



Friends of los Peñasquitos Canyon Preserve

October–December 2016

Highlights of this Quarter:

- Arch in the Park Oct. 15
- Hunter's Moon Hike Oct. 16
- Peñasquitos Archeology Book now available
- Restoration events begin again

Two young participants
on a recent birding
hike. Photo by Jeanie
Anderson.



October

Ranger John's Graffiti Warriors

Sun., Oct. 9, 8:30 a.m. – noon.

Join Ranger John Garwood for graffiti cleanups in Peñasquitos Canyon Preserve. Meet at the Ranger Station, 12005 Black Mtn. Rd., SD 92129.

Ranger Melanie's Peñasquitos Canyon Restoration Project

Sat., Oct. 15, 9-12.

Join City Ranger Melanie Fontana in restoring habitat restoration sites. Get on the list for the meeting place at this URL at the City's volunteer portal to sign up:

<https://app.betterimpact.com/PublicEnterprise/e7ef01a2-fd5d-40e9-a8d0-78324d817ec7>.

Arch in the Park event at historic ranch

Sat., Oct. 15, 10 a.m. – 3 p.m.

This FREE event is great for families with several events geared to kids. The San Diego County Archaeology Society presents an educational day of Archaeology and

Fun at the historic Ranch House in Los Peñasquitos Canyon Preserve. Directions: From I-15 take Mercy Rd. west, turn right (north) onto Black Mtn. Rd. and then take the first left onto Canyonside Park Driveway. Follow the road all the way to the back (past Canyonside Community Park ball fields), and park in the designated parking area in the field.

Ranger Carey's Hunter's Moon Geology Hike

Sun., Oct. 16, 5:30 p.m.

Join Ranger Carey Goldstein for this hike up to the peak of Black Mountain and watch the Hunter's Moon rise while learning about the geology of Black Mtn. Open Space Park and the Moon. This free event is recommended for intermediate hikers, with a total of 4 miles on rocky & uneven surfaces with an elevation gain of 900 feet. Please bring a flashlight, water, warm clothes, and sturdy shoes. Meet at Hilltop Community Park in Rancho Peñasquitos.

ARCH IN THE PARK

In Memory of Nancy McCleary

Saturday, October 15, 2016 • 10:00 am to 3:00 pm

The **San Diego County Archaeological Society** presents
an educational day of **Archaeology and Fun** at the
historic **Ranch House in Los Peñasquitos Canyon Preserve**

- Celebrate California's Archaeology Month (October) and International Archaeology Day (Oct. 15, 2016) by coming to Arch in the Park!
- Find out what archaeology is and talk to real archaeologists
- Discover the history of the Ranch House on a tour of the adobe
- Be there at **11 a.m.** to meet Running Grunion, a Kumeyaay Indian, and learn about his people
- Come to the Awards Ceremony for the "Celebrating the Art in Archaeology" Archaeology Month Art Show at **1 p.m.** and purchase a book at the book sale
- See archaeology exhibits, demos on traditional crafts, raffles, games, and more!

Fry bread, snacks,
and sodas
will be available for
purchase,
or bring a picnic
lunch to enjoy in
the shade.



For more information,
call: 858-538-0935

visit our website:
www.sdcas.org

or e-mail us at:
info@sdcas.org



Directions: From I-15 take Mercy Rd. west, turn right (north) onto Black Mountain Rd. and then take the first left onto Canyonside Park Driveway. Follow the road all the way to the back (past Canyonside Community Park ball fields), and park in the designated parking area in the field.



Peñasquitos brand





FULL MOON GEOLOGY HIKE

Join a Park Ranger for a hike up to Black Mountain Peak. View the sunset and watch the "Hunter's Moon" rise while learning about the geology of Black Mountain Open Space Park and The Moon

Sunday, October 16th at 5:30 pm at Hilltop Community Park



This free event is recommended for intermediate hikers. We will be walking a total of 4 miles on rocky and uneven surfaces with an elevation gain of 900 feet. Please bring a flashlight, water, warm clothes, and sturdy shoes.

Volunteer Restoration of Vernal Pools

Sat., Oct. 22, 9 a.m. – noon.

Join restorationist Mike Kelly to cleanup weeds at the Friends' Vernal Pools in preparation for restoration. Bring water and sun protection, gloves if you have them. Meet at 8530 Donaker St., Rancho Peñasquitos, SD 92129. Community service credits available for students.

