

Annual Meeting June 25th Bees and Business!

Parker Foundation Awards \$10,000 to Hell Creek Headwaters Project

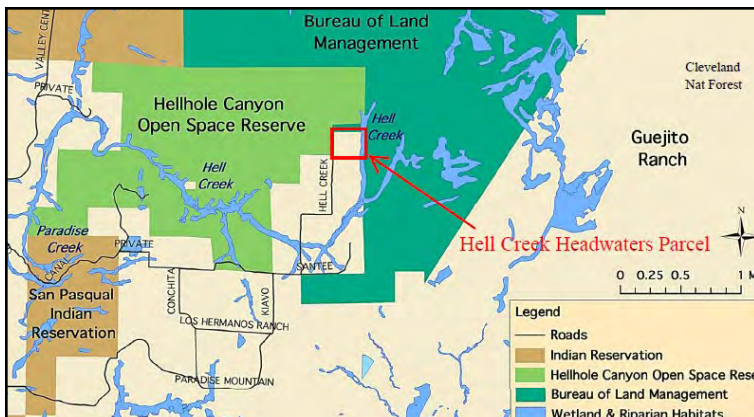
A generous \$10,000 grant from San Diego's Parker Foundation helped the Friends offset important final transaction costs and complete the Hell Creek Headwaters acquisition project. "We are enormously grateful for this award and very pleased our land conservation work has been supported by the Parker Foundation trustees! This acquisition will expand trails and protect important wildlife habitat at Valley Center's Hellhole Canyon" said Rick Landavazo, the Friends President upon announcing the award.



Gerald T. and Inez Grant Parker

The Parker Foundation was founded on October 5, 1971 for charitable purposes leading to the betterment of life for all people of San Diego County. With a net endow-

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Parker Foundation support helped the Friends and County Parks Department add the 34-acre Hellcreek Headwaters parcel to the Preserve.

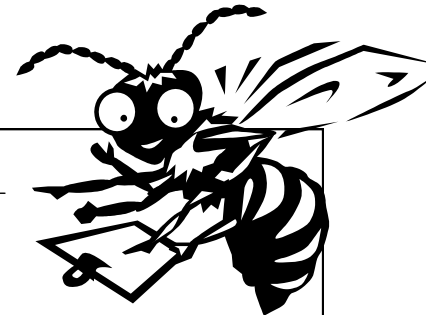
George Jones, bee expert, to speak at Hellhole Canyon meeting.

George is a volunteer county apriary specialist. With 70 years experience there isn't much Jones doesn't know about bees. Raised in rural Tennessee, even as a boy, he was fascinated with the creatures. This is his and the bees busy season as spring turns into summer and the importance of their work increases.

Jones has endured the stings of the bees many times, even recounting a time he was stung 200 times in a couple of minutes. Still, he loves to study them and to consume the honey they produce.

Before working for the county Jones was employed as a biology instructor at Clairemont High School in San Diego and also taught at Mesa Junior College.

He will share his knowledge of bees with interested participants at the June 25 meeting of the Friends of Hellhole Canyon at the Valley Center Library. He encourages any questions you may have about your bee situation.



Come bee with me! I have a special story to tell... join me and my Friends Saturday, June 25th at 10 AM in the Community Room at the Valley Center Library.



Friends of Hellhole Canyon
Open Space Preserve
PO Box 221
Valley Center, CA 92082
Website:
www.hellholecanyon.org
760 749-5320

The Hellhole Canyon gazette
is published quarterly, in
Valley Center, CA.

Board of Directors

Rick Landavazo, President
Meredyth Pierson, Treasurer
Joaquin Aganza, Secretary
Susan Fajardo, Director
Kenny Goldberg, Director
Julie Picot, Director
Bonnie Wheeler, Director

Board of Directors Meetings are held monthly, on second Fridays. Call 760 751-1443 for location and info.

Bookkeeping provided pro bono by Roxanne Greene, Business Services, North County Accountancy.

The Friends is a non-profit land trust and environmental education. We are dedicated to protecting natural open space at the Preserve and in our community.

County of San Diego Parks
Staff Ranger assigned to
Hellhole Canyon:
Dave Holt, Supervising
Ranger
Nick Sloan, Ranger
Offices at Wilderness Gardens Preserve
Phone (760)742-1631
Cell (760) 212-5549
14209 Highway 76
Pala, Ca 92059

Friends Meetings

The Friends hold public general meetings three time per year. The meetings feature an educational program on some natural or environmental topic and committee and officer updates.

