



# Sage

F R I E N D S   O F   G O O D A N   R A N C H   &  
S Y C A M O R E   C A N Y O N   O P E N   S P A C E

## THE PRESIDENT'S MESSAGE

The Preserve may be closed during and after heavy rains. For your safety, please observe all closure notices.

Park hours are:  
April - Sept (8 a.m. - 7 p.m.);  
Oct- March (8 a.m. - 5 p.m.)  
For more information, call the Visitor Center at 858-513-4737.

The Friends of Goodan Ranch/ Sycamore Canyon are on the web: [GoodanRanch.Org](http://GoodanRanch.Org)

### Board members of Friends of Goodan Ranch & Sycamore Canyon Open Space

#### President

Carol Crafts

#### VP

Ann Tibbs

#### Secretary

Phoenix Von Hendy

#### Treasurer

Terry Callan

#### Board Members at Large

DeAnne Erickson  
Timothy Ann Hunt  
Michael Overy  
Catherine Overy  
Barbara Lerma

Three members of the Friends participated in the annual survey of endangered plant: Willow Monardella. Working with Biologist Lance Wooley, were Phoenix Von



Hendy, Victoria Marshall, and myself. It was an interesting hike down to the valley to find our plants.

We also attended the Scripps Ranch Community Fair. Park attendant Mike Ambrose, Phoenix Von Hendy, Mike & Cathy Colby and Shawnie Williams, Barbara Lerma and I attended.

Thanks to all,

*Carol Crafts*



Park Attendant Mike Ambrose, Phoenix Von Hendy, Mike & Cathy Colby & Carol Crafts

### After Being Closed To Public For 20 Years, Stowe Trail Through MCAS Miramar is Open

**Remember—You must have a Permit to use the Trail!**

It is not difficult to obtain and it is free. However, it does require 2 trips to the east entrance of Miramar Marine Base about 3 weeks apart.

The permit is good for one year and must be renewed.

More information is available at: <http://www.miramar.marines.mil/Resources/StoweTrail>



## WHAT IS THE WILLOWY MONARDELLA?

Willowy Monardella (*Monardella viminea*) is an extremely rare native perennial herb in the Lamiaceae (Mint) family that grows almost exclusively in San Diego County. Within San Diego it is found in small isolated occurrences within three watersheds, no more than 30 miles from the coast. Only eight naturally occurring locations are known to exist.

Willow monardella is a California endangered plant species, which means that killing or possession of plants collected from the wild is prohibited by the California Endangered Species Act (CESA). The species is also listed as endangered under the federal Endangered Species Act.



In 2012, only eight natural occurrences still exist. Willowy monardella has consistently decreased in its range and population numbers in recent decades. It is seriously threatened by urbanization, hydrological alterations, road improvements, vehicles, and invasive species of plants.

Willowy monardella is a perennial herb with a strong minty fragrance. It generally grows in clumps of one to four plants, and has compact,

rose to light-purple flower heads.

Despite its rarity and protected status, this plant has been propagated and is sometimes available at nurseries. It has a delightful fragrance. The pink to lavender flowers are quite attractive, and it does well in containers.

<b>Latin name:</b>	<u>Monardella viminea</u>
<b>Greene Pronunciation:</b>	mon-ar-DEL-la vim-IN-ee-a
<b>Common name:</b>	Willowy monardella
<b>Family:</b>	<u>Lamiaceae</u> (Mint)
<b>Habitat:</b>	Rocky washes to 1000', chaparral, coastal sage scrub, SW San Diego Co.
<b>Blooming period:</b>	June to August

## **PUBLIC ACCESS PLAN—STAKEHOLDER OUTREACH MEETING OF AUGUST 29, 2017**

Several "Friends of Goodan Ranch" met with Melaine Tylkie, Matt Sanford and Marc Masson on Aug. 29, 2017. Also present was Van Collingsworth and Garner Grady

The purpose and need for a Public Access Plan after acquiring new properties is to review and implement new or improved trails to meet the needs, of Hikers, Bikers, and Equestrians as well as the wildlife, while preserving biological, and cultural needs while working within the restraints of easement holders.

They are writing a proposal to cover newly acquired and existing lands.

Concerns are:

- Provide a staging area on the south end in Santee.
- Develop a permanent arrangement for Stowe Trail access
- Make sure "line of sight" trails were maintained so equestrians and bikes didn't conflict
- Trail maintenance
- "Use mitigation" from closing existing roads/trails on new properties to create better, safer trails
- SDG&E proposed pipeline
- Remove old barb wiring on Goodan/Sycamore
- Remove excess signs in Martha's Grove
- Convert Fire signage to trail maps with distances
- Check the General Plan which was created several years ago.

