
THE VIP VOICE

JUNE-JULY 2000
THE NEWSLETTER OF
CABRILLO VOLUNTEERS

Dear Volunteers:

As we spring into summer, life and volunteering at Cabrillo continue happily. The work in the tidepools drop to a low since most low tides don't happen during the time when people can be there to observe them. Many of those VIPs keep working albeit at different tasks. The lighthouse needs manning, the non-native growth is still being removed and replaced with native growth, more flowers are planted, folks are helping in the library and in the Visitor Center and there are lots and lots of visitors whose questions need answering. Of course, there is always a great need for volunteers to write articles for the VIP Voice.

We are indebted to so many people for this edition. Mary Beth and George were able to find some people who wrote terrific articles. I can't tell you how much it has helped and how indebted we all are to them. Ramona Lester wrote an article on some of the native plants used by the Kumeyaay Indians. Dr. Jim Nauman explained the importance of the Interpretive Contact Report. Ranger Fred Andrews wrote an article on the Great Blue Heron accompanied by Claude Edwards' beautiful hand drawing of that magnificent bird, and Claude wrote an article on summertime and birds and their babies and Darrel Sims wrote an interesting article on sponges. Mike Nelson, as busy as he is, has offered to help set up a format for the Voice. This kind of sharing of knowledge and willingness to research and assist makes the VIP Voice your newsletter which is as it should be. For these reasons, I'm especially proud of this edition and hope you will enjoy every article and thank the kind volunteers who just keep on giving. I sincerely hope to hear from several of

you about writing for a future issue. We do have a few folks who have already indicated that they would try to write something for an upcoming Voice. I am terribly grateful to all these terrific people.

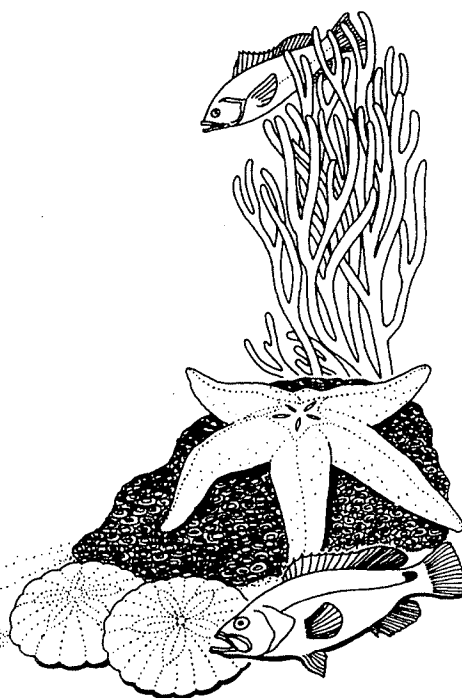
I hope your summer will be fun, relaxing and wonderful. The Superintendent and all the Rangers at the park join me in hoping you keep taking care of "our" Cabrillo National Monument and enjoy your days in the sun.

Thanks again!

Lynn Moss

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Besides volunteering at Cabrillo, one of my favorite activities is bird watching. Birding is a fun and inexpensive hobby since all you need are a pair of binoculars and a field guide. Additionally, the San Diego area offers a wonderful diversity of habitat for different birds ranging from shorelines to coastal mesas, mountains and deserts.

Some good places to find birds are the Tijuana River Valley, San Diego Bay and the Cuyamaca Rancho State Park.

Great blue herons (*Ardea herodias*) can be found worldwide except in colder regions. They are in or near lakes, ponds, estuaries, coastal waters and other shallow waters. The great blue heron is a magnificent, regal bird that is seen year-round in the coastal waters of the Cabrillo National Monument.

At Cabrillo, when the tide is low enough, the great blue heron stands in the shallow water (normally seen in zones II and III where there are fewer people). This long-legged bird can be up to four feet tall. It is grayish blue in color with a white head and solid black cap. Its dagger-like bill is orange/yellow in color.

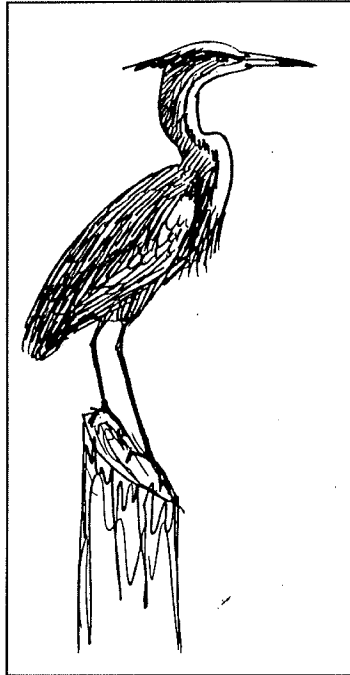
Special vertebrae enable the neck to fold back on itself in an "S" shape. This allows the Great Blue to extend its neck to feed. In a flash, the bird spears or grabs a fish to eat. These herons are generally solitary feeders with feeding territories of several hundred yards. That is why you see them standing alone in the

surf. They can stand motionless, waiting to strike at a fish. Great Blues feed on fish, frogs, small birds, snakes and aquatic insects. They also dive or plunge for fish in deeper water.

