

MARCH 2024



SAN DIEGUITO RIVER VALLEY CONSERVANCY | SAN DIEGUITO RIVER PARK JPA

## Top Stories



### **March 16: Informational session for Kilimanjaro Challenge**

Join us for a reception to learn about the Kilimanjaro Challenge — an eight-day hike planned for February 2025 — 2 p.m. March 16 at the Coastal Ranger Station on Via de la Valle at San Andres Drive, San Diego.

“Climb for the Conservancy: Mt. Kilimanjaro Challenge” combines the epic adventure of conquering the 19,341-foot peak in Tanzania with a challenge for participants to raise \$2,000 each to support conservation activities within the San Dieguito River watershed.

“Rise to the challenge, reach the summit and embrace the adventure of a lifetime — all while supporting the mission of the San Dieguito River Valley Conservancy,” said Executive Director Cheryl Goddard.

In addition to the hike, climbers can extend their East Africa adventure with an optional safari at Tarangire National Park and Ngorongoro Crater.

Leading the journey is Cindy Outlaw of Solana Beach, a conservancy board member who has climbed Kilimanjaro 18 times during the past 20 years.

“Novice hikers can make it to the top of Kilimanjaro if they do some training at home,” Outlaw said. “If you just put one foot in front of the other, you will make it. When the sun comes up and you’re an hour from the summit, it’s the most gorgeous thing you’ve ever seen.”

[Open Webpage](#)



## Spotlight on the River Valley

We always enjoy speaking with Drew Schlosberg for his Spotlight On The Community podcast. Have a listen!

[Listen](#)



## Welcome Aboard, Sophia!

Please join us in welcoming Sophia McGovern to our team as an outreach intern. Working with us fits hand-in-glove with her experience and interests. As a UC San Diego junior, Sophia is pursuing a bachelor's degree in environmental science. Earlier, at MiraCosta College, she was active with the Sustainability Club and quick to participate in beach cleanups with the club and the Rob Machado Foundation. Elsewhere in Encinitas, Sophia volunteers with the Solana Center for Environmental Innovation as an e-waste assistant. Sophia is bringing new excitement to our social media program and has launched an SDRVC TikTok profile: @sdrvconservancy. Check it out!

Upstream



**SAN DIEGUITO RIVER VALLEY CONSERVANCY**

# CREEKSIDE CRITTERS

SATURDAY  
MARCH 2ND AT 2:00PM

ESCONDIDO LIBRARY  
239 S KALMIA ST. ESCONDIDO

VISIT [SDRVC.ORG/EVENTS](http://SDRVC.ORG/EVENTS) TO REGISTER

GET READY TO UNLEASH YOUR CREATIVITY AT CREEKSIDE CRITTERS CRAFT DAY!

MARCH IS NATIONAL CRAFT MONTH, WHAT BETTER WAY TO CELEBRATE THAN BY JOINING US NEXT SATURDAY!

FOR A FUN-FILLED AFTERNOON OF CRAFTING AND CONNECTING CHILDREN AND NATURE!

BRING THE WHOLE FAMILY AND LET YOUR IMAGINATION SOAR AS WE CREATE BEAUTIFUL CRAFTS INSPIRED BY NATURE AND THE CRITTERS OF THE SAN DIEGUITO RIVER VALLEY.



## March 2: Creekside Critters Craft Day

Families and kids can unleash their inner artists while learning about the critters that call our creekside home from 2 to 3:30 p.m. March 2 at the Escondido Public Library, 239 S. Kalmia Street, Escondido. Come and create while learning about nature!

**Register**



**SAN DIEGUITO RIVER VALLEY CONSERVANCY**



**YOGA AT THE BIRDWING**

**Join us for Yoga Sculpt on the first Sunday of each month and Vinyasa flow on the third Sunday of each month**

## March 3: Yoga Sculpt at the Birdwing

In the High Renaissance words of Michelangelo: "Let's sculpt!"\*

Our first-Sunday-of-the-month yoga sculpt class is good to go for 10 a.m. March 3 at the Birdwing Open Air Classroom.

Set to a bangin' soundtrack, yoga sculpt blends traditional poses with light hand weights and cardio exercises for a high-intensity, calorie-burning result that gets into the nooks and crannies.

A traditional, Vinyasa flow class for families is keeping its third-Sunday-of-the-month spot on the calendar.

\* Citation needed.

