

THE VIP VOICE

FEBRUARY-MARCH 2001
THE NEWSLETTER OF
CABRILLO VOLUNTEERS

Dear Volunteers:

I hope your holidays were wonderful, and you are facing the new millennium with the sense of excitement and curiosity that I feel. There are changes being made at the Cabrillo National Monument such as moving the entrance station further back so that the people going into the tidepools will pass through it, the road going down to the tidepools that will take the tight turn at the bottom out (as well as other possible changes), Ranger Mary Beth Vygrala signing up new volunteers for all sorts of work at Cabrillo and Ranger Chris Anderson doing an interim training to get two of the new VIPs ready to volunteer in the tidepools. He is also planning to have a mid-year training session for all tidepool volunteers to give us more information and interpretation assistance. You'll see new and more volunteers everywhere – behind the desk, helping with the grounds, in the tidepools and the like. I know the rangers tell you often how important your work is to CMN and to them but, in many cases, you make it possible for them to do the jobs they need to do. So remember that all your efforts are appreciated by each and every one of them and you and your presence are valued more than you can know.

In this issue, we have our first article by Mike Nelson as the co-editor of the "VIP Voice." We discussed whether to call it "The Second Chair" or "The Last Word" and the second one won hands-down. It seemed like the guys should get "the last word" every now and then. Further, Mike was kind enough to make up a puzzle (it is difficult!) for this issue. The first VIP who solves it and gets the results to either Mike or to me will win a PRIZE. This is a first! We also have a wonderful article on "The California Gray Whale" by Emily Lawlor. This is her second article for the Voice, the first being on Sea Anemones, and she clearly has a special talent for writing clearly, succinctly and knowledgeably about our tidepools and the special creatures of the deep. Thanks so much, Emily. We are looking forward to the next time you have time to share your expertise and talents with us.

Now we would ask some of the rest of you to scratch out an article on something of interest to

you. If you feel uncomfortable writing, how about putting your ideas and information on paper or the computer and let us edit it? We just feel that the more participation there is, the better. We would love it if some of you decided to critique one of the books in the bookstore. You all have

something terrific to share with us, so let us hear from you. A year ago when the first issue came out, I wrote all the articles. In the last issue of the **Voice**, there were articles by FIVE volunteers, not to mention the ones from different rangers. In my mind, that is genuine success. Please keep it up.

I would personally like to thank Bonnie Becker, our Marine Biologist. She was the person who initially got the **Voice** off the ground and provided a shoulder for me to cry on. She is still our Marine Biologist and checks tidepool articles for accuracy but she has also begun full-time research for her PhD dissertation. We will continue to see her and certainly can help her by continuing to sample in the tidepools and work with the microscopes but let's all wish her well in her additional endeavor. Hang in, Bonnie, and one day we will be able to call you Dr. Becker (wow!).

Again, I offer you the opportunity to make suggestions (we would welcome it), and tell us what we are doing right and wrong so we can make the **VIP Voice** a better and more interesting product for you. Remember, it is for you.

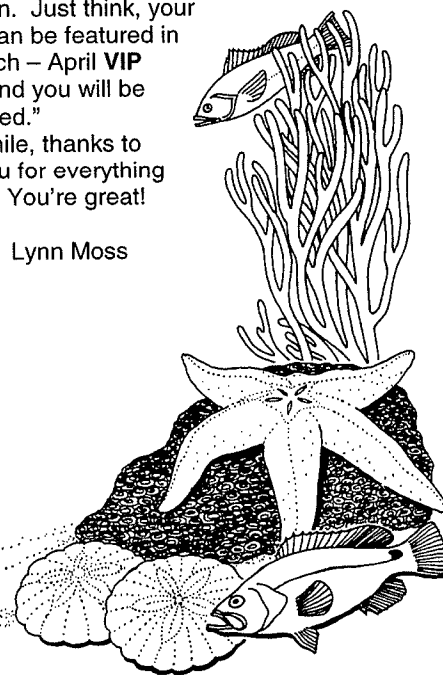
A note to volunteers, should visitors in the tidepools or anywhere else ask how they can find out about high and low tides, you can tell them that it's on the weather page of the "Union Tribune," and, better still, you can use the internet anytime of the night or day to find out. Type in <http://www.wxtime32.com> and you will have the complete and up to date times and heights.

