

FEBRUARY 2024



SAN DIEGUITO RIVER VALLEY CONSERVANCY | SAN DIEGUITO RIVER PARK JPA

## Top Stories



### **Art + Mindfulness + Nature**

Watershed Explorers investigate the San Dieguito River from its headwaters on Volcan Mountain to its convergence with the sea in Del Mar — and many points in between. One recent stop brought 11th grade students from High Tech High School to the Ilan-Lael Foundation near Julian. The visit blended art, mindfulness and nature.



## Watershed Explorers



### Staff Spotlight: Tyler Polan

Introducing Tyler Polan, San Dieguito River Park's newest Ranger Aid.

In addition to his work in the River Park, Tyler's profound passion for wildlife conservation has him pursuing a degree in environmental science.

Welcome aboard, Tyler!



### Washout Closes Coast to Crest Trail at Horsepark



The severe floods of Jan. 22 caused serious damage to the Coast to Crest Trail near the Del Mar Horsepark. The trail is closed until further notice.

## Rainy Weather Could Affect Event Schedule

We have plenty of events upstream. We also have plenty of rain in the forecast. If Mother Nature graces us with continued rainfall, we might need to postpone some of our events and activities. Be on the lookout for cancellation notices!

## Upstream

**Creekside Critters**  
featuring  
**Free Flight Bird Sanctuary**

San Dieguito River Valley Conservancy  
2024 National Wetlands Award  
FREE FLIGHT

Ranger Station  
San Dieguito Lagoon

San Dieguito River Park  
Preserving and Interpreting the Natural and Cultural Resources of the San Dieguito River Valley

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

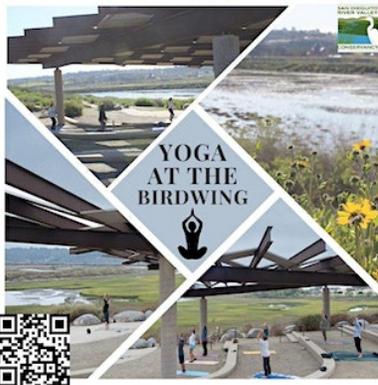
Enjoy captivating insights from Free Flight Bird Sanctuary experts!  
Saturday, February 3, 2024

## Feb. 3: Creekside Critters with Exotic Birds

Free Flight Exotic Bird Sanctuary is joining us Saturday for our next session of "Creekside Critters, A Hands On Experience for Kids and Families."

Register now to meet our guests and their fabulous, feathered friends 10 a.m. Feb. 3 at the Coastal Ranger Station.

[Register](#)



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

## Feb. 4: Yoga Sculpt at the Birdwing

Let's make like Michelangelo and sculpt. Our first-Sunday-of-the-month yoga sculpt class is good to go for 10 a.m. Feb. 4 at the Birdwing Open Air Classroom.

Yoga sculpt blends traditional poses with light hand weights and cardio exercises for a high-intensity, calorie-burning result. A traditional, Vinyasa flow class for families is keeping its third-Sunday-of-the-month spot on the calendar.

[Register](#)

## CONNECTING CREATURES, CLIMATE, AND COMMUNITIES UPCOMING SPEAKER LINE-UP



**SPEAKER 2 - WEDNESDAY  
FEBRUARY 7, 2024  
6:30PM DEL MAR TOWNHALL**

**DR. DREW TALLEY**

THE CALIFORNIA  
KILLIFISH: THE  
UNSUNG HERO OF  
THE WATERSHED



**SPEAKER 4 - SATURDAY  
APRIL 6, 2024  
1:00PM SANTA YSABEL NATURE CENTER**

**MIKE THACKER**

THE GEOLOGY OF  
SAN DIEGO  
COUNTY - THE  
FORMATIVE YEARS



**SPEAKER 3 - WEDNESDAY  
MARCH 6, 2024  
6:30PM DEL MAR TOWNHALL**

**SERGE DEDINA**

REWILDING OUR  
COAST AND OCEAN  
WITH BLUE-CARBON  
BASED NATURAL  
CLIMATE SOLUTIONS



**SPEAKER 5 - WEDNESDAY  
MAY 1, 2024  
6:30PM DEL MAR TOWNHALL**

**DR. JOSH KOHN**

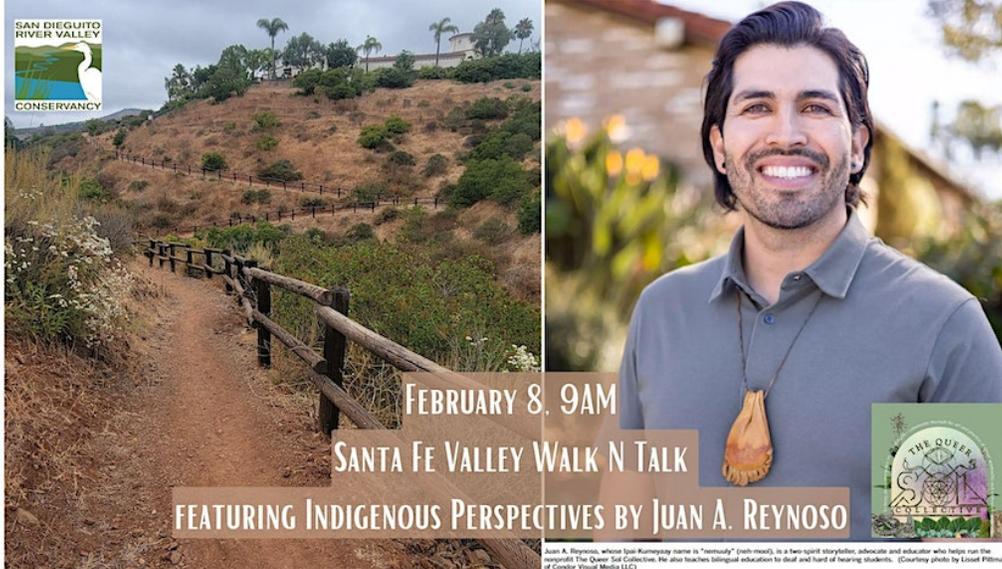
EFFECTS OF THE  
SUPER-ABUNDANT  
NON-NATIVE HONEY  
BEES ON PLANTS AND  
POLLINATORS IN  
SAN DIEGO

