



# Mission Trails Regional Park News

## Dig out your hiking boots, put on a smile and take on our 5-Peak Challenge

By MTRP Ranger Levi Dean

Mission Trails Regional Park has the highest peak in the City of San Diego - Cowles Mountain (1592') - but, is also home to four other high peaks: North Fortuna (1291'), South Fortuna (1094'), Kwaay Paay (1194'), and Pyles Peak (1379'). By far, the most heavily used hiking trail in the Park is the main route (from the corner of Golfcrest Drive and Navajo Road) to the peak of Cowles Mountain. This extremely popular trail is frequented daily by hundreds of park guests; however, the significant foot traffic on this trail has created some on-going challenges for park staff, in regards to trail maintenance and relationships with park neighbors.

The large volume of hikers on the main Cowles Mountain trail could easily be accommodated if they were spread throughout the park. To address this issue, Mission Trails Rangers and the Mission Trails Foundation have created a new "5-Peak Challenge" program, to encourage hikers to explore all five main peaks in the park, while reducing overall foot traffic on the main Cowles Mountain trail.

To complete the "challenge," hikers must stop by the Visitor Center to show photos of themselves next to the signs on the summit of all five peaks, and receive an official certificate and pin to acknowledge their accomplishment. Photos of the first 100 hikers to complete the 5-Peak challenge will be posted on our website, and their name will be entered in a drawing for a chance to win a prize!

The 5-Peak Challenge program will be officially launched the morning of Saturday, November 7th, at the base of the Kwaay Paay summit trail, located off Father Junipero Serra Trail, just west of the Kumeyaay Lake Campground. More information will be available soon at the Visitor Center (619-668-3281) and on our website: [www.mtrp.org](http://www.mtrp.org) □



North Fortuna  
1291'

South Fortuna  
1094'

Kwaay Paay  
1194'

Pyles Peak  
1379'

Cowles Mtn.  
1592'



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Regional Park Foundation**

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**A Message from  
Executive Director  
Jay Wilson**



As this edition of our quarterly newsletter is published, the MTRP Foundation's 4th annual Art in the Park fundraiser is just a few days away, Saturday evening, October 10 in the Visitor Center from 6-9 PM. Great nature-related art will be for sale, outstanding hors d'oeuvres will tantalize your pallet, sample a select group of regional estate wines poured by Brad Bruce, the Program Director of the San Diego Wine Guild, and enjoy the guitar styles of renowned guitarist Fred Benedetti. A fabulous silent auction is also planned.

**Our 2015 Fundraiser will fill your senses!**

This year our juried, multi-artist show in the MTRP gallery, will present works themed on nature, history, and our park. Plein air artists Paul Strahm and Margaret Larlham will each be painting a new piece especially for Art in the Park. Paul will be painting on the Visitor Center terrace in the afternoon and early evening on the day of the event.

**Volunteers are the life blood of MTRP**

Volunteers gain valuable experience, and for Jonathon Paetow, JJ, it paid off. JJ was recently hired as a Park Ranger I for the San Dieguito River Park. If you would like to become a volunteer, check our website or contact David Lee at DLee@mtrp.org.

**New Children and Adult Classes at the Visitor Center**

The MTRP Foundation has two new educational programs; "Nature Tales and Trails" for children 4 and above, and "Art Smarts Art Classes" for children 7 and up, and adults. More information is on page 5.

**Many ways to Support Mission Trail Regional Park**

You may also support the MTRP Foundation every time you order through Amazon at no cost to you! Login to AmazonSmile.com and designate Mission Trails as the recipient of a percentage of your purchases.

Take any opportunity you have to visit MTRP. There is an adventure waiting for you here every day! ☐

**Interested in being a part of the discussions  
that shape the future of MTRP?**

MTRP Task Force and Citizens Advisory Committee meetings are open to the public and meet every other month at the MTRP Visitor Center.