Mike and I look forward to hearing from some of you soon. Just think, your article can be featured in the March – April **VIP Voice** and you will be "published." Meanwhile, thanks to all of you for everything you do. You're great!

Lynn Moss

In This Issue:

Special VIP – Ulla Kordel	2
The Lone Ranger	3
Musings from Mary Beth	4
Bonnie's Tidbits	4
Gray Whales	5
The Puzzle of Cabrillo	6
The Last Word	8



THE VIP VOICE

FEBRUARY-MARCH 2001

Special VIP – Ulla Kordel —Lynn Moss

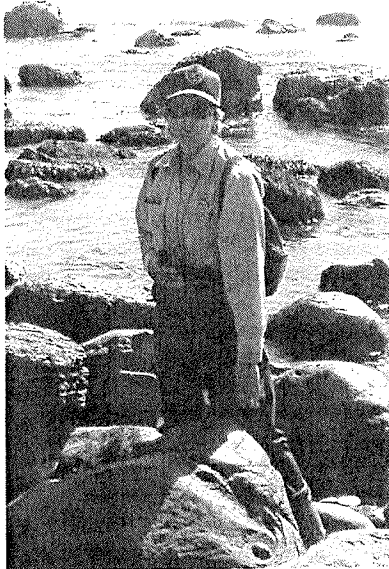


Photo by Mary Beth Vygrala



Photo by Mike Nelson

I first began helping in the tidepools a little over a year ago and I was fortunate enough to meet Ulla Kordel soon thereafter. I found

her to be a great resource for me and for our many visitors with her tremendously knowledgeable and gentle way of sharing her incredible wealth of information and knowledge. Her reverence for nature was evident from the beginning and was one of the things that made her stand out in any crowd. Not very long ago, I learned that Ulla and her husband, Bo, would be returning to their home in the woods in Redmond, WA (just 12 miles from Seattle) in August. I had decided some time ago that I wanted to feature Ulla, and recently I have had several VIPs and Rangers urging me to do just that.

Ulla Kordel was born in Falun, Sweden, and when she was three years old, the family (Mom, Dad and three sisters) moved to a beautiful farm outside Eskilstuna, Sweden. It was her father that she feels taught her to genuinely appreciate all aspects of nature. From him she learned to distinguish animal paw prints, to know each different bird and its habits and call and to name every different tree. Her father had a special awe regarding nature that he taught her, and happily, this awe led Ulla to our tidepools. It was her father that said that, "everything in nature has a purpose, and nature will provide."

Although her family farm included beef and cows, the primary products were grains – wheat, barley and oats. In the summer, Ulla helped to gather hay to stack in haystacks and tie with string to dry. She helped milk the cows and drove a tractor, the latter being a favorite as it would be with many young people. She always loved the farm and the beauty of the country around her, and it is clear that that hasn't changed. When speaking of their home in Redmond, WA, Ulla smiles as she tells of the woods, her vegetable garden and the blueberry bushes and the wonderful long hikes. All the Kordels love hiking and being outside, and they do it as often as they are able to find the time.

When Ulla was 13 years old, she lived with a family in the city on school days because there was quite a long distance between the farm and school. Each weekend and every summer she spent at home, and at 18 she went to a business college to get her degree in business. It was there that she met her delightful husband, Bo. In 1959 – 60, Ulla came to the U.S. to be a mother's helper in Sausalito, CA. Ulla and Bo were married four years after their graduation from business school and the next year, in 1964, they decided to come to the U.S., "for 1-2 years, purely as an adventure." In San Francisco, Ulla worked in a bank and Bo found a position with the Southern Pacific Railroad while going to college at night to further his education. Their oldest son, Jan, was born in San Francisco and the family decided that they liked life in the U.S. just fine. The three of them "U-Hauled" themselves to New York and lived in the suburbs north of NYC. Bo began working for a Swedish Company and their second son, Peter, was born. Life was getting better all the time.

