

# Sycamore Sage

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**

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

### **President**

Carol Crafts

### **Vice President**

Ann Tibbs

### **Secretary**

Phoenix Von Hendy

### **Treasurer**

Terry Callan

### **Board Members at Large**

Michael Overy  
Catherine Overy  
Barbara Lerma  
Robert Laudy  
Maureen Abare

### **Newsletter**

Rita Lee

## THE PRESIDENT'S MESSAGE

September 1, 2019

Happy Fall.

Thank you to Shawnie Williams for serving on our board. Due to her obligations with San Diego Fawn Rescue she has submitted her resignation. If anyone would like to serve with us, please let us know. We have 4 meetings each year (2nd Monday at 7pm) and one or two participation opportunities. Our next Board meeting is scheduled for Nov. at the Poway Historical Society Museum. We hope to be in the Poway Parade Sat. 7 Sept. Does anyone have a vehicle for us to use?

The reserve is looking great. A new power pole located by the Visitor's Center should be wood pecker proof. Josh Morales has joined the staff along with Louis, Anthony and Eric. Stop by and meet them. A second Park Ranger is soon to be hired to help monitor the additional lands (East side of 67) recently assigned to Sycamore Staff. Laura and Joe continue to bless us as they support the staff and present a friendly presence to all visitors.

Our Friends group recently purchased a saw/trimmer and a weather station for the Park and provided some of the materials for the Eagle Scout project restoring benches in our amphitheater. Thank you to Terry for providing the light supper for our Aug. meeting.

Enjoy our park -  
it is a hidden jewel in San Diego County -  
an unofficial Historic District.



*Carol*

# A True California Native is About to Become Extinct

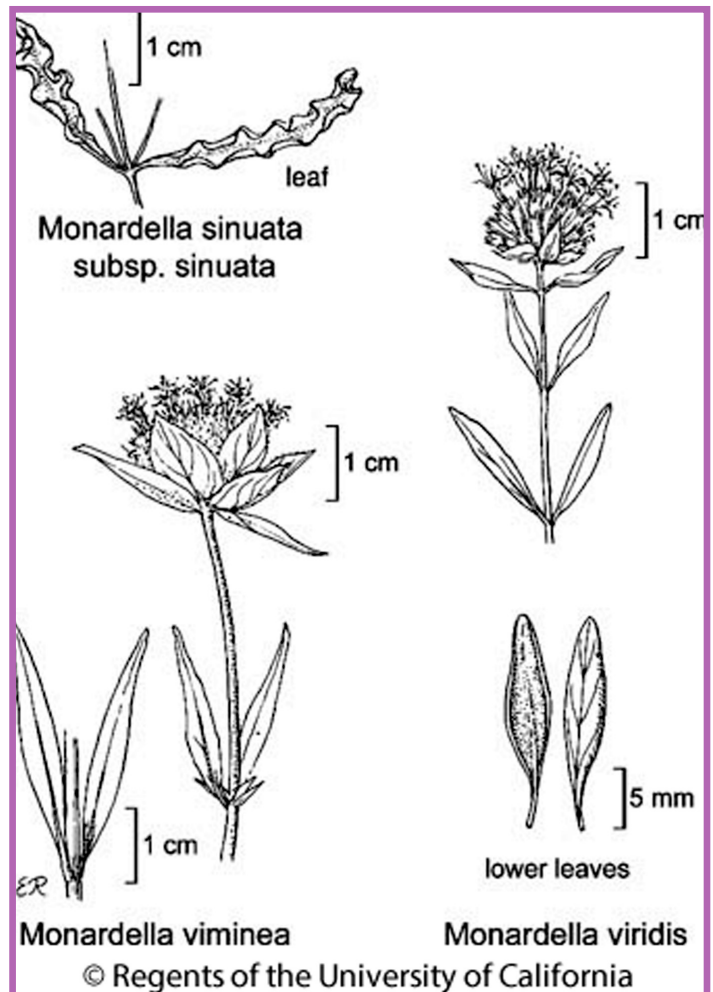


*The rare San Diego Willowy Mint is a true San Diego native that combines hardiness with beauty.*

The Willowy Monardella (**Monardella viminea**) is an extremely rare native perennial herb in the Lamiaceae (Mint) family that grows almost exclusively in San Diego County. You will find this plant only in the hills and mesas in places like Miramar, Mira Mesa, Sycamore Canyon and Poway. It is listed as Endangered at the federal level

and is included in CNPS list 1B.1. Only eight naturally occurring locations are known to exist, growing in sandy bottoms or banks of short-lived washes in coastal sage scrub and riparian shrub communities.

