

Mt. Helix Park's Magazine

# FROM THE TOP

ISSUE 20  
FALL 2022 – WINTER 2023



*Dedicated to Preserving  
Mt. Helix Nature Theatre and Park*

**FULL COMEBACK  
FOR THE MT. HELIX  
FOOD & WINE  
FESTIVAL**

**XERCES**  
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in 2022**

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*Krista Powers, Executive Director*

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## MT. HELIX PARK

***From the Top*** is a bi-annual publication of Mt. Helix Park.

To contact the Editor call 619-741-4363 or email [pjunker@mthelixpark.org](mailto:pjunker@mthelixpark.org). © Copyright 2022 Mt. Helix Park

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*Krista Powers*

EXECUTIVE  
DIRECTOR

## From the Executive Director

As I promised, there was much to do in '22 and we sure did a lot. I am forever thankful to the volunteers, donors and business sponsors who make it possible for the Mt. Helix Park Foundation to preserve this special place and offer interesting and varied events for the community!

With the joy of the world reopening, everybody was eager to be back with friends and family. Many newcomers to our community finally met their neighbors and formed lifelong friendships and bonds. I've watched as the neighborhood kids who met on volunteer days now hang out together at events. It has been fun to see the next generation develop a love for the Park.

A return to our annual fundraiser was a key piece of '22 and a new committee of spirited and talented volunteers were not going to let the last two years hold them back. They spearheaded one heck of a party, transforming the critical annual event into a Food & Wine Festival that became our most successful and well-attended fundraiser to date. Not missing a step, the committee is already busy growing the team for next year

with a beautiful co-chair partnership in Susan Schalin and Kimberly Bardin. At a fun volunteer kick-off party last weekend, they announced next year's theme. We are excited to throw on some boots, learn some line dances, and enjoy all the food and beverages from our local businesses while we celebrate the "Wild Wild West."

In 2023, among the continuing restoration projects, we also hope to grow our business partnerships. We have formed a subcommittee, spearheaded by our newest board member, Chris Naire, and we are thankful for his leadership.

The backbone of Mt. Helix Park is a fun, friendly group who give time, talent and treasure for this one-of-a-kind special place. We can't do it without each other. We come from all demographics, but we share the same love for the Park!

If you ever have any questions, want to become more involved, or just want to give us some ideas regarding what we can do better, we are just a phone call away (619.741.4363), or you're always welcome to stop by our office under the stage at the Park.

See you in the Park,

Krista ■



*Wes Troy*

PRESIDENT  
Mt. Helix Park Foundation

## From the Foundation President

Wow, how time flies. It's hard to believe we are already entering into the end of another year! Seems like just yesterday we were all gathered at the top of the Park enjoying food, wine and each other's company on a warm August evening.

Yet already we approach the end of November and our annual celebration of feast and friendship. Thanksgiving is my favorite holiday of the year, bringing together family and friends from far off; enjoying delicious food with just a bit of acceptable over indulgence; and reminding us how thankful and grateful we are for each other.

This year I am especially grateful for the amazing turnout and support we received at our annual Mt. Helix Food and Wine event. We exceeded all our expectations and had our best event ever in terms of new members, great

vendors, community attendance and funds raised. I am thankful for all the volunteers who made the event possible with their tireless efforts and commitment. I am overwhelmed by the generosity of everyone who selflessly donated to the evening, making it the most successful event in Mt. Helix history.

So, as I celebrate Thanksgiving this year, I will not only reflect on my blessings with my family as we gather around the dining table, but I will take a moment to be thankful for being part of another family—a family that this year has grown to over a hundred new members!—has been amazingly generous; and has committed to the success of the Park and the community.

So, thank you to my Mt. Helix family for all you have done this year. I appreciate you and look forward to sharing many more years together. Now please pass the stuffing. ■

## LED Candlelight Concerts Brighten Up Park Events Lineup

By Peggy Junker

**T**he Candlelight Open Air Concert Series hosted by Fever San Diego has hit the Mt. Helix Park events lineup in 2022 and fans are giving it five-star reviews. From May to October the company produced six concerts, attracting more than 3000 attendees and are planning to return in 2023.

