

Mt. Helix Park's Magazine

# FROM THE TOP

ISSUE 13 | SPRING/SUMMER 2019



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

**From Board  
Member to  
Executive  
Director**

**12<sup>th</sup> annual  
heART of  
Mt. Helix -  
EAST COUNTY'S  
PREMIER FOOD,  
WINE & ART  
FESTIVAL**

**UNGARDENING  
the PARK**

**Volunteer  
Spotlight**

**PARK HOURS**

SEPT 1 - OCT 31: 5:30 AM TO 7:00 PM | NOV 1 - FEB 28: 5:30 AM TO 5:30 PM  
MARCH 1 - MAY 31: 5:30 AM TO 8:00 PM | JUNE 1 - AUG 31: 5:30 AM TO 8:30 PM

NATURE | EVENTS | LOCAL HISTORY | PEOPLE | PRESERVATION



# Make A Difference!

OUR MEMBERS, VOLUNTEERS, AND DONORS ALLOW  
US TO SERVE THE COMMUNITY AND KEEP THE PARK  
OPEN FOR ALL TO ENJOY.

## Memberships Start At Just \$35

Park members receive invitations to Members Only  
events and Discount Admission to all events.

### Our Purpose

"To promote knowledge and culture, to relieve the  
distressed in body, mind and spirit, to cultivate a love  
for beauty in art and nature, to foster an interest in  
the love of music and elevate and refine mankind."

- Yawkey Family Trust governing Mt. Helix Park

[MtHelixPark.org](http://MtHelixPark.org)

## MT. HELIX PARK

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

To contact the Editor call 619-741-4363 or email [pjunker@mthelixpark.org](mailto:pjunker@mthelixpark.org). © Copyright 2019 Mt. Helix Park

### EDITORS

Alice Smith, Ammy Provancha

### WRITERS

Norm Hapke, Peggy Junker,  
Ed Piffard, Krista Powers

### PHOTOGRAPHERS

Angie Crompton, Blair Golden,  
Gary Junker, Peggy Junker, Ed Piffard

### COVER PHOTOGRAPH

Peggy Junker

### GRAPHIC DESIGN / LAYOUT

Victoria Vinton  
Coyote Press Graphics  
Krista Powers

### EXECUTIVE DIRECTOR

Krista Powers

### ASSISTANT EXECUTIVE DIRECTOR

Peggy Junker

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Friday from 9 a.m. until noon.



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[www.mthelixpark.org](http://www.mthelixpark.org)



Krista Powers

EXECUTIVE  
DIRECTOR



## From the Executive Director

Growing up on Mt. Helix, the Park has always held a special place in my heart. Now as a mother of two young boys, I see the opportunities unfolding for them to create their own memories in this magical place.

As I reflect on the journey that has brought me to this desk on Mt Helix Drive, I truly feel that I am exactly where God's plan is for me to be. My job at the Park has an entirely different meaning than my previous positions in corporate America. It really is an incredible feeling to be a custodian of this beautiful place with so much history and meaning to the people of our community.

My job is to continue to honor the rich traditions of our Park while updating our efforts to be sustainable, efficient, and fiscally responsible. We have a beautiful marriage of old and new at our Park. There is something here for everyone.

Working in the office, I have truly realized that we are a family of passionate park supporters. We have an incredible network of volunteers that loan their talents to keep our gates open and the Park ready to serve the community.

In going through our various files, I came across the mission of which this Park was founded and now have it hanging in my office. It is a perfect pairing of words to put forth the meaning of why Mt Helix Park is an important part of history and the community.

*"To promote knowledge and culture, to relieve the distressed in body, mind, and spirit, to cultivate a love for beauty in art and nature, to foster an interest in the love of music and elevate and refine mankind"* - Yawkey Family Trust governing Mt. Helix Park

In The coming months, we will be updating our software and rolling out new initiatives for marketing and volunteer opportunities. I welcome you to stop by our office for coffee and a chat. I would love to meet everyone who cares about this Park as much as I do. In addition, ALL ideas are welcome to be heard and we would love to hear them. You are welcome to call me at 619.985.1445 as well. ■

Norm Hapke  
PRESIDENT  
Mt. Helix Park  
Foundation



## From the Foundation President

My family has lived on Mt. Helix since 1982. During that time we have climbed the mountain, visited the Park numerous times, and attended very many events there. It has come to be an old friend which has been a blessing. I sometimes wonder, however, if we have come to take it for granted.

