



Mission Trails Regional Park News

Volume 21, Number 2

-A Publication of the Mission Trails Regional Park Foundation-

Spring/Summer, 2010

Congratulations to our 2010 Trail Guide Graduates



Top row (l to r): Audrey Baker, Karen Randall, Pat Pawlowski, Jan Corbett, Jim Corbett, Rose Clark, Mike Messner, Lynda Messner, Bill Bleicher, Larry Guillen; middle row (l to r): Jen Douglas, Lilian Cooper, Kathy Collier, Tasha Shyko, Frank Arias III, Gloria Verdieu, Jan Hartwig, Joanie Brosnan, Carma Ricks, Karen Ibach, Christine McCoy, Maureen Blackhall; bottom row (l to r): Jon Hoidal, Jo Mink, Eloise Battle, Margot Linback, Fran Simon, Marcia Stoner, Stacey Miller, Mary Horner, Michele Ruppert, Edel Hayhurst. Not pictured: Lee Clark and Sheila Dawson. (Photo by Wendy Esterly)

We are pleased to announce that we've had another successful Trail Guide Training Class this year with thirty-four new Trail Guides graduating on Saturday morning, March 27th. As usual, they studied hard, completed the walkthroughs and written final exam and, most of all,

enjoyed the class. Congratulations to all the students. They will be a great addition to our Trail Guide program!

Thanks to the entire training team for their outstanding efforts that made this year's class such a success. Team members are: Bill Howell, Wendy

Esterly, Fred & Linda Kramer, Judy Alvarez, Dave Bailey, Bill White, and, of course, Ranger Heidi. Anyone interested in attending next year's Trail Guide Training Program should contact Ranger Heidi (619-669-3279) to get on the Class of 2011 Interest List.

Pass the Salt and the Shawii, Please - by Trail Guide, Millie Basden

Salt and shawii go together. You may have read about shawii being sweetened with honey. But historically, acorn mush (shawii) eaten by the Kumeyaay was a savory dish, similar to mashed potatoes. We know where the Kumeyaay harvested acorns for their shawii, but have you ever thought about where they found salt?

Mankind has a long association with salt. Although we are often

encouraged to eat less salt, it is an essential component of our bodies, and has been used as a food preservative and a condiment for centuries, if not millennia.

In the time of the Romans, salt was distributed to soldiers as their pay; the origin of the word "salary." Salt was added to fresh greens to offset their bitterness; the origin of the word "salad." In England, a "wich" was a salt works. A

town in England with a name ending in "wich" is a place where there was at one time a salt harvesting area.

In our area, the shallow south end of San Diego Bay has long been a prime location for finding salt. The Kumeyaay gathered salt there before Europeans arrived in the area. In addition to scraping up salt deposits left behind when shallow pools of bay water evaporated, the Kumeyaay also used

Salt, continued on p. 4



A Message From Councilmember Marti Emerald

So far, 2010 is flying by! District 7 has many projects working to make our community even better.

After an abundant rainy season, Mission Trails Regional Park has come alive and is a wonderland of green. There is so much to see and do in this magnificent part of San Diego.

On the north shore of Lake Murray, a small but dedicated group of parents is already raising money to rebuild a playground. Run for the Playground is a 5K Walk and Fun Run scheduled for Sunday, May 2nd. This event is open to everyone who appreciates the beauty of our community. To be part of this great project you can go to their website; lakemurrayplaygroundproject.org.

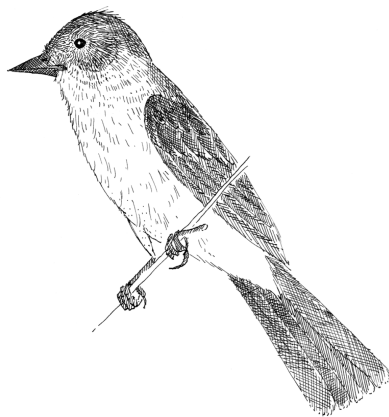
The greening of District 7 continues with another Free Tree Program sponsored by The San Diego Urban Corps. All you have to do is agree to water the drought tolerant trees for the first two years and the Urban Corps will plant the trees for you. You can even choose from 8 different trees. Contact Ty Sterns at the Urban Corps Urban Forestry Department at 619-235-6884 or tsterns@urbancorps.org.