The Friends' 2010-2011 calendar is posted on the website, www.hellholecanyon.org.

For up-to-date info on events and activities check www.hellholecanyon.org. Click on Current News.

Docent Led Hikes

Hikes are led monthly on every 3rd Saturday, 9am from the Preserve parking lot. For information call us at 760-749-5320 or visit our web-site at www.hellholecanyon.org

For a great and safe hike, we suggest you bring the following: lots of water, hat, sunglasses and sunscreen, long-sleeved shirt and pants, sturdy hiking shoes, snack foods, binoculars, camera, tails guide books. Please note that the Preserve can get warm and then hot quickly compared to the earlier morning start times. Be Safe and See you there!!

Volunteers, Board Members Sought

Volunteers are needed to help with projects with the Friends. Are you a good organizer? Know how to mail merge? Can you write grants? Willing to join a committee of neighbors to help out here and there? Please volunteer with the Friends. We have a place for you and need your help. Call 760 828-0726 for more info and to get started.

Are you interested in helping to provide leadership and contributing to the growth and development of our organization? Then please consider joining our Board of Directors. Our board is composed of regu-

lar community residents. You are qualified by your interest in protecting open space and outdoors recreation. Please call or email Rick at 760 828-0726, landavaz@cougars.csusm.edu for more info or to discuss how you can help the Friends. We need you! Don't be shy!

Join Friends Email List

Visit www.hellholecanyon.org and click on join email list and receive updates and reminders of upcoming events and news.

(Parker Continued from page 1)

ment of over \$35 million, the Foundation has granted over \$36 million since inception. The Parker Foundation works to implement the vision and civic spirit their founders, Gerald T. and Inez Grant Parker who attributed their personal success to being able to live the American dream and as such, were able to share their good fortune with others in their community.

Gerald T. and Inez Grant Parker shared a lifetime of devotion to the betterment of their community. Mr. Parker was born on June 24, 1883. Raised in a small Illinois town, he attended the University of Chicago, where he studied under the great physicist and Nobel Prize winner, A. H. Michelson. Rather than pursue a career in science, Mr. Parker entered the field of finance, joining the Commerce Trust Co. in Kansas City, Missouri. He became vice president and head of the bond department. Inez Grant Parker was born in Oswego, Kansas, June 26, 1887. The daughter of a prominent horse and mule dealer, she became a proficient horsewoman and an accomplished driver of spirited teams. She also founded the Friends of the Nelson Art Museum in Kansas City. "Parker Foundation support of community organizations like ours is essential helping us to engage the public in protection, expansion and enjoyment of the Preserve," Landavazo continued. "We are very thankful for the generosity of the Foundation and the community spirit it enshrines!"

HorseHike Coming Up Soon! Join board members Julie Picot and Joaquin Aganza on a trail ride through Hellhole Canyon on Saturday, June 18th 2011. We will be meeting at the Preserve entrance parking lot at 9 AM for a 1 1/2 to 2 hour ride. You and your horse should be in moderate fitness as the trail requires moderately steep descents and ascents. Most of the trail is fairly flat as it follows the path of the historic Escondido aqueduct built in the late 1800s. There will be at least two shallow stream crossings. If you've ridden Daly Ranch in Escondido this is similar terrain but generally less crowded. The wildflowers are in full bloom throughout the canyon. Be sure to bring water, sunscreen, and a hat as temperatures although still in the 70s can get you thirsty. There are restrooms and water at the entrance but none along the trail. Hope to see you there! Call 760-533-6821 with any questions.

Some of Your Beeswax!

By Bonnie Wheeler, Friends Board Member

Perhaps one indication of how important something is to us is how many times that item appears in expressions in our language. Bees then must be pretty important: Beeline, spelling and sewing bees, bee in your bonnet, busy as a bee, none of your beeswax, and the bees knees are a examples of the ways in which the significance of bees has crept into our speech.



A homey bee alights upon a daisy

But many of us know little about the inner working of bees, that they live in colonies of an average of 50,000 bees made up of the queen, drones, and workers, that their food is nectars and pollen and some of them sting to protect themselves or their hive. But there is much more to the average bee hive.