Arrangements performed by the string quartet, Range Ensemble of San Diego, included Vivaldi's "Four Seasons," "Cold Play" and, in October, featured Halloween favorites like Michael Jackson's "Thriller" and "This Is Halloween," by Danny Elfman. They also included the classical pieces "Danse Macabre" by Camille Saint-Saens and "Erlkonig" by Franz Schubert.

This concert series signature ambiance is achieved using hundreds of LED Candles scattered throughout the stage and amphitheater. They radiantly illuminate the musicians, located in the forefront of the stage, in a warm glow as the sun sets and the city lights become visible in the background.

Goli Henderson of Pt. Loma and Marty Anderson of La Jolla attended the August "Coldplay" concert and described it as "magical," adding that it was one of the most memorable concerts they had ever experienced.

To learn more about Candlelight Concerts at Mt. Helix Park, visit our website [mthelixpark.org](http://mthelixpark.org) or visit San Diego's Candlelight page. ■



## Park Allstar Sean Carroll Returns to Mt Helix Park

**S**ean Carroll is a VIP at Mt. Helix Park. Now grown and married with four children, 12-year-old Sean was responsible for the Park's Historic Landmark status, and he contributed to the attention the Park received in 1989 that resulted in the formation of the foundation that has governed the Park since 1999 and which allowed the memorial cross to remain.

As a 6th grader, Sean's article—penned for the International History Fair in 1989—outlined ongoing legal battles to remove the cross, sparking action within the community and a "Save the Cross" movement.

Now an officer in the Marine Corp., Carroll is currently living in Portugal but is considering relocating to San Diego in the near future. Staffers Krista Powers and Peggy Junker were at the office to receive him, his brother Kevin Carroll and their mother Margie Carroll during a surprise visit in September.



Above: left to right: Sean Carroll, Krista Powers, Peggy Junker and Sean's brother Kevin



Above: Sean Carroll at Pointe du Hoc, overlooking the English Channel on the northwestern coast of Normandy.

# Chris Naire Joins MHP Board

By Peggy Junker

**C**hris Naire has been supporting the Park as both a donor and a committed volunteer since 2016. Serving as the Music Chair for the annual gala/fundraiser and later on the Development Committee, the local entrepreneur and Mt. Helix resident recently threw his hat in the ring and joined the Mt. Helix Park Foundation Board of Directors in May of 2022.

The husband of 36 years and father of two came to San Diego in 1973 from India. He has served on boards for Fern Street Circus, CALSEIA, a San Diego-based solar organization as well as on the Del Mar Heights Homeowners Association. In addition to being a commercial real estate broker and the principal for a residential mortgage company, he was part owner of a solar power company.

Naire intends to focus efforts on recruiting local companies to pledge annual support for the Park.



*Chris Naire*

## Park Restoration Updates

**CROSS:** Mt. Helix Park, its amphitheater and 35-foot memorial Cross, turn 100 in 2025. Constructed and dedicated on Easter Sunday, the Cross has become a symbol for the 12-acre nature Park and a beacon for the community.

According to board director Bob Ball, the Cross restoration is complete and the structure is projected to last another 100 years. Upgrades to the irrigation system and landscaping will soon follow.

In addition, the metal post fence surrounding the Cross enclosing the five original light boxes has been repaired and painted. All the rebuilt and refinished boxes now contain new LED lights which illuminate the Cross nightly. Thanks to the rewiring of the middle light box on the west side of the Cross, non-operational since before the Foundation took over stewardship of the Park, the Cross has additional lighting. Work is now in progress to manufacture and install new metal grates to protect the LED lights. This project is expected to be completed before Thanksgiving.

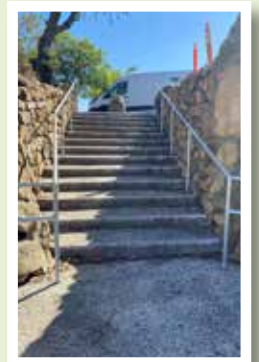
Coinciding with the new lights are electrical upgrades that will serve not only the Cross but the amphitheater as well.

Generating a flurry of positive feedback from Park-goers, staff are receiving regular messages of “thanks” for the work that has been completed. Stories have surfaced about neighbors going outside each night to look at the Cross, while others report starting each day with a visit for quiet reflection. At least one frequent visitor commented that it looks larger, probably because the addition of three feet to the Cross’s base during the restoration is now visible.



