



# Trail Talk

Mission Trails Regional Park Trail Guide Program

## Trail Guide Program Annual Report 2010

by Fred Kramer, Trail Guide President

The Mission Trails Regional Park Trail Guide Program had another successful year in 2010! We led nearly 300 interpretive walks for more than 4000 visitors. In addition to leading walks, we supported MTRP in a multitude of other ways: developing and staffing discovery tables, creating kiosk displays, staffing MTRP tables at various special events, presenting programs, writing articles for *Trail Talk*, helping with the training program, etc. In this report, I've summarized our accomplishments during 2010. My sincere thanks to all the Trail Guides who have volunteered their time and talents this year to keep the Trail Guide program flourishing.

### Regularly Scheduled Interpretive Walks

The primary purpose of the Trail Guide program is to lead interpretive walks in which we share the natural, cultural, and historical features of Mission Trails with the public. In 2010,

we led 152 walks from the Visitor Center and 23 from Kumeyaay Lake Campground. Attendance on these walks and those in previous years is shown in the table below. Attendance on the Visitor Center walks in 2010 decreased slightly from previous years; attendance on



campground walks was also lower than some previous years. The no-show rate in 2010 was 11%, about the same as last year, but better than previous years. I believe the publicity efforts we have been pursuing are paying off with fewer no-show walks. However, I still know that walks attracting no visitors are frustrating for the Trail Guides staffing them, and

we need to continue our publicity efforts to reduce the number further.

Jeanne Raimond continued leading our monthly Bird Walks with Millie Basden & Peter Thomas assisting and serving as back-up leaders. These walks started at 8:00 a.m. on the third Saturday of each month at different locations throughout the park. However, in August there was a change of pace with an Owl Prowl on the third Friday evening. In 2010, the bird walks attracted 130 adults and 34 kids; this is 40 more than in 2009.

In 2010, Mike Gibbs started leading wildlife tracking walks at 8:30 a.m. on the first Saturday of every month. In 2010, these walks started at varying locations throughout the park like the bird walks. Mike was ably assisted by Bob MacDonald and Stacey Miller on many of these walks. The

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### Writers wanted...

- Have an interesting story or photo you'd like to share with other Trail Guides? Send them to 'Trail Talk' editor Millie Basden at trailtalkeditor@yahoo.com. Please include "Trail Talk" in the subject line!

### Speakers Needed...

- Have you heard an interesting speaker or know an interesting topic that would be appropriate for one of our monthly meetings? If so, please send your ideas to Jo Mink.

Year	Visitor Center Walks				Kumeyaay Lake Campground Walks			
	Number	Number of Adults	Number of Kids	Total	Number	Number of Adults	Number of Kids	Total
2010	152	654	258	912	23	76	51	127
2009	154	741	316	1057	23	74	105	179
2008	154	606	317	923	24	53	49	102
2007	151	577	317	894	23	75	59	134
2006	154	570	247	817	23	105	90	195
2005	152	430	293	723	23	93	106	199
2004	154	430	209	639	21	62	73	125
2003	146	454	207	661	23	56	91	147
2002	154	467	189	656	24	27	30	57
2001	154	443	239	682	21	29	25	54



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attendance in 2010 was 85 adults and 44 kids. In 2011 these walks will start from in front of the Visitor Center each month.

## Special Interpretive Walks

During the year, we also led 98 special walks for a variety of groups that requested a special guided nature walk. This is fewer than the last three years, but we still had 1114 adults and 1879 children on these walks. Attendance numbers since 2001 are shown in the table.

Year	Special Walks			
	Number	Number of Adults	Number of Kids	Total
2010	98	1114	1879	2993
2009	117	1415	2013	3428
2008	130	1421	1945	3366
2007	120	1306	1863	3169
2006	76	794	943	1737
2005	45	474	479	953
2004	39	406	590	996
2003	56	559	696	1255
2002	41	633	640	1273
2001	42	359	356	715

Special walks usually provide a guaranteed number of visitors and are opportunities that many Trail Guides eagerly sign up for. Explore Mission Trails Day on May 15 offered the opportunity for Trail Guides to lead five walks throughout the park during the day's activities. We had almost 100 people go on these walks that had themes oriented toward families and children. Trail Guides also staffed several discovery tables at the Equestrian Staging Area during the day. We also led four successful twilight walks from Kumeyaay Lake Campground this year during the summer months. Not only was attendance good and visitor response positive, Trail Guides enjoyed this change of pace from daytime walks. There were more than 100 people on the walk in September. For the first time, both Solstice Sunrise walks in December were canceled due to rain!



