



# Canyon News

Black Mountain Park · Del Mar Mesa Preserve  
Peñasquitos Canyon Preserve  
Friends of Los Peñasquitos Canyon Preserve, Inc.

July / August 2006  
Volume 20, NO 4

## Datura: The Shaman's Plant

Will Bowen. PhD

One of the most unusual and mysterious plants of the canyon is Datura. We have at least two varieties growing in the Preserve. *Datura meteloides* is the native plant and *Datura stramonium* is introduced from Tropical America. Although they look very similar the way to tell them apart is to note that the fruit capsule of *meteloides*, which looks very much like a small prickly green ball wearing a pleated dress, nods downward while that of *stramonium* stands erect. The tubular flowers of *meteloides* are also larger, ranging in size from 15-20 cm (6-8 inches), while that of *stramonium* are somewhat smaller, ranging from 6-12 cm (2 ½ to 4 ½ inches).

The Datura plant looks like it belongs in the rainforest, not our canyon preserve. In actuality, it's a common plant with many varieties growing throughout the

world in the warmer parts of all the continents. This plant grows from 1-5 feet high. It has purplish stems and contorted "evil" looking alternate leaves, dark green above, and lighter below, with an ovate shape and irregular incised and toothed leaf margin. When crushed the leaves smell just like peanut butter. The flowers are large and funnel shaped, white with a purple tinge. They bloom June through September. The flower, in contrast to the leaves, smells divine, like sweet perfume. The flower is usually closed during the day, only to trumpet open at night when it's subject to pollination by a large Hawk-winged Moth.

Under the moon light the flower appears to glow as if it

See *Datura* p. 6 for more



**Datura - One of the most unusual & mysterious plants found in the Canyon.**

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## Carmel Mountain Trails Dedication

Dr. John Northrop, PhD,  
Charter Member,  
Friends of Los Peñasquitos  
Canyon Preserve

The Carmel Mountain Preserve trails system, just north of Peñasquitos Canyon, was dedicated on Sunday, May 7<sup>th</sup>, alongside the trail behind Clews Horse Ranch in Carmel Valley. Scott Peters, President of the San Diego City Council, was the featured speaker along with Rick Thompson, the City's Trail Manager, and Senior Park Ranger Gina Washington. After the ceremony, attendees received a brochure showing the trails that wind through the nearly 400-acre preserve.

The trails map shows five categories of trails:

- All Purpose Trails
- Equestrian Only
- Hike Only
- Hike/Equestrian
- Bike/Hike

Each trail's designation is coded

See *Trails* p. 7 for more

## **Upcoming Hikes/Events**

May gray is finally gone and June gloom is behind us. Remember, however that the Preserve is hot during the daytime so it is best to ride or walk during cooler hours in the morning or early evening. All hikes are free to the public. If you're bringing an organized group, please call (858) 484-3219 to make arrangements. Rain cancels hikes. Be sure to wear hiking boots and bring water, insect repellent, and sun protection. See you on the trail!

**For maps of Peñasquitos Canyon Preserve and Black Mountain Open Space Park, visit [www.penasquitos.org](http://www.penasquitos.org).**

### **Every Saturday & Sunday**

#### **Historic Adobe Ranch Tour**

San Diego County Park docents lead a free guided tour of San Diego's second oldest standing residence, Ranch Santa Maria de Los Peñasquitos at 11 a.m. on Saturdays and 1 p.m. on Sundays, lasting 45 minutes. See an historic Mexican era rancho with three foot thick adobe walls, settler and Indian artifacts and tour the grounds.

#### **La Cocina Gift Shop Hours:**

10:30 a.m.-12:30 p.m. Saturdays,  
12:30 p.m.- 2:30 p.m. Sundays.  
The Ranch House is located on  
Canyonside Drive off Black Mountain Road near I-15 between Mira Mesa and Rancho Peñasquitos.

**Thomas Guide p. 1189 (C7).**

### **July**

#### **Waterfall and Walden Pond Hike with Linda King**

Saturday, July 22, 4 –6 p.m.  
Join Linda King for a moderately paced hike to Walden Pond, Carson's Crossing, the waterfall and back. Good chance to see flowers and wildlife. Meet at the Northern Parking-Staging area at the intersection of Camino del Sur and Park Village Dr. in Rancho

Peñasquitos. Bring insect repellent, water, and wear hiking boots.  
**Thomas Guide p. 1189 (J7).**

#### **Tamarisk Bash**

Saturday, July 22, 9 a.m.  
There will be a Tamarisk Bash in Black Mtn. Open Space Park. Tamarisk is one of the worst invasive shrubs in the southwest. No experience is needed! Meeting place is obscure, so call Mike at 858-566-6489 for details. It will be hot so wear sunscreen, good hat, and bring plenty of water.

