



©1991 MTRP

Publication of Mission Trails Regional Park Foundation

Mission Trails Regional Park News

Volume 17 Number 2

Spring/Summer 2006

Valued Mission Trails Volunteers Recognized

Congratulations to our Mission Trails volunteers who were honored at the 11th annual awards event on Saturday, February 4, 2006. Winona Sollock was named Volunteer of the Year for 2005 by the Mission Trails Regional Park staff. Winona volunteers in the Visitor Center as a Trail Guide and is involved with the Bird Box program as well as teaching a monthly Birding Basics class. Other volunteers receiving awards for outstanding service in 2005 were Bill Goldschneider, Visitor Center Staff; Betty Neill, Gift Shop; Mark McFann, Volunteer Patrol; Luann Wright, Trail Guide; Terry Gaughen, Trail and Habitat Restoration Crews; and Doug Fenske, Park Beautification Crew. Richard Johnson was recognized for his 11 years of service in coordinating the art shows at the Visitor & Interpretive Center. Recognition plaques provided by Mission Trails Regional



From left to right: Councilmember Jim Madaffer, Senior Ranger Tracey Walker and Volunteer of the Year Winona Sollock.

Park Foundation and a certificate of recognition from San Diego City Councilmember Jim Madaffer were presented to each of these outstanding volunteers.

Volunteers, continued on p. 4

Featured Park Flora

Beware of Hitchhiking Burs!

Ever get home from a nice hike at the park only to discover that you unknowingly brought several pieces of nature home with you? Those pesky little spiny-covered football-shaped burs stuck all over your shoes and socks are from the amazing Cocklebur plant (*Xanthium strumarium*)! The word Xanthium is derived from the Greek word Xanthos, meaning "yellow," referring to the color of hair dye made from the plant, and the word strumarium is Latin for "swelling," referring to the burs (the seed pods).

Cockleburs belong to the largest plant family, the sunflower (Asteraceae) family, and grow in disturbed and moist areas throughout the world. They are believed to have originated in the eastern United States, and then spread throughout the U.S., on to Europe, and beyond. How did Cockleburs manage to spread so vastly? By their amazing burs, which are nature's ultimate hitchhiking seed-pods. These burs inspired the invention of the ever-useful Velcro!

In 1948, a Swiss mountaineer and naturalist named George de Mestral, came home from a hike with his dog, covered with burs. Out of curiosity, Mestral observed one of the burs under a microscope

Burs, continued in pg. 5

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 the changes that occur during dusk and evenings. Participation in these very popu-

lar 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:
June 17, 7:30 pm
July 15, 7:30 pm
August 19, 7:00 pm
September 16, 6:15 pm



A Message From Councilmember Jim Madaffer

Mission Trails Regional Park truly is unique. There are numerous people

who labor on behalf of the park so that all may enjoy its natural amenities. From volunteers to park staff to supporters to members of the MTRP Citizens' Advisory Committee to people who use the park: they all want to see the park enjoyed by the public for generations to come.

Beautiful Mission Trails Regional Park was a motivation for me to create a new ordinance to protect it and other outdoor environments. For far too long our beaches and parks have been treated like ashtrays by careless smokers. From litter and fire hazards to the effects of second hand smoke, I was hearing from more and more people that enough was enough. In January I held a news conference announcing a new ordinance in the City of San Diego to ban smoking at all City parks and beaches. I asked Council President Scott Peters to partner with me in this effort.

We are fortunate to have these beautiful natural resources and need to be better stewards. There are numerous reasons why a ban makes sense for San Diego – both from a public health, environmental protection and fire safety standpoint and because of the incredible

litter and maintenance expense caused by smokers who are irresponsible in tossing their cigarette butts to the ground. The City of San Diego is committed to keeping its beaches and parks clean, safe, healthy and pleasant for everyone. In addition to second hand smoke being a health hazard, discarding cigarettes and cigar butts and tobacco products onto the ground in City parks and beaches is unsightly, unclean and particularly hazardous to small children who may handle or ingest them. Also, discarded tobacco products may be washed away by storm water directly into the ocean.

Many organizations have stepped forward and joined us in their support. They include San Diego Coastkeeper, The Surfrider Foundation, The American Lung Association, The American Heart Association, Tobacco Free Communities Coalition, La Jolla Shores Association, California League of Cities San Diego Division and Friends of Lake Murray. The next step is for the issue to be heard at the City Council's Natural Resources and Culture (NR&C) Committee and after that brought forward to the full City Council.