Congratulations and thanks to **Steve Haiman** who led the most walks this year with 40; Steve, a 2006

Trail Guide graduate, has led many walks every year since graduation.

Congratulations also to **Tom Thompson**, who was second with 39 walks. Tom is a 2009 graduate and has been very active leading Trail Guide walks and with other MTRP volunteer programs. My thanks to the following Trail Guides who led an average of at least one walk per month during 2010: Chris Axtmann, Audrey Baker, Cheri Barbour, Wayne Cherry, Nancy Conyers, Jan Corbett, Terry Esterly, Wendy Esterly, Mike Gibbs, Donna Jensen, Fred Kramer, Linda Kramer, Christine McCoy, Stacey Miller, Jo Mink, Karen Randall, Michele Ruppert, Rudy Spano, Luann Wright, and Penny Wright.

## Discovery Tables

This year we started our Discovery Table program, which is a series of interpretive exhibits that focus on a specific natural, cultural, or historical aspect of Mission Trails. Each exhibit is periodically displayed on a table in the Visitor Center with a Trail Guide knowledgeable on the topic to explain or demonstrate the main points of the exhibit. In addition to providing a learning opportunity for visitors of all ages, there are activities designed for children. Each table incorporates some take-home item, e.g., an information sheet, or word search or crossword puzzle, or craft activity, etc. The objective of these tables is to provide park visitors with a better understanding of the specific topics covered by the table, and enhance their appreciation of the park.

After brainstorming ideas at the January meeting, we began developing tables on specific topics. The goal is to have 13 or so tables. With each table set up at least once a calendar quarter, we would be able to have a table in the Visitor Center every week. We currently have five tables completed. My thanks to the following Trail Guides who led the development of these tables: Chris Axtmann – Bird Beaks; Jeanne Raimond – Bird Nests; Lilian Cooper and Patti Scollay – Kumeyaay Games; Ranger Heidi and Fred Kramer – Animal Tracks and Animal Skulls. My thanks also to Ranger Heidi for her time, expertise, and patience in helping with all these tables. Thanks as well to the MTRP Foundation for securing a \$2500 grant from the Beckman-Coulter Foundation to fund the purchase of supplies and materials for these tables.

We still need Trail Guides to develop additional discovery tables. This would be

done with Ranger Heidi's capable advice and assistance. After creating the table, the lead Trail Guide would then mentor others to be able to staff the table on their own.

## Kiosk Displays

The kiosk display in the front of the Visitor Center opened in 2000, and Trail Guides took responsibility for interpretive exhibits on the right-hand panel. This provides Trail Guides an opportunity to study a particular subject and create an informative display for the public. I have often seen visitors reading the display, and many Trail Guides stop by the kiosk on their walks. My thanks to the following Trail Guides for outstanding displays during 2010:

- January–March: Millie Basden put together an interesting display on the Prickly-pear Cactus
- April–June: Jeanne Raimond did an informative display on Tree Swallows
- July–September: Tim West & Betty Matthews did a great display on Western Fence Lizards
- October–December: Lilian Cooper created a terrific display on Plant Survival

## Meetings and Programs

We held 11 monthly meetings during 2010, omitting one in December. These meetings provided the opportunity for Trail Guides to get together to discuss issues of concern, to pass along information about MTRP and administrative issues, and to present a program relevant to Trail Guides. Brian & Ondina Moehl continued in their role of VP (Programs) and scheduled outstanding programs for the year.

