



CALIFORNIA NATIVE PLANT SOCIETY

San Diego Chapter Newsletter

May 2009

www.cnpssd.org

CNPS (916) 447-2677

info@cnpssd.org

PREZ SEZ

“Yes, dear.”

“Are you even listening to me? What did I just say?”

We’ve all heard this classic dialogue of inattention and frustration, and we know that he (yes, it’s always a man) will repeat the last few words spoken, without actually having paid any attention to what she had been saying. For the members of our chapter’s conservation committee, that response is something like “You said our botanical surveys (or mitigation, or funding, or enforcement) wasn’t adequate. Your comment has been duly noted.” And, having made the perfunctory required response, the questionable project is approved anyway.

Our chapter board has acted to give us a better chance to be listened to, not just heard, when we confront bad environmental planning. We’ve voted to spend \$3350 to start a legal fund, and challenged the membership to contribute a like amount, which the chapter will match. Yes, challenge grants are kind of a gimmick, but we do this because it is important that our members (that is, you) demonstrate a real commitment to preserving the nature we all profess to love. I know an abstraction like “being able to hire a lawyer on short notice if we need one” doesn’t have the appeal of saving seals or condors, but it might mean we can pre-empt the big, expensive battles. Let’s do more than look at wildflowers and tend our gardens, let’s stand up for what we love. Send your tax-deductible donation to CNPS Legal Fund, Box 121290, San Diego, 92111.

Dave Flietner

CNPS-SD CHAPTER BOARD MEETING

WEDNESDAY MAY 6 - 6:30-8:30

Please make note of the change in date for the May board meeting - This is the first Wednesday of May instead of the usual second Wednesday.

Take the Sea World Drive/Tecolote exit from I-5. Proceed east until the road ends at the **Tecolote Nature Center**. Board members please e-mail Dave Flietner if you are unable to attend. CNPS members are always welcome to attend, please RSVP - president@cnpssd.org

CNPS MEETING PROGRAM

**San Diego, Balboa Park, Casa del Prado, Room 104
May 19- 7pm**

**Real California Natives -
Experience the food, drink and medicine**

The indigenous people of San Diego County have been using native plants for many thousands of years. These plants have significant meaning and are still commonly used for food, drink and medicine. This month’s presentation is a special opportunity for all of us to experience what many native people already know. Our meeting will begin with tasting three food items including Shaawii (acorn pudding) miner lettuce and chia seed mix. We will also enjoy Manzanita berry tea, lemonade berry tea and chia energy drinks. And we will learn about and experience the medicinal use of elderberry, mistletoe wash and oak gall wash. Please note that some foods may be substituted, depending on harvest abundance and seasonal availability; however, every effort will be made to make the above mentioned plants and foods available.

All of us will be able to sample various items and learn a little about how they are prepared and used from the People whose ancestors have been appreciating native plants for a very long time.

For a Balboa Park map see www.balboapark.org/nav.html
www.cnpssd.org - info@cnpssd.org

CNPS-San Diego Monthly Programs

Chapter meetings are open to the public; there is no charge. Our programs are the 3rd Tuesday of the month, excluding August and December.

7:00-7:30 PM is a time for discussion, camaraderie, and visiting the book sales table. The program starts at 7:30 PM. Come early and browse our books. Stay after the program for conversation and refreshments.

We meet in Balboa Park, in the Casa del Prado, Room 101 or Room 104, which can be reached by car from Village Place off of Park Boulevard (served by the #7 bus). The Casa del Prado is immediately west of the Natural History Museum. The meeting room is handicapped accessible.

7-7:30 pm: Mystery plants identified! Bring your unknown plant and we will help you learn to identify it.

MULCH FOR YOUR GARDEN

Depending on the species different materials are appropriate for mulch.

Whatever you use, dedicate part of every weekend for the first three to six months to walk the garden and dig out germinating weeds. This is critical to getting the new garden to establish without competition from exotic weeds. After three to six months, once/month is needed to stay on top of the weeds. After a year to two years the new plantings will be competing for water and will reduce weed growth.

Dry climate upland species:

Rock shards are excellent for cooling the soil and collecting water for coastal sage scrub or chaparral plants. Rock shards are small pieces of flagstone that can be layered near the plant to cool the root ball. The opening for the stem gets extra water running off the rock. This solution leaves the rest of the garden as natural soil. I have heard several restoration specialists state this is best for the low-water native species.