**MTRP Task Force next meeting: Nov 19, 2015 10 AM**

**MTRP CAC next meeting: Nov 3, 2015 6:30 PM**

For future dates and agendas visit [mtrp.org](http://mtrp.org)

# Congratulations J.J.!

By Ranger Mel Naidas

I am pleased to announce after an extensive interview process that included many qualified candidates, Jonathan J. Paetow ("J.J.") has been hired as a Park Ranger I for the San Dieguito River Park.

From May 2013-August 2015, while attending California State University San Marcos, J.J. clocked in more than 2,600 volunteer hours at Mission Trails Regional Park. He earned his degree in Biology with an emphasis on Ecology/Conservation in May.

For J.J., volunteering at the park was a perfect coupling his education goal. Working alongside park rangers and volunteers in the field, he gained insight into the tasks and responsibilities that are part of his new position, and benefits from a unique perspective that helped prepare him for public service as a ranger.

Dedicated, enthusiastic, and a strong "team-player," under his tenure at Mission Trails, J.J. took on many challenging assignments, participating with work groups in Habitat Restoration, Trail Rehabilitation, Park Beautification, and Trail Patrol.

He assisted our rangers and AmeriCorps National Civilian Community Corps team members in the successful habitat restoration and erosion control project that restored 95 acres of Kwaay Paay, burned in July 2013 fire, to public use, and was equally instrumental in the Cowles Mountain and Pyles Peak trail systems rehabilitation work.

Displaying a "above and beyond" attitude he also participated with me in several Eagle Scout and Venturing/Girl Scout outreach programs hosted at MTRP, vividly demonstrating his passion for conserving and protecting our natural resources for current and future generations.

Congratulations, J.J., on your latest success. From all of us at Mission Trails Regional Park, we appreciate your hard work, and the many contributions you have made. □



## Mission Trails Regional Park Foundation's 2015 "Art in the Park" Fundraiser

Saturday, October 10, 2015 • 6-9PM  
Mission Trails Regional Park Visitor Center

Join us for an evening to fill  
your senses and support Mission Trails  
Regional Park.

Tickets  
**\$50**

- Wine tasting
- Live music
- Juried art show
- Delicious hors d'oeuvres
- Silent auction



Enjoy...Brad Bruce, who judges wine competitions and is the Program Director of the San Diego Wine Guild, will provide a select group of regional estate wines for your tasting pleasure.

Delicious hors d'oeuvres from the award-winning Morse High School Culinary Art & Restaurant Management Program.

Sample flavors of Rita's Italian Ice

Guests will enjoy the guitar stylings of Fred Benedetti. Fred has performed in the United States, England, Germany, the Czech Republic, Canada, and Mexico.

### Buy tickets!

At the door or on-line.  
Visit [www.mtrp.org](http://www.mtrp.org)  
or scan the QR code



Sponsored by

**Mission Trails Regional  
Park Foundation**

All proceeds benefit Mission Trails Regional Park

# EL NINO- The “little boy” that can pack a punch

By Ranger Heidi

## What is El Niño and what impacts does it have in California?

El Niño is not a storm, but a temporary change in the climate of the Pacific ocean, in the region around the equator. You can see its effects in both the ocean and atmosphere, generally in Northern Hemisphere winter. Typically, the ocean surface warms up by a few degrees celsius. At the same time, the place where hefty thunderstorms occur on the equator moves eastward. Although those might seem like small differences, it nevertheless can have big effects on the world's climate. El Niño events occur on average of every two to seven years.

Impacts in California range from coastal erosion, floods, mudslides and a change in marine life. In June 2015, thousands of reddish-orange tuna crabs washed ashore on San Diego beaches. It was a rare event, but not the first. “The crabs were a warm water indicator, but we don't know whether they are exclusively in the area from the blob [a large mass of warm water sitting in the Pacific Ocean in North America], El Niño, or other favorable oceanographic conditions,” said Lindsey Sala, a museum scientist who manages the pelagic invertebrates collection at UCSD Scripps Institution of Oceanography.