As always, I welcome hearing your comments regarding Mission Trails Regional Park or any other issue. 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

Mission Trails Regional Park Foundation Board of Directors

Joseph C. Morse
President

Nancy Acevedo
Vice President

Dorothy Leonard
Secretary Treasurer

Jim Austin
Marjorie Ferrante
Gene Hatton
Gary Krueger, O.D.
Walter Odening, Ph.D.
J. Carlton Morse II
Betty Ogilvie
Johnnie Perkins
William L. Sperling, M.D.
Donald E. Steele
Connie Wood

Advisors

Patrick Abbott, Ph.D.
Professor, Department of Geological Sciences

San Diego State University
Hon. Sue Braun
San Diego City Schools Board Member, retired

Hon. Jim Ellis
California State Senator, retired

Hon. Barry Jantz
Council Member, City of La Mesa

Hon. Lucy Killea
President and CEO
International Community Foundation, retired

California State Senator retired

Hon. Jim Madaffer
Council Member, City of San Diego

Hon. Judy McCarty
Council Member, City of San Diego, retired

Hon. Dick Murphy
Mayor, City of San Diego, retired
Superior Court Judge, retired

Michael R. Pent
Past Chair Mission Trails Citizens' Advisory Committee
Citizens' Advisory Committee
Past President Mission Trails Regional Park Foundation

Hon. Larry Stirling
Superior Court Judge, retired
California State Senator, retired

Fourteenth Annual Amateur Photography Contest

The 2006 Amateur Photo Contest has been moved up to coincide with this year's Explore Mission Trails Day. All entries will be on display during this yearly event, which celebrates everything Mission Trails has to offer.

The deadline for submitting photos is 5:00 p. m., Friday, May 5, 2006. 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 25, 2006 at 2:00 p. m at the Visitor Center.



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

Staff Changes at Mission Trails

Ranger Luanne Barrett Retires

At some juncture during your life you'll probably take the time to review the truly exceptional people you've encountered along the way. Ranger Luanne Barrett is one of those that fall into this category for me.

One quiet morning at the Tecolote Nature Center, I was working on Ranger programming when I heard the running steps of a person entering the center. Luanne appeared in my doorway in her running outfit. She introduced herself and said "Hi, I run up the canyon almost every day. Why don't you give me a radio and I'll report back if I see anything of interest". I did just that and she was off. So was the very first Tri-Canyon Volunteer Patrol. From that day on, it was clear that she

would become a primary resource for our Open Space program. One day, she asked how one becomes a Ranger. We told her. After conversations with several key persons including the then Open Space Manager Don Steele, Luanne applied, interviewed and was successful in becoming an Open Space Ranger for the City of San Diego.



During her career, Luanne has been recognized by the public, her peers and city administration as one of the most effective Rangers ever. At Mission Trails, Luanne has been highly successful in all facets of park operations. Her efforts as the

Educational Program Ranger have been simply outstanding. There isn't enough room here to list her many accomplishments so I won't. You all know most of them anyway. I've tried numerous times to change her mind about retiring. To no avail. If you know her at all, you'll miss her smile, can do

attitude and attention to accuracy and detail. Our loss is Oregon's gain.

Lu, thanks for all you've done and have a great retirement! Oh yea, there is still time to change your mind.....

Senior Ranger Tracey Walker

Transfers

After nearly three years being a Center Director for MTRP, first at the Kumeyaay Lake Campground, then at the Visitor Center, **Debbie Waddell** has accepted a position as Center Director for Chollas Lake Park.

Ranger Joel Tracey has been transferred to Black Mountain Open Space Park.

MTRP Park Foundation, staff and volunteers wish them both success.

New Arrival

Ranger Tom Miller has recently joined park staff. He comes to us from Black Mountain Open Space Park. Tom received his BA degree in Sociology at Western Washington State University in Bellingham, Washington. While in college, he worked for the Whatcom County Parks at Silver Lake Park as a summer job.

Many Thanks to Richard Johnson

After eleven years as Volunteer Art Coordinator, Richard Johnson will be resigning as of April 30th. He plans to pursue permanent retirement with traveling and painting in mind.

"My Tenure as Art Coordinator in the Visitor Center has been both gratifying and rewarding." Says Richard. "I have had the good fortune of meeting and making friends with many wonderful people."