Ranger John's Peñasquitos Canyon Environmental Projects

Sun., Oct. 23, 8:30 a.m. – noon.

Join Ranger John Garwood for trash cleanups and other types of projects. Meet at the Ranger Station, 12005 Black Mtn. Rd., SD 92129.

Waterfall & History Walk w Mike Kelly

Sat., Oct. 29, 9 – 11 a.m.

Join naturalist Mike Kelly on this easy walk to the waterfall and back. Learn about habitats, wildlife, and geology. Visit the historical location of the old immigrant trail, the first transcontinental mail route, and the Kit Carson crossing. Bring water and sun protection. Meet near 7107 Park Village Rd., SD 92129.

Sensory Awareness Walk

Sun., Oct. 30, 4-5:30 P.M.

A hike to quiet the mind and deeply explore the senses—what do we see, hear, touch, taste, smell and feel – out in nature. This practice can help one have a more profound and rich connection with the natural world. Meets: West End Parking Staging Area, 4300 Sorrento Valley Blvd., SD 92126.

November

Ranger John's Graffiti Warriors

Sun., Nov. 13, 8:30 a.m. – noon.

Join Ranger John Garwood for graffiti cleanups in Peñasquitos Canyon Preserve. Meet at the Ranger Station, 12005 Black Mtn. Rd., SD 92129.

Birding with All Your Senses w Jeanie Anderson

Sat. Nov. 19, 8 a.m.

Join ornithologist Jeanie Anderson on a path in the canyon with many birds both visible and calling. Bring sturdy shoes, binoculars, and cover-ups. Handouts and

checklists will be provided. Meet at the west end of Canyonside Park Driveway, 12350 Black Mtn. Rd., San Diego, 92129, then 1 block west up the drive to the sign at the beginning of the white ranch house fence.

Ranger Melanie's Peñasquitos Canyon Restoration Project

Sat., Nov. 19, 9-12.

Join City Ranger Melanie Fontana in restoring habitat restoration sites. Get on the list for the meeting place at this URL at the City's volunteer portal to sign up:

<https://app.betterimpact.com/PublicEnterprise/e7ef01a2-fd5d-40e9-a8d0-78324d817ec7>.

Shaman's Hike w Will Bowen

Sun., Nov. 20, 3-5:00

A short hike to a power spot where we will explore shamanic traditions of the Americas. We will learn about saging, calling the directions, creating sacred space, and harnessing the energies of nature for healing, insight, and wisdom. We will do some healing work, sharing and story-telling, and make some shamanic art. This is a good opportunity for self-healing and connection with spirit through nature. Please bring a blanket to sit on and a drum or rattle. Meets: West End Parking Staging Area, 4300 Sorrento Valley Blvd., SD 92126.

