Einsteins of the bird world”) - resourceful, beautiful, and individualistic.

The Common Raven, *Corvus corax*, was the one Poe wrote about in “The Raven” when he lived at the Commons at the University of Virginia. There is another species of Raven in the United States called the Chihuahuan Raven as it lives in southwestern US and Mexico. There are eight subspecies of *Corvus corax*, two of which inhabit North America. They are part of the larger family of corvidae, which includes jays, magpies, crows; about 100 total.

*Corvus corax* is a common resident in California and much of North America. They occupy more and varied habitat types than any other California bird. They also inhabit the Arctic, Eurasia to the deserts of North Africa, and to islands in the Pacific Ocean. They are common in Scotland, northern England, and the west of Ireland. They are the most widely distributed of the corvids.

Ravens are omnivores, eating insects, seeds and grain, but most of their diet is meat. As scavengers they keep our world cleaner, as they frequent road kill sites, landfills, rubbish piles. They do prey on rodents, other bird nestlings and eggs, just as

**Ravens**, continued on p. 3



## A Message From Councilmember Marti Emerald

Pony rides, hiking, mountain bikes and rattlers! These were just part of the excitement at the Explore Mission Trails Day in May. Once again, the Mission Trails Visitor Center hosted a day of family fun and educational activities that attracted thousands of visitors from throughout Southern California. It was a toasty day with temperatures in the 80's. But the heat didn't dampen the fun for kids, parents and the dozens of exhibitors who delighted the public with arts and crafts, reptile exhibits, geology and fire safety displays, nature walks and free pony rides. I had a great time meeting the people who made this day of exploration so special.

In May, we also held our first ever Mission Trails Task Force meeting at the Visitor Center. What a great setting! It was a welcome change of scenery coming from downtown San

Diego to the middle of Mission Trails on a gorgeous Thursday afternoon. We had a great turnout of both Mission Trails Task Force members and park users. As always, we had a meaningful and productive discussion on ways to keep our park vibrant and healthy, and we implemented new procedures for review of park use permits.

The Task Force also confirmed Dale Shockley of San Carlos as a new member of the Mission Trails Citizens' Advisory Committee. As a retired San Diego Police Officer, Dale brings valuable experience to keep our park safe and clean for everyone. Welcome Dale Shockley!

Please be sure to stop by our next Mission Trails Task Force meeting scheduled for July 16<sup>th</sup> at 12:15pm in the Visitor Center. Your thoughts, suggestions and input are always welcome and appreciated.

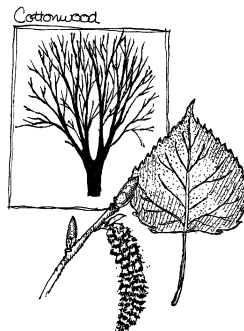
Finally, congratulations to all of the winners in 17th Annual Mission Trails Regional Park Photography Contest. The winners and participants of the photo contest produced some of the most stunning and beautiful images of Mission Trails I have ever seen. Be sure to stop by the Visitor Center to take a look at the award-winning entries. You will surely be impressed by the pure beauty of Mission Trails Regional Park, through lenses of some of our most talented and dedicated artists.

With this said, words and pictures alone don't begin to do our park justice. Please, take time to visit Mission Trails Regional Park. Take a short hike with a friend. Enjoy a day with your kids on the San Diego River at the Old Mission Dam. Enjoy the sights, sounds and smells of nature from atop Cowles Mountain.

Challenge yourself to mountain biking, rock climbing and being at peace with raw natural beauty. Mission Trails Regional Park is waiting for you.

## Arbor Day at Mission Trails 2009

This year's Arbor Day at Mission Trails will be held on Saturday, December 5, 2009 at the Equestrian Staging area. Tree donors and other interested participants will be planting cottonwood and oak trees. Donations may be made in memory or in honor of an individual.



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# Gift Shop Spotlight

## JIM MAY Native American Designs

Jim May is a Lakeside resident and artisan wood crafter who makes many beautiful things. He supplies Mission Trails Regional Park's Gift Shop with walking sticks made of Melaleuca, Eucalyptus, and Creek Alder that have been hand-rubbed with boiled linseed oil.

In addition, Jim makes collectible ceremonial items using authentic Native American designs. Although Jim is of part Cherokee heritage, he does not represent his works as being "Indian made", but many Native Americans are among his best customers, from California to Oklahoma.

### His creations include:

**Ceremonial drums in various sizes.** The drum heads and ties are elk rawhide. The design of the ties represent four of the seven cardinal directions – east, west, north, and south – the other three being Mother, Father, and the most important, Grandfather. The drumsticks are made of deer buckskin and willow.

**Coyote gourd rattles.** These rattles are made with traditional willow wood, rawhide, and chucker feathers and are filled with small washed gravel.

