



A PUBLICATION OF THE MISSION TRAILS REGIONAL PARK FOUNDATION • VOL 28 • NO 3 • SUMMER 2017

Mission Trails Regional Park News



2017 MTRP Amateur Photo Contest Winners Issue

LEFT: Best of Show and First Place Adult-Landscape

Old Mission Dam Long Exposure by Daniel Plale

ABOVE: People's Choice and Third Place Adult-Animals

Bashful Baby Bunny by Cheryl Old



Adult Animals Second Place
Butterfly by Jesse Laskey

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A Message from Executive Director Jay Wilson

Thank you to the readers of San Diego Family Magazine for voting MTRP "Best Place to Connect with Nature" for 2017.

The 15th, and very successful final, Explore Mission Trails Day was held at the East Fortuna Staging Area (EFSA) on May 21. We want to thank our sponsors: City of San Diego Special Promotional Program, County of San Diego Community Enhancement Program, Republic Services, Superior Ready Mix, REI, Lightspeed Outdoors, San Diego Gas & Electric Company, and in-kind donations from San Diego Family Magazine, San Diego Community News Network. Construction of a new administration building is scheduled to be under construction at the EFSA in 2018.

The 25th Annual Amateur Photo Contest has just concluded. This year our contest was sponsored by *San Diego Family Magazine*, which helped generate entries from a whole group of new amateur photographers. You may view the winning photographs in this edition of the Newsletter.

For the past nine plus years, I have been writing articles for this publication while serving as the first Executive Director of the Mission Trails Regional Park Foundation. This is my last article, as I am retiring from the MTRP Foundation as of August 11. The baton is being passed to Leslie Perkins who will assume the position of Executive Director on August 12. I have known and worked with Leslie for many years in the community, the City of San Diego, and Mission Trails. She and her husband Johnnie and son Loren live in San Carlos. For the past 20 years, Leslie has been traversing the trails in the park and has assisted with fundraising as far back as 2002.



My greatest satisfaction was implementing the foundation's education fieldtrip program developed by Alicia Berg, our Education Program Director, and securing the grant funding through San Diego Gas & Electric Company's Environmental Champions program. Over the past eight years, more than 35,000 students and members of youth groups from throughout San Diego County have participated in fieldtrips

at Mission Trails. Morgan Justice-Black, the Community Relations Manager for SDG&E, presented the MTRP Foundation with another SDG&E Environmental Champions Grant for \$25,000 to help fund our education program for the 2017/18 school year. (Photo – L to R: Alicia Berg, Morgan Justice-Black, Jay Wilson)

It has been a pleasure and an honor to serve the MTRP Foundation and to work with the very dedicated Rangers and support staff of the City of San Diego, the staff of the MTRP Foundation, and the countless outstanding volunteers who last year donated over 13,000 hours of their time and expertise to MTRP. ■

There is an adventure waiting for you everyday at Mission Trails. Visit mtrp.org

The Last “Explore Mission Trails Day” Roundup!

By MTRP Ranger *Rebecca Smart*

On behalf of the City of San Diego and the Mission Trails Regional Park Foundation, we would like to express our appreciation for participation in our grand finale event “Explore Mission Trails Day 2017.” By uniting our staff, volunteer, and exhibitor efforts, we were able to meet our theme of Connecting with Nature. Over 1,500 guests appreciated this fun and educational outdoor festival, held on Saturday, May 20, 2017, at East Fortuna Staging Area.

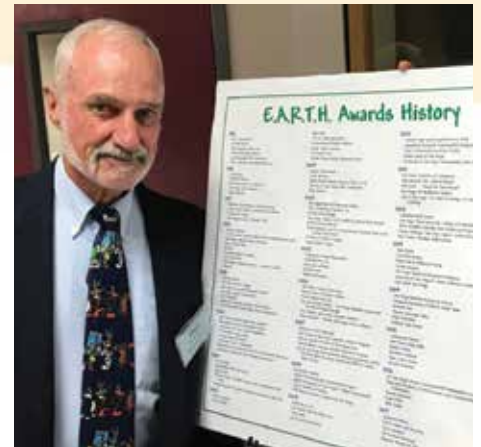
Our combined efforts provided opportunities for a diverse group of youth and adults to discover unique aspects of nature and the value of our precious public lands. Together, we demonstrated and displayed amazing crafts, live animals and educational displays, hands-on recreation activities, and important public safety services. Without the dedicated participation from everyone involved with Explore Mission Trails Day over the past 15 years, this event would not have been such a happy success!