Recently several incidents have brought that observation home to me. One day while I was sitting in the amphitheater, I noticed a woman intently reading one of the signs. I went over to ask her if I could help her and referred her to the office for information. When she returned she remarked to me how beautiful the Park was. She lives in one of the beach communities and it was her first visit. She was mesmerized by the view and the beauty she saw and plans to come back again soon.

Another day I was going into the office when I noticed a man looking out over Sunrise Point from the road. Engaging in conversation with him, I discovered that he had recently moved back to La Mesa from the East. He was revisiting the Park, the place that he had known when he was a teenager. As with the other individual, he was inspired by the beauty of the Park and the incredible vistas that he was once again enjoying.

Through their eyes I began to see anew the blessing that we all have in the Park. It made me realize how important it is for each of us who love the Park to share our passion for it. Part of our job as guardians for this special place is to ensure that all the people in our community know and appreciate what a jewel they have in their midst. ■

## UNgarden the Park

by: Ed Piffard, MT. HELIX PARK FOUNDATION BOARD MEMBER AND HORTICULTURAL ADVISOR

**B**efore the Europeans came, what became known as Mount Helix, and the surrounding slopes, were covered in a rich tapestry of life, both above and below the surface of the soil. The chamise, manzanitas, mountain lilacs, lemonade berry, summer holly, toyon and dwarf oaks were knitted together by a vast underground network of complex fungi that stored water, amended pH, and shunted nutrients across the huge subterranean web. Between the miniature trees grew cacti, succulents, and flowering perennials of every color—lilies, onions, ferns, mosses—and every spring the areas of bare soil erupted in a breathtaking display of wildflowers. Living from this bounty were hundreds of species of wild bees, scores of kinds of birds, thirty different types of ants and a myriad of reptiles, butterflies, rodents, bats, ringtails, foxes, bobcats, puma, deer and even bears.

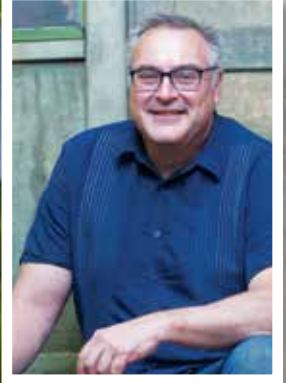
Then came the goats and cattle and with them the brassicas, mustards, wild radish, that corrode and kill the underground fungal networks, enabling a host of annual grasses to invade like ripgut brome, rat-tail fescue and wild oats. The manzanitas, summer holly, chamise, miniature oaks, and mountain pea vanished. The ferns and perennials declined, and only a handful of wildflowers continue to struggle through the grasses and brassicas. Few wild bees and other pollinators remain. Fewer still the reptiles and ants. Add to this roads, trampling selfie takers, garden weed escapees and the result is a faint whisper of its former glory. If left alone nature would heal these wounds at the painful rate of tectonic plates, but we can speed it up dramatically. Through a process I call ungardening, we can not only be the healers, but jumpstart nature, using her own tricks.

First and foremost is weed control. The annual weeds, mustard, wild radish and annual grasses must be removed before they reseed. Taking them away not only makes more water and nutrients available, but allows the underground fungal network to rebuild itself as the roots of these plants chemically destroy it.

Next, wherever possible, remove the larger non-native perennials and trees as they promote the wrong kinds of fungi. Then sow seed and plant in native plants that are, or would have been, native to the site.

Finally, the most difficult step, at least at Mount Helix Park, is to stop the trampling and disturbance of the plants as people go off trail for pictures or partying or playing. Only awareness and understanding on the part of the general public can achieve the remediation of this problem.