**STORAGE:** Organizing maven, Kimberly Bardin with the help of her husband, Bob Bardin, and a handful of volunteers, have completed an extensive organizing project of the Park’s storage areas. This involved the addition of storage shelves, bins and labels, simplifying access to and storage of supplies. Thanks to her efforts, Park staff and volunteers can easily locate everything from maintenance supplies to event tables, chairs and props.

**HANDRAILS:** Two convenience handrails have been added on either side of the stairs leading from the parking lot to the amphitheater, one of the most frequently accessed areas.





# Family Nature Day Revived in 2022

By Peggy Junker

Mt. Helix Park hosted its 5th annual nature event in June. After a two-year hiatus, Family Nature Day returned with booths featuring composting with worms, live bee displays, butterfly and bird conservation, arts and craft activities, presentations by local ecological and nature groups, and great food provided by Sapos Tacos.

Promoting the art of Tech-Breaks, Unplug Collaborative was on hand with a list of activities designed to encourage putting electronic devices down and connecting with people via conversations and experiences. Unplug Collaborative board member Claudia Erickson, talked to visitors about the importance of going outside and connecting with the natural world, and then hosted a search for the group's unofficial mascot, Rodney Rooster.

Also featured were Master Gardener Association of San Diego County, San Diego Pollinator Alliance, Resource Conservation District, Solana Center, Earth Discovery Institute, San Diego Audubon, Art Smarts, Casa de Oro Library, Dictionary Hill Open Space, Senior Gleaners, US Fish & Wildlife, Helix de Oro Fire Counsel, KidWings Nature School, and Mt. Helix Bees.

Taking the lead on this year's free, family-friendly festival was chair Deborah Austin. Austin, along with Habitat Restoration Committee members, organized the 25 stations dedicated to educating the public about nature, conservation and having fun. She said the response from both the public and vendors was enthusiastic with 100% of the vendors saying they would be participating in future events.

This year's happening is one of the many ways Park planners help connect people and nature, a gesture born of the Park's governing trust and its stated intention "... to cultivate a love for beauty in art and nature ... For more information about our Habitat Restoration Team projects or to volunteer to help with events such as this one, contact [pjunker@mthelixpark.org](mailto:pjunker@mthelixpark.org).

If you would like to participate in next year's Family Nature Day as a lecturer or host a booth, please contact Deborah Austin at [austindesignlandscape@gmail.com](mailto:austindesignlandscape@gmail.com).



**MT. HELIX PARK**

**NATURE DAY**

**March 18th 9 - 3**

**DAY**

**WHERE EARTH DAY IS EVERYDAY!**

**OVER 20 LOCAL NATURE ORGANIZATIONS  
BRINGING LEARNING ACTIVITIES, LECTURES,  
GAMES, CRAFTS, AND MORE FOR ALL AGES.**





## Outdoor Yoga Stands Strong Going Into 14<sup>th</sup> Year

By Peggy Junker

Fostering positive vibes and a fit community, Rose Polak Walters has been bringing her brand of vinyasa flow yoga to Mt. Helix Park since March 2009 when she began her weekly outdoor classes. Walter's classes have consistently taken place on Monday, Wednesday and Friday from 9 a.m. to 10:15 a.m. In 2019 her long-time friend and fellow yoga instructor, Jessi Bruce, joined her offering Tuesday and Thursday classes.

Despite the Park closure, social distancing, and while raising their kids, the two certified instructors kept classes ongoing in 2020 by making them available virtually. Currently, the duo continues teaching both in-person and virtually. Classes are open to the public, designed for all levels, and offered on a donation basis with a portion of the proceeds donated back to the Park.

Walters, who also served as a member of the Mt. Helix Park Foundation board of directors, says she enjoys being part of the Park's community. "I love Mt. Helix Park. The winding drive up and down the hill is unlike anything else in San Diego, and the Park itself offers such a quiet, peaceful space" describes Walters. "I am humbled to teach yoga here with such wonderful people, with endless support from Peggy, Krista, and the Board, and I hope to offer classes for years to come. But seriously, why would I ever leave?!"

Event coordinators are excited to have Walters bring her skills as a kids' yoga teacher to the 2023 Family Nature Day on Saturday, March 18, with demonstrations at the family yoga booth. Check the Park's website for event details closer to the date.