The colony is actually a strict caste system. The workers, which are always female, the 'busy bees,' tend to the queen. They also build the combs for honey and eggs. In addition they collect pollen and nectar visiting up to 2000 flowers a day. A single worker produces only a 12th of a teaspoon of honey in her lifetime, but working together, thousands of the bees can produce over 200 pounds of honey a year. They evaporate nectar to make honey, defend the colony, and make the decision to move the colony or to swarm. Busy bees indeed.

The poor drones do not live such an active life although for a short time they are equally important. The drones are all male and their job is to mate with the queen. They lack stingers and have no pollen or nectar collectors. Their moment of glory comes when the queen leaves the hive. They swarm around her seeking to mate, after which they die. So the queen mates with a dozen or more drones, storing the sperm for use later in her life, and flies off leaving a trail of dead drones in her path. In the fall, when the drones are no longer needed, the worker bees prevent them from entering the hive, so they starve.

Finally the 'queen bee' gets our attention. She begins life in a death duel with other potential queens, de-

(See Beeswax continued on page 4)

(Beeswax, Continued from page 3)

stroying her rivals that have not hatched. After a virgin other females sterile. She may live three to four years, laying about 1,500 eggs a day, up to 1,000,000 in her lifetime. Amazingly, she can lay her own body weight in eggs in a dayflight with the drones in attendance, she retires to a life of egg laying. She also secretes a pheromone that keeps all the

Honey is probably the most popular product the bees create.. The older workers collect nectar with a straw like proboscis and store it in a honey stomach. Bees visit hundreds of flowers until the honey stomach is full. The stomach breaks down the complex sugars and the bee regurgitates the modified nectar. A hive bee ingests the nectar and further breaks down

the sugars. The modified nectar is then regurgitated into a comb cell. The bees fan their wings to evaporate remaining water, and the cell is capped, leaving the honey ready for later consumption.

Current research has detected the presence of 17 antibiotic properties in honey. Scientists see a possible future for the use of honey in combating antibiotic resistant infections. They believe it could also be used to treat burns and other hard to heal wounds.

A couple of other products of these creatures are also useful. The beeswax produced by the youngest worker bees is made from a liquid excreted from special glands on their abdomens. They collect the cooled and solidified substance with their legs. The workers mold the wax flakes in their mouths to soften it for the construction of the hexagonal cells. We use this wax for everything from lip balm to candles to electrical components to varnishes.

Royal jelly comes from a gland in the heads of the workers. It is called royal because it can produce a new queen. If a queen is needed, workers feed one larvae nothing but royal jelly in large quantities for four days. This allows ovaries to form, which the queen needs to be able to lay eggs. Some scientists believe the jelly has alleged health benefits, although it may cause allergic reactions, as up to 5% of the

population is seriously allergic to bee stings.

Interestingly, the venom of the bees is also being studied. Scientists claim the venom contains 18 active ingredients and hope to use the anti-inflammatory properties to aid in treating diseases as diverse as arthritis to multiple sclerosis. For most of us, the reaction to a sting consists of pain, redness, swelling, and itching for about 24 hours. But care with bee stings is needed as about 40 deaths a year occur from insect venom, usually within the first hour of being stung.

In spite of the fear of bee stings which many people exhibit, the bees are much needed in our environment. The bee originated in Africa and in two major migrations expanded their territory to

Europe and Asia. In 1622, colonists brought bees to America to help with the pollination of their crops and this service remains extremely important today. Flying about 15 miles per hour from plant to plant the bees ensure the fertilization of our food sources and does not ask a lot in return. They cluster to stay warm in the winter and fan their wings to stay cool in the summer. All they need are a lot of flowers to visit.

The importance of the bees is demonstrated not only in our figurative language, but in the fact that 17 states have chosen this busy creatures to be the state insect. More about these fascinating critters will be the subject of the quarterly meeting of the Friends of Hellhole Canyon on June 25 in the Community Room at the Valley Center Library..



Bees in the hive

Bees....where the circle of life begins... For the flowers we love, the plants we eat and the Honeybees we need to support an organic lifestyle inside your body and home. Honeybees play a key role in Mother Earth’s survival. Responsible for the pollination (and thus the creation) of vegetation worldwide, their job is unequalled in nature. Without them, fruits, vegetables, trees and flowers would cease to exist without pollination — taking with them the source of all food and 30% of the planet’s oxygen.

