

Impact Report

Organization: Fallbrook Land Conservancy (#14223717)

Request: Fallbrook Land Conservancy Preserve and Trail Walkability Enhancement (#59916681)

Impact Report Type: Fallbrook Regional Health District Impact Report

Disposition: Completed

Completed by: Organization on 10/14/2020 by Karla Standridge

Required?: Yes

Available Date: 10/01/2020

Due Date: 10/14/2020

Comments:

Revision Comments:

GrantSeeker Editor: Karla Standridge

Project Title: Fallbrook Land Conservancy Preserve and Trail Walkability Enhancement

Project Start Date:

Project End Date:

This is an ongoing program that began on: 04/01/1988

Person Submitting the impact report?: Karla Standridge

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karla@fallbrooklandconservancy.org

Ages Served: Children (infants to 12): 5%

Young adults (13-18): 10%

Adults (18-60): 50%

Seniors (60+): 35%

Gender: Female: 50%

Male: 50%

Select the income limit category of your target population: We do not collect this data

How many residents directly benefited (participant/client) from this program: 12000

Approximately how many residents received an indirect benefit: 50000

The following category was identified as the best descriptive of the program's primary goal and objectives: Prevention/Education: Supplies/training of health practices or to prevent/control of disease/injury.

You defined the measure of success of the program's interventions or services during the application process.:

Define goal #1 for this program : Improve and maintain FLC trails and open spaces in an effort to provide safe and reliable trails accessible to people of all abilities and enhance the biological functions of the open space.

Number of Objectives for this program: 4

Objective 1: Collect trail use data to inform management decisions.

FLC collects trail counter data quarterly. Each counter must be manually uploaded via a docking device to transfer the data from the counter hard drive to the computer. Monthly data collection has proven to be too time intensive for a volunteer. Monserate Mountain Preserve (MMP), Dinwiddie Preserve (DP), and Los Jilgueros Preserve (LJP) showed the following trail use during July and August. September data has not yet been collected, as it is outside of FLC's regular collecting period. A volunteer collects this data and has been unable to collect September data to date. September results will be included with Q2 reporting.

All number represent hiking trips, not necessarily unique individuals (for example, a single person can hike multiple times per day or per month and would be counted each time they pass the counter).

MMP: July: 7,024 August: 6,342

LJP: July: 7,375 August: 5,818

DP: July: 517 August: 632

Four additional trail counters were purchased and three of those have been installed: One each at Engel Family Preserve, Karen Tucker Preserve at Heller's Bend and the Palomares House. The counter at Gird Valley Preserve has not yet been installed, as the trail is currently under construction and restoration in an effort to prepare it for public opening.

Objective 2: Map preserve trails by section to prioritize improvement needs.

FLC has created trail maps of each preserve. The final touches are being placed on these maps to ready them for printing. FLC has been working with Palomar College GIS interns to refine trail maps by section. So far, Monserate Mountain Preserve and Gird Valley Preserve trails have been mapped by section to indicate areas needing work. Interns are currently working on maps for Los Jilgueros Preserve and Engel Family Preserve. Karen Tucker Preserve at Heller's Bend will not be mapped, as the trail is mostly an asphalt road with little need for improvement in the foreseeable future.

Objective 3: Maintain and improve 13 miles of FLC trails to ensure safety and accessibility.

FLC land management staff spent the following hours at each preserve for the months of July, August and September, respectively:

Los Jilgueros: 44, 52, 32

Palomares: 10, 26, 27

Dinwiddie: 20, 12, 8

Heller's Bend: 28, 20, 26

Engel: 16, 0, 6

Rock Mountain: 12, 4, 8

Monserate Mountain: 16, 10, 10

Gird Valley: 0, 12, 6

Work included trail maintenance (trail mileage can be found below), trash pickup, graffiti removal, invasive plant removal, and conducting outreach on trail etiquette to preserve users.