Richard also expresses his sincere thanks to the volunteers, MTRP Foundation, and the Park and Recreation staff for their support over the years.

It is the Mission Trails Foundation, staff and volunteers who have benefited greatly from Richard's involvement, dedication and dependability. He will be missed. We wish him the best.

Art Exhibits

The Visitor Center has ongoing exhibitions of local area artist and may be purchased with a percentage of the proceeds going to MTRP.

May 15 - June 30

Fourteenth Annual Amateur Photography Contest

July 1 - August 11

Marjo Reser
Watercolor - Oil - Pastel

August 12 - September 22

Ken Roberts
Oils

September 23 - November 3

San Diego Seven
Oils and Acrylics

Trail Guide Graduation Class of 2006

Welcome to our new graduates who are now ready to join other Mission Trails Regional Park Trail Guides in leading visitors on Ecology Walks in the park. The new graduates have been attending classes on Wednesday evenings and Saturday mornings the past 10 weeks where they have learned about the plants, animals, geology, and history of Mission Trails. They are eager to share their knowledge with the public, so 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 Jason Allen, Liz Carter, Rachel Carter, Geoffrey Cox, Anita Doyle, Ofelia Gutierrez-Duarte, John Hacklander, Steve Haiman, Bonnie Hough, Lynda Hughey, Kyle Icke, Betty Kirchhevel, Estela Mora, Nike Nichols, Lyn Olsson, Garry Posey, Jonathan Ramirez, Peter Thomas,



and Darlene Ward.

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, Bill White, Fred & Linda Kramer, and Ranger Luanne Barrett.

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, mtrp.org, to "The Park" and then "Volunteer!" for more information about volunteer opportunities.

Volunteers, continued from P. 1

Volunteers were also recognized for their hours and years of service. Betty Neill and Winona Sollock received gift cards to Westfield Mall for logging the most number of volunteer hours in 2005.

Five year service awards were presented to Judy Alvarez, Edward Bailey, Jim Barrow, Millie Basden, Alicia Berg, Danica Berg, Gaye Besnoy, Jack Block, Elaine Bonk, Greg Chiles, Larry Cvitkovich, Charlie Eglin, Chuck Eglin, Mary Eglin, Che Elliott-Hunter, Pat Fishtein, Bob Gordon, Leon Grabowski, Celia Heil, Mary Holma, Robert Howard, Liz Ireland, David Lane, Kevin Loomis, Cristel Russell, Dale Russell, Lucy Sapien, Winona Sollock and Jennifer Tierney.

Ten year service certificates were presented to Lin Ackery, Maureen Abare, Bob Amann,

Marge Amann, Doug Fenske, Patty Hemphill, Betty Neill, Lynn Olson, Betty Poast, Joanne Prescott and Maureen Wilbat.

Mission Trails Regional Park Foundation extends sincere thanks to the following businesses who contributed door prizes for the 2006 Volunteer Awards event.

Arely's Bakery
The Brigantine
Cheers Deli
Chula Vista Nature Center
Einstein Bros Bagels – Friars Road
Einstein Bros Bagels – Lake Murray Blvd.
The Fish Merchant
Hollywood Video
Megan's Café
Mimi's Cafe
Mission Trails Market & Deli
Mission Trails Regional Park Gift Shop
O'Hungry's
The Original Golden Bagel Cafe
The Omelette Factory

Pietro's Cucina Italiana & Pizza
Souplantation – Fletcher Parkway
Stan Chu
Viejas Enterprises
Windy's Flowers – Clairemont
The annual volunteer awards event is sponsored by Mission Trails Regional Park Foundation and the City of San Diego Park and Recreation Department.

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
Mission Trails.

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 (GBANA) successfully held its first neighborhood Business Mixer on March 30th 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 200 representatives from businesses in the communities surrounding the park including Allied Gardens, Del Cerro, Grantville, San Carlos, Santee and Tirasanta. Business guests, GNABA representatives, and MTRP Foundation board members enjoyed delicious appetizers, wine and beer. A raffle and silent auction with over 30 donated items in-

cluded gift certificates to area attractions, restaurants and services. The mixer helped kick off MTRP's new "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, Gary and Nancy Krueger and the GNABA for the wine donation. We also thank The Firehouse Brewing Company for donating beer.