Declining Populations:

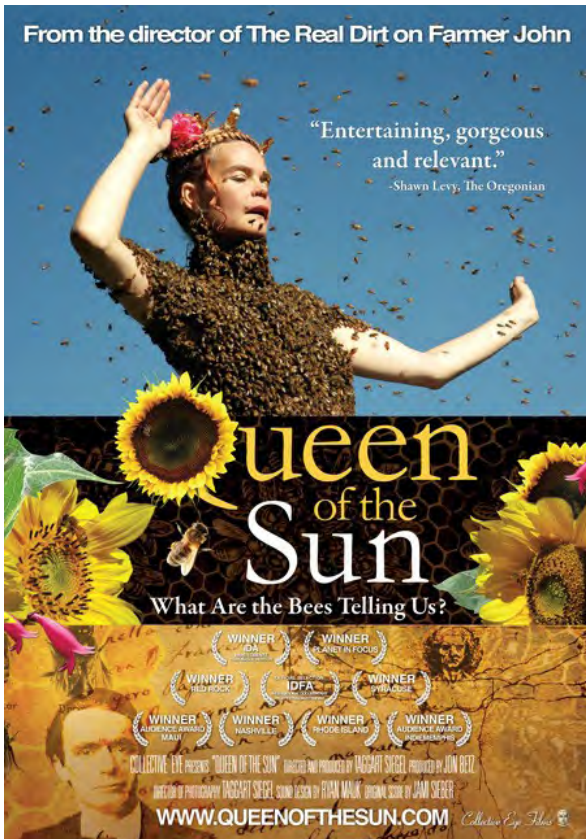
We’ve made it difficult for bees to survive by introducing toxins to their food, water and air. Since 2006 more than half of all honeybees world wide have died. But this troubling trend can be reversed. Together, we can bring back the bees! More info at www.BeeFuture.com



A honeybee pollinates a sunflower.

Queen of the Sun Documentary on Disappearance of Bees

In 1923, Rudolf Steiner, an Austrian scientist, philosopher & social innovator, predicted that in 80 to 100 years honeybees would collapse. Now, beekeepers around the United States and around the world are reporting an incredible loss of honeybees, a phenomenon deemed “Colony Collapse Disorder.” This “pandemic” is indicated by bees disappearing in mass numbers from their hives with no clear single explanation. The queen is there, honey is there, but the bees are gone.



For the first time, in an alarming inquiry into the insights behind Steiner’s prediction **QUEEN OF THE SUN: What Are the Bees Telling Us?** investigates the long-term causes behind the dire global bee crisis through the eyes of biodynamic beekeepers, commercial beekeepers, scientists and philosophers. **QUEEN OF THE SUN** features world renowned biodynamic beekeeper Gunther Hauk, New York Times bestselling-author Michael Pollan, Indian Activist Vandana Shiva, and a compelling cast of characters from around the world. Together they take us on a journey through the catastrophic disappearance of bees and into the mysterious world of the beehive. The film unveils 10,000 years of bee-keeping, illuminating the deep link between humans and bees and how that historic and sacred relationship has been lost due to highly mechanized industrial practices. Beekeeper Gunther Hauk calls the crisis, “More important even than global warming. We could call it Colony Collapse of the human being too.”

Stay Tuned! The Friends has contacted the filmmaker about a possible community showing in Valley Center and may be able to show this film in collaboration with other local community organizations.

Summer is Membership Renewal Time

Some reasons why you should become a member of the Friends!

Your membership with the Friends is *very important* and here are some reasons why!

1. You keep the Friends on sound financial footing. Membership dues provide our core funding support for day to day costs. Your dues go a long way because we are 100% volunteer organized and run.
2. Your membership is “vote” for open space protection. Open space provides habitat for wildlife, opportunities for outdoor recreation and helps contribute to property values!
3. You become connected to your neighbors and community! We are more than a conservation organization, we are people—friends, neighbors and family— working to improve our community!
4. Land conservation grant-giving foundations and funders care how many members we have. A strong membership is a demonstration of community support and gives confidence to key donors considering supporting our acquisition and open space protection projects!

Enjoy nature! Meet nice people! Support land conservation! Enhance your community! - A “Win” all around!