## Are we having a mild or a strong El Niño?

Predictions have it that this year's El Niño is going to be “pretty strong”. The strongest? Not sure yet. Dan Cayan, a climate researcher at USGS and Scripps Institution of Oceanography said, “No two El Niño's in the record books have been exactly alike. This El Niño looks really robust and its strong, but not with the extreme amplitude we saw in 1997.”

To give you an outlook of what we can expect we can look at past records and only compare. For example, the three-month, June-August average of sea surface temperatures is 1.22 Celsius above normal. This is the third-highest June-August value since records started in the 1950s, behind 1987 (1.36 Celsius) and 1997 (1.42 Celsius). The August average is 1.49 Celsius, second behind August 1997 (1.74 Celsius). In other words, get your sturdy rain boots and umbrellas out!

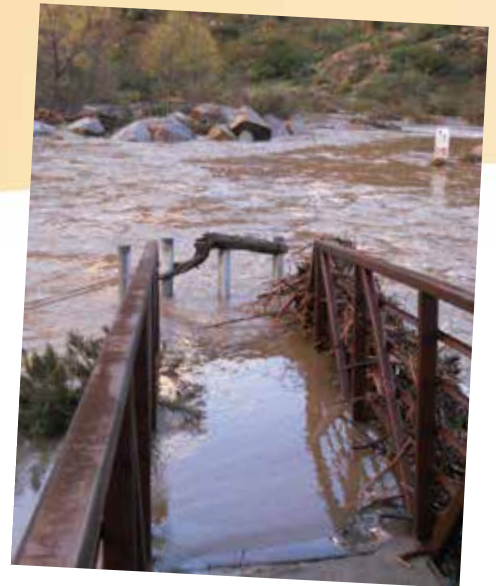
## What impacts does it have at MTRP?

Here at Mission Trails Regional Park, we want you to have an enjoyable experience. We advise you to stay clear of any potential hazards for your safety. As mentioned, El Niño can bring floods, mudslides, and even rockslides. In 2010 the Old Mission Dam and Kumeyaay Lake Campground flooded. Kwaay Paay and Climbers Loop are areas at MTRP that burned last year. With hardly any vegetation to hold the soil in place, it can become a very dangerous area to be hiking. With the right factors (substantial rain and wind), this area can produce mud and rockslides in a split of a second.

That is why, after a good rain fall/storm, we would encourage you to stay home until dry conditions arrive. The Park Rangers at MTRP will out be looking for down or broken trees/limbs, flooded areas and mudslide/rockslides.

## How to prepare for El Niño.

Register your phone with Alert San Diego ([www.readysandiego.org](http://www.readysandiego.org)). Check your flood risk with FEMA's Flood Map ([www.msc.fema.gov](http://www.msc.fema.gov)). Pick up free sandbags to prevent flooding ([www.sandiegocounty.gov](http://www.sandiegocounty.gov)). Prevent soil erosion on your property and learn how to stay safe during a flood ([www.readysandiego.org](http://www.readysandiego.org)). Call MTRP Visitor Center to check Park conditions or go to [www.mtrp.org](http://www.mtrp.org) for the most updated information on the park. □



Old Mission Dam Dec 2010

# Nothing's Better Than A Book

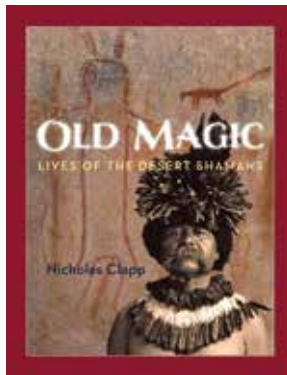
By Patricia O'Reilly

As holiday gift giving approaches it is always good to remember that there is nothing better than a book. Our gift shop has a broad inventory of books on many subjects and this year we especially recommend three:

## **OLD MAGIC: LIVES OF THE DESERT SHAMANS**

**Nicholas Clapp**

For a thousand generations desert shamans of the Far West sought order in the stars and in the mysteries and wonder of their grand if unforgiving landscape. When summoned they doctored the stricken, be they stoic elders or frightened little children. They conjured rains. Taking leave of reality they rode whirlwinds and soared in magical flight. They epitomized a Native American ability "to relate to the land in ways beyond a Western way of thinking." They are gone now, but there remain telling accounts of how, day-to-day, they lived, how omens foretold a shaman's destiny, how he learned his craft, how he could exercise his power for both good and evil.