A Public Workshop will be held in October.

Perhaps the summary would be to provide fun and safe trails for all.

## **C O M P L I M E N T S**

I hiked these adjacent preserves for the first time this morning. I was taken aback at how great this place is while having heard so little about it in my nearly 40 years in San Diego. This resource is incredibly valuable and will only become more so as the county's population increases in the years to come.

A few things that stood out for me

- \* GREAT online presence, including the virtual hike of Martha's Grove on YouTube  
<<https://www.youtube.com/watch?v=4ZFAMXI8Pw0>>
  - \* high-quality brochure with accurate and helpful map at the trailhead
  - \* well-marked and maintained trails
  - \* helpful and knowledgeable staff
  - \* with the exception of the high-tension pylons there was no evidence of cars, houses, traffic or any of the 3 nearby cities (Poway, Ramona, Lakeside). In fact, the park is pretty much what San Diego looked like when the Kumeyaay were the primary inhabitants of our region
- In short, I can't think of a single thing to improve.

I thoroughly enjoyed my 7+ mile hike and possibly even caught a fleeting glimpse of an immature bobcat. I feel lucky to live in a place that values parks like this.

I've reached out to (my) Supervisor Roberts to pass along my compliments.

Best Regards,  
Jim Mees



# Sycamore Canyon Preserve

Sycamore Canyon Preserve consists of 2,272 acres of coastal sage scrub and chaparral-covered hills, including the 325-acre Goodan Ranch, a mix of grassland, riparian, coastal sage, oak woodland and mixed chaparral. Other features include an outdoor amphitheater, and a horse trough and hitching post. More than 10 miles of trails lead to grand vistas, abundant wildlife and interesting reminders of the history of human use of the area.

The preserve includes the Goodan Ranch Center, which was built next to the original ranch house that was burned during the 2003 Cedar Fire. A LEED-certified project, the center houses a multi-purpose demonstration room, exhibit room, and support spaces that run with low site impact and high energy efficiency.



## Martha's Grove Trail Tips

**Tip #1:** Watch for rattlesnakes. The trails are wide, the sun exposure is heavy, and there are plenty of places for them to hide. Stay on the trail and watch your surroundings.

**Tip #2:** Take care of business beforehand. There are few restroom facilities at Goodan Ranch Sycamore Canyon Preserve.

**Tip #3:** Share the trail. You will likely come across a few mountain bikers, especially if hiking on the weekend.

**Tip #4:** Bring plenty of sun protection. The majority of the trail offers minimal shade.

**Tip #5:** Stop by the viewpoint at the end of the fire road. You can see some pretty spectacular views of the entire preserve from here.

From: <http://www.sunkissedhiker.com/blog/martha-grove-trail-goodan-ranch/>

## EVENTS AT GOODAN RANCH / SYCAMORE CANYON

Goodan Ranch/Sycamore Canyon County Preserve  
(858) 513-4737

### Goodan Ranch Staging Area

16281 Sycamore Canyon Road, Poway, CA 92064

**Hours:** 8 a.m. – 7 p.m., April – Sept.

8 a.m. – 5 p.m., Oct. – March

Pedestrian access is available from sunrise to sunset, daily.

Goodan staging area accessed from Poway Rd. east on Garden Rd, then south on Sycamore Canyon Rd. Sycamore Canyon Rd. ends at parking lot.

### Highway 67 Staging Area

13920 Highway 67, Lakeside, CA 92040

**Hours:** 8 a.m. – 5 p.m., daily

Pedestrian access is available from sunrise to sunset, daily

Highway 67 staging area accessed through SOUTHBOUND Highway 67 only, half a mile south of Scripps Poway Parkway.

<b>Date</b>	<b>Time</b>	<b>Event</b>	<b><u>Reservations Required</u></b>
September 2	8 am	Touch Table	
Sept 15	Sunset	Star Party	
Oct 7	10 am	Creepy Crawlies	
Oct 21	8 am	Touch Table	
Nov 4	10 am	Intro to Geocaching	
Nov 17th	Sunset	Star Party	

### **ALLOW ½ HOUR TO PARK AND WALK TO THE VISITOR'S CENTER.**

**Please check descriptions closely.**

No vehicular traffic is permitted in the Preserve.

Transportation for those with disabilities can be arranged, by calling the **Ranger** at **(858)513-4737**.

The Parks website is [www.sdparks.org](http://www.sdparks.org).