Another great neighborhood event coming up is the 11th Annual Springfest at Allied Gardens Park. This great neighborhood tradition is set for Friday and Saturday, May 7th & 8th. Great family fun includes carnival

rides, pony rides, a dunk tank, a rock climbing wall, food vendors, a beer garden, entertainment on two stages, a history booth presented by Kaiser Hospital, and a parade with yours truly as Grand Marshall! Springfest kicks off at 5pm on Friday, May 7th with a carnival, beer garden and live entertainment with "Mobility" on the Windmill Farms Stage. Saturday starts with an 'All-U-Can Eat Pancake Breakfast' from 9-10am to benefit the Patrick Henry High School Band. The Lewis Middle School Jazz Band performs at 9:30am. The big Kwanis Day Parade along Greenbrier steps off at 10:30am. The afternoon fun includes the ever popular Springfest Car Show and music on two stages. Saturday night's fun includes a beer garden, first ever "Navajo Community Karaoke" and the famous 'Rockola' performs at 7pm. See you there!

Congratulations to our Citywide Grand Champion "Writing for Literacy" Essay Contest Winners: Sara Simpson, Hayley Lekven, and Sarah Ruhe. They will be honored in a ceremony at the Balboa Park Club Thursday April 1, 2010 at 6:30pm. Special thank you to the Friends of the San Diego Public Library.

Remember Team 7 is just a phone call or email away. Keep track of all the great things happening in our community at: sandiego.gov/citycouncil/cd7 and sign up for the newsletter and other important messages from my office. Please contact your District 7 Community Representative Chris Pearson. cpearson@sandiego.gov or 619-236-6677. He really knows how to get things done!



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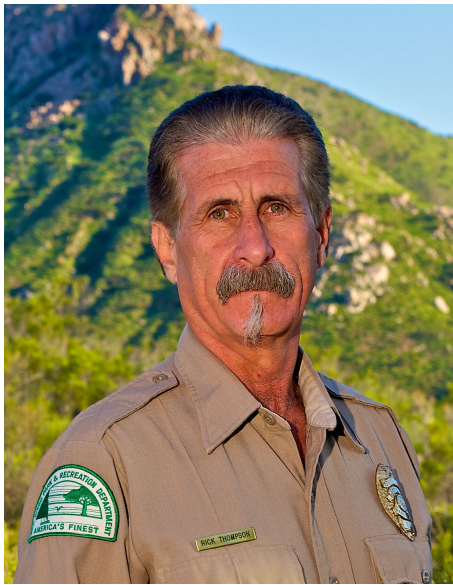
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Welcome Back Senior Ranger Rick Thompson



Senior Ranger Rick Thompson joined the Mission Trails Regional Park staff in May 1999 as the trails and field operations ranger. In 2003 Ranger Thompson was promoted to Senior Ranger at Los Penasquitos Canyon Preserve. In 2004 Rick was promoted to Project Officer II, as the Citywide Open Space Trails Manager. As a result of City staff changes and loss of positions, Rick was impacted by the City's Reduction in Force process, and accepted the position of Senior Ranger at MTRP. Prior to his employment with the City of San Diego, Ranger Thompson worked for California State Parks at Torrey Pines State Reserve, and was a graduate of the first California State Trails Certification Program. Ranger Thompson enjoys surfing, world travel, and playing various musical instruments.

Eighteenth Annual Amateur Photography Contest

From April 27 to May 28, 2010
Reception and Awards
May 23, 2:00 pm
At the Visitor Center
Come by and vote for
People's Choice Award

Explore, continued from back page

diverse park, but will be focused mainly around the Visitor and Interpretive Center (located 100 yards east of the Jackson Dr. and Mission Gorge Rd. intersection) and the Equestrian Staging Area (at SR52 and Mast Blvd.) A bird walk, entitled "Birds of Kumeyaay Lake" will begin at 8 a.m. at the Kumeyaay Lake Campground. Most other events will take place between 9 a.m. and 2 p.m., with child-themed nature walks occurring early in the day. However, a special Trail Guide-led "Twilight Walk" will begin at 7 p.m. from the Kumeyaay Lake Campground (reservations for this event are required: call 619-668-2748), followed by a star-gazing event at 8 p.m., weather permitting.