## **CYCLING SAN DIEGO, 4th Edition**

**Nelson Copp**

The latest edition of Cycling San Diego, along with Cycling the Trails of San Diego, have been the region's most comprehensive and detailed guides to superb cycling experiences at all skill levels for three decades. This edition features: Full-color with abundant maps, 67 rides that include 12 mountain and 10 short lunchtime or after-work rides, and rides spanning the four natural areas of San Diego County – Urban and Coastal, Rural and Foothills, Mountains and Dessert.

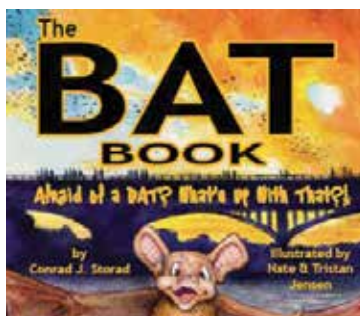


## **THE BAT BOOK: AFRAID OF A BAT?**

**WHAT'S UP WITH THAT?**

**Conrad J. Storad, Illustrated by Nate and Tristan Jensen**

Bats are NOT scary! Little Boy Bat lives under the Congress Avenue Bridge in Austin, Texas. One day he overhears some human kids saying mean, nasty things about bats. "Bats are ugly. Bats are weird. Bats are SCARY!" Their words make him feel very sad. L.B. has a long talk with his parents. They give him some useful advice. L.B. takes action. He decides to write and illustrate a book so that he can teach those human kids some facts and truth about bats. The Bat Book is his creation.



Nate Jensen is a well-known children's book illustrator. Tristan Jensen is his young son. Together they present a charming visual presentation to complement this tale. Mr. Storad is the author of two other books that can be found in our Gift Shop, Big Horns Don't Honk (Big Horn Sheep) and Fang and Stinger (Tarantulas and Wasps).

In our Gift Shop you can also find a wide range of other items from Pocket Flutes to Puppets to our MTRP Jigsaw Puzzle. And don't forget our walking sticks! ☐

# Fun and Educational Nature Classes for ages 4 and up



**Classes 9:30-11:30AM**  
**Twice a month on designated Tuesdays**

In each class, budding naturalists blend art and science with guided nature walks and classroom activities to discover nature's wonders.

\$10 per class.

# Art Classes For Children and Adults

**12:30-2:30PM**  
**or the more in depth class from 2:45-4:45PM**

**Twice a month on designated Saturdays**

Class subject themes are based on nature and science.

\$25 per class.

All classes at the MTRP Visitor Center. Visit [mtrp.org](http://mtrp.org) for dates, discounts and forms.

**Notable Donations  
May 1 – August 31, 2015**

**Steward - \$5,000 - \$9,999**

County of San Diego Enhancement Funds

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

Olive Garden Italian Restaurant

**Founder - \$1000 - \$2,499**

Trust of Muriel H. Campbell

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City of SD Special Promotional Program

Stephen Thompson

**Trailblazer - \$500 - \$999**

O'Hungry's Restaurant (in-kind)

San Diego Family Magazine (in-kind)