We need your membership to continue as an effective member-driven organization. But... we would *PREFER* your participation in the Friends organization. There is much more we could do if we could get more persons involved. We are all lay persons but each can bring special knowledge and expertise. And what we don't know, we figure out! Together. Thanks for considering a membership with the Friends, and thanks more if you can find some time to join our Board or a participate in a Friends activity or event. This summer, when you receive your renewal letter please renew or join the Friends. You can get a jump on us and clip, complete and mail in the membership form on the page 7. We are grateful for your support. Thanks. Julie Picot, Membership Chairperson.

Annual Meeting will have Official Business on Agenda

The Friends' Annual meeting will feature elections to our Board of Directors. The Friends by-laws require this annual meeting. Odd numbered seats on the Board. Current Board members occupying seats 1-3 and 11 will be on the ballot for reelection:

- **Seat 1, Susan Fajardo**
- **Seat 3, Julie Picot**
- **Seat 5, Bonnie Wheeler**

Seats 7 and 9 are vacant. Tracy Ellis, who has served her term on Seat 7 will not be on the ballot for reelection. As she leaves the Board let us express our thanks for the time and dedication she has give with her wonderful work on our acquisition committee and email communications.

Are you interested in serving on the Friends' Board? Please call Rick Landavazo 760 751-1443 for info. We welcome you! Thanks.

Membership Support

The Friends of Hellhole Canyon Open Space Preserve is a non-profit organization dedicated to creating public awareness and appreciation of Hellhole Canyon Open Space Preserve and encouraging the establishment and protection of natural open space in Valley Center, California. We coordinate with the County of San Diego Department of Parks and Recreation department to support educational hikes, outings, events, and recreational events at the Preserve promoting the native plants, wildlife and habitats of the Preserve. The 'Friends' organization is committed to the expansion and protection of Hellhole Canyon Open Space Preserve. We believe that the Preserve represents an extraordinary natural resource that must be safeguarded for the enjoyment and inspiration of present and future generations. While the Friends organization works to create public awareness and appreciation of the Preserve it is also incorporated as a land conservancy. We are proactively working to expand the Preserve by creating opportunities for willing landowners to create open space through land sales, conservation easements and contributions of land. We are working to obtain public and private funds so that critical habitats and sensitive open space can be acquired and conserved in the public interest.



Membership and Open Space Campaign Contribution Form Your Membership Contribution supports the day-to-day work of the Friends. Contributions to the Open Space Campaign go 100% to land acquisition and conservation. We need your support, won't you please become a member and support our campaign to conserve our local natural open spaces!

Enclosed is my (circle one) new / renewing annual Membership Contribution in the amount of:

- \$20 Student/ Senior (55+)
- \$35 Individual
- \$50 Household
- \$100 Sycamore Tree Sustaining
- \$150 Oak Tree Foundation
- \$350 Manzanita
- \$500 Canyoneer

add \$15 additional to your membership, for joint membership in both the Friends and the Valley Center Trails Assn. (Your \$15 will be forwarded to the VCLA)

Name _____

Address _____ City _____ Zip _____

Email Address _____ Telephone (____) _____

Yes, in addition to my membership contribution I want to support the Friends' Open Space Campaign. My contribution goes 100% to natural land acquisitions. Enclosed is my:

Acquisition Fund contribution:

\$50 \$100 \$200 \$Other _____

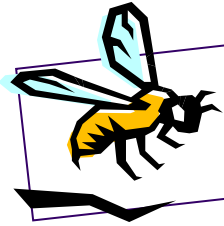
Enroll me in the 100 Acres Club. Enclosed is my \$500 Contribution.

Membership contributions and Open Space Campaign contributions are tax deductible. Contributions will be acknowledged with an IRS approved year end contribution letter. Please clip and mail this form to Friends of Hellhole Canyon Open Space Preserve, PO Box 221 Valley Center, CA 92082, or visit www.hellholecanyon.org to contribute online.

**Friends of Hellhole Canyon
Open Space Preserve
PO Box 221
Valley Center, CA 92082**



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Friends General Meeting Saturday June
25th at 10am, at VC County Library!
Don't miss our program on Bees !!! More
inside!

Return Service Requested

Valley Center Trails Assn and Friends of Hellhole Canyon in West-
ern Day Parade together. Win Single Hitch Award!



Photos, Julie Picot