Also thanks to our door prize and silent auction donors who helped raise funds for Mission Trails including: Beauty with Soraya Day Spa, Central Plumbing, Heating and Air, Del Mar Thoroughbred Club, Disneyland Resorts, Einstein Bros Bagels, Hollywood Video, IHOP Restaurant, KFMB Channel 8, Mimi's Café, Rubio's Fresh Mexican Grill, San Diego Chargers, San Diego Firefighters, San Diego Zoological Society, Six Flag's Magic Mountain, Souplantation, The Century Club/2007 Buick Invitational, The Theatre in Old Town, Tommy Bahama in La Jolla and Triple Espresso.

To learn more about being a neighborhood supporter of Mission Trails Regional Park, please contact Leslie Walsh at missiontrails@san.rr.com 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.

Burs, continued from pg. 1

and noticed that each spine had a tiny hook at the end, enabling it to stick so well to the tiny loops in the fabric of his pants. From this discovery, he decided to design a new fastener with two sides (one with stiff hooks and the other with tiny loops) to rival the zipper. He named his invention Velcro, which is a combination of the words velvet and crochet (French for hook), patented his perfected design in 1955, and soon after be-



gan selling over 60 million yards of Velcro per year! As you can imagine, Velcro Industries is a multi-million dollar company today and offers so many practical uses, it's hard to imagine a world without it. Not bad for an idea derived from nature that everyone laughed about at first!

Cocklebur is an example of a "short-day plant," blooming during the fall months, when the days are shorter and the nights are longer. Each achene (fruit or bur) has two seeds containing a toxic glycoside making them poisonous (and

many times fatal) to grazing pigs and livestock. Young seedlings in the two-leaf stage also contain these toxins. The leaves can cause allergic contact dermatitis in susceptible humans, and in many parts of the world, cockleburs are considered a noxious weed. In its defense, the entire cocklebur plant has an array of medicinal uses: anti-rheumatic, anti-fungal, anti-spasmodic, emollient, appetizer, laxative, diuretic and sedative, just to name a few.

The next time you are out hiking in cocklebur territory, don't be surprised if you unintentionally pick up a few hitchhikers. And now that you know a little bit about this incredible plant, you can amaze your family and friends with stories of "Nature's Velcro!"

Ranger Heidi Gutknecht

REI Donation to Restore Cowles Mountain Trail

Thank you to the REI staff at the San Diego store for recommending that Mission Trails Regional Park receive a \$10,000 donation from the REI corporate office to go toward the stewardship of the park. The funds will be used for restoration of three segments of the Cowles Mountain hiking trail which were damaged during the winter storms of 2004.

The Cowles Mountain trail, from the Navajo Rd. and Golfcrest Dr. staging area, is one of the most popular trails in San Diego County

with its outstanding views at 1,591 feet above sea level. With its 933 foot vertical ascent it has become a fitness playground for the young and old. Its popularity is regularly substantiated by the high number of hikers/joggers/runners on the trail at any time.

REI's \$10,000 donation to Mission Trails Regional Park Foundation will be used to purchase granite flat rocks to restore stairs and steps in three sections of the trail. The work will be completed by a crew from the California Conservation Corp and volunteers from the San Diego Fire/Rescue HOT SHOTS with oversight provided by Mission Trails Rangers and other park staff.

Notable Donations

January – March 2006

Sponsor - \$10,000 - \$25,000
REI

Steward – \$5,000 - \$10,000
City of San Diego Special Promotional Programs
Marie Tuthill
Vons Foundation

Patron – \$2,500 - \$5,000
San Diego Landfill Systems
Silicon Space
Viejas Band of Kumeyaay Indians

Founder - \$1,000 - \$2,500
Family and Friends – *In memory of*
Lucile Hintzmann
Kaiser Permanente
San Diego Landfill Systems
Treviso by William Lyons Homes
Viejas Band of Kumeyaay Indians

Trailblazer - \$500 - \$1,000
Bullfrog Sunblock
Cox Communications
Kurt's Camera Repair
Mission Federal Credit Union Community Foundation
Johnnie and Leslie Perkins
Wal Mart Foundation

Path Finder - \$100-\$500
Ed Barber

Darlene & Charles Cason
Capt. and Mrs. Robert Gillett
Michael and Lois Gubitosi
Stephen Haiman

Diane and Jim Hamilton

Bobbi Hammack

Barbara Kellison

David and Sally Kotnik

Rev. Henry and Shirley Mann

Tammi and Stephen Marshall

James McKay

David McLaren and Diane Nelson

Meeting Manager

Dr. Thomas Montag

Charles and Ann Nickel

Dianne Onstad

Jodi Roisman

Arnold and Barbara Saltzman

Ann and Mike Sixtus

Dan and Katie Sullivan

Mr. and Mrs. Walter Turner

Rose Van Hook

MTRP Events and Activities

For activities at the campground, park at the day use parking lot.