Collect samples of surface native soil in a healthy ecosystem similar to the one you are planting and spread it around in the garden to propagate the crust species of bryophytes and other tiny species of plants and lichens and fungi, so the natural soil crust develops.

Another mulch solution is 1/2" or 2/3" of DG as a mulch. This is somewhat artificial and will slow down the development of a natural soil crust, but has a good look that is very subdued and does not introduce excess organic matter to the system. The DG deters germination of weeds, creates a zone that the roots will not typically enter, and therefore is insulation for the roots in the soil beneath.

Shredded wood products are not a natural part of the ecosystem that these kinds of species of plants come. Organic matter is recycled as fast as it hits the ground in those dry upland ecosystems. A thick layer of woody organic matter reduces weeds. It also holds moisture which can be a problem with these plants if you water too much as a humid zone above the soil promotes fungi.

Forest, woodland, riparian, and other more moist climatic type species:

Shredded wood products that have no weed seeds are excellent for these kinds of plantings. This would be such things as hardwood mill wastes that have been shredded, or bark from trees (redwood or other) that is shredded. The shredded wood mats down nicely and does not wash off the soil in heavy rains like chunks of bark will.

Kay Stewart



NATIONAL WILDLIFE FEDERATION TRAINING

Get Dirty and Help Wildlife

Volunteer Today!

Become a volunteer and help to create wildlife habitats in your community.

Just for San Diego - special training highlights include:

- **Local Birds – Attracting and recognizing them.**
- **Understanding the who is in your backyard – Mammals**
- **How to Get Started – Site Analysis and Inventory**
- **Field Trip to Tree of Life Nursery**
- **Environment and Fire**

When: Four Saturdays in May from 8:30 am – 3:00 pm (May 2, 9, 16, 30, 2009)

Where: Anstine Audubon Nature Preserve
2437 Hutchison Street, Vista CA 92084

Cost: FREE – Thanks to a grant from San Diego Foundation

Hurry, Register Today!

Space is limited to the first 30 people.

Call or email Today!

Becky Wilbanks, Habitat Steward Host, at beckywilbanks@cox.net or call (760) 295-1548

Participants in the Habitat Stewards workshop will receive:

- A comprehensive, practical training manual including regional resources
- Advice and practical training from local conservation professionals
- Field trips and hands-on educational sessions with other community members
- After a year of service, you will receive recognition from the National Wildlife Federation including a free subscription to one of our magazines and other exciting gifts

Learn more about wildlife habitat and becoming a volunteer with National Wildlife Federation, www.nwf.org/volunteer and www.nwf.org/gardenforwildlife

MONTHLY WORK PARTIES

Old Town State Historic Park Native Plant Garden

2nd Saturday of each month

May 9, Saturday, 1:00 pm to 3:00 pm.

Bring work gloves, your favorite weeding tool, a sun hat and sun screen. There is shade, refreshments and bathrooms on site. The native plant garden is at the northwest end of Old Town State Park. It is on Taylor St. across Congress St. from the trolley station. There is often free parking available in the lot at the corner of Taylor St. and Calhoun St. Enter off Calhoun Street behind the former CalTrans HQ. We meet near the McCoy House, a large two story reconstructed Victorian home.

Point Loma Plant Garden -Work Party first Saturday and third Sunday of each month

May 2 and 16, 9-11 AM: Wear sunscreen and bring a hat and water. All tools and supplies are provided. No facilities on site. For more information contact - San Diego River Park Foundation

Richard Dhu Richard@sandiegoriver.org

619-297-7380

<http://sandiegoriver.org/plnpg/php>

Are you sick of seeing this leaf? Send in some drawings of native plants and I will include them in future newsletters!
newsletter@cnpsd.org



HABITAT STEWARDS

The National Wildlife Federation is hosting a Habitat Stewards Training at the Anstine-Audubon Nature Preserve in Vista. This is a four-Saturday wildlife gardening/habitat training workshop, administered by NWF, that will help build volunteer capacity to create, restore, and protect wildlife habitat. The free training sessions will be 8:30 am – 3:00 pm on May 2nd, 9th, 16th, and 30th at the Anstine Audubon Nature Preserve, 2437 Hutchison Street, Vista. Participants will receive a comprehensive training manual, including regional resources, advice and practical training from local conservation professionals, and field trips and hands-on educational sessions with other community members. Call or email Becky Wilbanks, Habitat Steward Host, at beckywilbanks@cox.net or (760) 295-1548.