## Feb. 7: Heroic California Killifish is Topic of Talk

Immerse yourselves in our coastal wetlands as Dr. Drew Talley explains the vital role played by the California Killifish, the unsung hero of the watershed.

This month's "Connecting Creatures, Climate, and Communities" talk begins at 6:30 p.m. Feb. 7 at the Del Mar Civic Center Town Hall, 1050 Camino Del Mar.

[Register](#)



Juan A. Reynoso, whose Ispan Kumeyaay name is "reemool" (rain-mood), is a two-spirit storyteller, advocate and educator who helps run the nonprofit The Queer Sit Collective. He also teaches bilingual education to deaf and hard of hearing students. (Courtesy photo by Kristi Pittman of Gender Visual Media LLC)

## Feb. 8: Walk N Talk with Kumeyaay Storyteller

We are excited for storyteller and teacher Juan Reynoso to join our Walk N Talk in Santa Fe Valley 9 a.m. Feb. 8. 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 Talk hikes have been reaching capacity so don't wait to register!

[Register](#)



## Feb. 19: Presidents' Day Walk with Frosted Faces

Come wag with us on Presidents' Day as Frosted Faces Foundation—a Ramona-based group that provides adoption services and care for senior animals—hosts a hike to pair people with adoptable dogs 8 a.m. Feb. 19 in Pamo Valley.

[Register](#)



## Feb. 20: 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 Feb. 20 at the Ed Brown Senior Center in Rancho Bernardo and the Coast to Crest Trail at Piedras Pintadas.

[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

Post-ride refreshments provided by the Ramona Trails Association and San Dieguito River Valley Conservancy.  
Location: Sikes Adobe Historic Farmstead  
Wednesday, January 24, 2024  
10AM Ride time

2023 California Nonprofit of the Year

Unleash Your Inner Adventurer  
Register Today!



## Feb. 21: Rescheduled Ride with Ramona Trails Association

Our rescheduled horseback ride with Ramona Trails Association is set for 10 a.m. Feb. 21 at Sikes Adobe Historic Farmstead. During the easy ride, we'll explore the location of the historic Battle of Mule Hill. Register now!

[Register](#)

Coast to Crest Trail Challenge



**Tamara and Ralph Pickard and Redford**

## **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!

**Year 7 C2C Challenge Webpage**



**Paul LaShomb and Bruno**



**Lori Calabrese**



**Sandra and Chuck Berry**



**Alyssa Valerio and Jesse Schmidt**



**Sheryl Ramos**



**Gina Devore**



**Carmen Groe**



**Richard Riedel and Tim Gackstetter**

## Sikes Adobe Historic Farmstead



### No Ordinary Hens

Running to the store for a dozen eggs was nearly out of the question for 19th and early



20th century farm families. Buying, selling, trading, or giving away hens and eggs was the norm. A popular attraction at the Sikes adobe farmhouse yard is a large wooden frame wire coop.

[Open Full Story](#)



During a visit to the historic farmstead, Friends of Sikes Adobe President Gary Welch led tours and activities for members of Cub Scout Pack 626 from Rancho Penasquitos.

## Volunteer Opportunities



### Dig This: Volunteers Welcome at Sikes Adobe Garden

Join the Friends of Sikes Gardeners to beautify the gardens at Sikes Adobe from 9 to 11 a.m. on the first and third Monday and second and fourth Sunday of each month.

One recent project had volunteers preparing the herb garden for planting this spring.

Contact Interpretive Ranger Calei:  
[calei@sdrp.org](mailto:calei@sdrp.org)



## Feb. 11: Trail Maintenance

Work with rangers to improve the trails and restore native habitats from 9 a.m. to noon Feb. 11 in Escondido. Meet at the Ysabel Creek Trailhead Staging Area, 16414 Ysabel Creek Road.

Please bring drinking water, sun protection and wear sturdy, closed-toed shoes. We'll provide tools, training and work gloves.

Contact: [leana@sdrp.org](mailto:leana@sdrp.org)

Donate



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

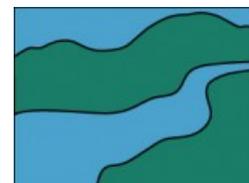
Donate

Stay in Touch!

SAN DIEGUITO  
RIVER VALLEY



CONSERVANCY



SAN DIEGUITO  
RIVER PARK



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](mailto:sdrvc@sdrvc.org) powered by



Try email marketing for free today!