We would also like to thank the awesome volunteers and trail guides who made themselves available to assist with event management, and those who helped run booths and activities. Many volunteers and exhibitors have participated for several years at EMTD, which focuses on inspiring youth and families to enjoy the magic of the outdoors.

Gratitude abounds for joining us at this very special nature celebration. We look forward to seeing you again at Mission Trails Regional Park! ■



MTRP Volunteers are Terrific!



EARTH Awards

By MTRP Ranger *Heidi Gutknecht*

In 1990, San Diego Earth Works produced the first Earth Day Fair in Balboa Park to commemorate the 20th anniversary of Earth Day. It is a “committed network of volunteers which embraces participation that increases awareness, encourages leadership and inspires action toward a healthy, prosperous and sustainable future for all living things.”

In addition to producing the annual EarthFair in Balboa Park, they hold an annual VIP (Very Important Planet) Reception and fundraiser where they present EARTH Awards (Environmental Action and Restoration That Helps) to individuals and organizations for good environmental work. This year’s awards were held on May 24th and presented by former San Diego City Council member and environmental activist, Donna Frye.

We are proud to announce that Terry Gaughen, long-time MTRP volunteer since 1991, was nominated and received an award for his wonderful native plant nursery created back in 2012. Terry faithfully propagates and tends to native plants that are used in habitat restoration projects throughout the park, saving the City literally thousands of dollars while helping the environment at the same time. Way to go, Terry! ■

Capturing the Soul of MTRP

By Maggie Holloway

Many creative park visitors submitted photos showing the beauty of MTRP for our 25th Annual Amateur Photo Contest. All entries were on display at the Visitor Center from June 17 to July 14. The reception and awards ceremony was Sunday, June 25, 2017.



The contest opened early this year so everyone could take advantage of all the spectacular wildflower blooms and spring growth provided by a warm winter and the gentle rains. Children 12 and under were especially encouraged to participate.

This year we added the ability of entering photos digitally thanks to our sponsor, *San Diego Family Magazine*.

The judges were David Cooksy and, Gerry and Claire Tietje. They had 165 beautiful photos to judge.

Special thanks to MTRP Foundation Board member Betty Ogilvie and her husband, Mike, for setting up the displays and refreshments.

Congratulations to the winners. A complete list of all the winners is at mtrp.org. Thanks to all who submitted photos that captured the soul of MTRP. Start shooting photos for next year's contest. ■

ABOVE: Youth (13-17)
Animal First Place
Striped Bug by Aiden Taylor

CENTER: Children 12 & Under Digital First Place
Big Blossom by Justin Klein

RIGHT: Youth (13-17)
Digital First Place
Untitled by Nefret Allen-Cantu



ABOVE: Adult People First Place
Giving Thanks by Rosario Hernandez

RIGHT: Children 12 & Under First Place
Western Diamondback (Red Diamond) by Claire Meng





Northern Harrier- *Circus cyaneus*

**Story and photos by David Cooksy,
Trail Guide Class of 2011**

As a landscape and wildlife photographer, my favorite subject when hiking Mission Trails is anything that flies. While butterflies and dragonflies are always special, it is birds that consume the most space on a memory card.

In late January, despite the weather, I made a circuit of the Grasslands and spotted what appeared to be a hawk flying low across the very tops of greening purple needle nose grasses. As the bird was far across the open field, proper identification was difficult. However, I could tell from flight mannerisms, this was not a Cooper's, Red Shoulder, or Red Tailed hawk; this was something quite different.

Across the open field it flew, then pulling straight up climbing hundreds of feet aloft to soar, hardly beating its wings as the wind was quite strong. Down it came, wings aligned along a slender white and chestnut-streaked body to skim along the very tips of tall grasses. I sat along the edge of the trail, very near the kiosk where road runners are frequently spotted, to watch and photograph this spectacular aerial display.