Volunteer Trail Guides will lead several special walks into the Park with child-themed topics such as "How Kumeyaay Children Lived and Played in Mission Trails" and "Who Lives Here: The Critters of Mission Trails." Senior Park Ranger Tracey Walker returns to lead a popular walk for families from the Visitor Center entitled "Hike with a Ranger" at 11 a.m. Youngsters can also enjoy arts and crafts projects (for ages 3 and up), free pony rides and up-close encounters with raptors, reptiles and other live animals. Over a dozen "Discovery Stations" near the pony rides will provide interactive learning opportunities about geology, birds, insects, Indian culture, native plants and many other topics in the Equestrian Staging Area of the Park.

Scholastic's Ms. Frizzle™ will help educate little ones about one of San Diego's most common wild critters, courtesy of the San Diego Natural History Museum. The wacky, red-haired character from the book series, The Magic School Bus®, will present a special program about coyotes in the Visitor Center's outdoor amphitheater at 9:30 and 10:45 a.m. and again at 12 noon for children ages three to eight years, teaching them basic conservation concepts, and how to observe and live with these wily neighbors.

Older kids and adults will have a chance to discover the art of nature photography, try out high-tech hiking poles or mountain-biking and safely study sun spots through a special telescope set up on the Visitor Center terrace with local astronomer/naturalist George Varga. Inside the Center, musician Jon Sherman

will entertain visitors with Native American flute music, while authors of books related to the Park will be signing their works. "Plein air" artists will be painting views of Mission Gorge on the terrace and at the Old Mission Dam.

Adventure 16 Outdoor Outfitters will operate a booth from 7:30 until 11 a.m. at the base of Cowles Mountain, loaning high-tech hiking poles to those interested in trying them out on their way up the mountain and back. Also for older members of the family, a workshop on nature photography will be presented at the Visitor Center. "See the Park through Your Camera," will be offered at 8 a.m. in the theater.

Small children can ride ponies for free (only until 1:30 p.m.) in one of the arenas in the Equestrian Staging Area near the Mast Blvd. entrance to the Park. In the same area, Trek Bicycle and the San Diego Mountain Biking Association will offer mountain biking displays and demonstrations and Project Wildlife will bring rescued wild animals for the public to view. At the Visitor and Interpretive Center other wildlife groups will present live raptors and reptiles. In addition to Ms. Frizzle's programs, there will be crafts activities at for children in the classroom.

Mission Trails Regional Park, often referred to as the third jewel in the City of San Diego Parks System, along with Balboa Park and Mission Bay Park, is managed by the City of San Diego Park & Recreation Department. MTRP is the largest of the three parks. Many of the year-round opportunities at MTRP are made possible through partnership with the Mission Trails Regional Park Foundation, Inc., a 501(c) 3, non-profit public benefit corporation created to provide fund-raising and special programs for the Park. EMTD is an annual joint venture of the Park and Recreation Department and the MTRP Foundation.

Allied Waste Services and the City & County of San Diego are this year's Title Sponsors; the event's Community Sponsors for 2010 include AT&T, Superior Ready Mix, and Olive Garden Italian Restaurant. San Diego Firefighters #145 is sponsoring a photo contest, while Kaiser Permanente is sponsoring the free pony rides for little ones on May 15.



Executive Director, Jay Wilson

Music, art, flowers, children and a fundraiser all have their place at Mission Trails. Our new concert series is well under way. On March 8 and April 18 the String Quartet and the San Diego Clarinet Quartet performed respectively at the Visitor Center. On May 15, 2010 we will feature two ensembles from Patrick Henry's award winning band, and

Springtime Brings Great Variety to Mission Trails

on June 13, 2010 the Pomerado Brass Quintet will perform. All performances begin at 2 pm.

The photographic artwork from our 18th annual Amateur Photo Contest will be on display in the Visitor Center Gallery through May 28, 2010. The Patrick Henry High School Student Art will be on display from May 29 through June 18, 2010.