In the springtime, great blue herons nest in trees and build nests from sticks. Mission Bay is a favorite area for them to nest. When nesting, the females lay 3 - 7 eggs in one clutch.

If they are disturbed, they tuck in their neck, slowly flap their huge wings and

fly away with a wingspan that is comparable to an eagle's. Their long legs trail behind them in flight.



THE GREAT BLUE HERON

by Fred Andrews

Bibliography:

"Big Blue" Wildbird; September 1995:58.

Fisher, Chris C., and Clarke, Herbert; Birds of San Diego; Canada; Lone Pine Publishing; 1997

Peterson, Roger Tory; Peterson Field Guides: Western Birds; 3rd Edition; Boston; Houghton Mifflin Co.; 1990

Stokes, Donald and Lillian; Stokes Field Guide to Birds: Western Region. 1st Edition; Boston; Little Brown and Company; 1996

A "Night in the Orient" volunteer recognition dinner was held in April and attended by nearly 75 people.

Shelley Duncanson dressed as a "sumo wrestler" and Jim Stewart dressed as a "Benihana chef school dropout" stole the show. Special recognition

was given to volunteer Mike Love who donated over 1000 hours in the last year alone. (A special note to Kevin O'Leary: if you follow in Mike Love's footsteps you would get a belt buckle much faster!)



For those volunteers who missed the gala event, please contact Mary Beth to pick up your certificate and recognition awards. A thank you to all the volunteers for another great year of giving your time and talents to our park.

REMINDER:

Please record all the hours you are working for the benefit of the park. That includes reading and researching at

home or library, working programs and special events, writing articles, helping with exhibits and the like. Your time is very important to us.

MUSINGS
FROM MARY BETH

Hi Everyone!

Welcome to summer! I know I, for one, am looking forward to long days and nights without class work. I'm going to miss those afternoon low tides, though ...

I have a few items to tell you about. First of all, I have an update on the settlement plate project. I collected the remaining brushes, tiles, and scrubbies from the tidepools and looked at them. Much to my surprise, there were a bunch of baby mussels on them, along with limpets, crabs, barnacles, sea urchins -- all less than a millimeter in size! I even found a baby nudibranch! If anyone is interested in working with these settlement plates, there is some fun microscope work to be done. It's a good opportunity to learn a rare skill -- identifying juvenile invertebrates.

Occasionally, I receive questions in my box. I've fallen a bit behind in responding to you, due to my crazy schedule lately. I decided to answer questions in this forum, so everyone gets the benefit of learning:

Fred: I know what you mean about the foam that comes out of crab's mouths. I'm not sure why they do that. I have sent an e-mail to the professor who taught my arthropods class. When I get a response, I'll be sure to let you know. Do any of you have any ideas?

Mike: You put what looked like a lumpy stone in my box. It is actually the remains of a plant, a calcareous algae. These plants secrete calcium carbonate (limestone, the same stuff that is in coral) when they are alive. When they die, we are left with just the "skeleton" of the plant.

Hope you are all doing well, and are resting up for next tidepool season. I will be starting my research, so some exciting things should be happening down there!

Keep in touch,

Bonnie

TIDEPOOL TIDBITS

by Bonnie Becker

There are a few things to keep in mind when recording your figures:

- When roving, be sure to record the number of people you talk to in the “number attending” column, **and in the last column put down the time (in minutes) you spend roving. This includes time spent in costumed interpretation as well as roving in the tidepools or the park.**

