

Mountain Lines Vol.18, No.3. Fall 2011. Preserving Our Desert and Mountains. www.mcdowellsonoran.org





From the Director...



What might 120 fourth graders, 35 stewards-in-training and a dozen adult recreational hikers have in common? They all benefit from MSC's education efforts – formal and informal activities that add value to any visit to the Preserve.

Education permeates everything MSC does. We have formal classes to orient and train new stewards and provide ongoing opportunities for continuing education; we offer informal hikes to the general public, many with educational themes. We send speakers into the community to present information on the geology, ecology and history of the Preserve; we invite school-children to visit the Bajada Trail with our Nature Guides. MSC-organized scientists are discovering and documenting the plants

and animals that occur on the Preserve, supported by citizen scientists who join them in the field to learn and work under their direction. We offer a field guide and wildflower guide to the Preserve.

We want to teach people what we know about the Preserve. It's said that people won't save what they don't love, and they won't love what they don't know. We want people to get to know the Preserve, and the plants, animals, geology and human history that make it distinctive and worth protecting.

There is plenty of room for you in this effort. You can become a volunteer Nature Guide and help us teach children and the general public in the Preserve. You can learn to lead a hike, or develop a themed hike of your own. You can join our Outreach program and represent MSC in the community, or our speaker's bureau to talk about the Preserve and our efforts to protect it.

If you'd rather learn more yourself, why not join our efforts to make an inventory of the Preserve's plants and animals? Or join our "Pastfinders," who explore the human history of the McDowells. Or come with us on a hike, or to a presentation offered by one of our stewards.

We don't have a program at MSC we call "education." Instead, it's a thread that runs through all our work. In this issue we highlight a few of those efforts, and the people who are leading the way. I hope you'll consider joining them.

Mike Nolan

"In the end, we will conserve only what we love, we will love only what we understand and we will understand only what we are taught."

- Baba Dioum, Senegalese conservationist

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MSC Naturalist Judi Irons provides an interactive learning experience on a group tour along the Bajada Nature Trail.

Cover photo by: B. Miller

About MSC

The McDowell Sonoran Conservancy champions the completion and sustainability of the McDowell Sonoran Preserve for the benefit of this and future generations. We connect the community to the Preserve through public and private partnerships, environmental education and stewardship.

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Become an MSC Steward

Work hard, have fun and make an impact on your community. MSC volunteers champion the conservation of open space, steward the McDowell Sonoran Preserve and engage the community in preserving our environment. What we all have in common is our passion for the outdoors and a desire to make our community a better place. The first steward orientation classes of the season are coming up on October 15 & 22 beginning at 8:00 a.m. at the Gateway. Learn everything from how and why MSC was founded, how to properly identify and report a problem on the trail, and everything in between. Utilize your skills and discover hidden talents while working alongside enthusiastic, mission-focused individuals. Register today by calling 480-998-7971 ext. 104.



Photo provided by: MSC

MSC Blog: Join the Conversation

In a relatively short amount of time, social media has transformed the way our society communicates with one another. Instead of a simple phone call or email message, we can reach friends, family and colleagues in many different ways. MSC wants to reach out to its friends and supporters, both near and far, in these ways too. In addition to following and communicating with us via the Facebook page, we are rolling out a blog. This is yet another way for you to not only learn about what is happening with MSC, the Preserve and global environmental issues, but also an opportunity to share your side of the story. Send your pictures, videos, stories and opinions to Lesley@mcdowellsonoran.org and be a part of the conversation. Follow the MSC blog today at mcdowellsonoranconservancy.wordpress.com!

Walk, Run & Roll...As a Family!

To start McDowell Sonoran Month and the outdoor season off with a bang, register and participate in the MSC Walk, Run & Roll on Saturday, October 1, 2011. This 5-kilometer course weaves you through the DC Ranch Community and showcases the beautiful desert landscape of the McDowell Sonoran Preserve. Should you choose to walk, be sure to grab a map at the check-in table for the desert scavenger hunt! For the runners and bikers, this noncompetitive event will be the perfect opportunity to be active outdoors as a family. At the finish, visit the Nature Guides as they challenge your Arizona and desert history in a trivia game, get up close and personal with



the Wildland Safety team at the Scottsdale Fire Department, decorate your bike at the Style Your Spokes station and so much more! A \$20 donation per family is suggested in honor of MSC's 20th anniversary. Register at www.mcdowellsonoran.org or by calling 480-998-7971 ext. 102.

Focus on Conservation Photography Contest Goes GREEN

The Focus on Conservation photoraphy contest has produced some of the most beautiful illustrations of the Preserve that MSC has ever seen, and the winning photos have been displayed throughout the Valley to increase awareness of our treasured open space. In order to create a more sustainable contest, save resources and continue to highlight the Preserve through beautiful photos, the contest is going completely electronic. Starting in October, you may submit your photos taken in and of the McDowell Sonoran Preserve online. Guidelines are simple, rules are minimal and opportunities to win are plentiful, as judging will occur on a quarterly basis. In summer of 2012, winners from every season will be grouped together and displayed on MSC's website gallery for friends here and around the world to see your artistry. Winners from previous contests will be chosen for an exhibit that will continue to bring awareness in local libraries, community centers, schools and other venues. Learn more on the website, grab your camera and let the Preserve be your canvas.



Photo by: S. Parish

Nature Guides: A Season of Discovery

By Judi Irons, MSC Naturalist and Nature Guide

Discovery is defined as the process of learning something that was not known before, or finding something that was hidden. The opening of the Gateway trailhead, the newest access point to the McDowell Sonoran Preserve, created yet another opportunity for desert exploration. But, this spirit of discovery works best when everyone can participate! Soon after the Gateway's opening, MSC secured funding for the first barrier-free trail in the Preserve, the Bajada Nature Trail. Both of these community resources rapidly gained in popularity, creating an important portal to discover the wonders of the desert in our local environment. MSC quickly understood that a steward program was needed to supplement the unique education that visitors receive when utilizing our one-of-a-kind trail at Gateway.