**Bear rattles.** These are made of elk rawhide, willow, and gravel.

**Turtle rattles.** These are made of real turtle shells (purchased), willow, elk rawhide, and gravel.

Jim makes other wonderful things, too, which you may find in our Gift Shop from time to time. Watch the display cabinets for his beautiful work.

Jim's Native American friends have given him a name in honor of his work and his skill as a storyteller. They call him Talking Stick, This is the name with which he signs his drums.

The Gift Shop is open seven days a week from 9:00 am to 5:00 pm with plenty of free parking and a magnificent view.

## First Place - Youth Division



### Aaron Spears - Afternoon Silhouette

#### Ravens, continued from p. 1

many other birds do. It is unfortunate that they also prey on baby desert tortoises in the Mohave Desert—a source of much anger for desert naturalists.

Ravens start courting when still juvenile, but do not pair bond and breed until they are two to four years old. The pairs are monogamous and will stay together for life. They live about ten to fifteen years in the wild, up to fifty in captivity. Social "allopreening" is an important part of their male-female bonding.

The female lays four to seven eggs (five to six is normal), and she incubates the eggs for about twenty days during which time the male feeds her. He also helps to raise the brood to adulthood. The young leave the nest after four to seven weeks but stay close for another week or so to gain confidence, and still stay close for

## New Online Interactive Trail Map

MTRP's web site administrator, Art Street Design, completely redesigned our on-line trail map using state of the art features.

The new map is designed over an aerial photo of the park allowing the viewer topographic details of the trails. The trails are color coded to indicate either hiking only trails, hike and biking trails or multi-use trails. Recently, the more prominent trails have been given names with relation to their destination or origin; these trail names are indicated on the map. You may also zoom in on the map and drag the map around the window.

A couple of interesting new features are Info Boxes and Waypoints. Moving the cursor over a trail an Info Box appears detailing information about the trail. You may also double click on the trail to open a new window with more information about that trail. With Waypoints, clicking on locations along the trail gives distances between points. The user may turn these features on or off at the map's sidebar.

You may view the new map at this web address:

[http://mtrp.org/trail\\_map/trail\\_map.asp](http://mtrp.org/trail_map/trail_map.asp)

about another six months. Ravens make their nests in tall trees, but in Mission Trails Regional Park they seem to prefer the crevices and shelves provided by rocky cliffs. Take the Visitor Center Loop trail down to the River, past the poison oak, and stand in front of the sprawling Coast Live Oak tree where the kids like to climb. Look across to the cliffs on the other side and you will see lots of potential nesting sites there. Look for the telltale white droppings below a likely roosting spot (this may take a while, and use binoculars) and you may find Raven nesting activity, or at least an old nest. There was a healthy family with two chicks up in those cliffs last summer, which fledged successfully, practiced their flying with mom and dad, and flew the coop.

Ravens, part 2, will appear in our next newsletter.

## Upcoming Art Exhibits

July 11– August 7, 2009

**Joe Darin (Photo) and Chuck  
McPherson (W/C)**

San Diego Museum of Art Artists' Guild members Joe Darin and Chuck McPherson intend to mount a show which highlights Mission Trails. Joe will be displaying photographs which Chuck will use as the basis for his paintings.

August 8– September 4, 2009

**Blake Shaw (Photo)** Award-winning photographer. Reception date: Sunday, August 9, 2009, from 1:00 - 4:00 p.m. He plans to display 30+ bird photographs.

September 5 – October 2, 2009

**Dot Renshaw (Oil, Pastel) Dot**

Renshaw has been an artist for over 40 years. Dot primarily works in oil, pastels, and occasionally, watercolors. She considers herself an environmental plein air painter since she seeks out vanishing American scenery she cherishes. Balancing painting both figures and plein air, she finds that both disciplines complement each other training the eye to see nuances in color, value, and relationships. She taught high school art in Escondido for 32 years under the name Dot Taylor until Sept. 2005.