Volunteer Restoration of Vernal Pools

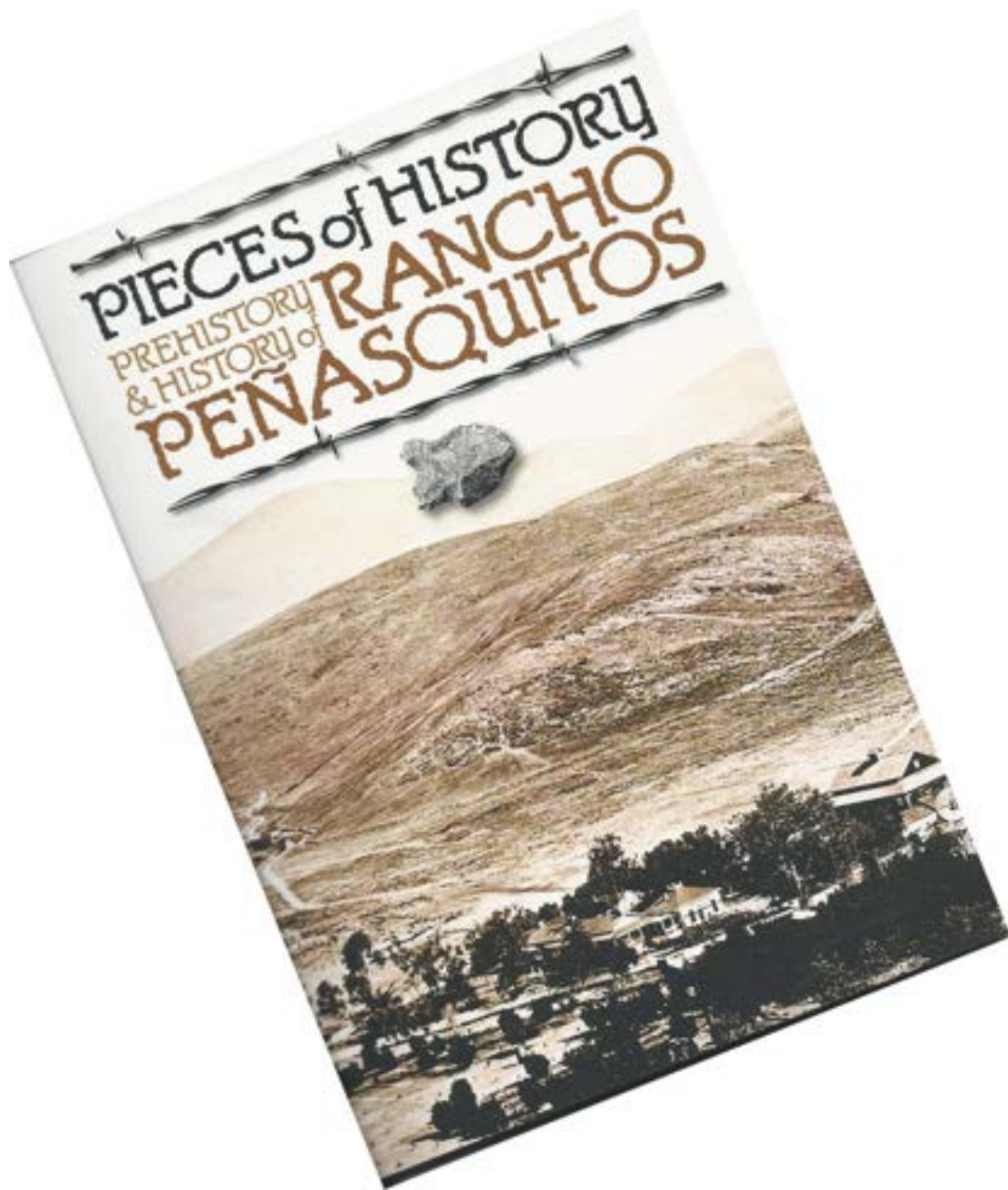
Sat., Nov. 26, 9 a.m. – noon.

Join restorationist Mike Kelly to cleanup weeds at the Friends' Vernal Pools in preparation for restoration. Bring water and sun protection, gloves if you have them. Meet at 8530 Donaker St., Rancho Peñasquitos, SD 92129. Community service credits available for students.

Ranger John's Peñasquitos Canyon Environmental Projects

Sun., Nov. 27, 8:30 a.m. – noon.

Join Ranger John Garwood for trash cleanups and other types of projects. Meet at the Ranger Station, 12005 Black Mtn. Rd., SD 92129.



Pieces of History: Prehistory & History of Rancho Peñasquitos is hot off the press and available to purchase from either Amazon.com or from the Friends at www.Penasquitos.org. The suggested donation is \$20 plus \$3 shipping and handling. Profits go to the San Diego County Parks Society.

Rancho Peñasquitos is one of the premier historic and archaeological sites in San Diego County. People lived here for over 7000 years and left much behind for researchers to find and interpret. Archaeologists and historians spent over 20 years conducting research to uncover the Peñasquitos story. This research continues even today.

These explorations uncovered exciting and intriguing results. How do we know people lived here for *over* 7000 years? What was found beneath the ranch house that proved it was the oldest in Peñasquitos Canyon? What study proved it was the first Rancho in San Diego County?

This book discusses and provides results of most of this research and details the lifeways of the people who lived at Rancho Peñasquitos.

December

Miner's Loop Trail hike with Mike Kelly

Sat., Dec. 3, 9 - 11 a.m.

Explore the history of the historic arsenic-gold mine on Black Mtn. of the last century. We'll also learn about the native habitats, plants, and animals of Black Mtn. Learn a bit about the history of gliding and hangliding off the mountain since 1932 or so. Meet in the parking lot at the north staging area at 14850 Carmel Valley Road, Rancho Peñasquitos, CA 92129.

Ranger John's Graffiti Warriors

Sun., Dec. 11, 8:30 a.m. – noon.

Join Ranger John Garwood for graffiti cleanups in Peñasquitos Canyon Preserve. Meet at the Ranger Station, 12005 Black Mtn. Rd., SD 92129.