In March we launched our Sempra Energy Foundation grant educational program. This is a three part funded program developed with the assistance of teachers, San Diego Unified School District staff, and Jim Marshall, head of the Education Technology Department at SDSU. Alicia Berg, one of the MTRP Foundation's Education Program Instructors, is conducting the program. She visited Rosa Parks and Bethune elementary schools. The following week, the students came to Mission Trails for their program at the park. Then, a week later, she returned to the schools to complete an expanded educational program.

On April 24 we held our first joint fundraiser in cooperation with the Sprit of 76 Band Boosters; the foundation supporting the outstanding music program for Patrick Henry High School. Thank you to everyone who donated an auction item and/or attended the dinner and auction at the Visitor Center.

This summer Alicia will again offer 3, week-long children's program at Mission Trails for children 6-12. Each week-long class will cost \$105 per student. Additional information including registration and child liability forms for our summer classes is available on our website at www.mtrp.org. Go to page six of this publication for a short description of available classes.

Linda Hawley, also one of our Education Program Instructor for the Foundation, is also offering her very popular Nature Adventure program for children 2-12 the week of July 12-16. Each day, from 9-11 will be a different subject and each one-day class is \$5.00 per child.

Salt, continued from p. 1

plants native to the salt marsh as a source of salt. Plants that grow in the intertidal zone have adapted ways to deal with the salinity of the water that bathes their roots twice a day. Some salt marsh plants, such as pickleweed (*Salicornia virginica*), have become succu-lent and store salt in special chambers, periodically shedding the distal parts of the plant to get rid of the salt. Pickleweed could be added to foods or munched for the salty flavor. Other salt marsh plants, such as salt grass (*Distichlis spicata*), excrete salt onto the surface of their leaves. The Kumeyaay could pound salt grass to free salt from the blades.

Traveling to San Diego Bay for salt was not possible for all Kumeyaay. Those who lived far away would trade foods available to them, such as mesquite beans, for salt from Kumeyaay who were in the more coastal areas.

By 1870, European settlers had developed a salt harvesting operation in south San Diego Bay that is still in use today. Originally called "La Punta Salt Company," it was followed by "Western Salt Company" which became "South

Bay Salt Works" a few years ago. If you have ever driven in the neighborhood, you probably noticed the huge piles of salt, stacked and ready for process-ing.

The salt ponds are an ecosystem all their own. The salinity of the primary ponds is similar to that of San Diego Bay, but the ponds are more sheltered from wind and tidal influences. The primary ponds support fish and attract birds that eat fish. As the salinity increases, the ponds no longer support fish, but hold lots of brine shrimp and brine flies, attracting other species that dine on those. At the highest level of salinity, brine shrimp and brine flies cannot survive, but halophilic bacteria, also called blue-green algae, thrive. Blue-green algae are red in color giving the higher-salinity ponds a rosy hue.

The salt ponds of south San Diego Bay are now part of the San Diego Bay National Wildlife Refuge. South Bay Salt Works operates under a lease. For now, the salt ponds will continue as a commercial salt harvesting operation, but the United States Fish and Wildlife Service has adopted a plan to restore some, if not all, of the salt ponds to their original salt marsh habitat. The salt ponds

are known for attracting thousands of nesting birds each year, including the Western Snowy Plover (listed as threatened) and California Least Tern (listed as endangered).

To protect nesting birds and the commercial salt operation, the salt ponds are not open to the public. During the non-breeding season, docents from San Diego Audubon Society lead monthly nature tours of the salt ponds. Come see for yourself where the Kumeyaay found salt. For information about tours of the salt ponds, please contact Millie at trailtalkedi-tor@yahoo.com

Excerpted from an article which previously appeared in the Mission Trails Trail Guide newsletter "Trail talk" Vol. 14, Issue 2, February 2010

References:

Alvarez, Judy. "Shawii for Lunch, Anyone?" Previously published in Vol. 7, Issue 12, 2003, of Trail Talk
Kurlansky, Mark. *Salt: A World History*. New York: Penguin Books. 2002.
Shipek, Florence C. *Delfino Cuero: Her Autobiography*. Menlo Park: Ballena Press. 1991. p. 33.