In January, Rick Halsey gave a presentation on MTRP Habitats. In February, Dr. Michael Wall from the San Diego Natural History Museum gave a presentation on arthropods. In March, Dr. Brad Hollingsworth from the San Diego Natural History Museum gave a presentation on MTRP reptiles. The January, February, and March lectures were in conjunction with Trail Guide training. In April, Jim Berrian from the San Diego Natural History Museum gave a presentation on San Diego Country spiders. In May, Bill Howell gave a slide presentation titled "Insect Sex – 2<sup>nd</sup> Edition." In June, Bill Howell gave a slide presentation titled "Infrequent Flora of MTRP." In July, the program was a plant scavenger hunt along Father Junípero Serra Trail. The August meeting was held outside in the Visitor Center Amphitheater. The program was former MTRP Senior Ranger Randy Hawley with a talk on the early days of MTRP. We had a campfire and roasted marshmallows and made s'mores

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afterwards. In September, the program was a great presentation on honey bees by Don Spangler and Eric Robinson from the San Diego Bee Association. In October, Greg Erickson gave an excellent presentation on Southern California rock art. Finally, in November, Dr. Ronald Swaisgood, Associate Director of CRES/Applied Animal Ecology, Zoological Society of San Diego, gave a presentation titled "Reintroducing Species as a Conservation Tool in Southern California." Trail Guides, MTRP staff and volunteers, and family and friends are always welcome at our monthly programs. Attendance at the meetings was higher than prior years with over 50 people at three of the meetings. Attendance ranged from 24 to 55.

In 2010, Trail Guides who developed Discovery Tables presented them at a meeting. This gave these Trail Guides a little practice before setting them up for the public, and also let other Trail Guides know about the table.

We continued awarding a "Best Trail Guide Walk Write-up of the Month" bookmark prize at each meeting to the Trail Guide(s) with the best walk write-up during the previous month. The prizes are meant to encourage Trail Guides to go back to the intranet after the walk and enter the number of visitors and some interesting observations from the walk. The "Judging Panel," who wish to remain anonymous so as not to be subjected to bribes, picked the following winners:

- November 2009: Chris Axtmann and George Varga for their special walk on November 4 for Angier Elementary School
- December 2009: Jeanne Raimond for her bird walk on December 19
- January 2010: Arleen Hitchcock for her Visitor Center walk on January 10
- February: Steve Haiman, Wayne Cherry, and Nancy Conyers for their special walk on February 9 for Survivors of Torture group
- March: Donna Jensen and George Varga for their special walk on March 21 for the REI American Diabetes Association event
- April: Rudy Spano and Michele Ruppert for their Visitor Center walk on April 21
- May: Chris Axtmann and Nancy Conyers for their special walk on May 11 for an SDCC Parent Education Class

- June: Pat Pawlowski for her Visitor Center walk on June 27
- July: Christine McCoy, Karen Randall, Maureen Blackhall, and Mike Gibbs for their special walk on July 16 for a Health and Wellness group
- August: Jeanne Raimond, Wendy Esterly, and Millie Basden for their "Owl Prowl" on August 20
- September: Jim & Jan Corbett for their Visitor Center walk on September 18.
- October: Jo Mink for her special walk on October 20 for a Sunnyslope Elementary School special education class
- November and December: to be announced

I encourage you to go to the intranet schedule, read the winning walk descriptions, and see if you wouldn't have liked to have been on these walks, too!

At the end of 2010, Brian & Ondina Moehl decided it was time for someone else to takeover as VP (Programs). I know I speak for the entire Trail Guide team in thanking Brian & Ondina for the consistently interesting and informative programs they scheduled for our monthly meetings starting in 2008. We were also very fortunate to have Jo Mink volunteer to become our new VP (Programs). If you have an idea for an interesting program at a monthly meeting, please let Jo know.

## Trail Talk Newsletter



Millie Basden continued doing an outstanding job editing *Trail Talk* every month and often contributing interesting articles, too. I know I speak for the entire Trail Guide team in saying how much we appreciate the excellent issues month-after-month. Also, our thanks to Tom Walters for his continuing creativity and dedication as Production Manager since October 2002. Thanks are also in order for Ed Bailey, who has diligently handled the distribution of the paper copies of *Trail Talk* since October 2002. Finally, Wendy Esterly, *Trail Talk* staff photographer, (and many other Trail Guides) contributed many wonderful pictures. Our thanks to George Varga for creating an index for the previous year's issues. The cumulative index, posted on the intranet with the issues, makes finding past articles much easier.

