



Mission Trails Regional Park News

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Construction of New Mast Blvd. Staging Area Begins

Construction has begun on a new staging area which will provide improved access to the East Fortuna Region of Mission Trails. When completed, this new facility will provide parking and picnic areas for equestrians, hikers, and bikers. In addition to a 48-space parking lot there will be a lot with 15 spaces for vehicles with horse trailers. Space is also being provided for periodic horse rentals and pony rides. The contractor, Archer Western, Ltd. will be working to complete the project by the end of May, weather permitting. Until construction is complete, the Mast Blvd. entrance to the park will remain closed. Visitors can access the trails in the East Fortuna Region from the trail head on Father Junipero Serra Trail west of the campground entrance. Parking is available along Father Junipero Serra Trail and in the dirt lot at Bushy Hill Drive.

This new staging area is a joint project of Mission Trails Regional Park Foundation and the City of San Diego Park and Recreation Department. The project is being funded, in part, by a \$1 million State of California grant the Foundation received in 2001 with support from Senator Dede Alpert. This project has also been made possible by a donation of land from San Diego Landfill Systems/Allied Waste Industries.



Ground Plans for the Mast Blvd. staging area.

Prior to the start of construction, the Army Corps of Engineers completed a sweep of this area for unexploded ordnance. While no ordnance was found, they did uncover old tank parts, horse shoes, fencing, etc.

The second phase of the project, which is not yet funded, will include a building with space for staff offices and maintenance facilities as well as an information area, restroom, large covered picnic area, and small kitchen to be available on a rental basis for public use.

Dorothy Leonard

Donor Opportunities Picnic Tables, Horse Corrals, and More

Mission Trails Regional Park Foundation is accepting monetary donations for picnic tables, bike racks, barbecues, horse corrals and a large park entrance sign for the new staging area. Names of contributors of \$1,000 or more will be engraved on a plaque permanently displayed at the park Visitor & Interpretive Center. All contributions are tax deductible. A \$3,000 donation will provide you with an opportunity to put your name, or the name of a loved one, on a plaque on a picnic table. Please contact the Foundation's Administrative Assistant, Roland Roberge at (619) 668-3280 for more information. Checks should be made payable to MTRP Foundation.



Grading begins for the Mast Blvd. Staging area.



A Message From Councilmember Jim Madaffer

This is a busy time of year and there is much to update you on at Mission Trails Regional Park. I'm pleased to tell you about recent events that will have a significant long-term impact on the park as well as activities and news. One of the major items is that the San Diego City Council approved the Mission Trails Regional Park Design District in September. In essence, the MTRP Design District provides guidelines for height restrictions and building restrictions on areas bordering the park. This helps ensure that commercial areas within an immediate radius of the park will not conflict with the integrity of the park. The MTRP Citizens Advisory Committee spent much time with the City of San Diego staff in crafting this document and the MTRP Task Force gave its approval as well.

The City of San Diego recently applied for a grant that will tremendously benefit the park. The project is called the San Diego River/Kumeyaay Lake Riparian Restoration. The lake edge is clogged with water hyacinth and water primrose which crowd out the native habitat and provide a breeding ground for mosquitoes, a prime carrier of the West Nile Virus. The grant would enable us to remove non-native invasive plants and eliminate the habitat for mosquito larvae. Senior Park Ranger John M. Barone and staff rangers will supervise work crews and a contractor.

There were several rescue operations this summer as well as one at the end of September where a bike rider in the park was injured and needed to be evacuated. Thank goodness it was a successful rescue and the injured person was immediately taken for medical treatment. Again I want to commend all of the response crews who participated.

What better way to spend a Saturday morning than at our MTRP Arbor Day on Saturday, December 6th. Please join us at the Kumeyaay Lake Campground at 9:00 a.m. for a good cause which is also a lot of fun. We've always had an excellent turnout but we can use your help in planting shrubs and trees to make the natural setting even more beautiful. I hope to see you there.

It was a special honor to welcome guests and help kick off the second Annual San Diego River Celebration hosted by the San Diego River Park Foundation Board of Directors at the Visitor Center on September 19th.

I also want to say congratulations to Debbie Waddell the new Campground Center Director. Welcome aboard and we look forward to working with you.

As always, I welcome hearing your comments on Mission Trails Regional Park or any other issues. Call me at (619) 236-6677 or send an email to jmadaffer@sandiego.gov. I invite you to visit my Web site at JimMadaffer.com.

ARBOR DAY



This year's Mission Trails Regional Park Arbor Day celebration will take place at the Kumeyaay Lake Campground on **Saturday, December 6th, starting at 9 a.m.** Participants will be planting Coast Live Oaks and native shrubs.

Information on how to join the festivities will be sent out shortly and will be posted on our web site in November. You may also call the Visitor Center at (619) 668-3281.