The Nature Guides are a powerhouse of energy and educational fun! It has been a memorable inaugural season. While the Nature Guides provide their services mostly along the Bajada Nature Trail, their scope of services is wide and deep, allowing many stewards to participate, even considering their varied interests and schedules.

The mission of the Nature Guides is to provide educational and interactive opportunities for the community to learn about the value, significance and wonder of the McDowell Sonoran Preserve. This is not just a "show and tell" program; it is about educating the public about protecting the resources and using proper etiquette when visiting the Preserve. We strive to offer visitors of all ages and abilities a menu of educational oppor-

tunities that will help connect them to the natural and cultural resources of the Preserve through the use of their senses. We learn and retain better when we actually can see, smell, touch, hear and even taste our surroundings. Imagine the delight in observing an insect taking a pollen bath inside a cactus flower, smelling the Creosote bush after it's wet, holding a nest from a Saguaro in your hands, listening to the "engine starting" call of the Cactus Wren or tasting prickly pear candy.

Here is a snapshot of all the ways in which the Nature Guides provide an educational experience to a diverse group of Preserve visitors.

Adapted Recreation

Last season, we partnered with the City of Scottsdale's Teen Connection program to engage young people with the McDowell Sonoran Preserve. The Teen Connection is an inclusive program for developmentally-challenged young adults. Most of the teens had never been to the Preserve before or experienced the "wild" part of the Sonoran Desert. They came to the Gateway on a weekly basis in the afternoon and the Nature Guides gave them a different desert experience each time. Some of their favorite programs were Leave No Trace, Preserve geology, Sonoran Desert animals, ethnobotany and insect pollinators. These outdoor visits included walks on the fully accessible Bajada Nature Trail; handson demonstrations; and other experiential activities.



Judi Irons explains why certain mammals have sharp teeth by using a real coyote skull. This outdoor, interactive education is what the Nature Guides provide to community members of all ages.

Photo by: D. Bierman

School Programs

Last April, through a partnership with the ASU Lodestar Center and with funding provided through MSC's PACE program, we welcomed 120 fourth graders from Lattie Coor Elementary, a title one school in Avondale, Arizona to the McDowell Sonoran Preserve. They were treated to a desert scavenger hunt, where they were challenged to find a cactus with three arms, identify a nurse plant and count the different animals they could find only by using their active listening skills. They next learned about the large mammals of the Preserve – coyotes, javelina and deer – and were able to touch furs and real skeletons. Their time in the Preserve was topped off with a prickly pear tasting. At first, to think they were going to be eating cactus was a little nerve-wracking, but they enjoyed learning that both animals and people can share this desert delicacy! This visit was an experience that the children said they will never forget, as open spaces like the Preserve are not readily available to them where they live. The outdoor education we provided also complements their natural science and Arizona heritage curriculum, providing information that they would typically only

receive while reading through a textbook from their desks (see more on the benefits of experiential learning on page 18). MSC and the Nature Guides hope to host many more schoolchildren on similar types of field trips.

First Friday Family Sunset Series

The Family Friday Sunset Series brings families together to the Gateway for interactive and fun nature programs. For instance, the raptor and reptile program drew more than 100 enthusiastic guests on an unseasonably warm evening last April. The wild-life program is one of the most popular presentations for the younger audience members – and even those who are just young at heart! MSC stewards also find the Family Fridays Series to be an enriching experience. Starting this season, Family Fridays will take place on the first Friday of each month from October through April at 4:30 p.m. Each program lasts 45 minutes to one hour. You don't want to miss learning all about desert plants, geology, wildlife, bats, snakes and insects, and preparing for the McDowell Sonoran Challenge!

First Friday Family Sunset Series

All programs begin at 4:30 p.m. on the first Friday of every month. We can't wait to see you at the Gateway!

October 7, 2011, Explore the McDowell Sonoran Superstore

Learn which Preserve plants Native People used for shampoo, insect repellent, paint, Band-Aids, rope, lotion, food, fuel and more. MSC Master Steward Alice Demetra and Steward Debbie Frey will test your desert knowledge to see if you can match desert plants with everyday items purchased at Wal-Mart, Home Depot and Costco.

November 4, 2011, Shake, Rock and Roll

Join MSC Master Steward Dan Gruber for this eruptive, interactive and fun story about earthquakes, eruptions, lava flows and rocks. Find out the answer to the question, "Are there volcanoes in the McDowell Sonoran Preserve?"

December 2, 2011, Crazy about Wildlife

Join Southwest Wildlife for an afternoon on the "wild" side. We never know what animals Southwest Wildlife will bring...but we are always amazed when they come to visit!



Photo by: D. Bierman

January 6, 2012, Get Ready for the MSC Challenge Families, have you been thinking about doing the MSC Challenge on Saturday, January 28, but don't know where to start? Our team will get you pumped up about exercising and nutrition.

February 3, 2012, Who's Afraid of Bats?

Not Peggy Moroney, Desert Botanical Garden Volunteer and bat enthusiast. Peggy will help us get over those fears of bats through storytelling and the use of props.

March 2, 2012, Crawly Creatures of the Sonoran Desert

More reptiles, please! Ranger Amy Ford from the McDowell Mountain Regional Park next door brings her collection of snakes and desert tortoise to share with us. What a nice neighbor!

April 6, 2012, Flying Jewels of the Sonoran Desert

It's a bird! It's a butterfly! It's a bee! Join MSC Nature Guides for an interactive program on some of our more colorful pollinators in the desert; and learn about their favorite types of plants.

Thematic Tours

In our first year, Nature Guides offered three different tours, each less than two miles round trip. We plan on adding two or three more themed tours this season to match the desires of different kinds and sizes of groups. Most of our tours last season were for scouts, disabled groups, private adult groups and other youth organizations. A favorite tour stop for many was the packrat nest.