#### **Boots and Hoot Hike in Peñasquitos Canyon**

Saturday, July 22, 6:30-8:30 p.m.  
Join Friends' president and naturalist Brian Swanson as we explore the natural history of one of San Diego's most beautiful canyons. Bring water, a flashlight and sturdy shoes. We often see wildlife such as snakes, owls, bats, and deer. No strollers or pets, please. Park in the paved lot at the west end of Canyonside Park.

#### **Board of Directors**

Tuesday, July 25, 7 p.m.  
Members are welcome to attend this business meeting to plan Friends' activities. Meeting is at the historic Adobe Ranch House at Black Mountain Road and Canyonside Driveway.

**Thomas Guide p. 1189 (C7).**

### **August**

#### **Night Walking with Will Bowen**

Saturday, August 12, 8 - 9:30 PM  
A dusk into dark walk. Experience the canyon at night. Look and listen for nocturnal animals and birds. Observe the moon, stars, and constellations. Learn about how the ancients saw the night sky. Meets in parking lot at 4206 Sorrento Valley Blvd.

**Thomas Guide p.1208 (D5).**

#### **Beginner & Intermediate Tracking Walks**

Sat., Aug. 12, 8–10 a.m.  
Tracker/naturalists from the Friends' Tracking Team lead two

walks, one suitable for beginners (children welcome!) and an intermediate. Learn how to track animals and discover the natural environment they live in. Wear shoes that are good in mud. Meet at the historic ranch house. Take Mercy Rd. exit off I-15 west to Black Mtn. Rd., right on Black Mtn. Rd. and 1st left into Canyon-side Dr., proceed to white-fenced parking lot. Park, walk west on trail to ranch.

**Thomas Guide p. 1189 C7.**

#### **Nighttime Wildlife Walk with Mike Kelly**

Fri., Aug. 18, 7:30–9:30 p.m.

Join Mike Kelly for this after dark walk. Very good chance to see wildlife. Bring a flashlight. Meet at the Northern Parking-Staging area at the intersection of Camino del Sur and Park Village Dr. in Rancho Peñasquitos. Bring insect repellent, water, and wear hiking boots.

**Thomas Guide p.1189 (J7).**

#### **Boots and Hoot Hike in Peñasquitos Canyon**

Saturday, August 26, 6:30-8:30 p.m.

Join Friends' president and naturalist Brian Swanson as we explore the natural history of one of San Diego's most beautiful canyons. Bring water, a flashlight and sturdy shoes. We often see wildlife such as snakes, owls, bats, and deer. No strollers or pets, please. Park in the paved lot at the west end of Canyonside Park.

#### **Waterfall and Walden Pond Hike with Linda King**

Saturday, August 19, 4 –6 p.m.

Join Linda King for a moderately paced hike to Walden Pond, Carson's Crossing, the waterfall and back. Good chance to see flowers and wildlife. Meet at the Northern Parking-Staging area at the intersection of Camino del Sur and Park Village Dr. in Rancho Peñasquitos. Bring insect repellent, water, and wear hiking boots.

**Thomas Guide p. 1189 (J7).**

## Directions

### Carmel Mountain Trail Head

From Carmel Valley take El Camino Real south. At intersection with Carmel Mountain Road, proceed straight on Carmel Mountain Road. Go up the hill to East Ocean Air Dr. Go left and park at Fairport and Shorepointe. Wear hiking boots. Bring water/sun protection. Moderate hill to climb.

**Thomas Guide p.1208 (C2).**

### Mercy Rd Parking-Staging Area

In Mira Mesa. Take Mercy Exit off I-15 west to Black Mountain Rd. and straight across intersection into parking lot. Meet on upper level.

**Thomas Guide p.1189 (D7).**

### Northern Parking-Staging Area

Located in Rancho Peñasquitos. From I-15 take the Mercy Road exit west to Black Mountain Road. Right on Black Mountain Road and up hill, left on Park Village Drive, about 1 mile to Camino del Sur. Left on Camino del Sur and park by the kiosk.