Upcoming Art Exhibits

April 24 – May 28, 2010

2010 MTRP Amateur
Photography Contest
Mission Trails Day: May 15, 2010

May 29 – June 18, 2010

Patrick Henry High School
Student Art Show

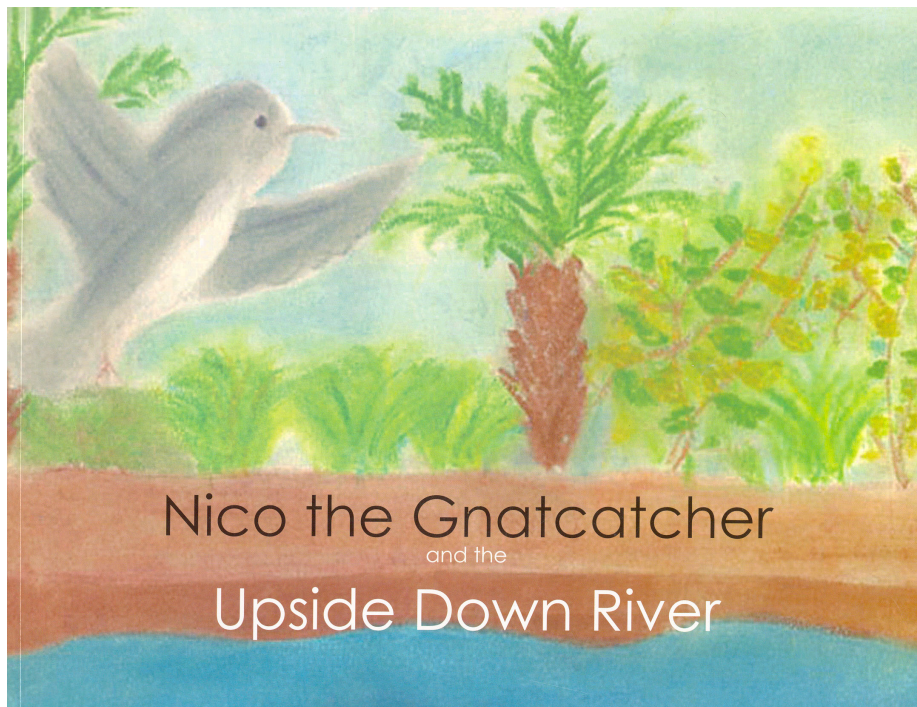
June 19 – July 16, 2010

Foothills Five
LJ Crowe,
Loretta Deczynski,
Jennifer Meeder,
Hazel Ross
Carolyn Tiencuff

July 17– August 13, 2010

Gerald Tietje
(Pen & Ink, Watercolor,
Photography)

Featured Gift Shop Item



Here is a wonderful children's book, published by the San Diego River Park Foundation and available in our Gift Shop. From the back cover: "Nico the Gnatcatcher and the Upside down River was researched, written and illustrated by 47 seventh grade students who attend High Tech Middle Media Arts in San Diego, California. The

purpose of our book is to bring awareness to and celebrate the San Diego River, one of Southern California's greatest natural treasures, and the rich array of flora and fauna that inhabit its watershed. We hope you enjoy our story!" Be sure to take a moment to scan this book, as it is grand for the entire family.

Trail Guide Taxonomy by Millie Basden, Trail Guide

Taxonomy can be defined as "the ordering and naming of life." The binomial Latin system created by Linnaeus is the official system used by scientists. But taxonomy is not just a scientific endeavor. Studies have shown that "sorting and naming the natural world is a universal, deep-seated and fundamental human activity." Carol Kaesuk Yoon, the author of *Naming Nature: The Clash Between Instinct and Science*, posits that without the power to order and name life, a person does not know how to live in the world or how to understand it. Yoon rues the waning interest in taxonomy. She worries that

people are losing a connection to and a place in the world, and writes that these days "few people are proficient in the ordering and naming of life."

Clearly, Yoon has not been among MTRP Trail Guides, who by training, if not by their very natures, are driven to order and name the life forms around them. MTRP Trail Guides do their part to keep taxonomy alive and well by sharing their knowledge with park visitors.