Each issue included minutes from our monthly meetings, taken by Secretary Linda Kramer or an alternate, so that Trail Guides who missed meetings could keep up-to-date. *Trail Talk* also provided information about Trail Guide and MTRP issues and events. However, an important function of *Trail Talk* is to publish articles with information that Trail Guides can use on the trail. Numerous Trail Guides and others were contributors throughout the year: Millie Basden, Wendy Esterly, Peter Thomas, Judy Alvarez, Connie Wood, George Varga, Wayne Cherry, Chris Axtmann, Linda Hawley, John Hopper, Richard Griebe, Marcia Stoner, Nancy Varga, Tim West, Betty Matthews, Terry Esterly, Mike Gibbs, Christine McCoy, Karen Randall, Robin Hampton, Donna Jensen, Bob MacDonald, Audrey Baker, and Fred Kramer.

## Treks

John Hopper coordinated several Trail Guide treks in 2010. Treks are outings to places that provide us the opportunity to learn something about the natural and cultural features of areas outside MTRP and relate this information to what we see inside the park. On Saturday, April 10, we hiked the 2½-mile South Rueda Loop Trail in Tierrasanta. This is a trail John has worked on and is very familiar with. We saw and heard several species of birds and examined many wildflowers along the trail. The hike ended at Roadrunner Park, where we enjoyed a picnic lunch. Our next trek was Sunday, May 2, to San Diego Audubon's Silverwood Wildlife Sanctuary. After a guided hike on the Sunset Trail, we picnicked under stately oak trees and



watched the multitude of wildlife nearby. Saturday, June 12, we trekked at Oakoasis County Park. In addition to a stunning view of San Vicente Reservoir, a multitude of wildflowers adorned the 2½-mile loop trail. Afterward we had a picnic lunch at nearby Stelzer County Park. Our final trek of the year was to the San Diego Archaeological Center in San Pasqual where we had a special tour by Annemaire Cox, the Center's Volunteer and Program Coordinator. She was assisted by Trail Guide Donna Jensen, who also volunteers at the Center. After lunch on the grounds, we visited the nearby

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San Pasqual Battlefield State Historic Park, where we were treated to a living history presentation on the battle. More treks are planned for 2011; I hope Trail Guides will take advantage of these enjoyable outings!

## Trail Guide Training Program, Class of 2010

Under the able leadership of Trail Guide Training Program Director Bill Howell, the 16<sup>th</sup> annual Trail Guide training began in January 2010. Assisting Bill was the



“Training Team” consisting of Judy Alvarez, Dave Bailey, Wendy Esterly, Bill White, Ranger Heidi Gutknecht, and Linda & Fred Kramer. As usual, the program went for 10 weeks, with a three-hour classroom session every Wednesday evening and a three-hour field activity on Saturday mornings. The curriculum included training and guest lectures on ecology, botany, geology, history, birds, reptiles, mammals and tracking,

insects, and Kumeyaay culture. At the end, students took a written exam on the material and demonstrated their interpretive skills by taking a veteran Trail Guide on a sample walk. Thirty-five students “toughed it out” and graduated on Saturday morning, March 27, during ceremonies in the Visitor Center Amphitheater. This was a larger class than many in recent years. Many of the graduates have become very active.

## Publicity

Chris Axtmann continued as Publicity Chairperson until October, when she left the area to pursue a career as a California State Park Ranger. During her tenure, Chris submitted weekly walk announcements to the “Calendar of Local Events / Outdoors” section of the *San Diego Reader*. The item each week was tailored to include something interesting and enticing currently happening in the park. We had many indications that people on our walks were there because of the *Reader* announcements. Chris also continued to publicize our walks in a number of other venues, including *Family Magazine*, the *San Diego Union-Tribune*, and various web sites. Prior to Chris’ departure, we were very lucky to have Audrey Baker volunteer to take over the role of Publicity Chairperson. She has done an excellent job during the last two months of the year. I believe that these publicity efforts have a positive impact on attendance at our walks.

## Administration

The MTRP Trail Guide Program has an informal organization with officers: Fred Kramer, President; Jo Mink, Vice-President (Programs); Bill Howell, Training Program Director; Linda Kramer, Secretary; Audrey Baker, Publicity Chair; and Millie Basden, Tom Walters, Wendy Esterly, and Ed Bailey, *Trail Talk* staff. Many Trail Guides helped with various tasks throughout the year on an *ad hoc* basis. Ranger Heidi Gutknecht continued to provide excellent guidance and oversight as our liaison with City Staff during 2010.