**During and after rainy weather the Parks Preserves are closed for safety and damage control due to muddy, wet trails and roads.**

**Please check the Parks website or call the ranger's office at 858-513-4737 for Preserve status.**

# MINUTES OF THE FRIENDS OF GOODAN RANCH AND SYCAMORE CANYON

## August 14, 2017

**Attending:** Carol Crafts, Cathy Overy, Mike Overy Terry Callan, Barbara Lerma, Shawnie Williams **Guests:** Maureen Abare-Laudy,  
A quorum was present

Meeting called to order at 7:10

Minutes from May meeting accepted as presented, and the Treasurer's report was given and accepted

### Unfinished Business:

Tractor has not yet been purchased. Staff is still looking for the optimal purchase.

The Scripps Ranch Community Fair was well attended

The Willowy Monardella survey on June 30th showed an increase—2017 of 283 plants up from 2016 of 238 plants.

SDG&E proposed pipeline is still a concern.

### New Business:

Ranger Maureen reported that the body of an elderly man missing from Scripps Ranch was found on military property. Park Attendant Zach Hunter was promoted to El Cajon Maintenance. Public Access Plan is being reviewed. More info coming soon.

Next Board Meeting is November 13, 2017 in the Poway Historical Society building.

Meeting adjourned at 8:25 pm



If you find a dead Crow, Raven, Jay, Hawk, Owl or Falcon, please call Vector Control at during business hours (Monday thru Friday 8:00am - 5:00pm), please notify our office at (858) 694-2888. On weekends, holidays or outside of business hours, please call us at (858) 505-6657.

The Vector Control Program collects and tests certain kinds of dead birds for the presence of West Nile virus, which can be transmitted to humans through the bite of an infected mosquito.

It may sound morbid, but here are some things to look for:

It shouldn't be stiff; it shouldn't smell bad; and it shouldn't be covered by ants and flies. The bird should be intact, meaning it's not missing any body parts and its eyeballs should be in one piece. Again, missing body parts likely means the bird wasn't killed by disease. The eyeballs? Disease testing requires having fluid from the bird's eye!

## RAVENS ARE SMARTER THAN HUMAN CHILDREN

It turns out that ravens are, in some ways, more intelligent than humans.

Recently published research shows that ravens have more self control than most children and many adults.

You may have seen videos of children offered a marshmallow and then told if they delay eating it they can have 2 of them. Most children can't do it. They eat the marshmallow right away. But ravens succeed at delaying self gratification 73% of the time.

Ravens can also use tools, plan for their future, and barter for resources.



Great apes, who are adept tool users, often fail to plan for the future. They can solve the problems if they see the tool and the problem at the same room. However, they fail if they have to 'think ahead' and prepare for a future event.



Ravens were first required to use a tool to retrieve food from an otherwise inaccessible box. Then, after being presented with the box but not the tool they needed to open it, ravens were presented with the tool but not the box, along with several other objects that wouldn't open the box. Can Kabadayi, the cognitive scientist from Sweden's Lund University who ran the experiments, reports that 86 percent of the time, ravens chose the correct tool so that they could extract their food the next time they were given a

chance. In a final experiment, 76 percent of ravens were able to trade for the box-opening tool with a small token, and 73 percent chose to do so over taking a smaller reward that was readily available.

It's like putting a treat on your dog's nose and telling it to wait — except for ravens it doesn't take any training.

By demonstrating their capacity for self-control, ravens have shown that they have comparable intelligence to great apes and people.

*Research info obtained from*  
<https://www.inverse.com/article/34143-raven-intelligence-cognition-evolution>



**Friends of Goodan Ranch  
&  
Sycamore Canyon Open Space**  
Webpage—GoodanRanch.org  
Facebook—Goodan Ranch  
Email—FriendsofGoodanRanch@gmail.com

**Please enroll me as a member of Friends of  
Goodan Ranch & Sycamore Canyon Open  
Space.**

Name or Business \_\_\_\_\_  
Contact Name \_\_\_\_\_  
Address \_\_\_\_\_  
City, State, Zip \_\_\_\_\_  
Phone \_\_\_\_\_

**Please select your membership level**

- ☐ • \$25 Individual  
☐ • \$20 Student /or/ Senior -62 and above  
☐ • \$40 Family  
☐ • \$50 Small Business  
☐ • \$100 Patron  
☐ • \$1,000 Lifetime Member

Fill out the requested information & mail it with your check to:

Friends of Goodan Ranch & Sycamore Canyon  
Memberships  
13030 Birch Lane  
Poway, CA 92064



The Sycamore Sage  
103030 Birch Lane  
Poway, CA 92064

WE ARE ON THE WEB AT  
GOODANRANCH.ORG