**Thomas Guide p.1189 (A7-B7).**

### Park Village Drive Meeting Area

Located in Rancho Peñasquitos. From I-15 take the Mercy Road exit west to Black Mountain Road. Right on Black Mountain Road and up hill, left on Park Village Drive and take it all the way to the end at the white barricades and park entrance.

**Thomas Guide p.1189-1188 (J7).**

### Ranch House Walks/Tours

Located in Rancho Peñasquitos. Take Mercy Exit off I-15 west to Black Mountain Road. Right on Black Mountain. Left at first light, Canyonside Park Dr. Go past ball fields to the white-fenced parking lot. Left into the lot. Walk up path to the ranch house.

**Thomas Guide p.1189 (C7).**

### Sorrento Valley Meeting Area

Meet in parking lot at 4206 Sorrento Valley Blvd. on the north side of Sorrento Valley Blvd in Sorrento Valley, 1/4 mile east of its intersection with Sorrento Valley Road.

**Thomas Guide p.1208 (D5).**

### West-End Parking-Staging Area

South side of Sorrento Valley Blvd. in Sorrento Valley, 1/2 mile east of intersection with Vista Sorrento Pky. From east take Mira Mesa Blvd. west to Camino Santa Fe. Right on Camino Santa Fe, then left on Sorrento Valley Blvd. to bottom of the hill. Entrance is on the left. From the west, Take I-5 or 805 to Sorrento Valley. Take Sorrento Valley Blvd. East, pass last building on the right. Preserve entrance is on right.

**Thomas Guide p.1208 (D5).**

## New Trail Connects Carmel Valley to Peñasquitos Preserve

Jack Northop

At Large Member Emeritus  
Citizens Advisory Committee

*Pardee has just finished work on a new trail that connects Peñasquitos Canyon to Carmel Mountain via the "Old Cow Path"/ wildlife corridor through the Carmel Mountain Road underpass.*

How to get there...

- ◆ Go up the North wall of the canyon from Wagon Wheel crossing to the SDG&E power lines.
- ◆ Turn right on the narrow, former cow path to the Carmel Mountain Road underpass.
- ◆ Follow the new trail alongside the wildlife corridor to the large open area (a proposed school site).
- ◆ Follow the old trail to the Carmel Mountain Open Space Preserve.

***Happy Trails!***



### Will Bowen's Herb Hike

This hike drew more than 15 participants, pictured here on the trail into Lopez Canyon.

## Ceremony unveils wildlife panels for Carmel Mountain Preserve

Suzanne Evans

*[This article is reprinted from the Carmel Valley News Online]*

In a fantasy world of flowering California wild lilac, fairy shrimp, black-tailed jackrabbits and Southern Maritime Chaparral, known as the Carmel Mountain Preserve, where hikers, mountain bikers and equestrians are encouraged to enjoy the trails and wildlife, on Sunday, May 7, city officials held a ceremony to unveil environmental artist Ruth Wallen's pictorial interpretive panels highlighting the Preserve's beauty as well as new signs delineating the trails plan.

"This should be a city built around trails; it makes San Diego special," said staunch trails advocate, San Diego City Council President and District One Councilman Scott Peters of the 400-acre Preserve, bounded roughly

by SR-56, Carmel Country Road, Carmel Mountain Road, and El Camino Real, welcoming a small group of visitors. Among them were Gina Washington, senior park ranger (with the city since 2000), Rick Thompson (retained as trails manager by mayor Sanders), Brian Swanson, chair of Friends of Los Penasquitos Canyon Preserve, and Penasquitos Citizens Advisory Committee member Guy Ravad. Also present was Peters' staff representative, Tyler Sherer. "Ranger Gina Washington and crew of volunteers put in a lot of hard work," Peters said.

Also present was fierce trails advocate and Carmel Valley Community Planning board member (since the mid-1990s) Anne Harvey, whom Peters praised as "always turning out," Del Mar Mesa board member Jill McCarty

and Del Mar Mesa trails representative Marvin Gerst, mounted on "Scout," his 33-year-old black and white Appaloosa. McCarty, whose A-1 Fire Protection company built and donated the standards for Wallen's interpretive panels, said "This is exciting; the signs look really beautiful." Peters said McCarty "also made generous cash contribution."