MSC Thematic Tours

Friends of the Desert

The McDowell Sonoran Preserve is a special place where some plants and animals form friendships to live in the desert. This is a short, half-mile walk on the Bajada Trail, and is fully accessible by wheelchair. This 1 ½-hour exploration is a perfect trip for children ages four to six.

Living on the Edge

How would you survive if you were a desert plant or animal living in extremely hot and dry conditions? Ponder the many challenges plants and animals face living in the desert, and living side by side with development. This is a halfmile loop along the Bajada Trail, and is fully accessible by wheelchair. This 1 ½-hour tour is suitable for children and adults, ages seven and older.

Saguaro Loop Option

The Living on the Edge thematic hike can be done on the Saguaro Loop Trail, and it includes more hiking. This trail is 1.6 miles round trip with minimal inclines and some rocky areas. The trail is not accessible to wheelchairs. This 2-hour hike is suitable for children and adults, ages seven and older.



MSC steward and Nature Guide Betty Miller points out something exciting for her group to see along the Bajada Nature Trail. Photo by: J. Irons.



Trailside Naturalist Station

This past season MSC launched the "Ask an Expert" station at the junction of the Gateway Amphitheater and Bajada Nature Trail as a featured activity of the 20th anniversary. The public loved it! Many hikers and families stopped by to look at wildlife skulls and snake skins, ask questions about wildflowers, learn about outdoor photography and much more.

This season the Nature Guides will be coordinating this station, and it will be called the "Trailside Naturalist Station." The station will be staffed with Nature Guides and other stewards who have knowledge and an interest in educating the visitors about all of the wonders that the McDowell Sonoran Preserve has to offer. Stop by on Saturday mornings and learn something new about the plants, animals and activities that are unique to the Sonoran Desert.

Each month of MSC's Season of Discovery has a theme, and the Trailside Naturalist will feature topics complementary to that month's theme. Some of the themes to look forward to are conservation, geology, health and wellness, art, wildflowers and wildlife.

While the Nature Guide program's goal is to enrich the lives of the community through learning about the desert environment, we did not anticipate how much fun and enriching it would be for us during this first year! Sharing our knowledge and passion with children, adults and families through outdoor, interactive activities has been so rewarding. If you would like to discover the fulfillment of being a Nature Guide, please join us by calling



Ethan and other friends and City of Scottsdale staff enjoy weekly educational programs complete with fun, hands-on activities at the Gateway.

MSC at 480-998-7971. We look forward to seeing you on the Bajada Nature Trail soon!

Naturalist Judi Irons conceptualized and implemented the Nature Guide program at MSC using her expertise as a National Park Service ranger and environmental educator and docent at the Desert Botanical Garden.

"We all had so much fun as they were using the skulls as puppets saying the silliest things. We got thank-yous, hugs and handshakes as they left. As we put our materials away, the sun was beginning to set, the shadows on the mountains turned a beautiful shade of orange and we were fully rewarded. Not only by the beauty of the day, but by our positive, sweet friends that filled the afternoon with lots of laughter."

Sue Handke, Nature Guide on the Adaptive Recreation Program



Sue Handke (left) was a trailside naturalist this season, answering questions and sharing her desert knowledge with Preserve visitors on the weekends. Photos by: J. Irons

Flora Findings from the Field

By Steve Jones, Principal Investigator of the McDowell Sonoran Field Institute Flora Survey

As you hiked the Preserve trails this past spring, you may have seen small groups of people carrying dark green briefcase-sized bags and showing an unusual interest in plants along the trails. Those were McDowell Sonoran Conservancy stewards and local students taking part in a survey to collect and identify the flora within the McDowell Sonoran Preserve. This spring's initial collection produced excellent results. We were able to hike all of the marked trails in the Preserve, and also did some off-trail collecting in areas of particular interest. We made 430 individual collections, and identified 220 separate taxa (species plus subspecies and varieties).

One unexpected find for the flora team was dwarf white honeysuckle, also called longflower tubetongue, a plant related to chuparosa, except with one very different habit. Instead of blooming with red flowers in late winter and early spring, it has white flowers and blooms in late spring and then again in response to monsoon rains. Its white flowers are nocturnal, and pollinated by moths. The flowers drop from the plant the following day.

The plants collected were pressed, dried, identified and transported to the herbaria at two of our partner institutions, Arizona State University and the Desert Botanical Garden. There they will be mounted and preserved in perpetuity.

Early this summer, you may also have seen small groups of people on the trails rolling out ten-meter lengths of string and turning circles in the middle of the trail. Odd ritual, you may have thought. This is part of a separate survey to identify biotic communities, or groups of interdependent organisms inhabiting the same region and interacting with each other. We sampled circular areas with a radius of ten meters, and the areas were then classified into one of seven possible communities. Each community is determined by the top three most dominant species in the area. Understanding locations of the communities helps in seeing how factors like elevation, rainfall and slope face influence where and how each community exists. This work is aimed at providing a snapshot of the ecological makeup of the Preserve, and to help the fauna investigators focus their research more accurately. Further, more complete ecological studies are in the planning stages.

An important part of this process is including the partner institutions, in particular the schools. Students from Arizona State University, Northern Arizona University and Scottsdale Community College participated in both the plant collecting and the data-gathering for the ecological snapshot.



Longflower tubetongue was one of the more unexpected findings during the spring 2011 flora survey. Photo by: S. Nordin

"I went out into the Preserve with an expectation that I would simply be looking at plants that I was familiar with, but it was so much more than that. Stumbling upon the spring near Windgate Pass and seeing an unusual species of chuckwalla along the trail were wonderful surprises for me," says MSFI summer intern, Chelsey Hull. "People look at the Preserve thinking it's just a desert, but it's full of colors and a multitude of plants and animals."