We provide our guests with a connection to nature by naming plants, animals, rocks, and other life forms. We teach them about the order of the natural world when we tell them that sagebrush and sunflowers are in the same family, and that bugs suck and beetles chew.

Most of us have always valued knowing the names of the critters we find

and have sought out information about where they fit in the overall scheme of things. I never really thought of that as taxonomy and if asked, I would not have found it easy to explain why I valued it. Yoon provides a good one-line summary:

"It is by classifying nature that we come to know it in all its beetleness and daffodility."

Originally published in the MTRP Trail Guide newsletter "Trail Talk." Vol 13, Issue 19, September, 2009.

Citation:

Yoon, Carol K. "Reviving the Lost Art of Naming the World." *The New York Times* 11 Aug. 2009: D1+.

Summer Programs at Mission Trails

For ages 6 through 12

This summer Alicia Berg will again offer her popular three week long children's program at Mission Trails for children 6 through 12. Each week-long class will cost \$105 per student. Additional information including registration and child liability forms for our summer classes is available on our website at www.mtrp.org.

"Growing Up Wild" June 28 – July 2 - Learn how baby animals change, survive and grow up in our park. The classes will cover life stages, art projects, hiking and live animals.

"Science and Art" July 19 – 23 - Learn wonderful science and nature facts through painting, drawing, photography, live animals and collage. All pictures will be emailed to the parents/guardians.

"Creepy Crawlies" August 9-13 - Snakes, spiders, slugs, and bugs are all things that give people the creeps! Learn why these creepy crawlies are important parts of our world. This camp will give you a close-up look at these amazing creatures and will include nature hikes, crafts, and live animals.

For all ages

Summer Twilight Walks

Join MTRP Trail Guides this summer for FREE Saturday evening guided walks in the park and learn about changes that occur as the sun goes down.

These walks last for approximately an hour-and-a-half and meet at the Kumeyaay Lake Campground's Entry Station on:

June 19th at 7:15 p.m.

July 17th at 7:15 p.m.

August 21st at 6:45 p.m.

September 18th at 6:00 p.m.

Please be sure to bring along a flashlight!

For more info, call (619) 668-3281

or go to: www.mtrp.org

For ages 2 through 12

Linda Hawley delights children ages 2 through 12 as she presents information about San Diego's flora, fauna & first people using songs and hands-on materials. This 90-minute class begins with a lesson in Visitor Center followed by an easy trail walk, ending with a return to the classroom to make a related, take-home craft! Adults attend Free; \$5.00 per child. Children must be accompanied by an adult. Participants need only attend once a month as the subject matter changes monthly. See below for monthly subject.

Advance registration is recommended. Printable required Registration and Child Liability forms may be downloaded from <http://mtrp.org/news.asp?idno=194903>. They may be sent by FAX(619.668.3282), mail (One Father Junipero Serra Trail, San Diego, CA 92119), or dropped off at Visitor Center.

Please contact Linda Hawley directly at 619.582.6261 or lhawley@mtrp.org with any questions.

May 10, 11, 12, 13 & 14,
10:00 - 11:30 am

May 13, 3:00 - 4:30 pm
BUTTERFLIES, DRAGONFLIES &
DAMSELFLIES

June 14, 15, 16, 17, 18, 10:00 - 11:30 am
ARTHROPODS - INSECTS & SPIDERS

July 12, 13, 14, 15 & 16,
9:00 - 10:30 am

Each day is a new subject:

July 12 - GO NATIVE, GO WILD (native flora);

July 12 - CIRCLE OF LIFE GOES
'ROUND & 'ROUND;

July 13 - THREE R's: - Reuse, Recycle, Reduce;

July 14 - OUTDOOR SURVIVAL
SKILLS;

July 15 - FURRY and FUNNY FAUNA!