Harvey has commended Thompson for having "walked with us for many tough, argumentative miles as we have both learned. He explained about user groups and their preferences and where trails are needed and how to site and design them so they will require less maintenance . . . Carmel Valley is fortunate to have a Facilities Benefits Assessment surplus, and we have proven that we are willing to fund trails." Thompson called a meeting of interested trail users: hikers, mountain bikers, and equestrians, to identify which trails should be open, improved, or closed, or new trails created to prevent impromptu criss-crossing of trails and creation of unauthorized trails that would damage the sensitive habitat.

Ranger Thompson praised the "keen eyes and astute citizens who threw themselves in front of development and protected this piece of real estate. These are the last remaining stands of Coastal Chaparral," Thompson said, describing the federally endangered Dudleya and horned lizards in the "well loved" area.

Thompson told this newspaper there has been "much gnashing of teeth and pulling hair about the Preserve's preservation, for 10 to 15 years. Anne (Harvey) is at the front of the pack and Diana Gordon, a local resident has also



**Diana Gordon, ecological artist Ruth Wallen, Brian Swanson, Ranger Gina Washington, and Councilman Scott Peters**

So far the signs and Ranger Gina and her volunteers' fences (funded by the Friends) and rock and branch arrangements seem to be working. For the first time, most of the people walking, biking, and riding horseback on Carmel Mountain have a way to understand that the very small plants and animals who live here are hard to see (and avoid), extremely rare, and fragile.

done a lot of work to keep people on the trails [and off the vegetation and sensitive areas]. [Gordon] even gathers twigs and places them near sensitive areas so people won't walk on them."

Wallen unveiled her three colorful interpretive panels, of short-leaved *Dudleya* (it lives in only five locations around Del Mar and La Jolla), fairy shrimp (adapted to live in puddles) and a spadefoot toad (with a vanishing habitat) nestling near a vernal pool.

Wallen commended Council president Peters as "a driving force [for the Preserve]," observing she's been coming to the Preserve for almost 20 years when "You could walk almost to I-15. "I wondered where the [about 100] vernal pools were. It's amazing to see how rain brings out the fairy shrimp, tadpoles, and tiny 'pinhead' fish. Then the pools dry up and all the tiny white dots of life under the surface are just waiting for the next rain. I'm glad to preserve these areas, integrate trails and preserve wildlife."

"It's wonderful for me to get to know the mesa well and hope everyone can get to know it. We are really lucky to have it as a part of our resources," said Wallen, a local resident and graduate of UCSD, who has shown solo exhibitions in San Diego, San Francisco, and New York City and whose work has included photographs and artists books.

Also present was Wallen's next door neighbor, Sarah Axford, who noted that [now impeded] "development has been a long story."

Included in the panels is a legend showing trails designated for hikers only, equestrians only, mountain bikes only, and a combination of hike/equestrian trails, as well as bike/hike trails. At the entrance to the Carmel Mt. Preserve is a sign with regulations, such as prohibition of destruction of plants or animals, littering, amplified

noise, motorized vehicles and overnight camping.

Vernal pools look dull in dry seasons, but they shimmer in the springtime after winter rains leave them full of water. These "ephemeral wetlands" have been nearly decimated across the state. The pools are home to two fairy shrimp species and at least six plant species that are either protected or proposed for state or federal endangered species protection, Harvey said.

"Unfortunately, people and animals have gone right through the vernal pools that become mud pools as the rains stop. Critters like fairy shrimp and tadpoles then hide in the mud and 'hibernate,'" said volunteer ranger Bill Witzell, who works on the trails three or four times a week, helping to put in fencing to close off trails where there are endangered species.

Rangers showed visitors the way to the dedication site, a 15 minute walk up winding dirt paths,

made easier for this newspaper's reporter and photographer by a free ride on the Rangers' "Gator," a small all-terrain jeep that bounced over the paths on the way back down the hill.

Volunteer ranger John Garwood, who has been working on the project for a month and pointed out recently installed split-rail fences (for hitching horses), made of "blonde" wood that turns darker with time, said the Preserve connects to Penasquitos Canyon through a wildlife corridor. He said from one high point on the Preserve, visitors can look down and see Clews Horse Ranch in both its new and former locations.