For outdoor activities, bring water and wear sturdy shoes.

Outdoor activities canceled if raining.

This is only a partial list of events and activities in the park. For current, additional and up-dated information, visit mtrp.org or call the Visitor Center at 619-668-3275

Bird Walks

3rd Saturday of the month

8:00 am - 10:30 am

May - Kumeyaay Lake

June - Visitors Center Loop

July - Mast Boulevard

Birding Basics

Last Saturday of the month at the Visitor Center

1:00 pm - 2:30 pm

Guided Nature Walks

From the Visitor Center

Every Saturday, Sunday &

Wednesday at 9:30 am

From the campground entry station

2nd 7 4th Saturdays of the month

at 8:30 am.

Tracking Walks

Second Saturday of the month at

8:30 am

Old Mission Dam Nature Stroll

First Tuesday of every month at

10:00 am

Arts & Crafts

First Saturday of the month

10:00 am - 11:00 am

Kooking for Kids

Third Saturday of the month

11:00 am - 11:45 am

There is a \$5 fee per child which must be paid in advance with pre-registration.

Star Gazing

Second Friday of the month

Sunset to 10:00 pm

Explore Mission Trails Day

Saturday, May 20, all day

2006 Amateur Photo Contest

Deadline for submitting photos

Friday, May 5, 5:00 pm

Reception and Awards Ceremony

Sunday, June 25, 2:00 pm

Summer Twilight Walks

See dates and details on page 1

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.

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. Persons donating \$100 or more will be given a certificate of contribution. 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 _____
Address _____
City _____ State _____ Zip Code _____
Home Phone _____ E-mail _____

Donor Levels

\$25 Individual _____	\$1,000 Founder _____	\$25,000 Benefactor _____
\$50 Family _____	\$2,500 Patron _____	\$50,000 Trustee _____
\$100 Path Finder _____	\$5,000 Steward _____	\$100,000 Director _____
\$500 Trailblazer _____	\$10,000 Sponsor _____	Other _____

Special Funds

Please check fund(s) for which you wish your donation to be used.

General Park Support	_____
Library Fund	_____
Library Endowment	_____
Education Program Fund	_____
Education Program Endowment	_____
Tree & Habitat Maintenance	_____
Trail Maintenance	_____
Lake Murray	_____

Make check payable to MTRP Foundation and send to:
Mission Trails Regional Park Foundation, Attention Secretary/Treasurer
One Father Junipero Serra Trail, San Diego, CA 92119-1008

Charge my donation to VISA _____ MC _____
Card No. _____
Expiration date _____ Signature _____

Office Use Only

Check Date _____ No _____ Amount _____
Data Base _____ Letter _____ Donor Book _____
\$100+ Certificate _____ Newsletter _____
Web _____ \$1000+ Donor Board _____



**Mission Trails
Regional Park Foundation**

One Father Junipero Serra Trail, San Diego, CA 92119-1008
 Visitor & Interpretive Center: (619) 668-3275
 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

Address Service Requested

Volume 17 Number 2 Spring/Summer 2006
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
 Distribution: Marjorie Ferrante*

Printed on Recycled Paper

Fourth Annual Explore Mission Trails Day

Join park staff and volunteers on Saturday, May 20, 2006 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, and 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, City of Santee Community Services Department, San Diego City Councilmember Jim Madaffer and Santee City Council-

member Brian Jones. Funding is being provided by the following sponsors:

Title Sponsors – Adventure 16, Vons Foundation, City of San Diego Special Promotional Programs, and Supervisor Pam Slater-Price and County of San Diego.

Community Sponsors – Olive Garden Italian Restaurant, San Diego Landfill Systems, Silicon Space and Viejas Band of Kumeyaay Indians.

Photography Contest Sponsor – Kaiser Permanente.

Pony Ride Sponsor - Treviso by William Lyon Homes.

Neighborhood Sponsors – Bullfrog Sunblock, Clif Bar, Cox Communications, Johnnie and Leslie Perkins, Kurt's Camera Repair, Mimi's Cafe, Mission Federal Credit Union Community Foundation, Pure Flo Water, and Parkway Wal Mart - El Cajon.