Not so difficult, eh? And if you notice that one of your colleagues (volunteer or ranger) has neglected to record his or her data, it is perfectly proper to call it to his or her attention. Since I only enter the data into the computer once a week or so, it is very difficult for me to track down the negligent individuals and try to extract

meaningful figures from them (who can remember how many visitors were at the 11 o'clock Cabrillo film three days later?). If you have any questions about the form, don't hesitate to contact me at the park: (619) 557-5450

by Dr. Jim Nauman

DAILY INTERPRETIVE CONTACT REPORT			
DAY OF WEEK	DATE		TIME in minutes (for roving, off-site, and "other"
	RANGER	YIP	NUMBER ATTENDING programs only)
AUDITORIUM PROGRAMS:			
TIDEPOOLS			
TIDEPOOLS			
CABRILLO			
CABRILLO			
CABRILLO			
CABRILLO			
WHALES (OR OTHER)			
RANGER'S CHOICE			
RANGER'S CHOICE			
WHALE TALK			
CABRILLO TALK			
HAS TALK			
LIGHTHOUSE TALK			
MIL HIST TALK			
ARMS & ARMOR TALK			
BIRD WALK			
NATURAL HISTORY WALK			
TIDEPOOL WALK			
MILITARY HISTORY WALK			
ORIENTATION WALK			
ROVING 1			
ROVING 2			
ROVING 3			
ROVING 4			
ROVING 5			
SCHOOL PROGRAMS			
OFF-SITE educational			
OFF-SITE community			
OTHER			
SPECIAL EVENTS; USE			
SPECIAL EVENTS' FORM			

Mike Love first came to Cabrillo National Monument to shoot pictures of the ships coming and going in the San Diego Harbor. After several trips out to the Park, he was noticed by Rangers Mary Beth Vygrala and Debbie Seracini who immediately twisted his arm until he said he would be willing to volunteer for the Park. It turns out, however, that Mike doesn't do anything half-heartedly. He has worked here officially for over two years and from 1998 to 2000 he has accumulated 1856 hours with over 1000 in the first year alone.

Mike started out roving, doing some interpretation work and identification of ships. Now he volunteers for just about everything. He does roving interpretation, works a little bit at the visitor center desk, presents arms and armor talks in costume on Saturdays, does light maintenance and landscaping once a week as well as audio visual, maintenance and curatorial work occasionally and every kind of odd job you could imagine. At special events he does

everything from working in the Lighthouse tower to traffic control and even whale watching. He truly loves working and being in the Park and being with people. He thinks wearing a costume for the arms and armor talks is a kick. In fact, his very favorite part of his job is giving the interpretive talks each Saturday. When asked what he saw himself doing in 10 years he said, "Working here." Since loving what you do is the key to living a happy life, Mike Love has clearly found the key.

He is a young man who was born and raised in Chula Vista (and someone said there are no native

Californians!), and he still lives in the same house. He graduated from Hilltop High School in Chula Vista and was on both the track and wrestling teams. Besides all the time he spends as a VIP, Mike has a part-time gardening job in Chula Vista, which he enjoys.

He has traveled to Mexico and Canada (British Columbia and Alberta where he fell in love with Banff

National Park and Lake Louise). Another trip took him to Zion, the Grand Canyon and Bryce, and he has enjoyed a couple trips to Catalina. When asked where he would like to go if he could go anywhere, he identifies Ireland, Scotland and England, the lands of his heritage.

I asked what Mike would tell new volunteers and he said he would tell them, "... to get really involved and have fun." He thinks the people here are super and great fun to work with, and he really enjoys the other volunteers.

It isn't difficult to understand why Mike enjoys everything and is so appreciated by everyone. He is a positive, fun and giving person who has found a really important

niche and is delighted to share his love of his work and life with everyone. There simply never could be too many VIPs like him. Thanks, Mike, for all you do.



SPECIAL VIP—MIKE LOVE
by Lynn Moss



1. I'm sure most of you have noticed that we have new rangers at the Cabrillo National Monument. Ranger Traci Myles and our own VIP and now Ranger Fred Andrews are new in the Interpretative Unit. Ranger Chris Anderson is new in our Law Enforcement area. We, in the tidepools, should be seeing lots of Chris since he is in charge of the tidepool volunteers, replacing Mark Long. To learn more about these terrific new additions, read "The Explorer," the newsletter for the Cabrillo National Monument.
2. I'm sure all tidepool VIPs have been asked about taking a bucket into the tidepool area. I could understand not letting the general public do it but wondered about biology teachers with their classes. I asked Mary Beth about this, and she pulled out the "Intertidal Group Visitor Permit" and showed me that everyone taking a group into the tidepools signs a permit that says, among other things, "No containers such as buckets or cups may be used to hold intertidal organisms." I guess there's not a lot of room for misinterpretation there.
3. Our puzzlemaster, Ramona Lester, did her usual puzzle for this edition of the newsletter, but as I look at it, it will fit better with the summer edition. Thus, I will hold on to this puzzle, but look for it

next month. We didn't forget your puzzle, Ramona. She also did an article on Native Plants for this edition that you will want to be sure to read.