Carmel Mt. Preserve, woven together from 1984 to 1998 from some 25 ownerships, encompasses land acquired as exactions and as mitigation for devel-

See **Ceremony** pg 6 for more



**Jill McCarty in foreground, LPCPCAC members Marvin Gerst, Jack Northrop, and Bunny Clews**

Jill and Kent McCarty fabricated the bases for the new interpretive signs at their company on Mira Mesa, A-1 Fire Sprinklers. Jill, a long-time equestrienne, also contributed \$500 to the Friends for signage on Carmel Mountain. Jill believed that the equestrians who ride Carmel Mountain and Los Penasquitos Canyon Preserve were likely to ride "off trail" because they had no way to know where the approved trails were. She and Bunny Clews believed that if all trail users understood why some areas needed to remain undisturbed, they would be happy to cooperate in conservation and restoration efforts.

**(Datura cont'd from pg 1)**

were illuminated by a Haight-Asbury black light. The spiny green fruit sac hangs under the leaves and is filled with black seeds.

Medicinally, this plant is classed as a painkiller, antispasmodic, hypnotic, and hallucinogenic. It's a very dangerous plant in inexperienced hands. An overdose could be fatal. It's hard for even an expert to determine proper medical dosage because the potency can vary a great deal, depending on various factors such as location. The primary alkaloid in the plant is scopolamine, with smaller amounts of atropine and hyoscyamine present.

Some of the other names for Datura include Toloache or Tolva-che, Jameson Weed, Jamestown Weed, Devil's Apple, Devil's Trumpet, Devil's Weed, Thorn-apple, Stinkweed, Mad-apple, and Estramonio.

In India, Datura is known as dhatura and has been used since ancient times by cults such as the Thugis, who were portrayed in "Indian Jones and the Temple of Doom". Legend has it that the Gypsies brought Datura with them from India when they migrated to Europe.

In the Middle Ages, in Europe, Datura was part of the pharmacopoeia associated with witches and warlocks. In Mexico, Datura has been used as an "ally" by brujeras, curanderos, and shamans, such as Don Juan Matus, who was made famous by the books of Carlos Castaneda, for millennium..

In Puritan New England, Datura was a power plant used by the witches who were continually persecuted by the good people who walked the straight and narrow. There is a interesting story about how a regiment of British troops on the way to Jamestown to battle the American patriots during the Revolutionary War in-

advertently ate the plant and became too crazy to fight, thus saving the day. Hence the name, Jamestown Weed.

Various tribes of American Indians used Datura to help them have visions and to communicate with the spirit world. Several tribes of Southern California Indians such as the Digueño, Luseño, Cupeño, Cauhilla, and Gabrielino used Datura as a sacrament for initiation into the Toloache Cult, which performed its own ceremonial dances.

In the medicine of the early American West, a tincture made from the leaves and seeds of the plant soaked in alcohol was used to treat spasmodic coughing, chronic laryngitis, and asthma. Some people just lit up the leaves and inhaled the smoke like a cigarette for asthma treatment. "Asthma Powders" was a professional preparation that combined saltpeter with Datura leaves. It too was smoked for asthma. Apparently, it was very effective and served to numb the bronchial nerves, relax the chest muscles, and dry up excessive mucus. Just a little smoke had a local effect on the lungs without going into the blood stream to produce the more severe psychic effects. In addition, the leaves were used externally as a poultice or fomentation to treat arthritis or the leaves were cured in alcohol with a pinch of cayenne to make an arthritis liniment. Some people just put the leaves in their bathwater to ease their sore joints and make them drowsy. In South America the leaves were infused to make a tea that had aphrodisiac properties.

This plant is very interesting to look at, smell, and ponder. However, it's also potentially very dangerous. We should all learn to recognize it and warn children and young adults about it just as we warn them about poison oak.

*The Friends will be having Night Walks in the Preserve in July and August and hikers will be*

*able to see and smell this unusual plant shimmering under the moonlight. Come join one of our night hikes and have a look-see.*

**(Ceremony cont'd from pg 5)**

opments in Carmel Valley and Torrey Hills, SR-56, Pacific Highlands Ranch, and the Del Mar National golf resort, according to Harvey, who, along with Peters has been an avid trails advocate.

"It also includes parcels of land purchased outright by the CA Coastal Conservancy (\$4 million and the city of San Diego (\$1.5 million)," Harvey said.