David McLaren and Diane Nelson

**Path Finder – \$100-\$499**

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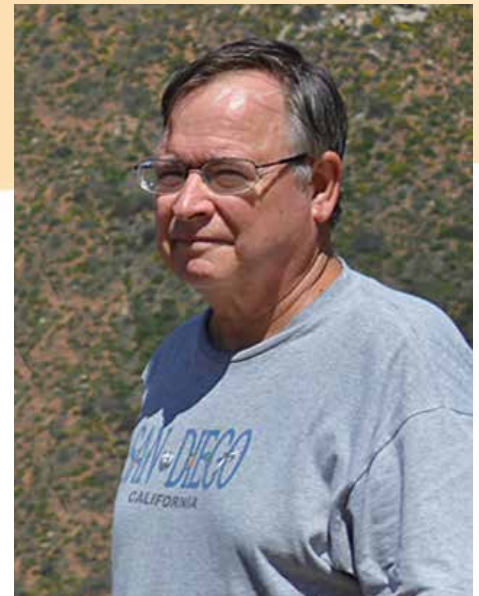
Michael Wu

# Farewell to a Long-Term Volunteer

**By Ranger Heidi**

If you have ever volunteered on any of our monthly Volunteer Work Crews over the years, then you most likely have met, or worked alongside, Douglas E. Fenske (better known as Doug). Perhaps he even beat you to the last powdered sugar donut in the box, as those were his favorite! Sadly, we will never get to see his powdered sugar-covered face or hear his Chicago accent and good-natured laugh again, as he passed away on May 7th.

Doug began faithfully volunteering here at MTRP back in February of 1996 and his 20-year anniversary was just around the corner. Over the years, he received volunteer awards for both the Park Beautification and Habitat Restoration Crews on several occasions, and as a bird enthusiast, had also been helping out with the Bird Nest Box Project since its inception in 2001. Doug will truly be missed by MTRP Staff and his fellow volunteers alike.



**Rest in Peace, Doug  
November 21, 1946 – May 7, 2015**

## **Make This Year Your Year To Dig In And Volunteer With Our Trail Crews**

With one less volunteer helping out on our monthly crews, we now have a vacancy that YOU may be able to fill. Actually, we are always looking for more volunteers to join our crews, and with an El Niño year in the forecast, will most likely have some extra work projects created as a result.

We have three monthly Volunteer Crews – Habitat Restoration, Trail Improvement and Park Beautification – meeting on the 2nd, 3rd and 4th Saturdays of each month meet at 8:00 a.m. All participants are encouraged to wear long pants (even if it's warm, to protect their legs), sturdy, closed-toe shoes (no flip-flops!) and bring along a pair of work gloves; extra pairs will be available to borrow for those who do not have their own. On warm, sunny days, a hat, sunglasses and sunscreen are also recommended. We hope you'll come join us. ☐

## **Trail Guide Training starts January 2016**

Recruitment time is here again, for our annual Trail Guide Training program. Each year, this training is conducted for people interested in learning about the natural and cultural history of Mission Trails, and then sharing this knowledge with others on interpretive nature walks throughout the park.

So, if you already know and love Mission Trails Regional Park, then why not learn more about it, so you can share that love with others? No experience is necessary, just a willingness to learn and share. Space is limited in this once-a-year training, so don't wait to contact Ranger Chris (at caxtmann@mtrp.org or at 619-668-2746)





# Become a Friend of Mission Trails Regional Park

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 its location in the park. Contact Mission Trails Regional Park Foundation at 619-668-3280 or mholloway@mtrp.org for additional information.

## Our Funds...

- Friends of Mission Trails
- Trail Maintenance
- Tree and Habitat Maintenance
- Education Programs
- Library Books and Supplies
- Lake Murray
- Endowment Funds
  - General
  - Library

## Other ways you may donate....

- Memorial or In Honor Of Gifts
- Matching Funds
- Gifts of Securities
- Remember MTRP Foundation in your will
- Charitable Remainder Trusts
- Become a Business Friend of MTRP

## 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's Circle
- \$50,000 Trustee's Circle
- \$100,000 Director's Circle
- \$1,000,000 Visionary Circle

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

Name \_\_\_\_\_

Business \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State/ZIP \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

**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 MTRP programs and projects.

\_\_\_\_\_ MTRP Foundation Endowment Fund - Earnings used for programs and projects