When their children were born, Ulla stopped working to make a home for the family. Soon she was involved with PTA, a children's choir and the community. She was always children and family-centered as the boys grew up and was busy teaching them the ethics and love of nature that her family had taught her. After 10 years, they left NY to come to Long Beach, CA, for three years where Bo had been transferred. Next they were transferred to Washington State and bought a home in Redmond, about 12 miles from Seattle. Ulla worked for Seafirst Bank (First Seattle Bank then and Bank of America now) for 15 years. The entire family is athletically oriented and they loved hiking, skiing and sailing with the children in the San Juan Islands.

The company that Bo works for, MacGregor (USA) Inc., a Swedish Co. that has contracts with the U. S Navy installing hydraulic equipment, sent him to San Diego for five years to be a Marine (Crane) Installation Engineer for the Navy's Sealift Project working on support ships of 900' at the NASSCO Shipyard. Rather than continue working in Redmond, Ulla quit working and they came, along with Ben, their wonderful dog, to San Diego in August of 1996. Suddenly she found that she had time on her very capable hands. During that fall, she saw an ad in the "Beacon" and her daughter-in-law urged her to check it out and volunteer at Cabrillo in the tidepools. She loved every moment of learning and being in the tidepools. Two years
(Continued on Page 7)

THE VIP VOICE

FEBRUARY-MARCH 2001

The Lone Ranger —Lynn Moss

The Voice not only has a puzzle in this issue, it also has the description of a ranger at Cabrillo National Monument that we challenge you to identify before reaching the end of the article. See how far you have to read into the article before you know the answer.

Born in Riverside, CA, and growing up with a dad who has a construction company, a mom who teaches and a brother, this ranger went through the first year of Riverside Community College before transferring to Dixie College in St. George, UT, for an AA (Associate Degree) in Criminal Justice. Our lone ranger always wanted to go into law enforcement, but managed to take a few side trips while getting the BS in Criminal Justice with a dual emphasis in law enforcement and criminal law and a minor in zoology. This person took a year off to teach outdoor education to sixth graders in Palm Springs, appropriate because they consider their background to be one of a "science geek" and a genuine outdoor person. Of course, the lone ranger, without Tonto but with other friends, rode horses in the Santa Ana riverbed, was a lifeguard, and even has been known to ride a motorcycle in the desert more than once. [Surely you have the answer by now!] There were three summers at Mt. Rainier National Park in the Cascade Range in Washington, two in interpretation and the best one of all in the backcountry, hiking, checking permits and working search and rescue.

After graduation our mystery ranger went through the Seasonal Law Enforcement Academy at Santa Rosa, CA for eight weeks, and during that training accepted seasonal law enforcement at Olympic, WA, on the Olympic Peninsula. After only one month on the job there, Lone received a call from our own Carol Knipper suggesting they come to — ta dum — the truly special Cabrillo National Monument. After another month of background checks, Olympic, WA, was only a terrific memory and an adventure at Cabrillo had begun. [If you don't know the answer by now, we will give you only one more clue.] The main thrust of this person's new position at CNM is Law Enforcement and Resource Protection.

Yep! We are indeed writing about Chris Anderson, the young man who wears many hats. Besides law enforcement and resource protection, he has the unofficial title of tidepool program Coordinator/Supervisor with responsibilities in training and scheduling volunteers in the tidepools, and making sure that even though we are short of people in that area, it is protected. He is currently designing a somewhat limited training program to bring in new tidepool volunteers into the program sooner than the annual training in

November. In November, they will get the full training; however, until then, they can keep watch to be sure that no one goes into Area III, greet visitors, help people identify our critters with the help of Life Between the Tides and other reference books we use and other general duties.

I'd be remiss if I didn't say that this young man does the small things that mean so much, such as checking on a tidepool volunteer that doesn't show up just to see if they are okay and sending out Christmas cards. We always feel thoroughly appreciated.