Carmel Mountain is home to more different kinds of plants and animals than any other piece of land in San Diego County. It is the largest remaining stand of the plant community Southern Maritime Chaparral, which once covered coastal southern California but is now 97 percent depleted, according to Harvey, who received her degree in landscape architecture from UC Irvine in 1998.

"Plant species protected on Carmel Mountain include our local white CA wild lilac (now blooming), Del Mar manzanita, coast barrel cactus, and the federally endangered short-leaved Dudleya. Animals include the San Diego black-tailed jackrabbit, the San Diego horned lizard, the orange-throated whiptail lizard, spadefoot toads, SD fairy shrimp, tarantulas and velvet ants, kites, mule deer, bobcats," and, Harvey added, "once every few years a mountain lion."

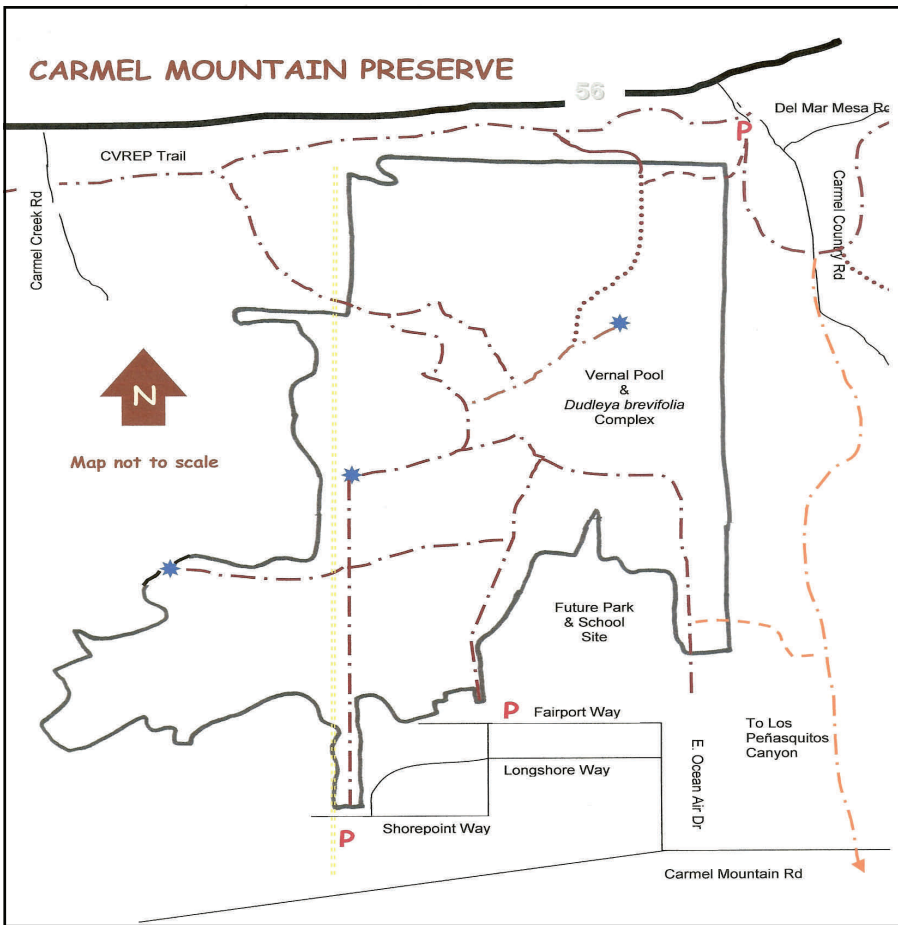
**(Trails cont'd from pg 1)**

on the map and signs have been posted at the trail heads. Most of the trails are covered with small, red, iron concretions (called "pisolites") that were deposited there about one million yrs ago when the climate was a lot wetter than it's now and supported a stand of pine trees, many of whose fossil roots can be seen on the trails that have been scraped and/or bulldozed. (They have been mineralized and appear as white marks in the red roadbeds). Now there is only one Torrey Pine growing there.

The Preserve is home to the greatest variety of plant and animal life in San Diego County and is the largest stand of Southern Maritime Chaparral in the world. Numerous, large (up to 5' high) pack rat dens (or stick houses) of the Dusky Footed pack rats (or wood rats) dot the eastern part of

the chaparral where the wart-leaved *ceanothus* plants grow. The preserve also has many vernal pools that fill with water after spring rains and support a community of tadpoles (Western Spade Foot Toad and California Chorus frog), as well as San Diego Fairy Shrimp, an endangered species. Another endangered species found in the preserve, the short leaved dudleya (*Dudleya brevifolia*), grows near the eastern edge of the preserve and its habitat has been fenced off. Park Ranger patrol the Preserve from Los Penasquitos Canyon Preserve.