### Special Funds

\_\_\_\_\_ Education Program Fund - Funds used for education programs

\_\_\_\_\_ Library Fund - Books and supplies for the library

\_\_\_\_\_ Library Endowment Fund - Earnings used for library books and supplies

\_\_\_\_\_ 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:

**Mission Trails Regional Park Foundation, One Father Junipero Serra Trail, San Diego, CA 92119-1008**

**To donate securely online, visit our website at [mtrp.org](http://mtrp.org)**

or charge my donation to VISA \_\_\_\_\_ MC \_\_\_\_\_

Card No. \_\_\_\_\_ Expiration Date \_\_\_\_/\_\_\_\_

Cardholder's signature \_\_\_\_\_

MTRP Foundation staff use only: Date of check \_\_\_\_\_ Check# \_\_\_\_\_

Database \_\_\_\_ Letter \_\_\_\_ Newsletter \_\_\_\_ Web \_\_\_\_

**Visitor and Interpretive Center:**  
**619-668-3281**

MTRP Foundation: 619-668-3280  
Email: mtrp@mtrp.org  
Web Site: mtrp.org

**Mission Trails Regional Park News**  
**Vol. 26, Number 4, Fall 2015**

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*Mission Trails Regional Park News is a publication of the Mission Trails Regional Park Foundation, Inc.*

**Maggie Holloway, Editor**

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### **Mission Trails Regional Park Foundation**

One Father Junipero Serra Trail  
San Diego, CA 92119

**Address Service Requested**

## Free Events at the Park!

*Offered every month. No reservations. Check website, mtrp.org, for updates and more information.*

### **Guided Walks in the Park**

- Guided Nature Walks** Walks last 90 minutes.
  - 9:30 AM from Visitor Center every Wed., Sat. and Sun.
  - 8:30 AM from the Campground Day Use Lot every 2nd & 4th Sat.
  - 9 AM Lake Murray boat docks every 3rd Tues.
- Bird Walks** 8-10 AM with Birder, Jeanne Raimond.
  - Oct 17 Kumeyaay Lake, Nov 21 Oak Grove Loop and Dec 19 Lake Murray
- Wildlife Tracking Walks** 8:30-10:30 AM
  - Oct 3, Nov 7 and Dec 5 front of Visitor Center
- Family Discovery Walks** Visitor Center @ 3PM
  - Oct 25, Nov 22 and Dec 27
- West Sycamore Nature Walks** (Scripps Ranch area)
  - 8 AM 3rd Sunday every month

### **Nature Workshops at Visitor Center**

- Discovery Tables** between 10 AM-1 PM Lobby.
  - Oct 10 - Lizards, Nov 14 -Rocks and
  - Dec 12 - Photosynthesis

### **Astronomy Kumeyaay Campground Day Use Lot**

**Stars at Mission Trails** Sunset until 10 PM. San Diego Astronomy Association. Telescopes available.  
Oct 9, Nov 13 and Dec 11

**Star Parties** with MTRP guide and amateur astronomer, George Varga. Telescope available.  
Oct 17 @ 6 PM, Nov 14 and Dec 12 @ 5 PM

### **Music & Art at Visitor Center**

**Concerts** 3-4 PM in Theatre. Seating is limited (93).

- Oct 4 - SD Symphony Woodwind Quintet
- Oct 18 - E. Schwartz, vocalist
- Nov 1 - SD Clarinet Quintet
- Nov 15 - P. Hadley and R. Ford, instrumental
- Nov 28 - Fred Benedetti, guitarist
- Dec 6 - Lucky's All-Stars, bluegrass
- Dec 13 - Family Holiday Stories and Sing-a-long
- Dec 20 - Pomerado Brass Quintet

**Flute Circle** 1-3 PM Outdoor Amphitheater.  
Oct 11, Nov 8 and Dec 13

**Art Shows** displayed in the Gallery.

- Oct 10 Art in the Park Fundraiser 6-9 PM
- Nov 8 Paradise Textile Artists Reception 1-4 PM
- Dec 12 Local Schools Show Reception 1-4 PM