Mt. Helix Park Yoga Class Schedule: Monday and Friday classes with Rose Polak Walters, virtually and in-person; Wednesday class is virtual. Tuesday classes with Jessi Bruce are in-person with no Thursday class currently being offered. For more information and daily updates visit [helixyogainfo@gmail.com](mailto:helixyogainfo@gmail.com). For class updates and cancellations, call or email: MWF Rose Polak Walters (619) 742-0386 or TH Jessi Garrett (619) 609-3191. ■

## Volunteers in Action

KATHY HOUSTON



Filling a void, Kathy Houston, a recently retired nurse, began volunteering in the office once a week in June of 2022. Stepping in seamlessly to help with data entry, filing and even event registration for the Park's annual fundraiser, she has helped complete a number of projects for the foundation. "Mt. Helix Park is part of my community" says Kathy Houston, a resident of the hill, who grew up coming to the Park's annual Easter Sunrise Service with her family. "There couldn't be a more beautiful place to volunteer. Whenever we had people from out of town, my mom always brought them up here—always. In some way I'm honoring the memory of her when I come up here."

## JUST SERVE



Left to right: Elder Hull, Elder Peterson, Elder Bello, Sister McMullin, Sister Phillips

Just Serve volunteers began serving at Mt. Helix Park almost eight years ago and have been coming to help out once a week ever since. Sending teams of between four and eight volunteers, the organization, which is run by the Church of Jesus Christ of Latter Day Saints, is a clearinghouse for anyone who wants to connect with volunteer opportunities.

See VOLUNTEERS on page 10

# Guests Abuzz with Success of Food & W

By Peggy Junker

Surpassing all expectations, this year's gala, newly branded the Mt. Helix Food & Wine Festival, set several records for the Park, among them ticket sales and revenue. With more than 600 attendees and 25 participating food and beverage vendors, the 15th annual fundraiser evoked overwhelmingly positive feedback from the community. Many guests said it felt more like a festival and less like a fundraiser, applauding the array of guests, many of whom were from other communities and had never before attended the annual event.

The beach-themed evening featured a tree-lined entrance complete with a lifeguard station, classic surf tunes by Surf's Up, and a signature tropical drink. Newly added box seating was a hit with complimentary beach swag and beverage service. The new seating offered attendees reserved seating in the amphitheater, a less formal alternative to VIP table seats.

While this annual benefit achieved its fundraising objectives, the thumbs-up it received from attendees was a sign to festival Chairperson, Susan Schalin, that the planning for this event is moving in the right direction.

"The success of this year's event was due to many factors that came together," she began. "The community who joined us as guests, the guests who bid on our auction items, and the wine, beer, spirits and food vendors who donated their time, food and drinks. In addition, the army of volunteers who helped prepare in the months and weeks leading up to the event, and during the event, were critical to our success." Schalin went on to point out that the Mt. Helix Food & Wine Festival not only raises important funds to keep the Park open, but creates a context for neighbors to connect and reconnect, and meet friends new and old.

Schalin said she looks forward to next year's event, which she says will be "even bigger and better," with the capacity to accommodate even more guests for this



## MT. HELIX FOOD & WINE FESTIVAL

### 2022 Paddle Raise Donations

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**Kevin McCarthy**

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Toni & Shae Moseley  
EJ & Krista Pierce  
David & Eli Schneider  
Travis Rivinius  
Vito Sanfilippo  
Janine Schooley  
Sharon Smith Bovee  
Diane Swanson**

# MT. H FOO



## THEME AN



# Wine Festival's Return to Full-Scale Event



"special evening under the stars atop Mt. Helix."

Schalin will be joined by Kimberly Bardin, who will co-chair the 2023 event slated for Saturday, August 19. Bardin served as the Auction Committee chair this year and has already found two replacements who will co-chair the auction as she steps into her new role.

Contributing to the success of this year's attendance were several media spots featuring Park Executive Director, Krista Powers. A three-year veteran of the gala, Powers kept the event going during the 2020 closures by taking the entire event virtual. Under her guidance, it returned this year to a large-scale production as attendance exceeded prepandemic levels. A branding and marketing specialist, she doubled down on this year's media outreach efforts resulting in spots on both KUSI and Fox 5 news, as well as writeups in several local print news media, including East County Magazine and the La Mesa Courier.