CNPS WORKSHOP

May 5-6 Measuring and Monitoring Plant Populations

Primary Instructor: John Willoughby, former State Botanist for the Bureau of Land Management

Location: Fort Ord, Monterey

To find out more information about this and other CNPS workshops, go to: <http://cnps.org/cnps/education/workshops/index.php>

Using classroom and field exercises, the workshop will focus on the role of plant population monitoring for adaptive management. Participants will learn how to develop good management objectives Topics cover principles of sampling and several sampling designs, field techniques for measuring vegetation, analyzing monitoring data and presenting results. Participants will receive a copy of the BLM-published book, Measuring and Monitoring Plant Populations by Caryl Elzinga, Dan Salzer, and John Willoughby and other useful materials.

Cost: Members \$290 Non-members \$315

To find out more information about this and other CNPS workshops, go to: <http://cnps.org/cnps/education/workshops/index.php>

For more information email or call Josie Crawford at jcrawford@cnps.org or (916) 447-2677 ext 205.

Josie Crawford, Education Program Director, California Native Plant Society, 2707 K ST, Ste1 Sacramento, CA 95816-5113, (916) 447-2677

WELCOME NEW CNPS MEMBERS

Meghan Blair

Agnieszka Olivia Cerra

Katie Dayton

J. Stephen Munzinger

David Verner

REMEMBER—A CNPS Membership makes a wonderful gift!



PUBLIC FIELD TRIPS SPRING 2009

Spring is here and the flowers are blooming! Come explore the wonders of San Diego with CNPS volunteers. Bring family and friends and share in our volunteer's enthusiasm and knowledge about our common native plants. These public field trips are short walks in moderate terrain suitable for able-bodied folks from 7 to 70. These hikes will feature Latin-free zones and touching, smelling, maybe even eating.

May 2, 10:00 am to noon. **Dove Canyon**. **Betsy Cory** and **Paul Hormick** lead. Meet at the First Unitarian Universalist Church (Thomas Guide 1269, A5). From Washington St. in Hillcrest, turn north onto First St., then left onto Arbor St. Two paid parking lots in the area.

Dove Canyon is a real surprise located right in the heart of Hillcrest. After a basic introduction to the variety of native plants growing on the mesa, venture down into an undisturbed chaparral in the heart of the City. This is a real treat.

May 3 Sunday - 2- 4 pm. **Calavera Hike** with Preserve Calavera

James Dillane of CNPS will join Preserve Calavera for a botanical exploration in the calavera area preserve. This rich area includes varied habitats with several rare species and several post fire areas. A preliminary plant list will be available to aide in learning and we hope to add more species. Beginners welcome. First hour is slow/education hike. Second hour will be faster paced. Meet in the parking lot of Oak Riparian Park in Oceanside. (Thomas Guide page 1107 E-3) Hike includes undeveloped trails, some rough terrain, and 500' elevation gain. Wear good hiking shoes, hat and bring water. Space is limited- RSVP required. Email info@preservecalavera.org or call 760-724-3887.

May 9, 10:00 am to noon. **Marian Bear Memorial Park**. **Frank Landis** and **Michael Murphy** lead. (Thomas Guide 1228, C7). From Highway 52, exit at Regents Street. Turn south, go 200 yards, turn right, drive to parking lot.

May 16, 10:00 am to noon. **Black Mountain Open Space**. **Arne Johanson** and **Adrienne Heinzelman** lead. (Thomas Guide 1169, E6). Exit Highway 56 at Black Mountain Road, turn right (east) on Carmel Valley Road and continue ¾ mile to the park entrance on the right.

May 23, 10:00 am to noon. **Tijuana Slough**. **David Di Donato** and **J. R. Sundberg** lead. Meet at 5th & Iris

(Thomas Guide 1349, F2). From I-5 exit west on Coronado Ave. (not the bridge). Coronado becomes Imperial Beach Blvd, left on 5th St. to end. Park on street at trail entrance.

Public Field Trip Group Meeting—May 23—12 noon at Sea Coast Pizza, 807 Seacoast Drive, Imperial Beach. Open to past, present and potential field trip leaders.