Help us ungarden by staying on the trails, learning the plants, and even volunteering to adopt a plot to weed and nurture. With the help of caring humans, the Park may one day re-attract the rare Hermes Copper and Checkerspot butterflies, as well as more flowers, birds, and reptiles. Thanks to the help of dedicated people, we are definitely making progress. The bear and lions are likely gone forever, but with our help nature can show us how she would rather have it be. ■



*Ed Piffard is an award winning artist and landscaper who uses California native plants exclusively. Photo of Ed by Gary Junker; plant photos by Ed Piffard.*

### First Saturday of Each Month: Habitat Workday

Join the Habitat Restoration Group for a morning of “Gardening in the Park!” the first Saturday of each month – it’s an invigorating way to start your week-end. Volunteers meet from 9 a.m. to 11 a.m. at the southwest end of the Yawkey Trail for habitat restoration projects, to learn and share ideas about gardening with California native plants. (Check the Park calendar for updates or cancellations @mthelixpark.org). Mark your calendars: June 1, July 6, August 3, September 7, October 5, November 2 and December 7.

### Free Nature Lecture

Saturday, May 25 - 9 a.m. to 11 a.m. “How to Garden for Butterflies and other Pollinators” in the Mt. Helix Park Amphitheater.

Park plant aficionado, Ed Piffard, will discuss how to attract butterflies and other pollinators to your yard or garden using California native plants. Then join local Dictionary Hill Open Space Advocate/Biologist, Jim Merzbacher, for a butterfly walk along the Park’s Yawkey Trail.

**For more information on events, how you can volunteer to help keep Mt. Helix Park beautiful, or how you can become involved with Mt. Helix Park’s Habitat Restoration Team, email [pjunker@mthelixpark.org](mailto:pjunker@mthelixpark.org).**





## Habitat Update

**SPRING PROJECTION:** With a healthy amount of rainfall in the first part of the year, the Park plants are bountiful. Colorful blooms from the Lupine, San Diego Sunflower, Monkey flower and spectacular displays by many of the ceanothus herald the promise of a beautiful spring.

According to Helix Water District Director, Kathleen Hedberg, rainfall so far this year is far above our historical average with February being an “extremely wet month.” This accounts for the spectacular super blooms occurring all over the County. With 15 inches of rain in February alone recorded at Cuyamaca Lake this year, compared to an average of 4 inches, she says locals should “enjoy every drop,” adding that in California precipitation can be unpredictable.

Habitat Restoration Group Committee member, Susan Cunningham, could not agree more. Cunningham has been helping to lead Park volunteers during monthly workdays and now exclaims, “The hard work has paid off.”

Cunningham comments during dry years it can be easy to lose momentum. “With all the drought we weren’t getting a lot of satisfaction,” she observes, “And now we are being rewarded!”

Encouraging locals to join her and others at the Park for workdays the first Saturday of every month from 9 to 11 a.m., she says it is a great way to start your weekend. “Just come and spend half an hour, bring your gloves and get a good workout.”

**HABITAT RESTORATION PROJECTS:** Eagle Scout hopeful, Xylen Rotsart, presented a plan to the Foundation board members in March to extend the current irrigation system completed by his older brother, Legend Rotsart, as part of his previous Eagle Scout project. Xylen hopes to complete his project by the end of spring. The additional irrigation will assist newly planted California native plants added to the hillside to combat erosion caused by off-trail foot traffic.

**ADOPT-A-PLOT** – Two new volunteers joined us in 2019. Board member Celina Laframboise and her mother Christine have

See HABITAT on page 8

## VOLUNTEER SPOTLIGHT Love Where You Live

by Peggy Junker

Answering a call for Park volunteers in 2016 to fill the shoes of long-time graffiti abatement volunteer, Larry Kennard, Rena Mulvey stepped forward and joined the team of community-minded helpers dedicated to keeping this historic icon beautiful.

Working her volunteer tasks into her everyday exercise routine, she says she and her daughter remove graffiti and pick up trash at least three times each week on their way to the top.

Mulvey has a deep appreciation for the hill which has been home to her and her La Mesa-born husband for the past 12 years as well as a place to raise her two daughters, now 18 and 21. Keeping it clean is something she says, “Feels good.”