Brenton Scott, another summer intern and President of the Society for Conservation Biologists at ASU, is an Arizona native and a plant and conservation enthusiast since childhood. "Having a record of the Preserve's flora and fauna helps to guide researchers in understanding which areas we have succeeded in conserving, and where we need to better sharpen our focus," he says.

When MSC's outdoor season begins in October, the McDowell Sonoran Field Institute will begin to present the early stages of our findings, as well as the implications they have on future study, through lectures open to the public. Details will be posted on the MSC website and Facebook page as they become available.



Plant and animal life not common to the Sonoran Desert was found by the McDowell Sonoran Field Institute summer interns as they did ecological research along the many miles of trails. Photo by: K. Toledo



Service Through Innovation

This has been a remarkably successful year for MSC, evidenced by new programs and notable progress in existing ones. In this difficult economic climate, we found innovative, new approaches to provide exemplary service to the Preserve and the community. Through a reorganized volunteer program, a unique, volunteer-led scientific inventory of the Preserve's plants and animals, and partnerships with experts in many fields, we found efficient ways to get more done.

In January 2011, we paused to celebrate our 20th year as an organization and look back on all that we've accomplished. Considering our start – a handful of people around a table at the Mustang Library, hoping to figure out a way to protect the McDowell Mountains – what's been done is impressive. A Preserve of more than 17,000 acres and growing, hundreds of volunteer stewards and thousands of donors have created a natural asset unique in America.

A more sophisticated volunteer program emerged after a year of work, organized around 11 key programs led by a core leadership team. Our innovative approach to volunteer management, following national volunteer management models, allows us to provide the highest stan-

dards of training and continuing education. This ensures highly engaged and educated citizen volunteers, and this year attracted 85 new stewards to volunteer their time and expertise to our efforts.

City of Scottsdale land purchases increased the size of the Preserve by more than 10%, and the output of our volunteer stewards expanded with it. Stewards put in thousands of hours patrolling trails. Volunteer construction and maintenance crews trimmed vegetation and repaired damage along 35 miles covering 16 trails, plus conducted more than 40 work projects helping to repair and re-vegetate damaged areas. Pathfinders extended their hours to be present every day at the Gateway trailhead during the hiking season, and

Program Highlights

Conservation

MSC accepted responsibility to patrol and protect acres and trails acquired in 2010 in the northern section of the Preserve around the historic Brown's Ranch. Our response included a revamped patrol



program, increasing equestrian and bike patrols to cover more acreage per patrol, automating patrol reporting via a technologically advanced, secure website to ensure all trails are covered monthly, and a commitment to responsiveness ensuring that wildfires and storms will not impact the Preserve.

We combined the need for teens to get outdoors and the popularity of "going green" to create an effective community service program. Our results? An increase of 40% in community service projects resulted in double the number of contributed hours and the number of acres we restored.

Connection



MSC Nature
Guides hosted thousands in the Preserve
this year, including
120 students from
the Lattie Coor
Elementary 4th grade
class through a partnership with ASU's
Lodestar Center for

Philanthropy and Nonprofit Innovation. When surveyed prior to their visit, these students knew little about the desert. After two hours with MSC Nature Guides, more than 75% of the students could identify desert plants by name.

- A role model for barrier-free experiences, the Gateway trailhead was open for its second full year providing opportunity for MSC Pathfinders to speak with more than 30,000 people, ensuring these visitors were well-informed and had a safe, enjoyable experience.
- Through an unprecedented 85 free, public, guided hikes offered this year, MSC Hike Leaders shared the most up-to-date information about what visitors can find in the Preserve, encouraging more people to embrace the Preserve and deepen their commitment to its protection. As a result, self-guided exploration has increased, with 269,024 visitors in the Preserve last year.

four days a week at Lost Dog and Sunrise trailheads.

In this annual report, we have highlighted some of the ways the McDowell Sonoran Conservancy strengthens the protection of the Preserve and benefits the community. Our Board, staff, volunteers and partners work together to share ideas and expertise, inspire each other, build public support and find better ways to be good Preserve stewards. We are happy you are a part of our efforts.

Thank you for your friendship and support.



Oliver Smith Chairman

Mike Nolan
Executive Director

Collaboration

Thanks to funding provided by the Nina Mason Pulliam Charitable Trust, we launched the first-ever systematic biological inventory of the McDowell Sonoran Preserve, a three-year project aimed at helping us better understand the ecology and natural communities we protect. Scientists working with teams of trained volunteers and student interns made great progress in identifying and recording the plants and animals found there.



Expect a new look for MSC in 2011 after months of work led by our Board's Marketing Committee and with the help of community marketing experts. They created a formal marketing plan and brand for MSC to ensure the community understands who we are and what we do. We know that once the community embraces the Preserve, they will join our efforts to protect it.

Financial Statements

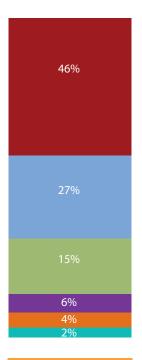
For year ended June 30, 2011*

Statement of Financial Position

Assets	June 2011	June 2010
Cash	\$356,381	\$310,175
Receivables	\$54,654	\$117,738
Other Current Assets	\$23,449	\$9,696
Fixed	\$418,161	\$433,926
Other Assets	\$187,629	\$133,339
Total Assets	\$1,040,274	\$1,004,874

Liabilities and Net Assets

Total Liabilities	\$10,304	\$8,662
Total Net Assets	\$1,029,970	\$996,212
Total Liabilities	\$1,040,274	\$1,004,874
and Net Assets		



Statement of Activities

Revenue and Support

Contributed Service	\$570,966	(46%)
Cash and Pledges	\$334,008	(27%)
Contributed Property	\$183,994	(15%)
In kind Donations	\$70,775	(6%)
Program Revenue	\$59,936	(4%)
Investments	\$26,904	(2%)
Total Revenue	\$1,246,58	33

Expenses Program Expenses

83%	
6%	

 Program Expenses
 \$1,010,006
 (83%)

 Fundraising Expenses
 \$67,967
 (6%)

 General Expenses
 \$136,845
 (11%)

 Total Expenses
 \$1,214,818

*Unaudited Mountain Lines 11

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Although too numerous to list, we thank each one of the generous members of the Hiker Circle!