Mission Trails Regional Park Foundation Board of Directors

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Citizens' Advisory Committee

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MISSION TRAILS REGIONAL PARK'S THUMBS

Mission Trails is full of interesting and recognizable sights and sounds, many of which are often taken for granted. Some of these only occur at certain times of year, such as the plethora of wildflowers in the spring. Others, like the howling of coyote, can only be heard later in the day. The most enduring and relatively permanent of the Park's many features, and perhaps the least appreciated, are its geological formations. It is all just a pile of rocks after all.

Two of these rocks stand out among all the rest.



They are the two thumbs which relentlessly stand sentinel over Mission Gorge. The more noticeable and outgoing of the two can be seen perched on the side of West Fortuna Mountain. Its silhouette profile is immediately visible as you travel west along Mission Gorge Rd. prior to the intersection of Jackson Dr. This thumb seems to be beckoning you to enjoy the Park's many treasures or, perhaps, indicating all's well or way to go.

The second thumb, however, is less noticeable and more discreet. It projects off the side of Kwaay Paay and can be seen from below, but its impressive silhouette can best be seen by hiking the Rock Climbers Loop Trail. This trail has two trailheads located along Father Junipero Serra Trail and is primarily used by rock climbers to access the massive rock faces near the top of Kwaay Paay. The thumb is located near the northern corner of this loop trail. The trail is also excellent for viewing other spectacular rock formations and has fantastic views of the San Diego River Gorge and points west. It is recommended hiking boots be worn along this trail due to its rugged and rocky terrain.



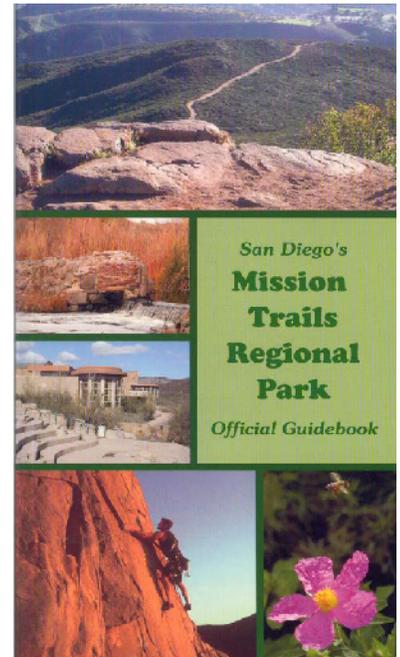
New Park Guide Now Available

Mission Trails Regional Park, almost five times larger than Balboa Park, is one of America's largest open space urban parks. Nearly 5,800 acres encompass five of the highest mountain peaks in San Diego, a pristine stretch of the San Diego River, two lakes, a campground, and over 40 miles of hiking, biking and equestrian trails. But it is less well known, with far fewer visitors each year than Balboa Park or San Diego's other major urban park, Mission Bay Park.

For that reason, the Mission Trails Regional Park Foundation secured the services of writer and publisher, Pamela Crooks, who produced a comprehensive guide to Balboa Park several years ago—*Discover Balboa Park: A Complete Guide to America's Greatest Urban Park*. Crooks' newest project, *San Diego's Mission Trails Regional Park: Official Guidebook*, describes the Park's colorful history, Indian heritage, unique flora and fauna, camping opportunities and award-winning Visitor and Interpretive Center. She also outlines the best places for visits with children, nature hikes, mountain biking, fishing and boating, horseback riding and picnicking. This book would not have been possible without the generosity of the underwriters, SDG&E a Sempra Energy utility, San Diego Landfill Systems, and City of San Diego Special Promotional Programs.

A fold-out trail map and 25 recommended hikes are included in the 136 page pocket-size book. Archaeologist Ruth Alter, hiking/mountain biking enthusiast and Park volunteer Clark Rasmussen, and nature illustrator Sue Sifton also contributed to the first book designed to give a broad overview of all there is to see and do in MTRP.

The book sells for \$9.95 and is available at the Visitor and Interpretive Center Gift Shop, at One Father Junipero Serra Road, open everyday from 9 a.m. to 5 p.m.



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

Holiday Shopping at the Gift Shop

A fun new line of stuffed animal puppets has arrived. And our finger puppets would make great stocking stuffers along with the new magnetic "Bookbutton" bookmarks. There are T-shirts in various colors and a variety of walking sticks are also available. Come see our many reasonably priced items for that "hard to buy for" member of the family.



Open 9 a.m. - 5 p.m.
seven days a week



Ranger Luanne Barrett (kneeling center) with a group of Qualcomm employees volunteering for Hands on San Diego to work at the Kumeyaay Lake Campground doing trail work and seed collection .

Kumeyaay Lake Campground

Even the most constant climates have a rhythm to them - plants that only bloom at certain times of the year, or climate changes like "June gloom" or "May gray" - that mark a specific season. By paying close attention to the subtle changes that are taking place around you, you find your own personal ways to note and celebrate the passage of the seasons.

Autumn's dance is one of change and letting go. It starts with rapid intensity - park critters scurry to prepare for the coming cold wet weather, our children prepare for the return to school, warmer clothes to be purchased...time to let go of summer's pleasures to prepare and take stock for the coming winter.