SUMMER IN THE SIERRAS

Here are two great opportunities to expand your botanical horizons in the Sierra this summer:

Our chapter will have a group camping trip to Sequoia National Monument over the summer solstice. We have a site reserved for up to 25 people at Quaking Aspen campground (at 7,000') from Friday, June 19 through Monday, June 2. We'll botanize mountain meadows, Giant Sequoia groves, and join the Alta Peak chapter for a field trip to the Slate Mountain Botanical Area. Or just hang out and enjoy the mountains if you wish. You will need to bring your own tent, camping gear, and food. To help defray the cost of the campsite, please send a \$20 deposit per person to CNPS Camping, PO Box 121390, San Diego 92112. Please include your email address to receive further information. This will be a wonderful time to enjoy the Sierra and get to know your fellow chapter members.

The Bristlecone Chapter will host a weekend of field trips, programs, and conversation on July 17-19 at White Mountain Research Station Crooked Creek facility. A choice of four field trips on Saturday and Sunday focusing on native blooms, bristlecones, butterflies, and alpine ecology will be offered, along with two evening programs. There is an option to spend one or two nights at the Crooked Creek facility, located at 10,200 ft. More information about the weekend and a registration form can be found on the Bristlecone Chapter website at www.bristleconecnps.org. Early registration is advised.
Dave Flietner

DIGITAL NEWSLETTER OPTION

Would you be interested in receiving your CNPS newsletter digitally? The cost of printing and paper continues to rise. Help CNPS-SD save money and reduce waste by signing up to receive your newsletter via e-mail. If you are interested please e-mail Julie at newsletter@cnpsd.org.

CNPS-SD RAPID ASSESSMENTS

CNPS San Diego Vegetation Committee

Rapid Assessments

Rapid assessments (see <http://www.cnps.org/cnps/vegetation>) are a tool for understanding plant composition, habitat and site quality across a landscape. We work to help the California Department of Fish and Game further classify vegetation associations, while also aiding local organizations or individuals get a better understanding of the property under their management. Rapid assessments provide a snapshot in time of the condition of particular vegetation associations, and thus can be relocated and repeated over time to reveal broad patterns due to any number or combination of factors like disturbance and weed invasion. Some of us do this for purely selfish reasons; we just dig being outdoors, and continuing to explore new places. New plants and reminders of already known plants are present at every survey.

During our March 28 outing, five participants were in attendance. We carried out our surveys at Blue Sky Ecological Reserve in Poway, a California Dept. of Fish and Game property. We surveyed two homogeneous vegetation stands during our visit. This Reserve was hit by the most recent round of fires, in 2007. Despite the recent fires, and possibly due to a long period since the previous fires, the scrub vegetation at one site (a north facing slope) was recovering quite nicely. The non-native grass and forb cover was quite low, and shrubs here were either vigorously re-sprouting, or recruiting through seeds. The forbs were at their peak of flower production, and we enjoyed quizzing one-another on identifications. The second site we visited (southwest facing slope) also had a vigorous native forb component, but appeared to have burned hotter. Here, shrubs had burned to ground level, and almost none were re-sprouting. We had visited both sites previous to the fire, and our results will give some measure to the CDFG of post-fire response at two disparate locations.

The May survey location has not yet been determined, but will take place on May 30. Surveys take place the fourth Saturday of every month (fifth for May) until after June, when surveys then only occur during August and October. Survey events are free and open to the public (although CNPS membership is encouraged!). Light snacks and beverages are provided for volunteers.

If you are interested, we could use your help, regardless of your experience or identification skills. To RSVP for a survey, or more information, you may email: vegetation@cnpsd.org. We will email you directions and a list of what to bring. You may call 619 549 4142 if this is a preferred method of contact. - Patrick McConnell
Vegetation Committee Co-chairperson

CHILDREN IN NATURE

A diverse group of educators, environmentalists, and other outdoor enthusiasts met together to kick off San Diego's participation in the Children in Nature Network. Similar groups have formed around the country in response to *Last Child in the Woods*, by San Diegan Richard Louv. Our group brainstormed about San Diego's particular problems and opportunities and selected working groups to formulate the first steps to start a movement to reconnect children with nature locally.