Mary Ellen and Jan Nyland Art Pearce Wendy Ring

Susan and Phil Hagenah

Lorraine and Ray Houle

Gretchen and George Ishler

Carleen and Robert Lazarus

Judy and David Lorenz

Barbara and Al Peters

Vi and Michael Platta

Barbara and Tom Pringle

Janet and James Pupillo

Diana M. and David Smith

Leslie and Jim Smith

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Sharon and Paul Madson Judee and David Morrison BJ Shortridge Trailbuilder Circle (\$500-\$999) Susan and Bryan Albue Ron Behm Donald Bierman Ginger and Don Brandt Richard Buchbinder Diana and Allan Winston Robert Caldwell Robert Chasan James Dalton Bernard Finkel (\$100-\$249) Linda Blumel and Ron Finkel" Patti and Timothy Garvin

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Carol Zimmerman (\$1-\$99)

Tina and Tim Woods

Sylvia and Mark Wermes

Carolyn and Paul White

My Experience as a McDowell Sonoran Field Institute Citizen Scientist

By Sue Handke, MSC Steward

The amazing reptiles of our Preserve have always fascinated me. While hiking, I often take pictures so I can research them at home and become more familiar with the qualities that make them unique to the Sonoran Desert. When I learned about the opportunity to formally research and learn more about reptiles by becoming a citizen scientist through the McDowell Sonoran Field Institute (MSFI), I was thrilled!

The Herpetology (reptile) survey is part of the fauna portion of the McDowell Sonoran Field Institute. Dave Weber, President of the Arizona Chapter of the North American Field Herpetological Association (NAFHA) is the Principal Investigator of the reptile portion of the study. He is present to lead and teach the citizen scientists on every reptile excursion taken into the Preserve. A typical outing in search of Preserve reptiles is referred to as "herping." Before conducting our first outing as official "herpers," we participated in training to learn the basics of searching for and cataloging reptiles, and the safest and most effective way to do so. We were instructed on the proper attire – long pants and boots are a must – and the ways in which to leave reptiles unbothered and safe in their habitats.

To give an idea of what "herping" is like this year, here is what can usually be expected: When the daytime temperatures are still comfortable, reptiles are able to be active when the sun is out, so we do our research in line with the rules as stated by the Preserve Ordinance. Dave chooses our meeting location based on hikeable trails in close proximity to washes, and places that have great "hiding spots" for reptiles. When we are on the lookout, the hiding spots we explore are underneath rocks and trees, in the crevices of rocky slopes, and down small holes in the ground. Another thing that makes herping difficult is that reptiles are very cryptic, meaning that they camouflage well into their desert surroundings. It's entirely likely that you may have walked by a number of critters along the trail and never knew they were there! An advantage that we have in the earlier spring months is that the temperatures are cool enough that certain reptiles, like whiptail lizards, often sun themselves on rocks in plain sight. Every outing, our success is determined on knowing where to look, but also having a little bit of luck.

When we come across a reptile, the data collecting begins. First, the species is identified. We take the ground and air temperature,



Reptiles are often found sunning themselves during the day. When undisturbed, they can remain on a rock for hours at a time. Photo by: J. Bailey



This gopher snake is demonstrating its cryptic nature, or its ability to camouflage into the surroundings. Chances are that when you can't seem to spot a reptile, they are there, but simply too difficult to distinguish among the ground and nearby plant life. Photo by: M. Jensen

wind speed, record GPS coordinates, the moon phase, weather conditions and the reptile's temperature. One might wonder, "How in the world do you take a snake's temperature?" The answer is *carefully*! An instrument called a non-contact infrared thermometer, when pointed at the reptile, shoots a laser beam to read its temperature. During training we were instructed to be mindful of a reptile's space when recording data. A snake can strike at a distance of about two-thirds the length of its body! Thanks to Dave's leadership and extensive knowledge of Sonoran Desert reptiles, I have learned so much more about my favorite critters, and where and how they live. I am also learning the scientific lingo – almost like a second language. In our survey so far, we have identified and collected data on diamondback rattlers, a black-tailed rattler, tiger rattler, western groundsnake, Sonoran gopher snakes, Gila monsters, desert tortoises, eastern collared lizard, Sonoran tiger whiptail lizards, greater earless lizards, common chuckwalla and common side-blotch lizards.

My experience in becoming a citizen scientist has been a privilege to say the least. I have been an MSC steward for several years and active as a Pathfinder and Nature Guide. The unique opportunity to volunteer for the first scientific study of the plants and animals of our Preserve has been amazing. To be able to share those findings with visitors while on duty as a Pathfinder or Nature Guide, or even outside of the Preserve, and better engage the community is so important to me. I know my work is helping to conserve this beautiful open space for future generations of people, plants, animals and reptiles, too!

You don't have to be a scientist to help! Do you have a passion for the outdoors? Do you have interest in plants or animals of the desert? Is learning more about the Preserve on your to-do list? Then you are the perfect candidate to become an MSC citizen scientist. This volunteer opportunity is unique to the Valley, allowing people of all ages to be part of the first-ever survey of the plant and animal species in the McDowell Sonoran Preserve. Together, you can help the community to better understand how to protect this ecologically rich treasure. Join one or many of the studies today by calling 480-998-7971 ext. 105.