Notable Donations

January – March 2010

Steward - \$5,000 - \$10,000

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

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

Thomas Springer

Trailblazer - \$500-\$999

Path Finder - \$100-\$499

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Jodi Roisman

Theodore Selzinski

Philip Schey

Tom Thompson

Linda Velonis

Hans and Mary Weber

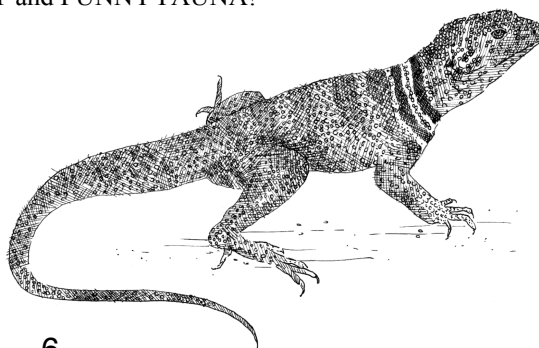
Robert & Laurel Windrem

Business Donors

Sunbelt Publications

Explore Mission Trails Day Sponsor

San Diego City Fire Fighters





Mission Trails Regional Park Donor Opportunities

By donating to Mission Trails Regional Park Foundation you are preserving the past and investing in the future.

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 the location in the park. Call Mission Trails Regional Park Foundation at (619) 668-3280 for additional information.

Names of contributors of \$1,000 or more will be engraved on the donor board displayed at the Visitor and Interpretive Center. Donations of \$100 or more are accumulated from year-to-year for donor recognition purposes.

Become a Business Friend of Mission Trails

Business Donors making contributions of \$100 to \$500 are eligible for a web site link from the Mission Trails web site for a period of six months. Business Donors making contributions of \$500 and above are eligible for a web site link for a period of one year.

Our Funds ... You may designate your donation for one or more of the following funds.

Friends of Mission Trails—General support for all park programs and projects.

Trail Maintenance

Tree and Habitat Maintenance

Education Programs

Library Books and Supplies

Lake Murray

Endowment Funds

General Endowment Fund

Library Endowment Fund

Other ways you can donate ...

Memorial or In Honor of Gifts—Honor a friend or family member with a donation.

Matching Funds—Identify Mission Trails Regional Park (MTRP) Foundation for a matching funds contribution if your employer has a policy of matching charitable gifts.

Gifts of Securities—To allow donors to realize full tax deductions for appreciated stock, MTRP Foundation accepts gifts of stock. Call (619) 668-3280 for further details.

Wills—Remember MTRP Foundation in your will.

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.

Please cut here ----- Please cut here

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 _____

Library Fund - Books and supplies for the library _____

Library Endowment Fund - Earnings used for books and equipment for the library _____

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..... \$ _____

Charge my donation to VISA _____ MC _____

Card No. _____

Expiration Date ____ / ____

Signature of card holder _____

Donor Levels

\$25 Individual

\$50 Family

\$100 Path Finder

\$500 Trailblazer

\$1,000 Founder

\$2,500 Patron

\$5,000 Steward

\$10,000 Sponsor

\$25,000 Benefactor

\$50,000 Trustee

\$100,000 Director

To give on line, visit our web site at
www.mtrp.org/donors.asp



**Mission Trails
Regional Park Foundation**

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Web Site: www.mtrp.org

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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.

Mission Trails Regional Park News is a publication of Mission Trails Regional Park Foundation, Inc., published four times a year.

Editor: Roland Roberge

Printed on Recycled Paper

TO VIEW A COLOR PDF VERSION OF THIS NEWSLETTER
GO TO <http://www.mtrp.org/newsletter.asp>

Explore Mission Trails Day 2010

By Pam Crooks

Mission Trails Regional Park, one of our City's least known, great treasures, is open every day. But only once a year do dozens of volunteers, Park Rangers and community leaders host a large free event to help San Diegans learn more about their Park and how to enjoy it. On Saturday, May 15, residents of all ages are invited to the 2010 event: Explore Mission Trails Day (EMTD).

Mission Trails Regional Park, only 15 minutes from downtown San Diego, is an "open space" urban park with over 6,000 acres, located at the eastern end of Mission Valley. It is one of the largest urban parks in the United States offering opportunities year-round for free outdoor fun, but is not very well known except to those living in the neighboring communities of Tierrasanta, Santee, San Carlos and La Mesa.

EMTD activities on May 15 will take place in several different areas of the

Explore, continued on p. 3



Children enjoying a free pony ride during last year's EMTD event