

Mission Trails Regional Park News

Volume 21, Number 3

-A Publication of the Mission Trails Regional Park Foundation-

Summer, 2010

Now in Full Color



Wow, a four color newsletter!

We hope you enjoy our new publication. A great amount of time and effort has gone into this. We are very excited with the result. The unique aspect is the cost. Because the four color printing is done

Color, continued on p. 4

Photo by Wendy Esterly

Another Successful Amateur Photo Contest



Left to right: Councilmember, Marti Emerald; First Place, Black & White and Best of Show winner, Rick Wiley; Director of Outreach and Communications, San Diego Fire Fighters Local 145, George Balgos; Photo Contest Committee Chair, Betty Ogilvie.

Awards for the 18th annual Mission Trails Regional Park Photography contest were presented at a reception held at the park's Visitor & Interpretive Center on Sunday, May 23rd. The Leonard Buttermann Best of Show Award was presented to Rick Wiley for his "Deep Freeze" photograph. Wendy Esterly received the People's Choice Award for "Singing in the Spring."

Other winners include -

Black and White:

Rick Wiley, 1st place; William Fossett, 2nd place; William Fossett, 3rd place; James Rualo, Honorable Mention.

Youth Division:

Lindsey Hollister, 1st place.

Color – People, Flora & Fauna:

Bill Casper, 1st place; Nanci Cotton, 2nd Place; Jonathan Weckel, 3rd

place; Roberta Niederjohn, Honorable Mention.

Color – Scenic Views:

Rick Wiley, 1st place; Jay Renard, 2nd place; Michael Stewart 3rd place; William Fossett, Honorable Mention.

To view all the winning photos, go to:
http://mtrp.org/photo_contest.asp

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 18th Annual Photo Contest has been sponsored by the San Diego Firefighters Local 145.

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Regional Park Foundation

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People's Choice



Wendy Esterly - Singing in the Spring

And a great time was had by all at this year's Explore Mission Trails Day!



Highly Successful Explore Mission Trails Day

Article and photos by Pam Crooks

Explore Mission Trails Day (EMTD) keeps getting bigger and better every year; just like the natural park it celebrates. On May 15, 2010--a picture-perfect day--several thousand people celebrated the abundant beauty and opportunities for outdoor recreation that exist year-round in Mission Trails Regional Park (MTRP). This year's event yielded the highest attendance since it was created eight years ago.

Family nature hikes, free pony rides, music, hands-on Discovery Stations and a program about coyotes for little ones were all part of the fun. Actually it was all free--not just the pony rides--courtesy of the City of San Diego Park and Recreation Department and event sponsors recruited by the Foundation. Title Sponsors this year were Allied Waste Systems and the City and County of San Diego; Community Sponsors include Olive Garden Restaurants, Superior Ready Mix and AT&T. Kaiser Permanente once again made the pony rides available, while the San Diego City Firefighters sponsored an MTRP photo contest.

For older children there were a nature photography workshop, guided bird watching and sunspot viewing. A host of well-trained volunteers conducted these workshops and led hikes. Adventure 16 Outdoor Outfitters once again

loaned high-tech walking sticks to hikers on Cowles Mountain from 7:30 a.m. to 11 a.m. Nancy Conney of Sky Hunter Raptors displayed live raptors (birds of prey) in the afternoon in the lobby at the VC—a never-fail crowd pleaser. Nearby, book authors of topics ranging from Kumeyaay traditions to hiking in the San Diego area were available to answer questions and sign their books throughout the day.

Concluding the daylong event was an evening walk

EMTD, continued on p. 5

Take a Hike!

by Ranger Heidi Gutknecht

When I was growing up, my brother and I (along with other "latch-key kids" in the neighborhood), did not (unlike our parents) have to walk to school barefoot, in the snow, uphill both ways. Instead, we looked forward to after school, when we could spend the bulk of our free time frolicking outside, with only Mother Nature as our babysitter. Although the San Fernando Valley is no Yosemite Valley, to us kids it was still "the great outdoors" and we loved it! We climbed trees, caught lizards, collected rocks, had water fights and built forts. Boy, times have sure changed!

I was reminded of this fact just the other day while leading a group of 6th grade inner-city students on a nature walk. Hoping to inspire them to come back to the park another day, I pointed out Cowles Mountain in the distance and bragged about the magnificent 360 degrees view from the peak: "You can see mountains to the north, Mexico to the south, the desert to the east, and the ocean to the west," I explained enthusiastically. "Big deal," commented one of the boys. "You can see all that on television!" My bubble had been burst.

Unfortunately, in the busy hustle-and-bustle of today's modern society, with work and/or school, Facebook, Twitter, texting, YouTube, video games, etc., it is easy for one to forget how essential spending time in nature is to one's mental and physical wellbeing. In Kahlil Gibran's spiritual classic, "The Prophet," there is a quote (one of my favorites!) which is an enticing reminder: "...and forget not that the earth delights to feel your bare feet and the winds long to play with your hair." Sadly, more people find Guitar Hero enticing!