Further, Chris is the Coordinator of all Eagle Scout programs in the park. It doesn't hurt that he was an Eagle Scout once-upon-a-time. Occasionally, you'll see him in the fee collection booth filling in for people while they take a break or grab some lunch. He helps with resource management by collecting seeds and the like. Finally, he takes a monthly inventory of historic military structures (the underground bunkers that are secreted all along the point).

An interesting sidebar on Chris includes the fact that he lived with five other kids in one big house in college, and they became a huge and caring family — the very best kind of family. They remain very much a part of each other's lives and no doubt always will. He says he has "five kids."

When asked about his hobbies, the majority of them involve outdoor sports such as snowboarding, snow shoeing and mountaineering. He also loves movies, music and concerts of all kinds as well as travel. Chris has lots of family on the west coast of Norway (perhaps that accounts for his love of the snow), and he would love to visit and get to know them all one day. He wants to go to Europe before too long, and he has traveled in the continental U.S. and Alaska as well as Mexico and Canada.

When asked where he would see himself in 5 or more years, he envisions something west of the Rockies where he is using his training and skills in resource management and protection, law enforcement and search and rescue with the Park Service. He has also toyed with the idea of going to law school to get his J.D. and teach law enforcement to law enforcement personnel. Meanwhile, we welcome this terrific young man to the Cabrillo National Monument and feel blessed that he has so many talents. We certainly hope to keep him with us here as long as it's good for his career and personal life. The Lone Ranger definitely isn't "lone" with all his friends and family, and the CNM family is delighted that he is here with us.

THE VIP VOICE

FEBRUARY-MARCH 2001

Musings from Mary Beth

—Mary Beth Vygrala

Many, many thanks to all the volunteers who made Whale Watch Weekend 2001 a whale of a weekend! We had over ten thousand visitors come through the park on that weekend and volunteers really made the weekend a success. Special thanks to Beth Gramoy and Kevin O'Leary for producing the best puppet show year after year. Also thanks to Ryan Barr for donning the aquarium's gray whale costume and entertaining us all.

An orientation was held on February 4th to bring in a new group of volunteers. The new volunteers are:

Allison Shannon is working on her degree in wildlife management and will be helping out in the tidepools. **Marian McGee**, who grew up going on picnics to the Lighthouse, will be helping in interpretation at the visitor center desk. **Talitha Barnes**, who volunteered at Fort Laramie, will be dressing up again in costume at the Lighthouse. **Richard Grant** will be helping out with our computers on the web and pix systems. **Kate Bomsta**, newly arrived from Minnesota, will be assisting in the tidepools.

Just another reminder!!!!:

Please check your mailboxes every time you come to the park and empty them of any contents. We need the space and you never know what goodies we might put in your box. It would also make me extremely happy if you all could record your hours on a timely basis. Volunteer Jim Nauman who enters the data for the visitor contact sheets would be happy (and me too!) if, after your shift of roving or tidepool duties, you would enter the amount of time and how many visitors you contacted in an educational way. The visitor contact sheet is at the visitor center desk. All your time and effort does count!

Finally, all tidepool volunteers are asked to sign out radios on the appropriate sheet. For example, if you take the VIP radio, please sign it out on the VIP sheet. If you should take out VIP 1 or VIP 2 radios, sign them out on the VIP 1 or VIP 2 sheets. All volunteers are asked to remember that the tidepool VIP radios (VIP, VIP 1, VIP 2, etc.) have priority over all other areas in the CNM. Remember, too, that the radios are very expensive (almost \$1,000. each) and we expect the greatest care to be exercised.

Bonnie's Tidbits

—Bonnie Becker

Hi VIPs!

This has been a busy season for us! All sorts of projects are just getting underway. Here are some highlights:

- We've assembled a team of people to work on settling plates. We haven't had much luck fishing for juveniles, but that is probably going to change as we move into springtime.
- The invertebrate species list is coming along in leaps and bounds. We've had two weekends where taxonomists from LA County Natural History Museum have come down to look at our species. They've found two undescribed species of worm! I've requested that one of them be named after Cabrillo. We'll see. . .