Raising a Healthy Hiker

By Barb Pringle, MSC Steward

One of my favorite childhood memories is of the hiking trip I took with my family to the Smoky Mountains' Mt. LeConte, an eight-mile, all-day trek to the 6,600-foot summit. Our adventure included the sighting of a mama black bear and her three cubs – an exciting experience for a 10-year-old girl. At the top of the mountain was a big rustic lodge and guest cabins; we ate dinner with other guests at a communal table and slept in a small log cabin on lumpy mattresses. The next day we hiked back down to our car, slightly sore but very happy.

As I look back on those two days, I realize how influential they were on my becoming a lifelong lover of hiking and the outdoors. I want all kids to have that feeling – to love being outside and enjoying physical activities like hiking. I'm always happy to see young ones out on our Preserve's trails because I hope they are acquiring a lifelong, healthy habit.

And in today's world, it's imperative that children get moving, as most health experts say we are in the midst of a childhood health crisis. The Center for Disease Control and Prevention reports that the percentage of children ages 6 to 11 who are overweight has increased nearly 300 percent over the past 25 years. Children and adolescents with type 2 diabetes reached 27 percent in 2002, an astounding jump from less than 1 percent 20 years ago. While poor eating habits contribute to the problem, a lack of exercise is the main offender, say San Diego State University researchers. Kids today are 20 to 25 percent less active than 25 years ago.

Your children don't have to be part of this problem. Give them healthy food and get them outside and moving on a regular basis. One great way to introduce physical activity to kids is to hike the many miles of trails in the McDowell Sonoran Preserve. A wide variety of trails cater to different abilities so you can start hik-



Barb (far right) is taking a relaxing break in the Smoky Mountains with her sister and mother. Hiking is the perfect outdoor activity for families to do together. Photo provided by: B. Pringle

ing with your kids on the easier trails and work your way up with them to more challenging routes.

To develop a healthy young hiker, follow a few tips from those who have done it before:

Make it fun. Even if you are an avid hiker, you need to slow down and go at a kid's pace, especially with new or younger hikers. It's always very important to make it an adventure; not a dreary task that mom or dad want you to complete. "Hiking is something we do as a family, and since the Preserve is dog-friendly, we bring everybody (the dog is part of the family). It's an inclusive activity



Given the variety of trails, children can begin to enjoy the sights and sounds of nature in the McDowell Sonoran Preserve at a very young age. Photo by: F. Weling



If your child is still too small for long hikes, parents can get a great workout while introducing their kids to the benefits of being outdoors. Photo by: A. Weber

we sell as 'fun' versus 'have to exercise'," says MSC Board member Christine Kovach. Include games like a scavenger hunt or an "I spy" outing. Pick a letter and see how many objects you can find during your hike starting with that letter. Sing songs if you're a musical family (just try not to sing too loudly!)

As kids get older, adjust activities accordingly. "My 16-year old daughter, who has been a hiker with us since she was very young, now likes to go when there is an opportunity to take photographs," says MSC's Linda Raish. Geocaching, compass and GPS tracking are other hiking activities that older kids might embrace.

Bring plenty of snacks, and plan for lots of snack breaks so that young bodies don't tire too early. "We learned that snacks were a big part of the hike for our boys; reaching the top of Sunrise and sitting down to divvy up the snacks was very important," says hiker and mountain biker Debra Doss. Bring foods the kids like and try some different GORP recipes (see our sidebar for ideas). And don't forget to bring plenty of water!

Pay attention to equipment and footwear. Many kids will want to carry their own packs and water bottles, and this is motivating and fun for these kids. But you must be careful not to overload a child's developing system. A too-heavy pack strains young muscles and bones, and can do damage, the least of which might be the child's conclusion that hiking feels awful. A general rule of thumb is for every five pounds of a person's weight, she or he should be able to carry one pound of gear comfortably. Talk to a reputable outfitter like REI to make sure any pack you buy for your child will work properly.

Footwear is also very important if you want a happy hiker. Sore feet create cranky kids. Don't allow flip-flops, street shoes or too-big, hand-me-down hiking boots. And don't neglect the right socks, either. Again, visit an outdoors retailer to find out what your young hiker needs.

Hiking brings so many benefits to young people. It builds balance and large motor skills; helps hone an adventurous spirit; fosters a curiosity about the natural world; cultivates self-confidence in the child's capabilities; and introduces a lifelong physical activity that can be enjoyed all over the world.

GORP is Great! **Favorite Blends and Recipes**

Those portable snacks, fondly called GORP (Good Old Raisins and Peanuts), that we carry in our packs up Tom's Thumb or over Bell Pass are critical to happy and healthy hiking. We asked some of our hikers what they choose. Trader Joes sells lots of trail mixes and steward Dan Gruber likes their Wasabi Wow with extra wasabi peas thrown in - spicy! Scottsdale's trail planner Scott Hamilton scoops some Sunflower Market mix because, he says, of its chocolate. Agreed, chocolate is good anytime and anywhere!

Whatever you like, make sure it's always on-hand so you can enjoy both a healthy hike and a delicious snack. Here are a few homemade GORP recipes you might like:

Chocoholic's Dream by Brett Claxton

A staff favorite at Backpacker Magazine, which notes that many hikers/backpackers are self-professed chocoholics:

2 ounces dried mangoes

2 ounces dried blueberries

2 ounces dried tart Michigan cherries

2 ounces smoked almonds

2 ounces beer nuts

3 ounces white chocolate coins

3 ounces dark chocolate coins

Mix ingredients in a ziplock bag. Yields 1 pound.

Healthiest Heartfelt GORP by Wayne Limberg

This hiker-chef notes that his recipe is designed to keep fat and cholesterol values down for heart-healthy-conscious hikers. He says the secret is the corn nuts, low in fat but salty enough to satisfy and keep you drinking water:

1 part almonds

1 part corn nuts

½ C rolled oats

1 part dried bananas

1 part other dried fruit, your choice

1 part Wheat Chex cereal or Goldfish pretzels

Mix ingredients in a ziplock bag and enjoy the salty-sweet combination.