The figure below is a map of the Preserve showing the designated trails on Carmel Mountain. A more detailed map with legend and rules can be found at [www.penasquitos.org](http://www.penasquitos.org).



**Letters to the Editor**

**Subj: Ruiz Adobe**

Ref: Soledad Valley by Will Bowen

First of all, I would like to congratulate Will Bowen on his history of Soledad Valley. I used to ride my horse there from Norwood Brown's stable about 20 yrs ago and am familiar with many of the things he mentioned, including the railroad tracks, which made pasturing horses there very hazardous. However, there a couple of items regarding Penasquitos Canyon that, in my opinion, should be modified.

For example, as far as I know, the term "El Cuervo" has always been used in reference to Captain Ruiz Hacienda at the west end of Penasquitos Canyon, rather than to Lopez Canyon. Also, contrary to the statement that "Alvarado and his son built the El Cuervo adobe in the West end of the canyon sometime between 1830 and 1850" (Canyon News, V.20, No 1, Jan/Feb, 2006, P.4) the Ruiz adobe, El Cuervo, was built by Capt. Francisco Maria Ruiz, Commandant of the San Diego Presidio. This fact is documented by San Diego County Historian, Mary Ward, (1) as follows. Ruiz built an adobe house in the western end of the long Penasquitos Canyon (1)." She goes on to say, "In 1837, two years before he died, Capt. Ruiz transferred title of his Rancho Penasquitos (the 1823 land grant from Luis Antonio Argüelles, Mexican Governor of California) to his friend Francisco Maria Alvarado "in compensation for board and care when his health failed".

That is why the old adobe at the west end of the Canyon is called the Ruiz Adobe.

Sincerely yours,  
 Dr. John Northrop. PhD  
 Charter Member,  
 Friends of Los Penasquitos  
 Canyon Preserve, Inc

(1) Ward, Mary, "Rancho de los Penasquitos, on the Road to Yuma", County of San Diego, Department of Parks and Recreation, P.1. (1984).



**Friends of Los Peñasquitos Canyon Preserve, Inc.**

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858-484-3219 www.penasquitos.org

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Take a moment to examine the address label on this newsletter. Check to see if your expiration date has come and gone. If so, please take the time now to send in a renewal check for your membership dues. This will enable you to keep receiving our newsletter, recognized as one of the best conservation newsletters in San Diego. That way you'll keep learning about the family walks; the plants and animals that inhabit the Preserve, and the many conservation projects open to you and your family or friends.

### Friends' Directory

#### Officers

President: Brian Swanson 760.739-5451  
Vice President: Don Albright 619.443-5937  
Treasurer: Pat Watkins 858.538-2527  
Secretary: Rick Botta 858.672-0584

#### Other Members of the Board of Directors

Edward DiBella, Ann Harvey, Mike Kelly

#### Walk Leaders

Brian Swanson, Don Albright, Will Bowen,  
Mike Kelly, Pat Watkins, Linda King, and  
Barbara Moore

#### Committees

Hike Scheduler: Gaye Dingeman  
Newsletter: Mike Kelly  
Tracking Team Coordinator: Rick Botta,  
858.672-0584  
Conservation Chair: Mike Kelly,  
858.566-6489  
Webmaster: Beth Williams  
Wildlife Surveys: Patrick Campbell,  
760.471-9197

### Membership Application

Membership category? Circle below:

Senior (62) or Student \$10 Individual \$15  
Family \$20 Sponsor \$30 Patron \$100  
Corporate \$250 Life \$1000  
Contribution \$ \_\_\_\_\_

I / We are interested in the following:

- Volunteer** to help the committee (call to discuss)
- Hikes
- Indian Culture
- Educational Workshops
- School, Family, Youth Programs
- Environment (Plants, birds, mammals, geology)

Other: \_\_\_\_\_

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

City State Zip \_\_\_\_\_

Home Phone \_\_\_\_\_

Email \_\_\_\_\_

Please make checks payable to:

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Thank you for your support! Your donation is tax deductible.  
Call 858.484.3219 or 858.566.6489 for more information.