This is the time that nature amazes us with her shifting landscapes and the falling away of all that is no longer needed; the perfect time to slow down and appreciate the glowing richness Mission Trails has to offer.

At Kumeyaay Lake Campground you can walk, bike, sit...slow down along with nature. Share the journey or go it alone, but don't miss the opportunity to enjoy the glorious richness our open space retreats have to offer.

Ranger Luanne Barrett

WORK CREWS

Habitat Protection Team
(Rangers Paul Seiley & Casey Smith)
Meet at the Visitor Center 8:00 a.m.
Second Saturday of the month

Trail Improvement Team
(Rangers Paul Seiley & Casey Smith)
Meet at the Visitor Center 8:00 a.m.
Third Saturday of the month

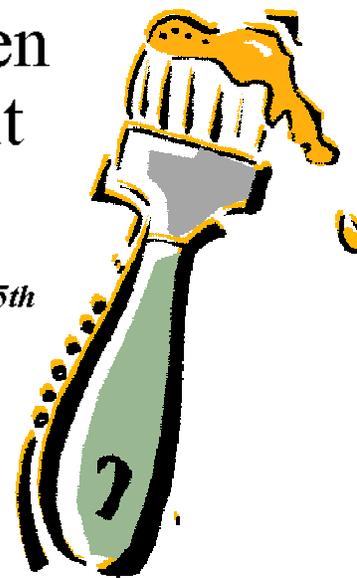
Park Beautification Team
Canceled due to cuts in City staff

Two Women Art Exhibit

Two artists will be
displaying their work.
October 25th to December 5th

Doris Regan
Watercolors depicting
wildlife.

Loretta Deczynski
Mixed media of various
subjects.



Winter Solstice Hikes on Cowles Mountain

The Mission Trails Regional Park Trail Guides will lead pre-dawn hikes to the area of the solstice observatory on Cowles Mountain on the 20th and 21st of December. The Canyoneers of the San Diego Natural History Museum will lead the hike on Monday the 22nd. The solstice site is approximately one mile up the trail. The age of the site is unknown. It is known that the Kumeyaay used similar sites in Southern California. For all three hikes, we hope to see the rising sun split by a peak on the eastern horizon. The ascent will be in the dark. Good shoes and a flashlight are recommended. These hikes continue to be among the most popular events in the park. A word of caution for anyone joining the hikes or hiking on their own: there is danger of eye damage if you stare directly at the sun. You can observe the sunrise safely for a very few seconds through narrow slits (such as between your fingers held together) or smoked glass. Plan on a two-hour hike.

Time: 6:00 a.m. on Saturday, December 20; Sunday, December 21; and Monday, December 22, 2003.

Starting Point: Trailhead adjacent to the parking lot at Golfcrest Dr. & Navajo Rd.



eScrip

Our eScrip Supporter List Grows

Since its inception in February 2003, our eScrip supporter list and subsequent donations has grown dramatically. eScrip creates a three way partnership between non-profit educational organizations, their supporters and local businesses. Mission Trails Regional Park has joined this partnership and is now benefitting from the largesse of corporations such as Vons/Pavilions Markets, Keils Food Stores, Wild Oats Market, Henry's Marketplace and Cocos Restaurants. A list of other participating grocery stores, restaurants, clothing stores and other businesses can be found by visiting eScrip.com.

Supporter participation could not be easier. Just spend five minutes registering your credit card and store club cards on the eScrip.com site. Choose Mission Trails Regional Park as your target organization, then continue to shop as you normally would. Whenever you use these cards to make purchases at participating businesses they will donate up to 5% of the total to Mission Trails.

The eScrip program is easy to set up, there is no cost to the Park's supporters beyond everyday shopping and Mission Trails Regional Park Foundation acquires some much needed revenue to enhance the numerous educational programs of the Park. For more information and to set up your account, visit eScrip.com, today.

Remember, if you are already signed up with eScrip you may add Mission Trails Regional Park as another beneficiary.

Notable Donations

July - September 2003

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

Pardee Homes
David Sandstrom

In loving memory of Glenn Sandstrom

Path Finder - \$100-\$500

Pat Abbott
Lynn E. Baer
Capt. And Mrs. W. W. Bemis, USN Ret.
Edmund Capparelli and Gale Romanowski
Pete Cuthbert
Ted Daub
Lea Goyne and Nancy Varah
Julie and Steve Guroff
Randy and Lindsay Hawley
Dorothy and Art Hester
Mike Hurlburt
Phil Klauber

Kumeyaay Elementary School 2003 5th grade
classes – *Thank you to Ranger Luanne Barrett for
Tracking class*

Helen D. Malone
David McLaren and Diane Nelson
Larry and Susan Nichols
Janie A. Noon
Stephen Seaborg
Bill and Barbara Sperling
Dan and Katie Sullivan
Jean Tomcavage
Len and Jan Trentacosta
Walter and Marian Turner
Rose Van Hook
Manuel and Janice Ventura
Mr. and Mrs. Nathan Workman