The San Diego Willowy Mint is a perennial herb growing 2 feet tall and 3 feet wide with small, narrow leaves along delicate wiry stems. It has a strong minty fragrance growing in clumps of one to four plants, with compact, rose to light-purple flower heads. Profuse and long lasting blooms appear in spring, attracting butterflies and other beneficial pollinators. It flowers late into the fall, as to provide nectar for its butterfly fans when many other nectar plants are long gone.





Despite its rarity and protected status, this plant has been propagated and is sometimes available at nurseries. It can be a tricky plant to grow, but has a delightful fragrance. The pink to lavender flowers are quite attractive, and it does well in containers. *Just remember it is illegal to touch any plant that is growing in the wild.*



One of the largest populations is located in **Sycamore Canyon**, which is partially on private property, partially on federal land managed by the U.S. Navy, and partially on city-owned property. This population has been damaged by off-road vehicles and fire, factors that also threaten the other remaining populations of this species. Two populations on Marine Corps Air Station, Miramar land have been partially destroyed by road construction. The other two large populations are on private property. One of these



(approximately 340 individuals) is threatened by sand and gravel mining. The other population, with approximately 200 individuals, is on property proposed for development. Habitat for this species in Los Penasquitos City Regional Park is degraded by stream erosion, trash dumping, and the invasion of non-native species.



# Say Hello to Your 2019 San Diego County Parks & Recreation Champion

## Carol Crafts



Recipients of Parks and Recreation Champion Awards are people who have made a difference in local parks, preserves and community programs, throughout the County of San Diego.

Now in its fourth run, this program celebrates the selfless efforts of those who strive to bring positive change to the world around them.



Our own Carol Crafts won in the overall “Champion” division and in the “Environmental Education” category.

Carol is not only the President of the Friends of Goodan Ranch and Sycamore Canyon Preserve, she is also a respected author and environmental advocate. Carol Crafts is a daily devotee to wildlife education and ambassadorship. She is a longtime volunteer with Project Wildlife, spending time giving talks on Raptors with her ambassador Owl and other raptors. A 20-year volunteer with the City of Poway Blue Sky Ecological Reserve, Carol has also spent 19 years volunteering at Sycamore Canyon/Goodan Ranch. And if hearing of all those volunteer hours isn't enough, Carol Crafts is on the Boards of both Poway Historical Society and Santee Historical Society.

Carol Crafts is indeed a treasure for the County of San Diego, the cities of Poway and Santee, and for all who know and love her.

Thanks Carol for all you do.



# Hiking with Dogs

Taking your best buddy on the trail.

A dog can be a built-in companion for outdoor adventures, and is always ready, willing, and eager to hit the trail. Hiking with a dog even provides health benefits to both, the pet and the owner.

Below are some simple "Petiquette" guidelines to remember as you get ready to hit the trail with your dog:

1. **Make sure that dogs are allowed** on the land where you will be hiking and obey any restrictions concerning areas that are off limits.
2. **Keep your dog on a leash.** This one important guideline helps to ensure that other hikers will feel comfortable when they meet you on the trail. It also prevents your dog from chasing wildlife and reduces the habitat damage that occurs when dogs run off the trail. Dogs can leave behind a predator scent that disrupts wildlife and may hinder nesting and feeding activities.

Keeping your dog on a leash also helps to ensure his safety, since the leash keeps him under control and by your side. Unleashed dogs can quickly run off when tracking a scent and may disappear from your view very quickly. Always use a leash so that you and your dog will finish your hike together safely and can hike again at another time.

3. **Plan for your dog's needs** on the trail as well as your own. Be sure to pack food, water, and accessories that will keep your dog energized, hydrated, and comfortable. Check out our 10 Essentials for Hiking with Dogs. And remember to pre-treat your dog with heartworm preventative medication as well as insecticides to prevent flea and tick infestation.

4. **Practice Leave No Trace ethics** and clean up your dog's waste. Either carry along a small spade and bury the waste or pack it out with you in plastic bags. Dog waste contains fecal coliform bacteria, which can cause disease and pollution. Dogs can also carry salmonella and giardia.

5. **Don't assume that every hiker you meet on the trail will like your dog.** Be sure to keep your dog well controlled so that other hikers don't feel frightened or threatened. Also, don't assume that other dogs you might meet on the trail are friendly, even if they are wagging their tails.