Taking just a couple of months to regroup and debrief, the entire planning crew will resume efforts in 2023, kicking off with the selection of a new theme. Anyone wanting to join the 2023 Gala Committee or to toss your hat in the ring as a volunteer for the next event, please contact

[pjunker@mthelixpark.org](mailto:pjunker@mthelixpark.org)

or call the Park office M – F 9 a.m. to 5 p.m. at (619) 741-4363.

AUGUST 19th 2023

## THE HELIX FOOD & WINE FESTIVAL

Save the Date  
ANNOUNCEMENT ~ "WILD WILD WEST"



**MT. HELIX FOOD & WINE FESTIVAL**  
MtHelixPark.org

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KIMBERLY BARDIN  
LAURYN EDWARDS  
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CHRIS KILRAIN  
CHERYL LENGVEL  
NORMA LUCEY  
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**Park Member Family Christmas Party**  
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SCAN 4 TICKETS

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**MR. & MRS. CLAUS**  
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VOLUNTEERS from page 7

## PEGGY JUNKER WITH JUST SERVE



Left to right: Peggy Junker, MHP staff, Sister Phillips, Sister Dinkel, Sister Hocker

## DAVID BOWERS



David Bowers surveys the garden in front of the office that he helps monitor and maintain.





## SDAA Experts Narrate the Sky for Park Members

By Peggy Junker

**A**t the highest point in the Park, on a clear night in November, a crowd of Park members gathered around five telescopes brought in by the San Diego Astronomy Association (SDAA) for an exclusive after-dark guided tour of the cosmos.

With the lights at the Cross temporarily off, the nearly full moon was prominent in the sky. According to SDAA Director Dave Decker, the moon, Jupiter and Saturn were the “big winners” with spectacular views of each.

Computer screen feeds helped bring images from the high powered telescopes to star-gazers and sparked questions and conversation about astronomy. “It was a great event,” remarked Decker, adding that the estimated crowd of between 150 and 200 people was the perfect size given the amount of equipment and number of SDAA volunteers onhand.

Star-gazing equipment consisted of a 10-inch Dobsonian, a 14 ½-inch wood Dobsonian, a Refractor and an eVscope which represents some of the group's latest technology. Decker said the aperture (the larger the aperture, the more light and more information that can be captured) for the evening’s images ranged from 70mm to 368mm and provided a good variety of images.

For information about next year’s Astronomy Night, become a member of the Park and you will receive notifications and ticket links. To join, visit the Park’s website at [mthelixpark.org](http://mthelixpark.org) or call the Park office at (619) 741-4363. Already a current member? Your invitation will come automatically.



## Volunteering: *The Blessings and the Benefits*

By Deborah Austin

It's wonderful to donate money to good causes. It's also just as valuable to give of your time and your talents to those causes. Volunteering has become an intentional part of my life and something that I set aside time for.

As I was writing this and reflecting on some of the volunteering I've done over the last 20 years, I was surprised at how much and how varied it's been. I've volunteered in my children's classrooms; been a Brownie and Girl Scout Troop Leader; helped with beach cleanups, and helped prune the roses in the Inez Grant Parker Memorial Rose Garden in Balboa Park. I've been a docent for both the Mission Hills Garden Walk and SOHO's past historic home and architecture tours. I've worked with children during their field trips to Olivewood Gardens and Learning Center in National City, and I've volunteered up north at Coastal Roots Farm. I've volunteered on an event committee for the California Native Plant Society; participated at La Mesa's Park Cleanup day; helped with the Monarch Butterfly count, and volunteered for 10 years with the San Carlos School and Community Garden in a variety of ways, including contributing to

their website, social media, newsletter; designing and maintaining the outdoor public space; leading work parties, and helping to host public events.

My volunteer experiences have been nothing short of wonderful. Many were simply spending a few hours on a Saturday. Some have been longer term commitments. For one, I really stretched myself (I'm looking at you Girl Scouts!), and for ALL, I expanded my connections within my community; met new and interesting people whom I wouldn't otherwise have met; enhanced my skill set, and experienced the camaraderie of working with others towards a shared goal. Being of service to others or to causes which I believe in benefits me just as much, if not more, than the benefit that I provide to those I'm helping.