## Future Challenges and Opportunities

I again want to thank all the Trail Guides who made our program so successful during 2010. Our accomplishments listed above are extensive and important. By sharing our knowledge and love of the park, we enable the public to learn about the natural habitats preserved in Mission Trails and to understand the importance of conserving these resources. This is an ongoing mission. As Trail Guides, we need to continually refresh and expand our knowledge of the natural and cultural history of the park, and to refine our interpretive skills. We will continue to provide opportunities for growth in these areas during 2011. My ongoing challenge is to keep the Trail Guide program relevant and interesting for Trail Guides who will then want to continue to lead walks and participate in other activities. I am always open to suggestions to improve the program.

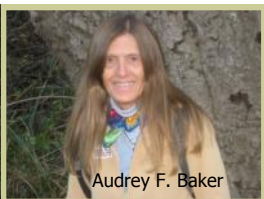
## Oaks of Mission Trails—Part II by Audrey F. Baker, Trail Guide

[Ed Note: Due to its length, “Oaks of Mission Trails” is being published in four parts in successive issues of *Trail Talk*.]

### Frequently-Visited Flora

#### Coast Live Oak

True to its name, *Quercus agrifolia*, Coast Live Oak (CLO), inhabits the coastal ranges of Southern California, flourishing up to the 5000' level. While it benefits from the marine layer, it does not grow on the immediate shoreline. It shuns the sea spray and consistent sea winds, taking full advantage of the Mediterranean climate just behind our shores.



The most visited CLO at Mission Trails, lies just short of Dog Bridge, and is the first shade sanctuary for hikers on the Visitor Center Loop Trail. For many park guests this heat retreat serves as a defining moment in appreciating California oaks. The coolness experienced under its canopy (as

much as 15 degrees less than temperatures outside the canopy) comes courtesy of the silent, miniature air conditioning units, the leaves.

Cupped leaves, waxy and rounded on top, deflect the sun. The outer leaves at the top of the tree have 2–3 layers of photosynthetic cells that convert sunlight into carbohydrates, while the interior leaves have fewer cells and a flat surface. Transpiration and photosynthesis are highest in spring, but the leaves function all year. The lighter-colored leaf underside captures moisture. Gasses are then exchanged and water is released. This process is aided by trichomes (hair-like extensions found on the leaf underside). When the wind blows, additional heat is released.

Our “Dog Bridge” *Q. agrifolia* exhibits some peculiarities. This tree has no trunk! How odd to see its massive, gnarled and bark-retreating main branches staked into a mound of compacted earth. Strange, too, the ground under its vast canopy is nearly devoid of leaf litter. What about those two heaps of twigs and debris off to the right that appear to be fortifications? All are clues

to the age, personal history, ecological and ethnological importance of this engaging Coast Live Oak specimen.

The sloping soil deposits stand as witness to periods of flooding and recession of the S.D. River and its tributaries. The accumulation masks evidence that this CLO is a regenerated tree. (All oak saplings can resprout from stump or root crown after sustaining damage, and *Q. agrifolia* retains this ability in adulthood.) The scarring of these new-generation main branches tells us of a continued history of drought, and damage from fire or lightning strikes. (If oaks could talk!)

The subjects of minimal leaf litter, frequent visitors, and the earthworks are inter-related. Yes, foot traffic here is heavy—human and creature. The forts are two big-eared woodrat middens, visible representations of the varied wildlife that benefit from the food and shelter provided by Coast Live Oaks.

Joining the woodrat in gobbling up oak foliage are mule deer, California ground squirrels, black-tailed jackrabbits, desert cotton-

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# Oaks of Mission Trails

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tails, Botta's gophers, brush mice, deer mice, and more. Some also double as acorn consumers. The cover value we enjoy from CLOs is a California wintering area for 32 species of birds. Its permanent nesting population includes the rare Least Bell's Vireo.

A generation of Kumeyaay may have stood under this tree, harvested its acorns, hunted under its canopy, or experienced its mystical



The most visited coast live oak in MTRP  
—photo by Peter R. Thomas

powers. Perhaps elders spoke of its resiliency and strength in lessons to the young.