Shaman's Hike w Will Bowen

Sun., Dec. 11, 3-5:00 p.m.

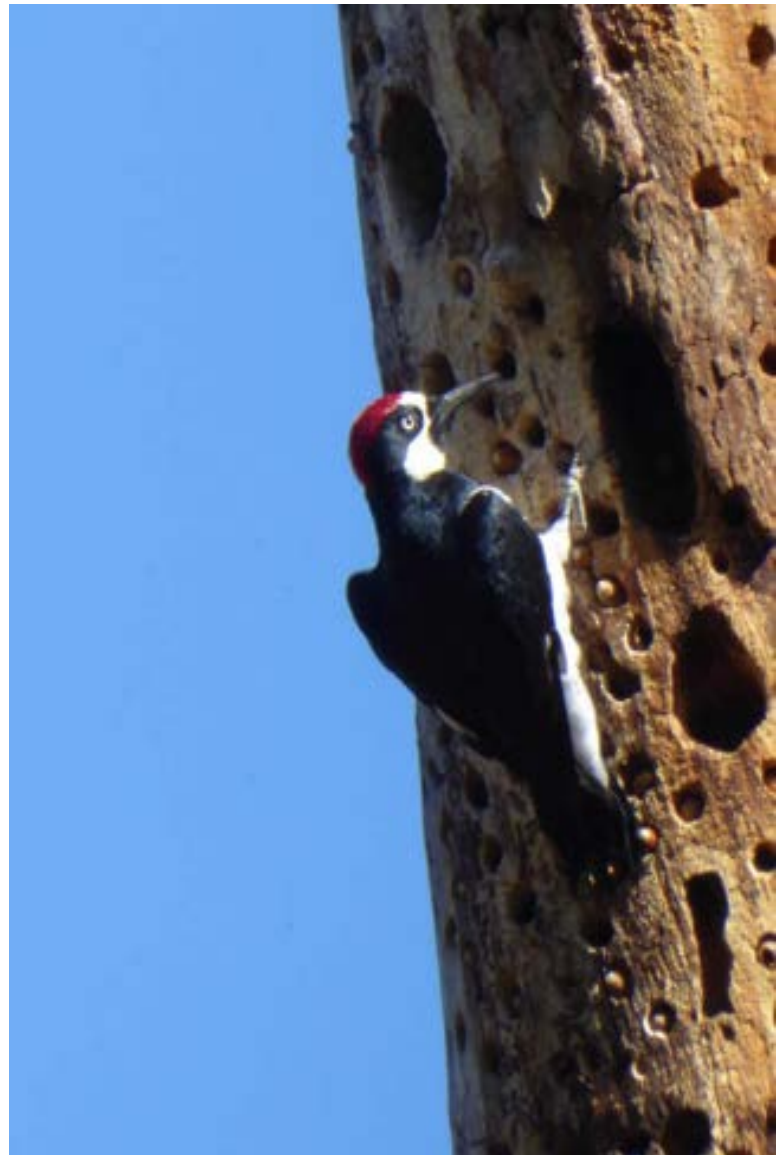
A short hike to a power spot where we will explore shamanic traditions of the Americas. We will learn about saging, calling the directions, creating sacred space, and harnessing the energies of nature for healing, insight, and wisdom. We will do some healing work, sharing and storytelling, and make some shamanic art. This is a good opportunity for self-healing and connection with spirit through nature. Please bring a blanket to sit on and a drum or rattle. Meets: West End Parking Staging Area, 4300 Sorrento Valley Blvd., SD 92126.

Ranger Melanie's Peñasquitos Canyon Restoration Project

Sat., Dec. 17, 9-12.

Join City Ranger Melanie Fontana in restoring habitat restoration sites. Get on the list for the meeting place at this URL at the City's volunteer portal to sign up:

<https://app.betterimpact.com/PublicEnterprise/e7ef01a2-fd5d-40e9-a8d0-78324d817ec7>



An Acorn woodpecker is seen stuffing acorns gathered from nearby Coast live oaks into holes drilled into an "acorn granary tree." Locally, these storage trees tend to be Sycamore trees which have a softer wood that is easier to drill a hole into. Several of these trees are in the Preserve. Insects will find and eat into these acorns, laying eggs that evolve into larvae that also eat the acorn; so by the time the Woodpeckers return to retrieve them they will have some extra "protein" in the acorns they eat! Photo by Jeanie Anderson on one of her recent birding hikes (see November hike schedule for her next one).