October 2022 marked my 1-year anniversary of volunteering with the Habitat Restoration Committee for Mt. Helix Park. During that year, I adopted a habitat in the Park that I care for; assisted with several fundraising events, and took on the role of chair for one of them. This is my second article submission to this magazine, and this fall I started working with an intern

from Cuyamaca Community College who is interested in working with CA Native plants. Some of what I've said "yes" to is another stretch for me. I'm proud to be a part of and contribute to an organization that is playing such a positive role for the local environment as well as offering cultural, historical, and artistic enrichment events for the public. The Mt. Helix Park Foundation is composed of a great group of committed people.

If you've never volunteered before, I encourage you to give it a try. Find a cause that speaks to you and lend a hand. Do it as an individual, a couple, or as a family. Most worthwhile organizations can't accomplish all the good they do without the help and support of volunteers. You can search for opportunities at this link: [VOLUNTEER](#).

If you'd like to consider volunteering your time and talents with us at Mt. Helix Park, we'd love to have you. Currently, we have a variety of opportunities to help with events as well as at our monthly habitat restoration work parties. Just call or email [pjunker@mthelixpark.org](mailto:pjunker@mthelixpark.org) or call the Mt. Helix Park office at (619) 741-4363.



*Small acts, when multiplied  
by millions of people, can  
transform the world.*

— Howard Zinn





# Conservation Student Joins Habitat Team

By Peggy Junker

For almost 10 years, Park conservation efforts have yielded programs that encourage locals to learn by doing, side-by-side with experts and other enthusiasts. Eager for practical knowledge, volunteers sign up to work on Park projects guided by California Native gardeners who inspire and teach a new crop of planting and irrigation specialists.

Joining the team as one of the group leaders in 2021, local landscape designer and EPA certified Watershed Wise Landscape professional, Deborah Austin, has recently taken on a mentorship role and is working with local college student, Courtney Rodseth, who is volunteering at the Park as part of a work-experience class.

A native of Spring Valley, Rodseth has been coming to Mt. Helix Park since she was a kid. Her passion for native plants led a friend to introduce her to Austin, who for the past year has been cultivating a butterfly garden at the base of the cross through a grant from the Xerces Society.

Beginning her tutelage in September of 2022, Rodseth says there is a lot of



*Courtney Rodseth*



potential for her to learn, and contribute. The instruction occurs while Rodseth and Austin water, plant and prepare to calculate just how much each plant requires for optimum health.

"I'm so excited to be a part of a project that shows people the beauty and amazing qualities of native plants while contributing some good to the world," said an enthusiastic Rodseth. "Water conservation has become such an important thing here in San Diego," she points out. Outlining their task, Rodseth says she hopes their project has long-term benefits for the Park. "We are going to focus on irrigation and plan to calculate how to water the native plants on Mt. Helix efficiently so that they get just the right amount of water. Saving water is one of the many benefits of planting natives, along with reducing landscape maintenance, providing habitat to native animals and pollinators, and reducing the use of pesticides."

For more information, or to volunteer for the Habitat Restoration Team, contact Peggy Junker at [pjunker@mthelixpark.org](mailto:pjunker@mthelixpark.org).





## DID YOU KNOW?

Mt. Helix Park is mapped out into 45 different Habitat areas and volunteer individuals, families, and organizations help care for the different areas of the Park.

It takes a village to keep the Habitat restored for our Pollinators and Wildlife. Insects are specialists and many will become extinct if they do not have specific native plants. Sadly, we have already lost species and are in the midst of a pollinator extinction crisis due to the removal of native plants, pesticides, and herbicides.

We can all help and share with future generations the lessons we have learned today. Plus, kids honestly have a blast getting into the dirt, and learning about the various critters that live everywhere from the soil to the sky. It's impossible to not see many species around the Park and we are full of life because of the volunteer efforts to restore the habitat.

Additionally, if each one of us, just added a small section of native plants, we could begin to restore the pollinator pathways for migration and movement from hilltop to hilltop. Plus you get to watch your yard come alive.