It was not until later examining photographs, and with assistance from Wendy Esterly, that a positive identification was achieved: Northern Harrier, female. The Northern Harrier is a medium-sized raptor, migratory and common throughout North America, including Southern California. While this species may reside in San Diego County, this was my first encounter. As of June 20, 2017, this same female could still be spotted perched on a tree near the Grasslands. ■



Notable Donations

April 1 - June 30, 2017

Steward: \$5000 - \$9,999

REI

Founder: \$1000 - \$2,499

City of San Diego Special Promotional Program

Ted Daub, Jr.

Ruth Gautereaux

Pratt Memorial Fund

SDG&E - a Sempra Energy utility

Marie Tuthill

Trailblazer: \$500 - \$999

EnviroSkyCam

Lightspeed

NEOS, Ltd

Stephen Thompson

Scarano Family Fund

Micheal Wu

Pathfinder - \$100 - \$499

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John & Laura Minto

Charles & Ann Nickel

Jennifer Nickles

Ola Olsson

Arthur & Ruth Savage

UnitedHealth Group

Mary Wagner

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 Mission Trails Regional Park Visitor Center.

MTRP CAC next meeting: September 5, 2017, 6:30PM

MTRP Task Force next meeting: September 21, 2017, 10AM

For future dates and agendas visit mtrp.org

**Adult Digital First Place
Shadow by Sally Long**

“Hot” Hiking Guidelines for People & Pets

By MTRP Ranger Rebecca Smart

Follow these hiking guidelines every time you and your friends, and any four-legged companions, hit the trails this Summer and you'll be trail rockstars for sure!

Know before you go. Know the weather and trail conditions ahead of time; if it's going to be a warm day (and chances are that it is), hike in the early morning or early evening when the sun is not at its peak. Temps at Mission Trails often reach 80° – 100° during warm months, from May on through October. Most MTRP trails offer little to no shade, so if you're hiking in the heat of the day it can be dangerous for you, and absolutely deadly for your pet.

Happy pets are cool at home. Imagine if you had to hike Cowles Mountain in your bare feet, during mid-afternoon heat, with no shade, while wearing a fur coat, and you had no sweat glands. Would sips of water keep you safe while you climbed and climbed? No. Unfortunately, this is representative of a dog's experience during warmer weather.

There have been MANY heatstroke deaths of dogs while hiking on trails. Dogs are not able to regulate their body temps; they do not sweat to release heat – and are highly susceptible to heat stroke due to exposure and exercise. If it's a hot day they are at high risk of heat stress injury or death due to exposure and exertion, even with drinking water along. Moreover, owners may be cited under CPC 597(b), Cruelty to Animals.

Now, back to human hiker guidelines. Always bring more water than you think you'll need, slather on that sunscreen, wear that cool new hat and actual hiking shoes (we see folks falling all the time due to improper footwear) Bring a phone and earbuds if you listen to tunes (because audible music is never allowed). If you're new to a trail, make sure to have a detailed map. If you're hiking alone, let someone know where and how long you'll be out there.

If you're unsure about trail conditions, rules, weather, critters, or you have a question call our Visitor Center/Ranger Line at 619-668-3281. It's a good idea to plug the number into your phone contacts, so it's there if you or someone else need it while in the park. Also, if you see an animal or person in distress at Mission Trails, call us. ■



THREE, TWO, ONE – GO!

By MTRP Gift Shop Coordinator, Patty O'Reily

THREE – We have a new book in the Gift Shop, written by our own Linda Gallo Hawley, a teacher in the MTRP Foundation's Education Department. It is filled with songs to sing to familiar tunes, many illustrations, and information. This September through May, Linda will again be teaching "Nature's Adventures!", a series of nine wonderful classes for students, ages 5 thru 9. Her book is a resource guide for parents, teachers, and children focused on studying animals and plant species found in San Diego County.