## The Oak as a Survivor

The CLO at the foot of the steps leading from the grasslands stands as a good example of an oak's ability to endure environmental strains without permanent damage. Denuded of its leaves during the Cedar Fire in October 2003, it now hardly shows any effects of that experience. The recovery and persistence of this botanical elder statesman continue to inspire those at MTRP who witnessed the devastation of that fire.

Judging the age of a living tree is a challenging pursuit. A USDA Forest Service report states that mature CLO stands have trees 40–110 years old, but that some individuals commonly survive well over 250 years. Estimation based on physical characteristics (trunk diameter, height, etc.) is imprecise, and literature on the subject is generally inconsistent. Review did produce a result for a Valley Oak (*Q. lobata*), stating a trunk with a 3–4' diameter can be assumed to be up to 250 years of age. Though tempting, it is poor science to apply this finding to other oak species.

Certified Arborist and MTRP enthusiast Bret Hutchinson explains why a simple method for estimating an extant oak's age does not exist. All oak trees and scrubs produce an annual ring of growth, formed in the inner xylem. New bark growth (outside the

cambium) also adds dimension. Several factors affect annual growth, including tree species. For example, a scrub oak generally has thinner rings per year than a coast live oak. Geographical location is another consideration. Trees on an arid ridge would have tighter rings than the same species growing in a lush meadow. Spacing has its effect on tree growth—crowded trees grow tall with thin rings. Annual rainfall is also an important factor. Good hydration leads to healthy

growth and thick rings; drought years lead to thin rings. Nutrient cycling contributes to growth rate. A healthy forest floor provides nutrients back to the trees, thus, better health and thicker rings. Overall age is also a significant factor in judging growth rate. Older, larger trees slow down in growth and produce thinner rings, whereas young vigorous trees have thick rings. All of these factors plus other minor ones can influence the average annual growth.

The most healthy coast live oaks will gain about 1/8 to 1/4 inch of ring per year in early life (the first 50 years). Most oak trees in San Diego County have shown very compressed rings for the last 15 years or so, indicating a history of drought. Each tree must be evaluated individually to understand the conditions that it has endured to get to its current size. Oaks are complicated, mysterious and wondrous beings.

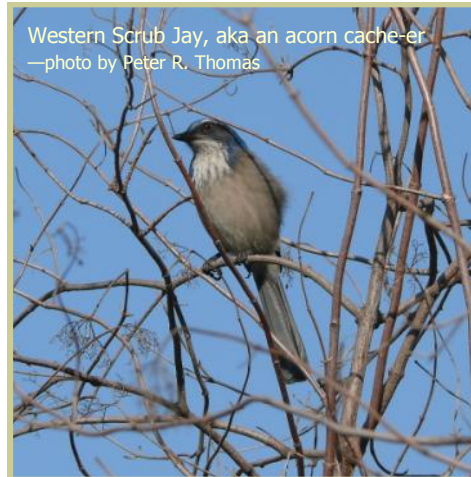
The method for determining a tree's precise age is to count the successive bands (annual rings) from the central core wood (the pith is no longer present in mature trees), and to use the outside ring of the core as the first year's growth. This method can easily be done on a felled tree! An alternative option is use of an increment borer, a tool that is the envy of every boring beetle. A small core of wood is extracted and "painstakingly" counted under a dissecting microscope. If the borer does not reach trunk center, the total number of years can be extrapolated from the radius of the trunk or with specialized tape measures.

Age estimate aside, our grassland CLO has some pretty impressive stats. The circumference of our specimen is 158 inches. Dividing the figure by pi (3.14), we calculate this oak has a diameter greater than 4'. Well over 90'

tall, it also exceeds the CLO standard height range (19–82'). Its hemispherical crown spread, which generally equals or exceeds a tree's height, is over 100'. This is a brawny fire-fighter.

CLO is the most fire-resistant of the California oaks and its furrowed and ridged bark is also the thickest (bearing an 8–9% thickness in relation to its bole or branch diameter). *Quercus agrifolia* also boasts the most volume of live inner bark and little dead outer bark tissue.