6. **Never leave your dog in a closed vehicle** when traveling to the trailhead. Oven-like temperatures can build up in minutes, even on cool days.



# **FRIENDS OF GOODAN RANCH & SYCAMORE CANYON OPEN SPACE, INC. - BOARD MEETING**

**Board Meeting Monday, August 12, 2019      Meeting Minutes      Meeting start time: 6:31 pm**

**Meeting Location: Goodan Ranch Visitor's Center.**

**Attending: Carol Crafts, Phoenix Von Hendy, Terry Callan, Robert Laudy, Mike Overy**

**Not in attendance: Ann Tipps (happy birthday, Ann!), Cathy Overy, Maureen Abare-Laudy**

**Guests: Joe Massuto, Laura Massuto, Louis Chertkow, Matt Sandford, Meg Diss, Anna Prowant**

## **Reports:**

### **Secretary's report**

Minutes from May 13 meeting published in June Sage.

Minutes were approved as published

### **Treasurer's report**

Checking - \$6424

Savings - \$10,915

Total - \$17,339

### **Ranger's report**

Park staff has been monitoring trails, watering trails. They are seeing lots of wildlife and lots of human use of the trails, especially on weekends. Poway Library has been working with rangers for reading programs. Star Parties are ongoing. Bat boxes are being installed by the ranger station and a new kiosk is being built near the Stowe Trail. Staff are still working with Eagle Scouts for projects. SDG&E put in some new steel posts in the park near the Visitor's Center. Josh Moreles is the new maintenance person on the staff. The county has a tree fund that is being tapped to plant more trees in the Preserve.

### **Tracking Report**

The Sycamore Canyon survey was scheduled for Friday, June 21.

Not much track and sign but it had rained 8 days before and the road had just been graded/smoothed. We did see Spotted Skunk tracks and scat again. The vegetation is so dense from the heavy rains, we were unable to see, and therefore count, many of the Woodrat nests. For the third quarter in a row, most of the deer sign was close to Highway 67, in the first 3 sections, instead of sections 4 & 5.

### **Preserve news**

Matt said Class 1 & 2 e-bikes will be allowed in the Preserve, but only on the Stowe trail, Cardiac Hill trail, and the Slaughterhouse trail. A recent court case ruled that e-bikes are considered bicycles, not motorized vehicles. The Preserve will study this issue for a year and revisit it. JPA meeting had a lot of ideas. The safety of turning into the Preserve from Hwy 67 was discussed. Caltrans will work on making it more safe. The JPA agreement expires next year, so a new one is in the works. The draft agreement should be available next April.

### **PAP**

Meg Diss from the County was here to present the latest version of the plan and hear our comments. Everyone offered their comments. Meg told us that the County is still in the process of looking at resources within the

preserve and at the CEQA documentation. All of the proposed trails are still on the map and will not change until this process is completed. The County does not intend to do any CEQA or other studies on any property outside of the Preserve.

### **Unfinished Business:**

Poway Days Parade is on September 7 this year. Louis is still waiting on approval to participate.

### **New Business:**

Shawnie has resigned from the board.

Carol received a request to use seeds from Willowy Monardella in the Preserve for inclusion in a seed bank.

**Next Newsletter will be out on September, 2019**

**Next Board Meeting is Monday, November 11, 2019**

**Meeting adjourned at 7:40 pm**



#### **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.

The Goodan Ranch staging area is 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

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

(Please see county web site for more information)

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

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 Park's website is [www.sdparks.org](http://www.sdparks.org).

#### **SDAA Stars at Sycamore Canyon @7:15 pm on Sept 27th**

*Join San Diego Astronomy Association (SDAA) volunteer astronomers and County Park for a night with the stars. Come experience the chance to view our galaxy using the same technology used by the professionals. Viewers get a chance to see many amazing sights, depending on time of year, that they wouldn't normally see without the trained eye of the astronomers.*

*Coordinates from Google Earth for the viewing area are: 32°55'47.76"N, 116°58'10.89"W*

**Please see San Diego County website for more information on events.**



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



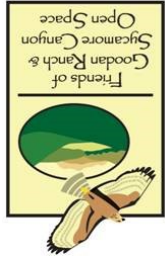
**Please enroll me as a member of Friends of Goodan Ranch & Sycamore Canyon Open Space.**

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

The Sycamore Sage  
103030 Birch Lane  
Poway, CA 92064



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

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