Register

**SAN DIEGUITO RIVER VALLEY CONSERVANCY**

## NEW SERIES

### CONNECTING CREATURES, CLIMATE, AND COMMUNITY

We are excited to announce our new Speaker Series hosted by the San Dieguito River Valley Conservancy, dedicated to promoting environmental awareness and conservation. Join Serge Dedina as he introduces Blue-Carbon Sequestering.

To register scan QR code or visit: [sdrv.org/events](http://sdrv.org/events)



Reception begins at 6:30PM  
Talk begins at 7:00PM

**WEDNESDAY, MARCH 6, 2024**  
**DEL MAR TOWN HALL**

### MEET THE SPEAKER

**Serge Dedina**  
Rewilding our coast and ocean with blue-carbon based natural climate solutions

**2023 California Nonprofit of the Year**

## March 6: Blue Carbon Conversation with Serge Dedina

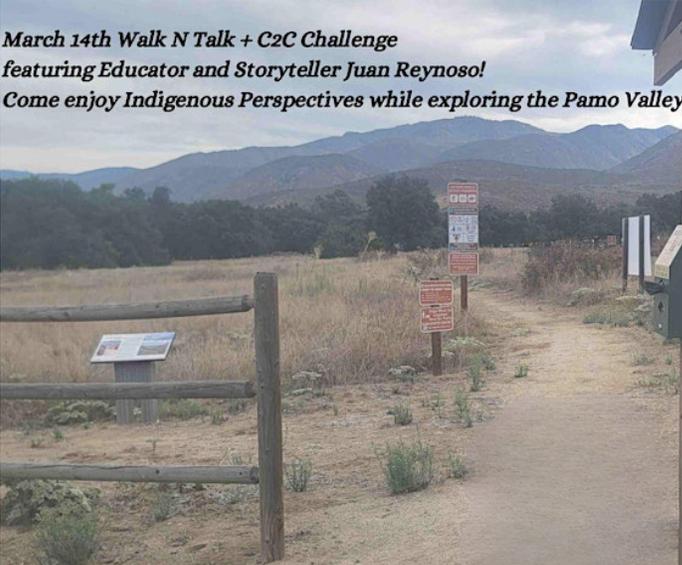
You must not miss our talk on blue carbon with Serge Dedina, Ph.D.

As CEO of WILDCOAST, Dedina will cover the tremendous capacity of coastal lagoons to capture and store carbon. WILDCOAST is a great partner, and we are pleased to have worked with them on a blue carbon project at San Dieguito Lagoon. [Watch video](#)

Register now!

Register

**March 14th Walk N Talk + C2C Challenge**  
**featuring Educator and Storyteller Juan Reynoso!**  
**Come enjoy Indigenous Perspectives while exploring the Pamo Valley**



Welcome to the San Dieguito River Park!

**THE QUEEN OF THE SAN DIEGUITO RIVER**

**The San Diego Union-Tribune**

## March 14: Walk N Talk with Kumeyaay Storyteller

We are excited for storyteller and teacher Juan Reynoso to join our Walk N Talk 9 a.m. March 14 in Pamo Valley. A leader of the San Pasqual Band of Kumeyaay Indians and expert of traditional knowledge, Reynoso will bring indigenous perspectives to the hike.

Monthly Walk N Talks fill up fast so don't wait to register!

Register



SAN DIEGUITO RIVER VALLEY CONSERVANCY

NATURAL IMPRESSIONS  
Art in Nature by SDRVC

*Drawing is Seeing*

Scan QR code or visit: [sdrvc.org/events](https://sdrvc.org/events) to register

Learn drawing techniques that tap into the power of the right-side of your brain, with renowned artist; **Sue Britt**

\*NO PREVIOUS ART EXPERIENCE NECESSARY\*

2023 California Monograph of the Year

### March 16: Drawing is Seeing with Sue Britt

An unusual tree, a turn in the creek, a mountain view that takes us by surprise. Once we snap a photo, we get right back to our busy lives. How can we retain what we saw? What did we really see? How do we optimize our attention? Artist Sue Britt gives participants the tools they need during a three-hour class designed to focus attention, remember details and indulge curiosity. No drawing experience is necessary. Meet at 9 a.m. March 16 at the Piedras Pintadas trailhead.

Register



### March 19: Intro to Nature Journaling

Fill the pages of your journal with the expert guidance of Laura Chiang. A skilled artist and nature enthusiast, Chiang will lead participants through the basics of observing the natural environment and capturing that beauty on paper. No previous experience is necessary. The

class is set for 10 a.m. to noon March 19 and meets at the Ed Brown Senior Center in Rancho Bernardo, then heads to the Coast to Crest Trail.