TWO – Beautiful to the touch, the ear, and the spirit, we continue to carry delightful Pocket Flutes from High Spirits in Patagonia, Arizona. Handcrafted from aromatic cedar, these are not toys, but miniature instruments tuned to the Key of A and perfect for either the beginning musician or professional to tuck into a backpack and carry wherever you go.

ONE – We have received a beautiful new selection of the pottery creations of Daria Mariscal, our favorite Pai Pai potter, who lives and works in Santa Catalina, Baja, California. Her carefully crafted pots and vases and her whimsical imagination continue to enchant us. Her designs are clean and the subtle hues she accomplishes with her careful firing technique are unmatched.

GO -Come visit us the next time you come to the Park for a hike or a picnic.



**One More Great Summer Day Camp
Still Open at Mission Trails**

**Nature Detectives!
August 7- 11**

**Fun and Educational Nature Camp for
ages 6 to 12 at the Visitor Center.**

Mon-Fri 10am-2pm. \$125 per week.

For more information go to mtrp.org.
To register email mtrpeducation@yahoo.com
or call 619-488-7452



Adult Plants First Place
For His Glory by Nicole Van Proyen

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. Exhibit sponsorships begin at \$2,500. Bench and table sponsorships range from \$1,500 to \$4,000 depending on 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 habitats
- _____ 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

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. 28, Number 3, Summer 2017

Mission Trails Regional Park News is funded in part by the City of San Diego Special Promotional Program and the County of San Diego Community Enhancement Fund.

Mission Trails Regional Park Foundation, Inc., established Jan. 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 the Mission Trails Regional Park Foundation, Inc.

Maggie Holloway, Editor



Youth (13-17) Landscapes First Place
Flowing Water by Aiden Taylor

Mission Trails Regional Park Foundation

One Father Junipero Serra Trail
San Diego, CA 92119

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Organization
U. S. POSTAGE
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San Diego, CA
Permit No. 658

Free Events at the Park!

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

Guided Walks in the Park

Summer Twilight Walks Bushy Hill Drive Lot

Aug 19 - 6:45PM & Sept 16 - 6PM

Guided Nature Walks 90 minutes long

9:30 AM from Visitor Center every Wed., Sat. and Sun.

8:30 AM from the Campground Day Use Lot every
2nd & 4th Saturday

9 AM Lake Murray Walk 'n Talk every 3rd Tues. (Boat
Docks on odd # months, Ball Fields on even # months.)

Bird Walks with Jeanne Raimond and Millie Basden

Aug 12 - Evening Walk 7PM Bushy Hill Drive Lot

Sept 16 - 8AM Old Mission Dam

Wildlife Tracking Walks 8:30-10:30AM

1st Saturday of each month, meet at the Visitor Center

Family Discovery Walk with Trail Guides 3PM

4th Saturday of each month, meet at the Visitor Center

Nature Workshops at Visitor Center

Discovery Tables between 10AM and 1PM in the Visitor
Center Lobby: Aug 12 - Bird Beaks

Birding Basics 1PM Classroom in the Visitor Center

July 29, Aug 26 & Sept 30 with Birder Winona Sollock

Astronomy

Kumeyaay Campground Day Use Lot

Stars at Mission Trails Sunset until 10 PM. San Diego

Astronomy Association. Telescopes available.
2nd Friday of each month

Star Party with MTRP Trail Guide and resident amateur
astronomer, George Varga. Telescope available.

Aug 12 @ 7:30PM and Sept 23 @ 7PM

West Sycamore Staging Area (Scripps Ranch area)

Star Party July 28, Aug 25 & Sept 22 - Sunset until 10PM

Music & Art at Visitor Center

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

Jul 30 - Pomerado Brass Quintet

Aug 6 - San Diego Clarinet Quintet

Aug 20 - Mind the Details Band

Aug 29 - TBD

Sept 3 - West Coast Quintet "Woodwinds"

Sept 17 - TBD

Flute Circle 1-3PM Outdoor Amphitheater

2nd Saturday of each month

Art Shows displayed in the Gallery. Reception 1-4PM

Aug 13 - Two-Person Show

Sept 10 - Group Show #2

Adult Animals First Place Orange tip by Adrienne Saldivar