October 3 – October 30, 2009

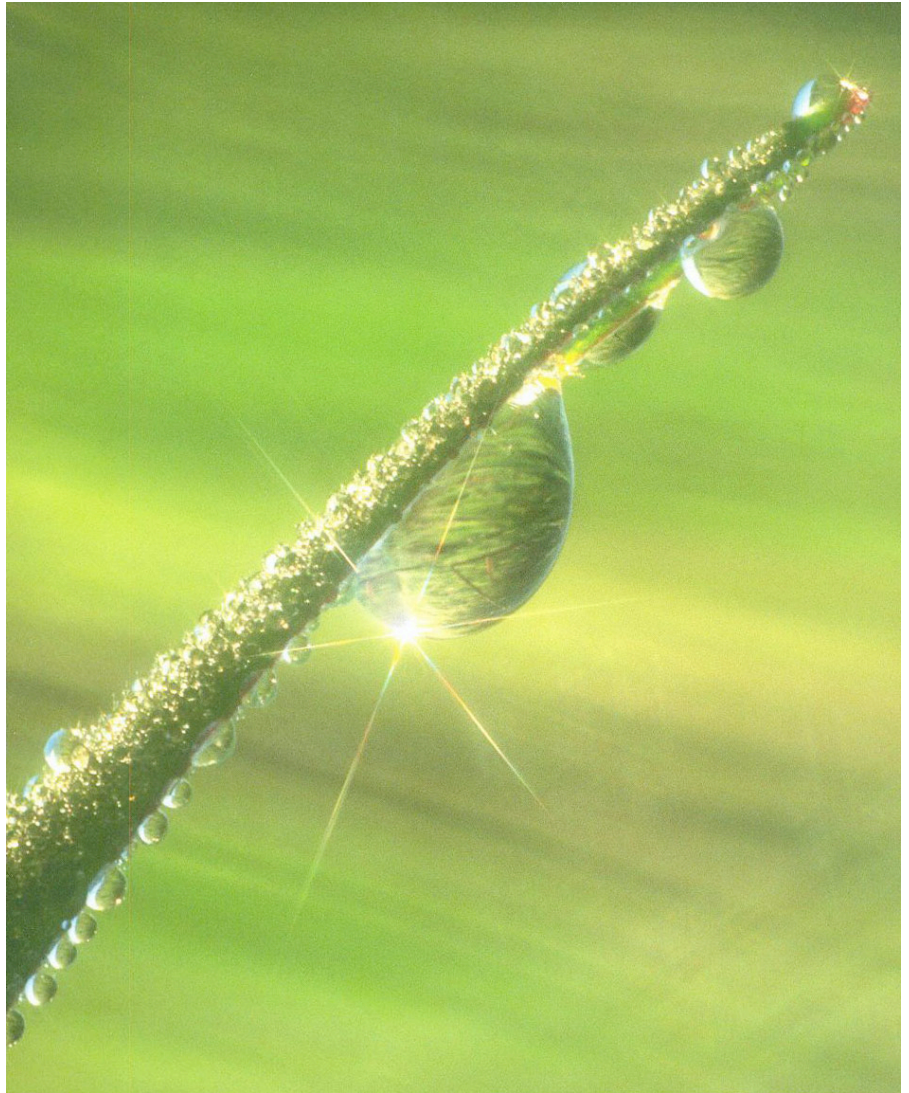
**Lynda Hamilton and Debra Wilson  
(Oil) and Lia Estrada-Maute (Pastel)**

This should be a special show as the three women are all disabled.

**Lynda Hamilton** contracted Polio when she was 10 years old, losing the use of both arms. When she was still a child, Lynda taught herself to draw with a pencil held in her mouth, and has since developed her own unique techniques for painting.

**Lia Estrada- Maute** is realist and detailed oriented with her creations, Lia who has been deaf since birth, has loved to draw and paint since she was four years old. She grew up in Southern California, but attended high school in Mexico.

## First Place - Color (People, Flora & Fauna)



Rick Wiley - Dewey Spire

### Summer Twilight Walks From Kumeyaay Lake Campground

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 some of the changes that occur during dusk and evenings. Participation in these very popular walks will be limited to maximize your enjoyment, so sign up by phone or in person at the Kumeyaay Lake Campground Entry Station, 619-668-2748.

**Saturdays:**  
**August 1, 7:00 PM**  
**August 15, 6:45 PM**  
**August 29, 6:30 PM**  
**September 19, 6:00 PM**

**Photo Contest** - Continued from rear cover

**Youth Division:** Aaron Spears, 1st place; Anthony Leers, 2nd place; Vincente Tellez, 3rd place; Vincente Tellez, Honorable Mention.

**Color – People, Flora & Fauna:** Rick Wiley, 1st place; Bill Howell, 2nd Place; Gerald Tietje, 3rd place; Gerald Tietje, Honorable Mention.

**Color – Scenic Views:** Rick Wiley, 1st place; Rachel Pitchford, 2nd place; Mark Wade, 3rd place; Cheryl Old, Honorable Mention.

The photography contest, reception and awards ceremony are an annual event sponsored by Mission Trails Regional Park Foundation in cooperation with the City of San Diego Park & Recreation Department.

Thank you to our Photography Contest Committee members: Betty Ogilvie, chair; Don Steele, Connie Wood & Roland Roberge.

The Seventeenth Annual Photo Contest has been sponsored by the San Diego Firefighters Local 145.