Fortunately, there are several books available which address this growing issue. Originally published in 2005, an updated and expanded edition of

Hike, continued on p. 6

First Place - Color (Scenic Views)



Rick Wiley - Mystical Mist of Kumeyaay Lake

Color, continued from front cover

on a very large press and several unrelated jobs are printed at the same time, the cost difference is merely one cent per issue; not per piece, but for



**Executive Director
Jay Wilson**

the total printing job. The four color printing requires high resolution photos and, as you will note, some photos bleed right to the edge of the paper. Please let us know how you like our new look.

Our attendance at the Visitor Center continues to stay ahead of last year. Thousands of visitors are enjoying every trail in the park each month. With summer upon us, temperatures are definitely warming up; we urge you to make certain you have plenty of water, a hat, sunscreen and a cell phone when you are out on any of our spectacular trails. Dehydration is one of the most common conditions we encounter, and that goes for your pets as well.

This fall we are planning to continue our concert series as well as other nature related displays and exhibitions. Del Herbert, a world renowned wildlife and decoy wood carver demonstrated his artistry and skills in June. He is planning to return this fall with an exhibition involving the work of several well known wildlife wood carvers. We will be keeping you up-to-date on our website (www.mtrp.org) and with our e-news updates.

Enjoy the summer and please visit Mission Trails and our Visitor and Interpretive Center often.

EMTD, continued from p. 3

through the Grasslands with MTRP Trail Guides and a star-gazing “party” with volunteer astronomer George Varga and his telescope.

The Mission Trails Regional Park Foundation, launched in 1988, fundraises for events like EMTD and major enhancements to the Park like the Visitor Center and the Equestrian Staging Area. On a daily basis they promote, advocate for, and volunteer countless hours on behalf of one of the nation’s largest urban parks.

Eight years ago we launched an annual event to increase awareness of the benefits of a day spent in MTRP. Only 15 minutes from the heart of the city, parents and other adults who want to help children learn to appreciate the natural world around them, have free access to over 6,000 acres of open space. Through events like Explore Mission Trails Day, the City of San Diego’s Park and Recreation Department and The Foundation aims to increase awareness to Mission Trails and its many amenities.

First Place - Color: People, Flora & Fauna



Bill Casper - Ducklings by the Dozen

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. **Saturdays: June 19, 7:15 pm; July 17, 7:15 pm; August 21, 6:45 pm; September 18, 6:00 pm.**

First Place - Black & White and Best of Show



Rick Wiley - Deep Freeze

UPCOMING ART EXHIBITS

July 17 - August 13, 2010
Gerald Tietje (Pen and Ink,
Watercolor and Photography)

August 14 - September 10, 2010
A Delightful Presentation by
Wilma and Joan
Wilma Lopez - Encaustic (wax)
Joan Everds -
Encaustic and photography
Reception: Sunday, August 15, 12-5

September 11 - October 8, 2010
Eileen Mandell - Photography
(Grossmont High School Teacher,
photography and digital photography)
Susan Phillips - Oils (Grossmont
High School Teacher--painting)

Hike, continued from p. 4

Richard Louv's highly recommended National Best Seller, "Last Child in the Woods: Saving our children from Nature-Deficit Disorder," was put out again in 2008. It was during that year this timely and important book was really noticed, became the recipient of the 2008 Audubon Medal, and inspired a new "No Child Left Inside" movement throughout the U.S. Here in San Diego, several parents and educators got together last year and formed the "San Diego Children and NatureCollaborative" (sdchildrenandnature.org). Also inspired by Louv's masterpiece and published in 2008 is a book by Jennifer Ward, with a foreword by Richard Louv, called, "I love dirt! 52 Activities to help you & your kids discover the wonders of nature."

In 1979, long before Richard Louv's modern classic, a wonderful book by Joseph Cornell was published, called, "Sharing Nature with Children – The Classic Parents' and Teachers' Nature Awareness Guidebook." A second edition of this book was published in 1998 and just last year, in 2009, a 20th Anniversary revised and expanded edition was put out. This book has several different games and activities, which are both fun and educational, that adults and children alike can enjoy outdoors. For adults who need a little extra help connecting with nature, Joseph Cornell has another great book, published in 1987, which is ideal for this: "Listening to Nature – How to Deepen Your Awareness of Nature."

An ideal place to connect with nature is right here at Mission Trails! In addition to offering different educational nature programs for children, we are proud to offer free guided walks and other various programs for the public, to promote a greater respect for and appreciation of the many wonders of nature. So, what are you waiting for? Log off, round up your family, and head out to the park so you can take advantage of some of these rewarding opportunities to experience nature. Trust me – It sure beats watching it on television!