- Tidepool Monitoring has been scheduled for March 6 – 9 this year.
- Bird counts have been going strong, thanks to a solid group of dedicated volunteers, of course.
- Plans are in the works for a dye-tracking study this summer!
- I've started to collect samples for my thesis research, which will take a lot of my time for a while. I'm really excited to get going on this!

As usual, if you are interested in volunteer opportunities, drop me a line at bonnie_becker@nps.gov. I hope all is well with you and I'll see you knee deep in the tidepools!

Cheers,
Bonnie

THE VIP VOICE

FEBRUARY-MARCH 2001

Gray Whales

—Emily Lawlor

Cabrillo National Monument is blessed to be one of few advantageous overlooks in which man can witness the migration of the incredible California Gray Whale. When one sights these "wandering giants," it is as if the whales give us the opportunity to divulge into their world of magnificent proportions. As you discover more about these wonderful creatures, I am certain your appreciation will increase, bringing you to a greater realization of the gift we have to be so near to such an animal.

Whales have been subdivided into two major groups—the odontocetes (toothed) and the mysticetes (having baleen). The gray whale is a mysticete with baleen characterized by about 160 pairs of keratinous plates hanging from its rostrum (or upper jaw). Each plate extends up to 15 inches in length and up to 10 inches wide. The bottom of each plate is feathered into hard bristles, like a toothbrush, which serves to filter its food. A characteristic also unique to baleen whales is a double blowhole.

Grays are the only ones in the family, *Eschrichtiidae*, with a genus/species of *Eschrichtius robustus*. Their unique, streamlined body averages at about 40 feet in length, weighing around 40 tons. Its 6-8 inch layer of oil-rich blubber and buoyant skeleton serve to keep its massive body afloat. Age can be determined by counting wax deposits in their ear plugs, with the longest average age being 75 years. They have enormous heads that arch downward, comprising about 1/5 of its body length. Around 7 feet from the tip of its snout are its eyes which pretty much give them 2 monocular fields of vision on either side of their head. Instead of a dorsal fin, the gray whale has a series of 6-12 bumps, called knuckles, around 2/3 of the way down the back. Grays also have a highly developed sense of hearing and a definite form of audible communication.

Something I find amazing about the gray whales are the colonies of life dwelling upon them. They carry the largest amount of barnacles of all whales including *Cryptolepus rhachianecti*, a barnacle found exclusively on gray whales. They also carry hundreds of pounds of "whale lice," which are

really small amphipods. Of the three species found on the Grays, two are unique only to them. These parasites account for the gray coloring of the whales.

The California Gray Whale has one of the longest migrations of any species of mammal with an average round trip distance of 10,000 miles. After spending the winter in some of the most abundant waters in the Bering and Chukchi seas, they begin their annual trek southward toward warmer waters to breed

and calve. Leaving around October, pregnant females lead the way, eager to unload the calf it will have carried for 13 months. The others follow closely behind in groups of 1-5. Grays usually travel at a constant speed of 2-6 mph day and night. However, they do take short rests several times a day, called "logging."

Beginning in central Oregon, they tend to venture about 1 mile from shore thus allowing us to partake in their great adventure. Another of their spectacular features is their spout. In a single exhalation, almost 100 gallons can be expelled 10 ft into the air. Their dual blowholes often create a heart shape. They take 2-3 breaths within the lapse of about 15 seconds before submerging for a 3-5 minute period. Grays usually don't dive any deeper than 100 feet but potentially can go down to 390 feet and stay submerged as much as 25 minutes. They are adapted with extraordinary traits to cope with these pressures such as a flexible rib cage, resilient eyes, and oxygen-rich blood.

Around mid-December, the Gray Whales begin to pass us at Cabrillo. During peak season, about 200 whales will go by in a single day as they travel the last 350 miles before reaching their winter destination in several different lagoons on the coast of Baja California. Around mid-January, 15-foot-long, 2-ton calves are born in these warm havens.