I represented CNPS at this formative meeting, because I feel that this work could be of tremendous relevance to our mission to expand the appreciation and enjoyment of native plants in the next generation. My other duties with the chapter preclude a deeper commitment to participate in the working groups, however. I'm looking for a chapter member, preferably a parent or a teacher, who would be willing to serve as chapter liaison to the group. At a minimum, the liaison would attend meetings and keep us informed on the group initiatives. But there is potential to do much more to integrate native plants (in gardens, canyons, or classrooms) into kid's experience. Please contact me if you're willing to help to link CNPS with this dynamic group.

- Dave Flietner

BOTANICAL ILLUSTRATION CLASS

When: July 21 from 10am to 4 pm

Where: To be announced

Fee: \$75.00 per person

Join us for an intensive and accessible botanical illustration workshop with illustrator and author John Muir Laws. Class will begin with a quick review of flower structure and then plunge into an approach to drawing flowers that helps you to quickly and accurately capture their form and feel. We will learn techniques for simplifying the complex structure of flowers and ways to foreshorten flowers, leaves and petals. We will investigate tricks to help draw complicated overlapping shapes such as an iris or curling leaves. After a potluck lunch we will explore applying color to our drawings using either watercolor and colored pencils and learn how to deal with the problem colors (pink, yellow, and white). Laws will also demonstrate a bag of tricks to help you deal with challenges such as pale veins on a dark leaf. This will be a full and delightful workshop, helpful for both beginners and experienced artists.

LEGISLATION

SPECIAL ELECTION

The Governor has called a Special Election for May 19, 2009. Six propositions are on the ballot, romantically named 1A through 1F. They deal with sales taxes, borrowing and the state budget process.

If they pass, the state hopes to keep future spending in line with revenue, create a "rainy day fund" to guard against unforeseen events, and reform the budget process. The measures are not contingent upon one and another. However, if they all do not pass, the state is short of money in 2009-2010 and the legislature must meet again to hash out the shortfall.

If 1A--the "Rainy Day Fund" measure passes, the 1% sales tax increase that went into effect April 1, 2009 will run two years, instead of just one if the measure fails. In return, the state will dedicate up to 12.5% of revenues for a "rainy day fund". The effect of this is largely to curtail state spending--especially in years when revenue declines--but to be able to make up some of that loss by tapping the rainy day fund.

If 1C passes, the state will attempt to borrow money based on future lottery receipts. If it fails, the budget will be up to \$5 billion out of balance. According to State Sen. Christine Kehoe (D-San Diego), the legislature is unlikely to pass new taxes to raise revenue. Programs will be cut.

As in the past many cuts will fall on the Resources Agency which manages our parks, Department of Fish and Game and many environmental programs. Cuts will also effect local government.

The state spends over \$120 billion annually from its General Fund and Special Funds. Most of that--73%--goes to education (K-12, the State University system and University of California), health and welfare. General fund expenditures can be made with any revenue source. Special fund expenditures are for specific programs and have specific sources of funding. Cutting programs funded with special funds does not necessarily make more revenue available to other programs. This situation is largely a result of past voter-approve ballot initiatives.

Revenue to fund all spending comes largely from personal income taxes and sales taxes. In good years, the state collects a great deal of capital gains tax from individuals who have sold stocks, bonds or real estate at a gain. In bad years, the state is woefully short of money. In good years, people buy a lot of cars, generating huge sales taxes. In bad years....well, ask GM. Food purchased in grocery stores is largely not taxed in California. Nor are services. Yet, sales taxes affect the poor more than the wealthy. Income taxes work the other way around.

We are in a very bad year. Due to the recession, income and sales taxes are down. There is no "rainy day fund" from which to draw. The state has the second worst credit

rating among the 50 states and has until very recently found it very hard to borrow. Borrowing creates a drain on future budgets as more and more revenue goes to paying interest.

Over the past 5 years, which include the very best of our recent economic past and today's terrible situation, state spending has increased somewhere between 3% to 5% annually. That is within the range of the actual increase in population plus the change in cost of living.

However, this year revenue plunged while expenses, some related to the downturn, rose. The budget was out of balance--the Governor said by \$40 billion, the more realistic number was \$10 to \$12 billion.