New in the Gift Shop

HIGH SPIRITS FLUTES Pocket Flutes



We are happy to introduce something new and special in our Gift Shop. From the talented hands of Odell Borg we present his beautiful Pocket Flutes. These small flutes are crafted from aromatic cedar and are tuned to the key of A major.

These are not toys, but fully functioning, beautifully crafted miniature instruments, perfect for learning how to play and for personal pleasure. They are 5-hole flutes and are 9" long with a fixed fetish decoration. At the reasonable price of \$40 they offer a golden opportunity for the learning process.

All high spirit flutes are crafted from woods that are sustainably plantation grown and are finished with non-toxic oils. Each Pocket Flute comes with simple instructions on how to play and a website address that is dedicated to teaching more detailed playing techniques and fingering charts.

Notable Donations

April – June 2010

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

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

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

Thomas Springer

Trailblazer - \$500-\$999

Diane Nelson & David McLaren

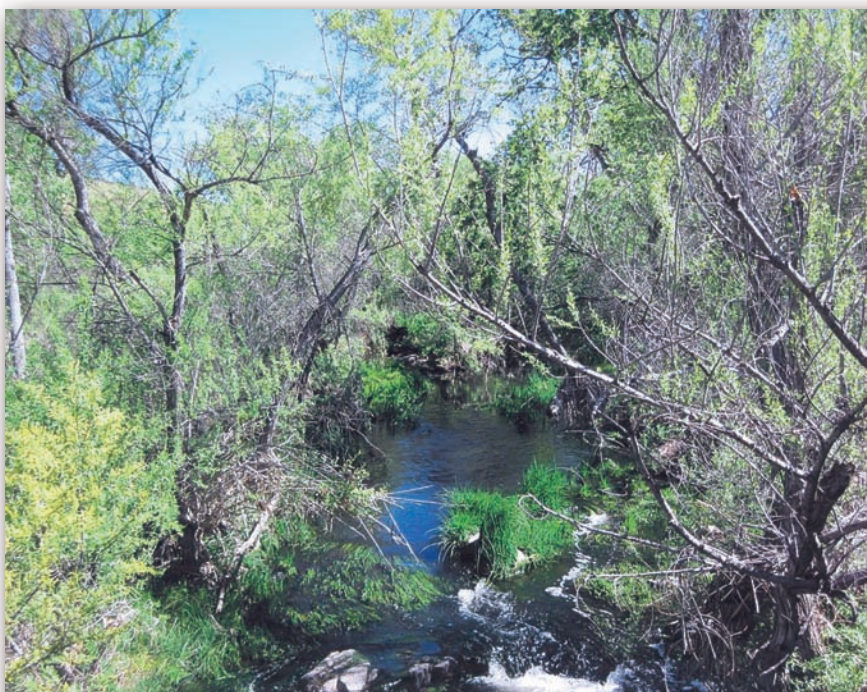
Path Finder - \$100-\$499

Nancy Acevedo
Salah Hassanein
Tom & Joan Hayes
Barbara Kellum
David & Sally Kotnik
Lynn Riser
Arthur & Ruth Savage

Business Donors

Allied Waste
Kaiser Permanente
Olive Garden
Superior Ready Mix

First Place - Youth Division



Lindsey Hollister - My Secret Paradise

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 organization, and foundations to support a variety of programs and projects within the park. Community support is important too 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. Sponsorship 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 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. Yearly 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 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.

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 may 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 the donor's beneficiaries for life. Contact your financial advisor for information.

Mission Trails Regional Park Foundation, Inc.

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

Name _____ Business Name _____ Phone _____

Address _____ Email _____

You may designate your donation for one or more of the following funds. Please indicate the amount.

Friend 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 used for education program..... _____

Library Fund - Books and supplies for the library..... _____

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

Trail Maintenance - Trail maintenance and improvement 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..... \$ _____

Donor Levels

\$25 Individual

\$50 Family

\$100 Pathfinder

\$500 Trailblazer

\$1,000 Founder

\$2,500 Patron

\$5,000 Steward

\$10,000 Sponsor

\$25,000 Benefactor

\$50,000 Trustee

\$100,000 Director

Charge my donation to VISA _____ MC _____ Card No. _____ Expiration Date _____ / _____

Card holder's signature _____

To donate online, visit our web site at mtrp.org/donors.asp

MTRP Foundation staff use only: Date of check _____ Check # _____ Database _____ Letter _____ Newsletter _____ Web _____



Mission Trails Regional Park Foundation

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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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Editor: Roland Roberge

A COPY OF THIS AND PAST NEWSLETTERS ARE AVAILABLE ONLINE: mtrp.org/newsletter.asp

And the winners are.....