Another fire-fighting tool is its drought resistance. Equipped with evergreen leaves, its dense crown does not undergo annual replacement. Instead, it stands prepared to devote its energy stores to recovery from fire. While tap roots are not functional in larger trees, Coast Live Oak sustains deep main roots that extend 36' below the surface, passing through weathered granite to bedrock. Aided by a symbiotic relationship with the mycorrhizal fungi of Southern California, these trees have a 2–3 times enhanced ability over



Western Scrub Jay, aka an acorn cache-er  
—photo by Peter R. Thomas

other oaks in nutrient conservation and in water uptake during the dry season. They also benefit from extensive horizontal surface-feeding roots.

With all this, our crafty oak has an additional

drought evasion strategy. It defers growth until winter, the wet season. Ninety percent of its elongation occurs in March, although the entire process runs from December–April. New leaves emerge February–April. Flowering is triggered by warm temperatures, with catkin development in March and April. Mid-year energies focus on heightened drought-alert. In the September–October period, the acorns (1.0–1.5 inches long and .4–.6 inches wide) ripen after taking approximately one year to fully develop. The storms of late fall and winter disburse the seeds (the acorns), aided by acorn "cache-ers"—jays, woodpeckers, rodents. There is no dormancy requirement for acorns. If conditions are right, these, while slower than other California oaks, will germinate in 15–50 days. Acorn-dependent birds, small mammals, and the like—on your marks!

## 2011 Trail Guide Training Lecture Schedule

Here's the schedule of lectures for the next Trail Guide training class. Lectures start around 7:45 p.m. unless there is a Trail Guide meeting that night (marked with an asterisk); then they start at 7:15 p.m. (Of course, you'll be coming to the meeting at 6:30 p.m.) Please feel free to attend any of the lectures you might want as a refresher. Since we expect another large class, please don't sit at the tables or take any handouts until all the regular students have received theirs.

1/12*	Ecology by Rick Halsey
1/19	Botany I by Bill Howell
1/26	History by Bill White
2/2	Reptiles by Dr. Brad Hollingsworth
2/9*	Birds & Mammals by Bill Howell
2/16	Arthropods by Dr. Michael Wall
2/23	Indians by Judy Alvarez
3/2	Botany II by Bill Howell
3/9*	Geology by Dr. Pat Abbott
3/16	Misc. Topics & Review by Bill Howell

## What's Happening at the Park



### Friday, January 14...

**Stars at Mission Trails**—Join members of the San Diego Astronomy Association from 5 p.m. to 8 p.m. at the Kumeyaay Lake Campground's Day Use Parking Lot. Telescopes available (weather permitting.)

### Saturday, January 15...

**Bird Walk**—Join Trail Guide Jeanne Raimond for an adventure in bird watching! We'll meet at the Equestrian Staging Area lot to explore the Grasslands and Spring Canyon. Bring your binoculars and field guide. 8 a.m.

**Star Party**—Resident Star-Gazer George Varga will be viewing the stars and planets at the Kumeyaay Campground Day Use Parking Lot. 5-8 p.m. The Moon will be close to being full, however the Pleiades, the Double Cluster in Perseus, the Andromeda Galaxy and the great Orion Nebula will be visible.

### Saturday, February 5...

**Tracking Walk**—Join a MTRP Trail Guide and Tracking Team Member for an adventure in wildlife tracking. Learn the art of discovering signs left behind by resident creatures. Wear long pants for kneeling. Rain cancels. Meet in front of the Visitor Center. 8:30-10:30

**Look at the trees, look at the birds, look at the clouds, look at the stars...and if you have eyes you will be able to see that the whole existence is joyful. Everything is simply happy. Trees are happy for no reason; they are not going to become prime ministers or presidents and they are not going to become rich and they will never have any bank balance. Look at the flowers—for no reason. It is simply unbelievable how happy flowers are.**

~ Osho

## Mission Trails Regional Park Trail Guide Program

President—Fred Kramer  
VP (Programs)—Jo Mink  
Secretary—Linda Kramer  
Publicity Chair—Audrey Baker  
Ranger Liaison—Heidi Gutknecht  
Training Program Director—Bill Howell  
Trail Talk Editor—Millie Basden  
Trail Talk Production—Tom Walters  
Trail Talk Distribution—Ed Bailey  
Trail Talk Photographer—Wendy Esterly



*The Trail Guide Program is dedicated to provide the visiting public with education and understanding of the unique environmental and historical attributes of Mission Trails Regional Park. The Trail Guides supplement the Park Rangers in outreach programs to the public.*

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