[Register](#)

## Experience the Beauty of Trail Riding

San Dieguito River Valley Conservancy and Ramona Trails Association partner for a scenic trail ride along the Coast to Crest Trail and private tour of the Sikes Adobe Historic Farmstead courtesy of the San Dieguito River Park.

Riders will experience the historic landscapes of Mule Hill demonstrating the beauty of nature atop your equine friends.

Trail is listed as easy  
Ride is open to the public  
Space is limited to 25 riders  
Registration is required

\*Bring your horse for a trail ride



Post-ride refreshments provided by the Ramona Trails Association and San Dieguito River Valley Conservancy.

Location: Sikes Adobe Historic Farmstead

Wednesday, March 27, 2024

10AM Ride time



Unleash Your Inner Adventurer



## March 27: Rescheduled Equestrian Ride

Our rescheduled horseback ride with Ramona Trails Association — twice postponed because of rain — is set for 10 a.m. March 27 at Sikes Adobe Historic Farmstead. During the easy ride, we'll explore the location of the historic Battle of Mule Hill. Register now!

[Register](#)

## Downstream



## Presidents' Day Hike with Frosted Faces

We had a great Presidents' Day hike in Pamo Valley with Frosted Faces. Joining us were some of the Ramona-based organization's adorably-adoptable dogs.



## Sword Way Trail Planting

Thanks so much to the hard-working ladies who joined us Feb. 18 at Gonzalez Canyon to plant California wild rose, white sage, black sage and deergrass along Sword Way Trail. Rain or shine, this crew was committed to getting plants into the ground!



## Coast to Crest Trail Challenge



**Matt Grindstaff, Annette Conway and Cat Frederick**

## **Year 7 Coast to Crest Trail Challenge**

For the Year 7 Coast to Crest Trail Challenge, you can hike with the group, go solo, with spouses, sweethearts, besties, kids, dogs or any combination of the above.

Complete the five hikes in any order, however and whenever you'd like. If you're able, register to complete one or more of the hikes with a Walk N Talk group (see dates below). The hikes are:

- Santa Ysabel Lower Truck Trail (Jan. 11)
- Santa Fe Valley (Feb. 8)
- Pamo Valley (March 14)
- Sikes Adobe to the base of Bernardo Summit (April 11)
- San Dieguito Lagoon (June 13)

Be sure to send us your selfies!



**Annemarie Whalen**

**Year 7 C2C Challenge  
Webpage**



David and Theresa Milder



Sherri Glidden



Katie and Michael Militello

## Sikes Adobe Historic Farmstead



### Ironing Innovation

One of the most commented on displays at the Sikes Historic Farmhouse must be the laundry equipment on display on the enclosed eastside porch. Several metal tubs, scrub board, plunger, agitator, and a wooden drying rack give visitors an idea of the difficult and tedious chore of keeping clothes and household cloth items clean and fresh in the 19th century. But there is one more very interesting laundry day fixture on display which is often overlooked.

[Open Full Story](#)

## Volunteer Opportunities



## Join Our Ranks!

We love our volunteers and welcome you to join their ranks!

February was a busy month for River Park rangers and volunteers at Santa Maria Creek, where crews planted more than 50 mule fat and cacti plants, at San Dieguito Lagoon, where educators from the California Association of Science spent a day restoring habitat, and at the Sikes Adobe gardens, where skilled volunteers continued to give of their talents. Thanks so much!

You can lend a hand to the Friends of Sikes Gardeners from 9 to 11 a.m. on the first and third Monday and second and fourth Sunday of each month. Contact Calei: [calei@sdrp.org](mailto:calei@sdrp.org)

Elsewhere, we invite you to work with rangers to improve the trails and restore native habitats from 9 a.m. to noon March 10 in Escondido. Meet at the San Pasqual Staging Area, 18185 Bandy Canyon Rd. Contact Leana: [leana@sdrp.org](mailto:leana@sdrp.org)



Donate



Your donations make San Dieguito River Valley Conservancy's programming possible. Thank you!  
Photo: John Weare

Donate

Stay in Touch!



San Dieguito River Valley Conservancy | 3030 Bunker Hill Street, Ste. 309-1, San Diego, CA  
92109

[Unsubscribe sdrvc@sdrvc.org](mailto:sdrvc@sdrvc.org)

[Update Profile](#) | [Constant Contact Data  
Notice](#)

Sent by sdrvc@sdrvc.org powered by



Try email marketing for free today!