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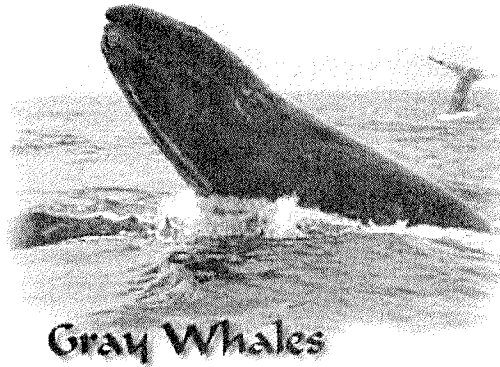


Photo courtesy www.nps.gov/cabr

THE VIP VOICE

FEBRUARY-MARCH 2001

The Puzzle of Cabrillo

—Mike Nelson

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 ECHALUPADREFRAEFBOXWORLD
 TIAYCALCOWPSTUXVMAPACKAG
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 ORLIUREFTSHOUNIAPSEYSOTE
 LOEILJALEERGRHORSEBCEO
 UUNBRSSSEMIGIFRAGATAROAMN
 MTNEEBYAAAYEMUKMROTSTWLB
 BEARODAVLASNASRAZODNEMEP
 USHIPSHCARYAYREVOCSIDWRO
 SNCADVERSEGAYOVICEROYEAR
 BUTNARDAUQUIBALLASTPOINT



Note: All words in **bold** type are hidden in the puzzle above ("west coast," "west" and "coast" all appear separately!).

Just short of **fifty** years after the **discovery** of the **New World** by Christopher **Columbus**, Juan **Rodriguez** Cabrillo and his crew sailed into the **bay** and landed at what is now called **Ballast Point**. He named it **San Miguel**. Today, we call it San Diego.

How did **Juan Rodriguez Cabrillo** come to be the first European **explorer** to set foot on what is now the **west coast** of the United States?

Cabrillo was one of thousands who left their homes in the **Iberian** peninsula to seek their future and fortune in the **New World** while in the service of the king of **Spain**. He served as a soldier under **Cortez** during the conquest of the Aztecs in **Mexico**. He apparently was skilled with the **crossbow** since he was promoted to corporal of crossbowmen. He later served "with his person, arms and **horse**"—which indicated that he had indeed risen in rank. Under the command of Alvarado during the conquest of **Guatemala**, he was considered a capitan.

He became wealthy. He was a successful **cacao** farmer, horse breeder, shipbuilder and miner. **Gold** was found in the streams located on his *encomiendas*.

In early 1542, **Viceroy** Antonio de **Mendoza** asked Cabrillo to lead one of the expeditions to find a westward **route** to Asia. This expedition was another leg in the pursuit to open up a new **spice** route (including the very precious black **pepper**) that Columbus had begun a half-century earlier.

On **June 27**, 1542, Cabrillo and his crew unfurled the **sails** of their ships and began their **voyage** up the unexplored **coast**. They left the **port** of **Navidad**, Mexico, with three **ships**: The **San Salvador** (a **galleon** which served as his

flagship), the **Victoria** (a **nao** or **caravel**) and the **San Miguel** (a **fragata** which later disappeared). The trip was anything but **easy**. In addition to the normal rigors of sea duty, they were subject to the fickle **winds** which were often **adverse** and sometimes **calm**. They ended up sailing into the wind which meant that progress was slow and arduous because they spent a great deal of time tacking against the wind.

Since they were going into new territory, they were careful to **plot** a **map** of their progress. To establish latitude, they would use an **astrolabe** or **quadrant** to get a fix on a known **star**. Although later explorers like Vizcaino would rename much of what Cabrillo discovered, their maps would prove to be quite accurate given the navigational tools of the time.

On this voyage, the **padre** was Fray Julián de Lescanso, an Augustinian monk. His duties were not only to maintain the Catholic faith of the crew but also to convert native inhabitants to Christianity.

Finally, three months later on **September 28**, they sailed into what is now San Diego. If the Cabrillo Festival re-enactment is accurate, Cabrillo and some of his men would have taken a **chalupa** to shore where they encountered members of the **Kumeyaay** nation. Records indicated that they sat out a **storm** during the time they were here.

For the next two months, they continued to sail up the coast of California. By mid-November, they had gone as far north as **Point Reyes**, north of San Francisco. Since they encountered severe storms, they turned around and wintered on one of the **Channel** Islands. There Cabrillo died in January of 1543.