Trail miles per preserve:

Los Jilgueros: 2

Palomares: .5

Dinwiddie: .5

Heller's Bend: 2

Engel: .5

Rock Mountain: 1

Monserate Mountain: 5

Gird Valley: 1.5

FLC has begun trail restoration plans for Monserate Mountain Preserve, Los Jilgueros Preserve and Dinwiddie Preserve. Based on feedback from preserve users, as well as data obtained from mapping and field exercises, Los Jilgueros and Dinwiddie Preserves will be targeted to provide a better user experience for elderly and people with disabilities. Steep slopes, uneven trail contour, and other items that make it difficult for those with physical limitations to travers will be the focus of upcoming trail restoration projects.

Objective 4: Maintain and enhance 2,100 acres of open space to continue to support ecological services for the district.

Please refer to objective 3 for staff time breakdowns.

Preserves are managed as a whole unit, as sites function as a single management unit. Preserve acreages can be found below and do not necessarily indicate acres enhanced, as targeted weed control, trash removal and graffiti abatement are conducted throughout.

Preserve acreages:

Los Jilgueros: 43.5

Palomares: 1.18

Dinwiddie: 14.57

Heller's Bend: 48.53

Engel: 10.37

Rock Mountain: 77.95

Monserate Mountain: 370.01

Gird Valley: 47.74

Measuring Success for Goal #1: Please refer to above statements.

Define goal #2 for this program if applicable.:

Number of Objectives for Goal #2 of this program:

Objective 1 for Goal #2:

Objective 2 for Goal #2:

Objective 3 for Goal #2:

Objective 4 for Goal #2:

Measuring Success for Goal #2:

Participant Success Story: image_user_Q1.jpg, Trails_User experience Q1.docx

Please list how the Fallbrook Regional Health District's investment in this program was acknowledged during this reporting time frame. : Facebook 7 22 2020.pdf, Facebook 7 29 2020.pdf, Facebook 7 30 2020.pdf, Facebook 8 12 2020.pdf, Facebook 9 5 2020.pdf, Facebook 9 14 2020.pdf, September 2020 Newsletter.pdf, July 2020 Newsletter_Part 1.pdf, July 2020 Newsletter_Part 2.pdf, Facebook 7 15 2020.pdf, Facebook 7 24 2020.pdf, Facebook 9 16 2020.pdf, July 2020 Newsletter_Part 1.pdf, August 2020 Newsletter.pdf

Actual Program Budget File: 2020_2021_FRHD_CHC_Program_Budget_Form_trail maintenance final_Q1.xlsx

Sharing a lovely post from one of our most faithful preserve regulars, Roy Cohen:

"When the shelter-in-place mandate began, it impacted my 90-year-old mother immediately. Her group exercise classes were lost, going out to lunch was no longer an option, and spending time in the library was also taken away.

FLC has been her savior over the last 4-months. The flat and easy to walk trails at the Dinwiddie Preserve have been perfect for her. She walks with a cane, and despite this has had no issues with walking there.

Also, since a good portion of the trail on each side is shaded, it's still attainable for her on the warmer days."

The Fallbrook Regional Health District's generous support of the Fallbrook Land Conservancy helps fund trail maintenance, which makes such a difference to the well being of the citizens of our friendly village! For more information on the Fallbrook Regional Health District, visit their website <https://www.fallbrookhealth.org/> and be sure to follow their social media page

<https://www.facebook.com/FallbrookHealthDistrict>





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Most Relevant



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Fallbrook Land Conservancy

July 22 ·

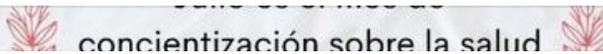
Spending time outdoors is proven to improve your mental health! All FLC Preserves that are open to the public are free of charge to everyone.

According to @sandiegocounty data, as of July 8th, 62.8% of San Diego County COVID-19 cases are of one of the minority race and ethnicity: Hispanic/Latino.