Sonoran Granola, a desert bounty

Submitted by steward Alice Demetra, from a recipe created by John Slattery

11/2 C mesquite flour 34 C acorn flour 1½ C walnuts 1 C pecans ½ C dried peaches, chopped 1 C sun-dried wolfberries

cloves, nutmeg and cardamom 2 C coconut oil or

½ C fried Saguaro fruit, broken up

local-pressed extra virgin olive oil

½ C chia seeds

1 Tsp Zuni or sea salt

1/4 Tsp each ground

3 Tsp ground cinnamon

1 C sunflower seeds ½ C toasted ironwood seeds

21/2 C local mesquite

½ C barrel cactus seeds

honey

Preheat oven to 350°F. In a large bowl, combine all dry ingredients. In a medium bowl, blend honey and oil, and then pour over dry ingredients, covering well. Place the mixture in two large pans, at least four inches deep. Bake for 35 minutes, stirring about every 10 minutes until golden brown. Enjoy as a snack or with milk or yogurt. Makes about 15 cups.

What to do as a Family in the McDowell's: Get Ready for the Walk, Run & Roll



raining to walk, run or roll a 5K as a family provides an opportunity to have fun together and reap the benefits of being active outdoors. Start the fall off on the right foot and prepare for the MSC Walk, Run & Roll on October 1, 2011 at DC Ranch Market Street by following these tips for family fun and fitness!

Training

Train three times per week with a day of rest in between each training day. As you and your family get stronger and gain endurance, gently increase your pace as well as the time spent running, walking or biking.

Warming Up

Always warm up with three to five minutes of easy walking and cool down by stretching hamstrings, calf muscles and quadriceps.

Moderate Pace

During your work out, no matter which activity you choose, the pace should be moderate so a conversation can easily be maintained between parents and children. Only go faster if everyone feels ready – having fun is the number one objective!

Encouragement

Congratulate your child when he or she completes each training session and encourage them along the way.

Location, location

Mix up the locations where you go running, walking or biking. Your neighborhood is a great place to start. Next, go to a local park and even try out some of the flatter trails in the McDowell Sonoran Preserve. The Saguaro Loop, Desert Park, Levee, Horseshoe and 104th Street trails are all great for training as a family.

Hydration and Fuel

On event day, be sure to hydrate and eat a small meal about two hours prior to the start. Have fun and good luck!

Register Now!

Register by visiting www.mcdowellsonoran.org and completing a form for each member of your family participating, and mail it in today!

Photo by: B. Yali

Blog about Your Family's Experience Training for the Walk, Run & Roll

What is the MSC Blog?

The MSC blog is an online, shared publication of thoughts, opinions, news, pictures and videos related to our work in the community and the McDowell Sonoran Preserve.

How does one Blog?

Write or submit photographs or videos about your experiences related to MSC and the Preserve, and email them to Lesley@mcdowellsonoran.org. She will then share your story with our readers and supporters.

Where is the Blog found?

Visit mcdowellsonoranconservancy.wordpress.com to read the MSC blog and learn things about the organization and the Preserve that you may not know yet!

As you train, and after you have completed the Walk, Run & Roll, document your experience and share it with MSC and our blog! You can record video of training workouts, take pictures at the finish line and expo,



Photo by: S. Cullumber

or write a story about how much fun you had as a family participating in this event. Questions? Call 480-998-7971 ext. 105.



Photo by: I. Salsman

Learning by Doing: MSC's Public Education

Visitors to natural open spaces seek more than a place of beauty; due to our innate sense of curiosity about the world around us, we also want information. As a part of our stewardship of the McDowell Sonoran Preserve, we focus on providing information about the Preserve and the environment to recreationists who use the Preserve, families whose proximity to the Preserve creates an impact, as well as environmental enthusiasts and community leaders. We accomplish this through a process called experiential learning, or learning by doing.

For instance, learning by doing allows children to experience something with minimal guidance from an adult. Instead of being given the answers, they are presented with a question, problem, situation or activity which they must make sense of for themselves. The outdoor environment is one of the best places for this kind of specialized and highly effective learning.

A volunteer steward program created to interpret the Bajada Nature Trail at the Gateway Trailhead, MSC Nature Guides, has grown into a comprehensive experiential education program. Specially trained stewards focus on "five sense education," or using items that allow people to touch, hear and even taste things that greatly enhance their Preserve experience (see page 4 to learn more).

Working in partnership with the City of Scottsdale Adapted Recreation program and school districts across the Valley, young people experience the Preserve on interactive walks and learn more than if presented the same information in a classroom setting. Also, 120 students from the Lattie Coor Elementary 4th grade class visited the Preserve through a partnership with ASU's Lodestar Center for Philanthropy and Nonprofit Innovation. They began their day by simply looking at and hearing about desert plants and animals. It wasn't until after they had the opportunity to taste prickly pear and touch animal skulls and furs that they had success in recalling certain information at the end of the field trip. This hands-on experience made an impact that they will always carry with them.

The public hike program is our most popular experiential education offering. These guided experiences every Saturday

Two friends from Lattie Coor Elementary touch fur from a desert mammal for the first time. Photo by: D. Bierman





A participant of the Adapted Recreation program is excited to learn all about Sonoran desert animals by touching and seeing different bones and furs. Learning and experiencing simultaneously has a lasting, positive impact. Photo by: J. Irons

and Sunday from October through May provide an interactive opportunity for MSC stewards to share their expertise about what is found along the trails, including Sonoran Desert plants, wildflowers and wildlife, as well as the geology of the McDowell Mountains. Hikers enjoy stories about the ways native peoples used desert plants for their food, shelter, rituals and medicine, and are able to then picture themselves living during that time. Some also learn how to identify animal tracks, while others participate in a treasure hunt for signs of wildlife.

