



# Volunteer at Mission Trails

You can make a difference in the community by volunteering at Mission Trails Regional Park (MTRP). Volunteers are involved in many aspects of the park, from staffing the front desk at the Visitor Center to helping on regular work crews, patrolling the park, and more (please see reverse). Information and applications are available at [www.mtrp.org](http://www.mtrp.org).



Our **Visitor Center volunteers** greet visitors, provide information about the park and its educational and recreational opportunities, and assist with purchases in the Gift Shop. Volunteers also start video presentations upon request, answer the phone, make photo copies, and restock brochures and flyers. Morning and afternoon shifts available, either 8:45 AM to 1PM or 1 to 5:15PM. For information, contact **Jennifer Morrissey** at (619) 582-4502 or [jmorrissey@mtrp.org](mailto:jmorrissey@mtrp.org).

Become a **Trail Guide** naturalist through a 10-week class that covers a variety of subjects including ecology, botany, geology, history, birds, mammals, reptiles, Kumeyaay culture, and more! Trail Guides share their knowledge leading guided nature walks, at special events, and staffing Discovery Tables. For more information, contact **Ranger Chris Axtmann**, at (619) 668-2746, or at: [CAxtmann@sandiego.gov](mailto:CAxtmann@sandiego.gov)



**Trail Guides**



**Trail Patrol**

Volunteer **Trail Patrol** Members interact with the public by answering questions, informing them about Park rules and trail etiquette, and assisting with minor first aid. There are opportunities for both Foot Patrol as well as Bike Patrol (must provide your own bike). For more information, contact Ranger Mansour Habis at (619) 668-2747 or e-mail [MHabis@sandiego.gov](mailto:MHabis@sandiego.gov)

**Volunteer applications available on our website: [www.mtrp.org](http://www.mtrp.org)**





# Monthly Volunteer Work Crews

How can **YOU** get your exercise for the day, while helping to beautify your park, improve its hiking trails and preserve its natural habitat all at the same time? By lending a hand on one of our monthly volunteer work crews! All Crews meet at 8 a.m. and work until 12 noon, at the latest. Meet in Kumeyaay Lake Campground's Day Use Lot. The West Sycamore volunteer crew meets in Scripps Ranch.

## West Sycamore - 1<sup>st</sup> Sundays

The West Sycamore Volunteer Crew meets on the 1st Sunday of each month (weather permitting/excluding the summer months & holidays) at the West Sycamore Staging Area, located at the east end of Stonebridge Parkway in Scripps Ranch.

For more info or to RSVP, e-mail **Ranger Dan Kimpel** at [DKimpel@sandiego.gov](mailto:DKimpel@sandiego.gov)



### We Provide All Crews With:

Water	Gatorade
Snacks	Tools
Exercise	Fresh Air

## Trail Improvement - 3<sup>rd</sup> Sundays

Ranger Dan Kimpel at (619)668-2710 or [dkimpel@sandiego.gov](mailto:dkimpel@sandiego.gov) for more info or to RSVP.



## Habitat Restoration - 2<sup>nd</sup> Saturdays

Ranger Heidi Gutknecht (619) 668-3279 or [HGutknecht@sandiego.gov](mailto:HGutknecht@sandiego.gov) for more info or RSVP.

### Don't Forget:

Work Gloves  
Sunscreen  
Water Bottle

### Be Sure to Wear:

Long Pants  
Hat & Sunglasses  
Closed-Toe Shoes



## Park Beautification - 4<sup>th</sup> Saturdays

Ranger Julie Aeilts (619) 668-2015 or [JAeilts@sandiego.gov](mailto:JAeilts@sandiego.gov) for more info or to RSVP.

### It's Hot, Let's Not!

All crews take a break during July and August due to the extreme heat. West Sycamore crew breaks through September.