July is #MinorityMentalHealthAwarenessMonth. Here are some tips to help you prioritize your mental health today. For more health resources to support your emotional wellbeing during COVID-19 visit:

<https://www.minorityhealth.hhs.gov/omh/content.aspx?ID=9447>

@FallbrookHealthDistrict

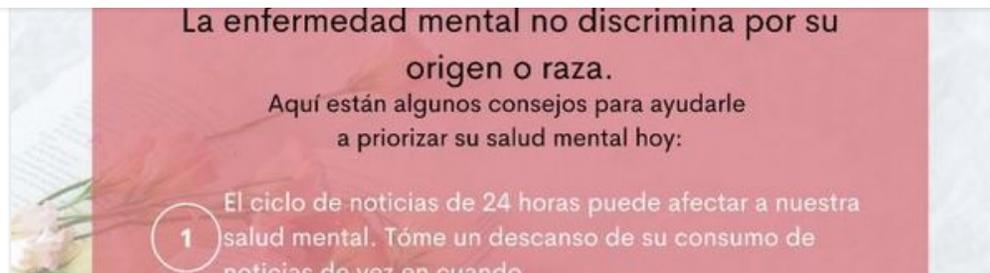


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825

People Reached

25

Engagements

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3 Shares

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Fallbrook Land Conservancy is 🙏 asking for donations.

July 21 ·

PALOMARES SCULPTURE PARK & DEMONSTRATION GARDEN

Did you know that the Fallbrook Land Conservancy has one of largest collection of wildlife sculptures in San Diego County?

The Fallbrook Land Conservancy's Palomares Sculpture Park & Demonstration Garden provides a unique experience of sculptures illustrative of California's wildlife placed in a natural garden setting of trees chosen for their ability to thrive in Fallbrook's Mediterranean climate. At present six sculptures ... **See More**





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Fallbrook Land Conservancy

2d ·

THANK YOU TO [Fallbrook Regional Health District!](#)
 Sharing from FLC preserve user Brenda Taylor:
 "I have always hiked this mountain [Monserate Mountain Preserve] occasionally. But when COVID struck and gyms and studios were



Fallbrook Land Conservancy

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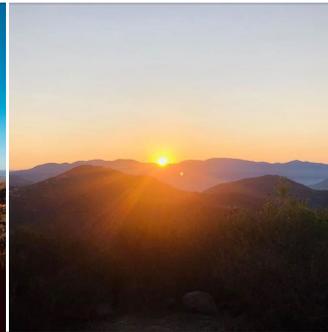
View as Visitor

woman and I take the long route around the water tower up and back to get a total of 6 miles and, additional elevation gain as the back side dips back down in several spots. For pet owners, two things...please take water for your dog. This is a steep trail (1200ft elevation) and it gets very hot. Also pick up after them. It's gross to have feces on the trail. If you hike afternoon or evening watch out for rattlers under the brush next to the trail.
 Support Fallbrook Conservancy by donating at the entrance. This helps to keep trails free of brush and trash."

The Fallbrook Regional Health District's generous support of the Fallbrook Land Conservancy helps fund trail maintenance, which makes such a difference to the well being of the citizens of our friendly village! For more information on the Fallbrook Regional Health District, visit their website <https://www.fallbrookhealth.org/> and be sure to follow their social media page <https://www.facebook.com/FallbrookHealthDistrict>.

We want to hear from YOU! Have our trails and preserves made a positive difference in your life? Please let us know! Email us at FLC@fallbrooklandconservancy.org.





277
People Reached

20
Engagements

Boost Post

10

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Fallbrook Land Conservancy





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@fallbrookland · Environmental Conservation Organization

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Add a Donate Button

Raise money directly from this post by adding a donate button for Fallbrook Land Conservancy.





Fallbrook Land Conservancy

5h ·

Did you know that volunteering in nature can increase your physical and mental well being? FLC offers unique and fun volunteer experiences that provide direct engagement with our natural environment. Our preserves offer a wide range of outdoor volunteer opportunities for all ages, such as organized planting events, regular maintenance of native plantings, trail maintenance, and monitoring. Save Our Forest also plants and maintains trees and benches downtown and on public right of ways. If you are interested in volunteering, FLC would love to have you! Opportunities are available for all ages and skill levels. Give it a try, you might just find your new passion and meet some new friends! To sign up, please email us at FLC@fallbrooklandconservancy.org or call 760-728-0889.