Our speakers bureau provides a virtual Preserve experience, bringing all the best from the Preserve into the community. MSC volunteers deliver interactive presentations on topics as varied as Plants and People, Hiking 101, and History of the McDowells, bringing natural objects with them so audience members can feel like they are being transported to the Preserve.

As MSC is striving to secure a future that includes a healthy environment, we must do more than provide access to open space. Understanding, valuing, and then making the connection to the environment, are all critical stages of engagement we encourage, both on an individual and a community level.

For more information or to learn more about MSC public education programs, please contact the MSC office at 480-998-7971.

After learning about snakes and getting to feel their cool scales, these children now understand that not all reptiles are scary. Photo by: D. Bierman



MSC Recognized for Innovation

Because of MSC's significant contributions toward the preservation of the legacy of Arizona, through championing the completion and sustainability of the McDowell Sonoran Preserve for the benefit of this and future generations, we were awarded the Governor's Tourism Award for Preservation July 14, 2011. The award is presented each year to the individual, organization or community that has made the most significant contribution toward the preservation of some aspect of the natural, cultural or aesthetic legacy of Arizona.

Presentation was made at the Governor's Tourism Awards Luncheon, an opportunity for Governor Jan Brewer and the Arizona Office of Tourism to celebrate excellence during the presentation of the coveted annual Governor's Tourism Awards. These awards recognize communities, organizations, events and people that have enhanced Arizona's tourism industry and the state during the course of the past year.

They recognized the importance of our work to protect the mountains and desert of the McDowell Sonoran Preserve, citing research that has shown that an increase in connectedness with ecological and cultural heritage

positively impacts a community's health and development, and that a sustainable community must include natural open spaces.

They recognized that open space like the McDowell Sonoran Preserve provides a quality of life for residents through its scenic views and convenient recreation opportunities, and also benefits the Scottsdale economy as it draws visitors to the area.



MSC Executive Director Mike Nolan is pictured with members of the Arizona Office of Tourism at the 2011 Governor's Tourism Awards. The McDowell Sonoran Conservancy was the winner of the Arizona Preservation award and recognized for its unique contribution to Arizona's vibrant tourism industry. Photo provided by: AZ Office of Tourism

Green cities offer a high quality of life that consistently attracts and retains businesses. In fact, the Joint Economic Committee of Congress found that businesses are attracted more by a city's quality of life than purely by business-related factors. The economic importance of outdoor recreation is significant in Arizona, underscoring the significant contribution the Preserve makes to the local economy.

Join Our Circle of Friends

As a community member who values the outdoors, and specifically the Sonoran Desert, you understand the importance of preserving and maintaining open space now to ensure its availability in the future. This shared appreciation of the desert is why we are inviting you to join us today as a Friend of the Preserve... by returning the membership form below.

Yes!

I want to
help
preserve
my desert
and
mountains
by joining
MSC's Circle
of Friends.

you to join us today as a Friend of the Preserve by returning the membership form below.			
 McDowell Sonoran Society (\$1,500+) Steward Circle (\$1,000) Pathfinder Circle (\$100) Hiker Circle (\$50) 			
Please charge my credit card A check is enclosed			
Credit Card #	Expiration Date:		
Name as it appears on the card			
Name(s) by which you would like to be acknowledged			
Address	Email		
	Phone		



16435 North Scottsdale Road Suite 110 Scottsdale, Arizona 85254

Get the latest MSC info at:









NON-PROFIT ORGANIZATION U.S. POSTAGE PAID SCOTTSDALE, AZ PERMIT NO. 807



More than 1,500 cyclists from the Valley and around the nation are expected at the 8th annual Tour de Scottsdale in DC Ranch October 2, 2011. The popular 70-mile Tour de Scottsdale citizen's race benefits the McDowell Sonoran Conservancy includes a 30-mile mini-Tour, and is preceded by a pro Criterium on September 24, 2011 and the MSC Walk, Run & Roll on October 1, 2011.

WHAT: Tour de Scottsdale

WHO: Weekend warriors, amateur cyclists, elite cyclists or pros

WHEN: Sunday, October 2, 2011

WHERE: Market Street at DC Ranch (Pima and Thompson Peak Parkway)



Photo provided by: DC Ranch Community Council

WHY: The Tour de Scottsdale is hosted by the DC Ranch Community Council and benefits the McDowell Sonoran

Conservancy (MSC), a nonprofit organization dedicated to stewardship of Scottsdale's McDowell Sonoran Preserve. Proceeds from this event help to connect individuals of all ages to the uniqueness of the desert through MSC's educational programming, research endeavors and a season of activities in the Preserve. The Tour is the kickoff event for

MSC's 17th annual Season of Discovery, which runs from October through April.

FVFNTS

KIDS RACES

Saturday, September 24th, 2:00 p.m. at Canyon Village at DC Ranch

FAMILY FUN RIDE

Saturday, September 24th, 3:00 p.m. at Canyon Village at DC Ranch

MSC WALK, RUN & ROLL

Saturday, October 1st, 8 a.m. to 11 a.m. in Market Street Plaza. Register at mcdowellsonoran.org; \$20 suggested donation in honor of MSC's 20th anniversary

70-MILE TOUR de SCOTTSDALE

Sunday, October 2nd, 7 a.m. launch from Market Street Registration \$100 through September 28th; \$120 until race day. Add \$25 for tandem registrations

30-MILE TOUR de SCOTTSDALE

Sunday, October 2nd, 7:15 a.m. launch from Market Street Registration \$50 through September 28th; \$70 until race day. Add \$25 for tandem registrations

TOUR PACKET PICK-UP

Saturday, October 1st, 8 a.m. to 6 p.m. launch from Market Street, hosted by DNA Cycles

REGISTER FOR TOUR de SCOTTSDALE

Visit active.com/cycling/scottsdale-az/tour-de-scottsdale-2011-zx274

FOR MORE INFORMATION

Contact Tempe Ligett at 480.538.3540 or tempe.ligett@dcranch.com