“I’m so fortunate that I can walk up here and see the city from this place,” describes Mulvey, who clearly loves where she lives. “It’s part of my community,” she says of a Park she considers a show-place for out-of-town guests.

Like so many either drawn to Mt. Helix or who grew up here, Mulvey describes raising her kids with trips to the Park, playing in the surrounding neighborhoods, exploring, rock-climbing and tree-climbing.

Finding a place in her life for the Park even with her kids grown, Mulvey says watching the sunset from the top is still a favorite family-pastime, and Park staff feel it is one view that is markedly more beautiful because of volunteers like her.



VOLUNTEER  
RENA MULVEY



by: Peggy Junker

**A**lways putting a fresh spin on the annual heART of Mt. Helix event, coordinators are making some exciting changes and rebranding this year's event as East County's Premier Food, Wine & Art Festival. With live art, music, and food samplings happening all around the hilltop, event coordinators are keeping the best parts of previous events while adding a few new twists, including dressing up the Park in a bold new color scheme. From a new hip, boutique-style lounge as part of the VIP experience, to the décor and even the signature cocktail, colors and flavors throughout the Park will reflect "all things citrus," according to Executive Director Krista Powers.

Powers, whose experience includes more than 200 event productions throughout the country says she started planning for this year's event by asking some key attendees to identify some of their favorite aspects of this now locally-famous "party on the hill." Ruling out some of the less popular features, she and the heART Committee feel that this festival will represent the best of everything this annual event has to offer.

the heART

## East County's Premier Food, Wine & Art Festival

Saturday August 10

"We are rotating the entire event," says an enthusiastic Powers, describing a transformed venue with a built-out main stage right in the middle of the amphitheater steps. And while there will still be VIP tables of 10 available, Powers says the relocation of the main stage will make room for a new VIP lounge area complete with couches, food and beverage service staff.

Powers is hopeful that even more people will come to "party with a purpose" for an evening she describes as "two-in-one." "It's our gala event that keeps our doors open but it's also our food and wine festival."

Shuttles will run all evening starting at 5 p.m. where, upon arrival, guests will have the opportunity to enter a raffle boasting



**Take advantage of Early Bird pricing.**



**The heART**  
EAST COUNTY'S PREMIER  
**FOOD, WINE & ART FESTIVAL**

**SATURDAY  
AUGUST 10  
2019**

**MEMBER PRICING**

INCLUDES UNLIMITED SAMPLINGS FROM 5 - 7 PM CASH BAR FROM 7 - 10 PM	General Admission
	Before July 1 - \$65
	After July 1 - \$99
	VIP Admission
	Before July 1 - \$155
	After July 1 - \$190
	VIP Table of 10
	Before July 1 - \$1500
	After July 1 - \$1800

**Mt. Helix Park Me  
Join @ [www.MtHelixParkMe.com](http://www.MtHelixParkMe.com)**





of mt helix

## Food, Wine & Music Festival

August 10, 2019

some exclusive basket items, witness live artwork demonstrations or stroll along the road to the memorial cross lined with some of East County's best restaurant and beverage samplings. All of this while enjoying live musical entertainment throughout the Park.

Restaurant coordinators Donna Bloomer and Ruth Simpson say they are just getting started with the food lineup but add that the interest in participating in this unique event is always strong. Already on board for this year's festival are the Brigantine, Hooleys, D'Amato's Pizza, Café Carmel Bakery, Mary's Donuts, Terra American Bistro, Brew Coffee Spot, The Edge Mediterranean Grill, Dream Dinners, Menchies, Casa de Pico and The Hills, as well as Helix Brewing Co.

**Prior to July 1, tickets start at just \$65.**

Event chair, Dianne McCann has been part of the production team for this event since its inception thirteen years ago. Having attended events all over the county, she says she truly believes there is none that rival the one guests have here at Mt. Helix Park. "You have the venue, you have the ambience—everything that our guests will experience is going to be unique and awesome, and it's also for a very, very good cause."