4. The Night in the Orient Dinner honoring all the volunteers was a really special occasion. The food

was wonderful, both catered and homemade. The Visitor Center was decked out for a truly gala occasion in Oriental style. The program and presentations in the auditorium were funny, thoughtfully done and a really happy occasion for all the VIPs present. We, as volunteers, wish to thank Mary Beth Vygrala and all the other rangers and the Superintendent and volunteers who worked hard to make it a truly special evening for us all. It was also nice to see everyone dressed up in either Oriental style or just going-out style. If you missed it this year, be sure to include it on your calendar for next year. I have included a picture taken of most of those happy folks who were present. Thanks for the memories!

Lynn Moss

"The most important thing I have learned over the years is the difference between taking one's work seriously and taking one's self seriously. The first is imperative, and the second disastrous."

by Margaret Fontey

ANNOUNCEMENTS

Sponges, which are in the Phylum Porifera (pore-bearers), are very primitive animals that evolved at least 570 million years ago in the mid-Cambrian Period. There are about 10,000 species of sponges, found world-wide at all depths, from the coastal waters to the deep sea. Only two species of small sponges are to found in fresh water.

Sponges range in size from small (1/2 inch) species to those 2-1/2 - 3 feet across. They are attached to the bottom of the ocean at their base. Their shapes are mostly irregular and include flat, sprawling, compact, lobed, tubular, cuplike and vase-like forms. Sponges have two kinds of supporting frames: one is a tiny needlelike frame and the other is a fibrous skeleton. Their colors encompass a rainbow ranging from yellow, red and orange to blue and purple.

Depending on the species, they reproduce sexually, asexually or both. For sexual species, their fertilized eggs become free-swimming larvae. The larvae float in the ocean for hours to days before landing on the bottom and turning into adults.

Sponges have no muscle, no nerves and no true gut. Their cells are largely independent, forming no true tissues or organs. The classification of sponges is based on the type of skeletal construction. The three major subdivisions are:

Calcareous:	Glass—Calcarea
Glass:	Glass—Hexactinellida
Horny:	Glass—Demospongia

as well as a minor subdivision of about six species.

The bodies of sponges contain tiny pores leading to a single central cavity or interconnecting chambers. Water enters the central cavity through the pores by the whiplike action of tiny hairs on the cells. After the sponge filters the water for food, it goes out through large openings or oscules.

There are 50 or more species of sponges on the Southern California Coast. In San Diego County coastal waters, there are 12 species that have been identified: three calcarea and nine demospongia.

Sponges are the most primitive of the multicellular animals. For this reason, and because they have been thought to be a branch of the evolutionary tree that does not share any common multicellular ancestors with the rest of the metazoans (true animals), they have been placed in a third category all by themselves: subkingdom Parazoa (beside the animals). Other biologists are considering including them among the Protozoa (first animals). Biologists are still studying where to place this animal.

In the tidepools at Cabrillo, at least two sponges have been spotted under rocks. The most basic of the basic animals survives right here under our noses in our own very, very special tidepools and under our protection.

THE PRIMITIVE SPONGE
by Darrel Sims

Kingdom:	Animalia
Subkingdom:	Parazoa
Phylum:	Porifera = Sponges
Class:	Calcarea = Calcareous Sponges
	Hexactinellida = Glass Sponges
	Demospongia = Horny Sponges -- These are bath sponges.
	Sclerospongiae = Living in the deep sea.

References:

Life Between the Tides; Brandon, Jeffrey L. and Rokop, Frank J.
Between Pacific Tides; Ricketts, E., Calvin, J., Hedgpeth, J. and Phillips, D.
Seashore Life of Southern California; Hinton, Sam
Biology Today; Kirk, David L.

The Kumeyaay, one of the local coastal Indian tribes used many plants in their daily lives. They used the plants to control fire, discourage weeds and to encourage new plant growth. Obviously, this increased their ability to hunt game and keep their larders full. Plants were devoted to many uses from medicine and food for both the Indians and the animals they hunted to spiritual rituals that enriched their lives. Below are just four of the many native plants used by the Kumeyaay Indians.

LEMONADE BERRY

Rusintegrifolia (the sumac family)

The Lemonade Berry is an evergreen shrub that has hard, waxy leaves that survive the summer sun and heat. In essence, it makes its own sunscreen so it can survive year-round. The flattened reddish, hard, seed-like berry is covered in a sweet, sour, sticky dew-like coating, and it can be made into a refreshing summer drink that is still used as a quick treat on the hiking trail. The seed, itself, is not to be consumed. The early settlers made cider from the berries and water.