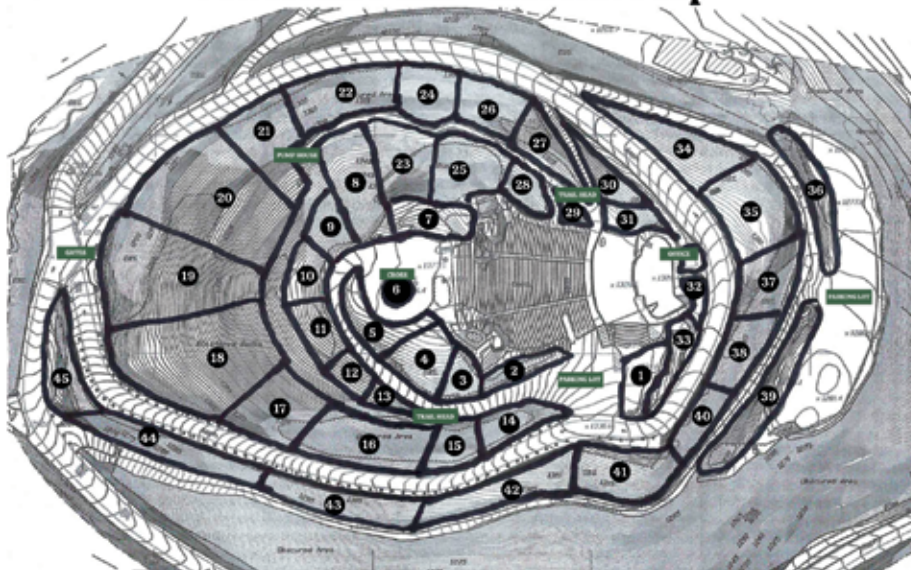
### HOW TO MAKE IT EASY?

Join us on most 1st Saturdays of the month to volunteer in the Habitat and learn from some of San Diego's top experts. It's always a good time for all ages. Plus, we know the health benefits the soil, sun, and fresh air provide to our bodies.

We also have a few more habitats up for adoption. What does this mean? Mt. Helix Park provides plants and education. You just come as your schedule fits and help out. Many of the habitats are already established and just need some love every so often, checking for litter, weeding here and there, maybe a trim or some new plants, and letting the Park know of any concerns. Come by for a tour of what's available :)

## ADOPT-A-HABITAT AND SAVE POLLINATORS

**Mt. Helix Park - Habitat Map**





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## MT. HELIX PARK FOUNDATION

4901 Mt. Helix Drive  
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Please visit [www.mthelixpark.org](http://www.mthelixpark.org) and from the home page select "Contact Us" to send your email to be included in the electronic magazine distribution. Park members will continue to receive a mailed hardcopy of the magazine.

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## Make a Gift: Become a Friend of the Park!

### Become a Park Member

Please consider becoming a "Friend of the Park" member by making a tax deductible donation in the enclosed envelope. Your donation helps ensure Mt. Helix Park remains an oasis of beauty in our community by supporting on-going operations and free public programs.

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### 2023 EVENTS

We will be adding more, and sometimes dates change, so please continue to check the website.

**JAN 1 - NEW YEAR'S PRAYER & WORSHIP**

**JAN 7 - 15TH GMIA NEIGHBORHOOD WALK-UP**

**MARCH 18 - NATURE DAY**

**APRIL 9 - 106TH SUNRISE EASTER SERVICE**

**MAY - FEVER CANDLELIGHT CONCERT SUMMER  
SERIES RETURNS**

**JUNE 17 - PUPS & PIZZA MEMBER PARTY**

**JULY 8 - MEMBER THANK YOU EVENING**

**AUG 19 - FOOD & WINE FESTIVAL FUNDRAISER**

**SEP (TBD) - MEMBER ASTRONOMY NIGHT W/SAN  
DIEGO ASTRONOMY ASSOC.**

**NOV 24 - TURKEY TROT**

**DEC 9 - CHRISTMAS ON MT. HELIX**

**\*STAY TUNED FOR OTHER MEMBER ONLY EVENTS**

### VOLUNTEER WITH US

Volunteer Mornings 1st Sat of the month or come when you have time.

WE ALWAYS HAVE SOMETHING FUN TO DO

- NATIVE HABITAT RESTORATION
- EVENT PLANNING
- MARKETING & PR
- WEBSITE
- PLANTING & WATERING
- TOUR GUIDES
- HELP IN OUR BUSY OFFICE
- AND MORE



EMAIL:

**VOLUNTEER@MTHELIXPARK.ORG**

CALL:

**619.741.4363**