Powers adds, "Where else can you dance the night away under the stars with 360-degree views? There is a reason why people mark their calendars and return every year."

Ticket prices for this year's event are all inclusive for the first portion of the evening, reducing the amount of time guests wait in line. After 7 p.m. a cash bar will be available to general admission ticket holders, while those enjoying the VIP experience will continue to receive samples until 10 p.m.

Back again this year is the eagerly anticipated live auction portion of the evening followed by this year's featured performing artists, The Good Mojo Band.

For ongoing updates, event details, ticket information and sponsorship opportunities, visit the Park website at [mthelixpark.org](http://mthelixpark.org) or call (619) 741-4363. ■

### PREMIER WINE & ART FESTIVAL Benefiting Mt. Helix Park

#### NON-MEMBER PRICING

##### General Admission

Before July 1 - \$99  
After July 1 - \$135

##### VIP Admission

Before July 1 - \$189  
After July 1 - \$225

##### VIP Table of 10

Before July 1 - \$1800  
After July 1 - \$2200

INCLUDES  
UNLIMITED  
SAMPLINGS  
FROM 5 - 10 PM  
VIP  
EXPERIENCE  
LOUNGE 5-10  
PM

Membership \$35/yr  
[mthelixpark.org](http://mthelixpark.org)





# Easter Sunrise 2019

The sun broke through the clouds and cast rays of light upon 1,500 worshipers as the 60-person choir broke into “And the Glory of the Lord” the same song performed at the 1925 Easter Sunrise Service the year the memorial cross and amphitheater were completed. This year’s service marked the 102<sup>nd</sup> Easter Sunrise Service held atop Mt. Helix and the 94<sup>th</sup> in the historic amphitheater. Hosted by the Mt. Helix Park Foundation and with the help of the Church of Jesus Christ of Latter Day Saints, it was one of the largest on record. With an introduction by Foundation President, Norm Hapke, and closing comments by Executive Director, Krista Powers, the service was filled with inspirational words from keynote speakers, music and fellowship.

Acknowledged by several of the speakers was the intention of the founding Park families that an Easter service should be carried out annually. With the help of a different local church each year, the Park’s Foundation has been able to fulfill its commitment to uphold these intentions. Already underway is a search for next year’s co-host. Local Christian organizations interested in co-hosting next year’s event can contact [kpowers@mthelixpark.org](mailto:kpowers@mthelixpark.org).



Photo by Don Mackay



HABITAT from page 5



signed up to restore a plot on the southwest end of the Yawkey Trail where other habitat volunteers have been working diligently to remove copious amounts of invasive mustard that are blooming there following the healthy rainy season this year. Roughly 20 volunteers, some with plots, and some who come regularly to help throughout the Park, have joined in on monthly workdays to keep the Park looking its best.

Executive Director, Krista Powers, has enthusiastically adopted a plot just above the Sunrise Point parking lot where she has all but declared battle on the mustard that persists there. Working closely with plant specialist, Ed Piffard, Powers is using the plot to experiment with a variety of natural weed abatement techniques. She and board member Caroline Harrod (pictured above) also plan to work together to restore plants to a plot adjacent to the amphitheater which will include the addition of ceanothus and spiny red berry in the fall.

The La Mesa Lions have generously accepted the invitation to adopt the high-profile kiosk area next to the parking lot. The Lions have been dedicated plot volunteers for the past several years, and this new assignment will help Park staff get a handle on a showcased area that the public frequents and commonly uses for picnics, but which needs some extra TLC.

Just Serve, a volunteer group that comes to help at the Park twice each month, has become a critical part of the maintenance of the Park landscaping and natural habitat. Often arriving with 10 to 15 participants, this team has pulled weeds, spread mulch, picked up trash, removed graffiti, mended fences, planted native plants and filled in wherever Park staff needs them. ■

## Welcome New Board Members!

2018 was a great year for the Mt. Helix Park Foundation’s Board of Directors. With the addition of four new members, the Foundation acquired the expertise of some key leaders. We welcome Sharon Bullard, Helgi Gudmundson, Chris Kilrain and Celina Laframboise. Sharon Bullard comes to the Foundation with a background in banking and finance, Helgi Gudmundson specializes in business operations and management, Chris Kilrain specializes finance and investment, and Celina Laframboise’s expertise lies in sustainable business practices.