The legislature was unable to agree on any real cuts in spending. The budget so violently fought over actually increases spending about 3% over last year. The real fight in Sacramento was over how to fund the spending increase. The legislature voted for a combination of sales tax increase, fund transfers from education and mental health, and borrowing from the lottery. The federal stimulus bill will help the state, but it largely goes to offsetting unemployment insurance and Medical costs--which are rising fast--and helping build roads--costs usually paid for with bond proceeds.

Senator Kehoe, a strong CNPS supporter, urges us to vote for the Propositions. They are supported by a diverse group including the State Chamber of Commerce, local chambers, police, teachers and many, many others. Opponents say the measures do nothing to reform spending--which continues to rise--or the chronic imbalance between personal income tax revenue, sales tax and spending and the unfairness and inequity of the taxes.

In any event, CNPS urges you to gather information and vote. The Secretary of State's website is:

<http://www.voterguide.sos.ca.gov/>

-Peter St Clair

MONTHLY CNPS-SD EVENTS

Tecolote Canyon Walk - First Sunday of each month

May 3, 9 - 11 AM: Learn about the plants in Tecolote Canyon. Meet at Tecolote Nature Center at 9 AM. Take I-5 to Sea World/Décolleté Rd and proceed east on Tecolote past all the ball fields to the very end of Tecolote Rd. Comfortable walking shoes and sun protection are recommended. Rain will cancel.

CONSERVATION COMMITTEE

- Our conservative team reviews plans and projects for compliance with laws like the California Environmental Quality Act. One of our tools to ensure that our government follows our laws is the Judicial branch. To give us the ability to use this last-resort tool, the Board has recently set up a Legal Fund and will match donations from you. For more information about how to contribute, see the Prez Sez column on the first page.

- We need your help to identify illegal clearing in the County. Anne Fege (afege@aol.com) requests information about homesites that have been "cleared" of vegetation, with the aim to document, photograph, and prepare a report of violations of brush management codes in order to document systematic violation of codes and clearing of vegetation, in the county and cities. Second, we are looking for volunteers to develop parcel overlay maps on Google Earth, in order to better report illegal grading. To help with this or to join the conservation team, contact Carrie Schneider.

- The North County draft MSCP plan is considering covering about 63 species. You can help us judge whether the plan adequately preserves these species.

The list of species is here: http://www.sdcounty.ca.gov/dplu/mscp/NCMSCP_biology.html. The map of the proposed Preserve is here: http://www.sdcounty.ca.gov/dplu/mscp/NCMSCP_maps_photos.html. Once the plan is adopted, only populations that are in the Preserve will be protected to at least 80%. Outside the preserve, the populations will be subject to extirpation. Therefore, if you know about populations that are NOT currently in the preserve plan, please let us know.

- Carrie Schneider

RENEW YOUR MEMBERSHIP ONLINE

Renew your CNPS membership online using a credit card. As an option, set it up to **renew automatically** year after year. It is quick, easy, convenient, and reduces renewal mailing costs.

Visit the CNPS website at:

www.CNPS.org

Click on the **JOIN** button

MEMBERSHIP

Please complete this form, make out a check payable to "CNPS", and mail to:

California Native Plant Society

Student or Limited Income \$25
 Individual \$45
 Family, Group or Library \$75

Plant Lover \$100
 Patron \$300
 Benefactor \$600
 Mariposa Lily \$1,500

Name(s): _____

Address: _____

City/State/Zip: _____

Phone #: _____

e-mail address: _____

Dedicated to the Preservation of the Native Flora

The California Native Plant Society is a statewide non-profit organization of amateurs and professionals with a common interest in California's native plants. The Society, working through its local chapters, seeks to increase understanding of California's native flora and to preserve this rich resource for future generations. Membership is open to all.

Membership includes informative publications, free field trips and monthly programs and discounts on books and posters.

CALIFORNIA NATIVE PLANT SOCIETY

SAN DIEGO CHAPTER

c/o San Diego Natural History Museum

P. O. Box 121390

San Diego, CA 92112-1390

Nonprofit Organization

U.S. Postage

PAID

CALIFORNIA NATIVE PLANT SOCIETY SAN DIEGO

April 2009

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Open positions: EDUCATION, INVASIVE PLANTS AND PUBLIC
OUTREACH Contact any board member if you are interested in any of
these positions.

NOTE: For newsletter mailing label issues contact Jim Harrison at
newsletter@cnpsd.org or (858) 273-5242