S. CALIFORNIA LOCO WEED

Astragalus Trichopodus (pea family)

Loco weed is a plant that is also nicknamed "rattlesnake weed." When the pods become papery and dry and the seeds inside rustle when the wind blows, it sounds like a rattlesnake. This is a toxic plant that the Kumeyaay were able to use in its entirety. They chewed the plant for sore throats, used it for tea and eye wash, ground the dried seed into flour and made it into a mash. On the other hand, if sheep, horses or cattle ate loco weed, they went crazy for a short

period of time. It acted like animal catnip with a punch.

CALIFORNIA POPPY

Californica Eschscholzia Cham.
(poppy family)

Uses for the California Poppy are many and quite diverse. It was used as an herb and brewed as a tea that was used as a sedative for babies. The Kumeyaay women used the poppy pollen for ceremonial face decoration and for their rituals and Shamen always kept pouches of pollen with them for ritual use. Early Spanish explorers and conquerors made a hair dressing out of poppy petals and olive oil that they brushed into their hair and scalp. They believed it made their hair shine as well as promoting growth.

BLACK SAGE

Salvia Mollifera Greene (mint family)

All parts of black sage are used for something. The shoots are used in the roof during home construction. The leaves are chewed for many medicinal purposes such as headaches, intestinal and respiratory problems and even as a cleansing tea that is used on newborn babies to flush out their systems. Adults also used it when they didn't feel well. Perhaps the greatest overall benefit of sage was its special fragrance and the spiritual properties (such as cleansing the air, body, objects and areas of negativity) the Indians believed it held. As well as being used as deodorant, incense, potpourri, and a breath freshener, it was utilized as a vermin and bug repellent. When hunting, sage was rubbed on the body to disguise the hunter and allow him to smell like the plant. It was even ground into meal for eating. Sage was truly one of the most well-used native plants.

SOME NATIVE PLANTS USED BY COASTAL INDIANS

by Ramona Lester

Book Sources (Including our library number):

- 581.6 American Indian Food and Lore -- 150 Authentic Recipes; Carolyn Niethammer
 - 582.13 Flowering Plants of the Santa Monica Mountains; Nancy Dale
 - 581.6 Plants of the Southern California Kumeyaay; Nancy Dale
 - 581.6 Temalpakh Cahuilla Indian Knowledge & Usage of Plants; Lowell John Bean
-

Living in San Diego has many positive features. Noting the passing of the seasons is not one of them! Although it may be difficult at times to tell what season we are in without using a calendar, observing bird activities and behavior is a good way to mark the passing of time. As this story is being written on the eve of June, the last of the north-bound spring migrant birds will finally be through our area.

This leaves the rush of nesting birds to raise their brood, or broods, before the end of summer.

If one is careful to look and be observant, it is possible to see how an aggressive Northern Mockingbird 'paces' around the boundaries of his defended aerial display

high above a favored song perch. More telling is the sight of a Mourning Dove or California Towhee seeking and carrying away a beak-full of intended nesting material. I find it a special treat to point this out during my monthly bird walks. (NOTE: Claude's bird walks are the 3rd Saturday of each month at 9:30am) Most people can relate to a bird gathering material and constructing a nest.

Another fine opportunity to enjoy what birds are doing is to discover an active nest. High on my "oh-wow" index are the nests of Bushtits and Anna's Hummingbirds. They are both very distinctive, a lot of fun to watch, and full of the promise of the young being raised therein. It can be quite an eye-opener to witness how a female hummingbird feeds its offspring.

They appear to be skewering their young as they regurgitate liquefied nourishment right down their gaping beaks, held up high for as much as they can handle. Bushtits have a more discrete approach. The adults both collect masses of small insects brought back to their chicks via a hidden entryway into their linty-sock-looking pendant nest. This entryway is designed to collapse shut when they

are not around. Their young sound like a flock of crickets when their parents return with their next meal.

Soon enough, usually in about two weeks, every family of baby birds is ready to fledge and follow their parents around for a while outside of their nests. This is an important and challenging time. They learn about their surroundings,

acquire new skills, and meet their neighbors. Some of the baby birds do not survive through the subsequent few weeks.

The young of year-round resident species disperse into nearby appropriate habitat areas. The young of migratory species fatten up for their anticipated departure to their wintering grounds. It may still be beach and picnic weather for us, but the birds know when it is time for them to prepare for the next phase of their lives.



"SUMMERTIME IS FOR
THE BIRDS AND THE
(BA)BIES"

by Claude G. Edwards