## Helix Yoga Now Offered Monday – Friday

**H**elix Yoga and Mt. Helix Park are excited to announce the expansion of the Park's morning yoga class lineup. Now, all-level, drop-in, donation-based yoga classes are offered Monday through Friday from 9 a.m. to 10:15 a.m. in the Park's historic amphitheater.

Teaching Monday, Wednesday and Friday classes in the Park for the past 10 years, Helix Yoga owner, Rose Walters, has now brought long-time friend and fellow yoga teacher, Jessi Garrett, onboard. A native of Jamul and resident of Mt. Helix for 10 years, Garrett, like Walters, completed her teacher training at Core Power Yoga and has taught professionally as a Core Power instructor as well as at Mt. Helix Park and in her own practice. As of March, the two have joined forces, with Garrett as the Tuesday-Thursday instructor, giving students more options for their outdoor yoga experience.

Each instructor offers a slightly different approach to yoga. Garrett's classes are Vinyasa Flow, a style of yoga that uses continuous movement, while Walter's style incorporates Hatha and Vinyasa styles. Both modify their classes to fit the needs of attending individuals on any given day, making these classes perfect for all levels.

Garrett emphasizes that Helix Yoga classes are donation based and require no membership or upfront fees, making it affordable and taking the pressure off students to use up a certain number of classes each month.

For more information about Helix Yoga classes, visit [www.helixyoga.com](http://www.helixyoga.com). ■



## Astronomy Night at the Park



**M**t. Helix Park is only open past sunset three times a year. Mark your calendar for a visit on Saturday, September 14th, so you don't miss a rare opportunity to not only experience the views from the Park in the dark, but also a chance to explore the lights in space. Volunteers from the San Diego Astronomy Association will be stationed all around the cross and will be sharing their powerful scopes, giving you the opportunity to see far beyond the naked eye. We also invite you to bring your own scopes.

Here's what you can look forward to:

Once the sun sets at 6:56 p.m., viewers can expect moonrise at 7:38 p.m. Predicted to be bright and visible are the moon, Venus (low in the West), Jupiter (high in the West) and Saturn (south in Sagittarius). Constellations visible that evening are Scorpius, Sagittarius, Pegasus, Andromeda, Cygnus and Summer Triangle. Other objects of interest in the night sky will be: M31, Andromeda Galaxy; M22, Globular Cluster in Sagittarius; M8, Lagoon Nebula; M2, M15, M5 and M13 – all Globular Clusters; M57, Planetary Nebula; NGC 457, The Owl Cluster; Mizar, binary star system; Albireo, Double Star and Epsilon Lyr, multi-star system.

This is a free community event with shuttle service parking starting at 7:30 p.m. from the lower lots at the intersection of Vivera and Mt. Helix Drive, across and adjacent to the San Miguel Fire Station. A telescope loading and unloading zone will be available in the upper Park parking lot. This event will be cancelled in the case of inclement weather or heavy fog, so be sure to check the Park website at [mthelixpark.org](http://mthelixpark.org) for updates and details closer to the event date. ■

# Mt Helix Park Welcomes New Executive Director Krista Powers

by Peggy Junker

**K**rista Powers is a product of Mt. Helix. Born and raised on the hill, she recalls a childhood filled with memories of some of the area's most notable movers and shakers. Leaving the hill, like so many of our youth, she went away to college, but returned to her roots to be closer to family. From the time she was little, her parents took her to the Park, and it was later that she learned about community activism when she joined her mother to fight to save the Park's memorial cross.

"When I was in high school my Mom and I went around gathering signatures on petitions to 'Save Our Cross,'" recalls Powers. This was a time when the county's management of a park with a memorial cross posed a church-state conflict and before the Foundation took over as trustees of the Park. "We also participated in candlelight marches and gave our time where it was needed," she adds of a place she feels passionately about.