*Left to Right: Councilmember Marti Emerald, People’s Choice winner Kaewta Yongchindarat and Photo Contest chair Betty Ogilvie.*

**People’s Choice**



**Kaewta Yongchindarat - Wondering**

**Beta**, continued from p. 1

Specifically, BGS volunteers were given the task of cutting down and removing non-native black mustard seed plants. We took turns lopping down the plants stalk by stalk and raking the clippings into huge piles. After only an hour, we were amazed at the progress we had made.

After much hard work, we ended the day back at the Visitor Center to enjoy some refreshments and discuss our experience with Ranger Mel. He was very appreciative of our efforts. The experience was an enjoyable one despite the weather. A couple of us even saw a snake! It was a nice opportunity for BGS members to help the community as well as to enjoy the beauty of San Diego.

*By Erin Swanson, Beta Gamma Sigma San Diego Area Alumni Chapter Member*

If your group wants to spend quality time outdoors and volunteer services to Mission Trails, contact Ranger Mel Naidas at 619-668-3277.

## First Place - Black & White



Mark Wade - Overflow

## On-line News and Donor Renewal Options

In order to conserve paper and reduce printing and postal costs, the Foundation is implementing alternative ways our members can receive news and renewal notices electronically, as well as the ability to renew their membership on-line.

All our members receive our quarterly newsletter. A color version of this newsletter is available on our web site. Those members who have supplied us with their e-mail addresses also receive our occasional e-mail newsletter and announcements for special classes and events. Using your e-mail address we can also notify you when the newsletter is available on line in lieu of sending one in the mail.

The Foundation currently sends members renewal notices through the mail, with a request to submit donations either by check or credit card to be returned by mail. We now have the ability to notify you of your renewal status by e-mail. You may then send your donation to us by mail, or, more conveniently, by using our secure on-line credit card payment process.

If you are interested in one or more of these options to help us reduce our operating costs, or for more information, please e-mail us at [mtrp@mtrp.org](mailto:mtrp@mtrp.org) or call 619-668-3280.

### Notable Donations

April - June 2009

#### **Trailblazer - \$500-\$1,000**

*Pat Abbot*

*Lawrence and Suzanne Hess*

*David McLaren and*

*Dianne Nelson*

#### **Path Finder - \$100-\$500**

*Bob Ackerly -*

*in Memory of Lin Ackerly*

*John & Ann Aydelotte*

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*Maurice Pessot & Roni Breite*

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*David & Sally Kotnik*

*Richard Moll -*

*in Memory of Lin Ackerly*

*Clement O'Neill*

*Lynn Rizer*

*Rose Van Hook*

*San Carlos Area Council*

*Arthur and Ruth Savage*

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*Nancy Varah and Lea Goyne*

*Marlene Zeicheck*

### Business Donors

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# Support Mission Trails Regional Park



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Simply go to [www.escrip.com](http://www.escrip.com) access the "sign up" link near the top of the page and follow the simple instructions.

## 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 owing to 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.

### Mission Trails Regional Park Foundation, Inc.

One Father Junipero Serra Trail, San Diego, CA 92119-1008

Name \_\_\_\_\_ Business Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ E-mail \_\_\_\_\_

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 Mission Trails programs and projects \$ \_\_\_\_\_
- MTRP Foundation Endowment Fund** - Earnings used for programs and projects ..... \_\_\_\_\_
- Special funds**
- Education Program Fund - Funds for education programs ..... \_\_\_\_\_
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- Trail Maintenance - Trail maintenance projects ..... \_\_\_\_\_
- Tree and Habitat Maintenance - To help maintain the park's habitat. .... \_\_\_\_\_
- Lake Murray - Special projects at Lake Murray ..... \_\_\_\_\_
- Total Donation** - Make check payable to MTRP Foundation and mail to address above..... \$ \_\_\_\_\_

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**Mission Trails  
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MTRP Foundation: (619) 668-3280  
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**Mission Trails Regional Park News**

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*Editor: Roland Roberge*

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GO TO <http://www.mtrp.org/newsletter.asp>

# MTRP Photo Contest a Great Success

Awards for the Seventeenth Annual Mission Trails Regional Park Photography contest were presented at a reception held at the park's Visitor & Interpretive Center on Sunday, May 31st. The Leonard Butterman Best of Show Award was presented to Mark Wade for his "Overflow" photograph. Kaewta Yongchindarat received the People's Choice Award for "Wondering".

This year's contest had a record 150 photos by 35 contestants.

Other winners include -  
**Black and White:** Mark Wade, 1st place; Mark Wade, 2nd place; Ola Olsson, 3rd place; Cheryl Old, Honorable Mention.

**Photo Contest** - continued on p.5

## First Place - Color (Scenic Views)



**Rick Wiley - Winterglow**