



# AIR Programs *Summer 18*

**Meeting:** 3  
**Date:** July 2nd

**Location:** San Diego Mission Trails Park  
**Time:** 10 am to 2 pm

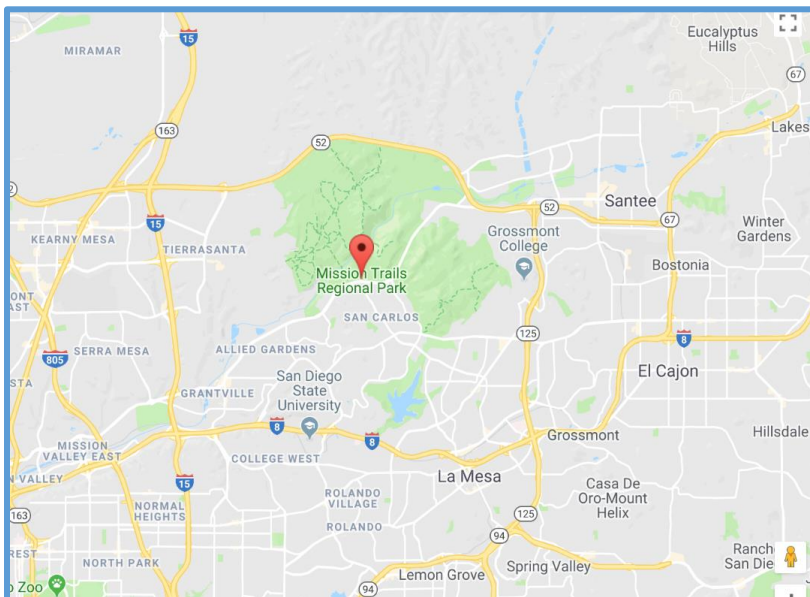
## **Agenda:**

- Introductions and hand out pedometers** 10:00 am  
Historically, our ancestors had different dietary needs as well as physical health needs to exist within their ancestral lands. Most (not all) Tribes migrated from location to location as they utilized resources within their Tribal Territories. Although we live in todays society it would be interesting to see how far we walk this summer and compare that to those who had lived here long ago, prior to the contact of 1492. See if you can get to 5000 steps!
- Walk to the Mission Trials Dam** 10:15 – 11:30 am
- Lunch** 11:30 – 12:00 pm
- Guest Speaker Procopio Law** – Discussion on what Tribal Landscapes are and what it means for us as Tribal people. We all have lands that are ancestral but are off our borders of our reservation. Here we will discuss effort on how we can protect these areas with help of others. 12:00 – 12:45 pm  
There will be a small assignment for the “little Feathers” our younger students
- Closing** (ha-yes there is more) 12:45 – 1:30 pm

## **Directions:**

**Visitor and Interpretive Center**  
One Father Junipero Serra Trail  
San Diego, CA 92119-1008

<https://mtrp.org/directions/>



From Interstate 8 - Take Interstate 8 to the Mission Gorge Road/Fairmount Avenue exit. Turn north onto Mission Gorge Road and proceed for 4.2 miles. When you pass the Jackson Drive intersection, move into the left lane. Look for the large wooden Mission Trails Regional Park sign on the left side of the road, and turn left onto Father Junipero Serra Trail. The entrance to the Visitor Center parking lot is on the left, just before the pipe gate, off Father Junipero Serra Trail