Two degrees, one husband and two kids later, Powers found herself returning to her childhood neighborhood. She says her husband, Lawrence, was raised in New England in a similar community and "instantly fell in love with Mt Helix."

The couple felt it was the perfect place to raise their two boys. "Mt Helix Park represents a very important part of my childhood with many memories that I hope to share with my husband and pass down to my own children," declares Powers.

With her youngest now one-year-old, Powers felt it was time for her to jump back in the game and, after serving for a year on the Mt. Helix Park Foundation Board of Directors, she made the leap from board director to Executive Director after a brief stint as Interim Executive Director in January and February.

Having served on the boards of several local organizations, Powers is connected to the community at its bedrock. A recent director for the Grossmont Mt. Helix Improvement Association and president of the San Diego Las Hermanas, she joined the Mt. Helix Park Foundation board in early 2018 after co-chairing the Park's first-ever Halloween Harvest Family Festival.

"My goal was to get more families from the Mt. Helix area involved in their community and I envisioned family events as a way we could all meet each other," explained Powers of her initial involvement with the Park. "I saw an opportunity



for a family oriented, non-scary Halloween event in the area and I thought Mt. Helix Park would be the perfect place for neighbors to come together," she added, explaining that she already knew several Foundation board members which ultimately led to her invitation to join the board.

Stepping up to serve as the Park's Interim Director during a recent executive search, Powers says she decided to throw her hat in the ring. Working part-time as an adjunct professor for the University of Redlands while her boys were little, Powers says the transition coincided perfectly with her personal goal to return to full-time work.

When asked about her goals for the Park, Powers says she has many, including insuring the Park remains a safe, inviting place for families to enjoy its serenity and beauty while giving the Park's annual membership even greater value thereby increasing its donor base. ■

## Passing the Baton

2019 brought change to Mt. Helix Park as former Executive Director, Nicole Roberts, passed the baton to Krista Powers. Stepping down from her post in January, Roberts leaves behind a legacy of hard work, compassion and a deep love for the Park. She will continue to be involved as a volunteer and committed life-long friend to the Park. Look for Roberts as she lends her expertise as a volunteer on this year's heART Committee and during upcoming Park events.





## **UPCOMING EVENTS @ MT. HELIX PARK**

**May 25 ~ 9-11 am**

**Spring Nature Lecture - Gardening for Pollinators**

**July 22 - 26 ~ 9 - Noon**

**Summer Art-In-The-Park Kids Camp by Art Smarts Inc**

**August 10 ~ 5 - 10 pm**

**12th Annual heART of Mt. Helix**

**East County's Premier Food, Wine, and Art Festival**

**September 14 ~ 7 - 10 pm**

**Astronomy Night**

**October 27 ~ 2 - 5 pm**

**3rd Annual Halloween Harvest Family Festival**

**November TBA ~ 9 - 11 am**

**Fall Nature Lecture**

**December 7 ~ 2 - 7 pm**

**29th Annual Caroling & Christmas Markets**

**Crafts, Artisans, Food, Santa and the Nativity**

**Children's Christmas Program @ 5pm**

**Traditional program @ 6pm**

**\*Members of Mt. Helix Park, watch your email for special invitations to events.\***

**More Information - [www.MtHelixPark.org](http://www.MtHelixPark.org)**



## MT. HELIX PARK FOUNDATION

4901 Mt. Helix Drive  
La Mesa, CA 91941

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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*The heART*

EAST COUNTY'S PREMIER

**FOOD, WINE & ART**  
FESTIVAL

*Benefiting Mt. Helix Park*

**SATURDAY  
AUGUST 10  
2019**

**TICKETS START AT JUST \$65  
BEFORE JULY 1**

**Party for a purpose with spectacular 360 degrees views.  
Watch the sunset as you experience San Diego's best  
restaurants, beverage companies, artists, and musicians.  
Finish the evening dancing under the stars to the Good  
Mojo Band. Exciting Live Auction and Raffle!**

**Tickets Available @ [www.MtHelixPark.org](http://www.MtHelixPark.org)**