(Continued on next page)

THE VIP VOICE

FEBRUARY-MARCH 2001

The Puzzle of Cabrillo

—Mike Nelson

After his death, his crews continued their explorations going as far north as possibly the Rogue River in Oregon. Less than a **year** after leaving Navidad Mexico, they returned in **April**. They never discovered the route to Asia that they had believed to be just over the horizon. But their trip was not a failure. It opened the doors to which many would follow and we are the beneficiaries today.

later, Emily Troxell, who had suggested people be

Much of the information for this story and the puzzle were gleaned from the book, "An Account of the Voyage of Juan Rodríguez Cabrillo." It is published by the Cabrillo National Monument Foundation and was edited by our own Dr. James Nauman and includes articles by Superintendent Terry DiMattio, Rangers George Herring and John Golda, and others. It is a veritable treasure trove of information about Juan Rodríguez Cabrillo. I highly recommend not only reading it but getting a copy for yourself.

lives and the happiness and contentment it brings.

Special VIP – Ulla Kordel

—Lynn Moss

a part of living history by wearing period costumes and talking with visitors, urged Ulla to work in the Lighthouse. As always, she was happy to learn more history and interact with the public. Emily wrote an article for the March 2000 "Lighthouse Digest" that specifically mentions the work of Ulla, Sandra Turner and Maybell Buell. The lighthouse is another labor of love and has allowed her to talk with visitors from all over the world about our local history. Many times she has an opportunity to use her native Swedish tongue to speak with visitors from Sweden providing a nice, welcoming touch.

Asked what she would tell a potential volunteer, Ulla says that she loves the interaction with people and nature, the play that nature has in our For the next few months, the baby grays

The tidepools and lighthouse are wonderful places to share that and the history of our region with the public. She especially feels that our children need to be taught what precious gifts we receive from nature and our past and how to enjoy and preserve it. She says, "Every part of nature is dependent on the other, and we are all dependent on nature."

The Cabrillo National Monument has certainly been fortunate to have someone like Ulla to tell its story and share in its history and all of us who have worked with and know her will miss her terribly. If you haven't had a chance to meet her, I'd suggest you do so before August, for you'll be richer indeed!

may actually serve to help re-colonize the

Gray Whales

—Emily Lawlor

double their weight by daily drinking 50 gallons of their mother's rich 52% fat milk. Mating also occurs in the lagoons. There is much activity while the animals are in these warm waters including spyhopping and breaching. Most of the whales will stay a few weeks and begin heading north in mid-February while mothers with calves will stay up to 13 weeks, leaving as late as April.

The northward migration is a little slower going. The whales tend to swim farther off shore, finding their way possibly through memory or following magnetic fields. They usually get back to the frigid waters of the Bering and Chukchi seas around June-July. Here, they feed on about 900 pounds of food a day for five months, with very unique feeding habits. They go to the bottom of the relatively shallow waters, roll on their side, and scoop up the top layer of "muck" by retracting its 3000-pound tongue and creating a suction. The baleen then serves to filter out its prey, including mostly 4600 different species of tiny amphipods. In the Bering Sea, at least 156 tons of sediment is shifted to form an immense "battlefield." This

creatures on the ocean floor. As the days get shorter and the food begins to diminish, it is time to make the gray whale's great migration once again.

The Gray Whale is an incredible creature. It has not only survived years of brutal hunting, but it has also triumphed. Only a century ago it was nearly extinct but today numbers total almost 26,000. We can learn much from the Gray Whale. They teach us to treasure our world and all its inhabitants. The next time we spot one of them, let us remember how truly wonderful they are.

References:

1. Gray Whales; Gordon, David G., and Baldrige, Alan
2. Gray Whales: *Wandering Giants*; Busch, Robert H.
3. <http://www.bio.metu.edu.tr/~e072836/whales/class/Gray.htm>
4. <http://whales.magna.com.au/DISCOVER/GRAY/index.html>

THE VIP VOICE

FEBRUARY-MARCH 2001

As the **VIP Voice** celebrates its first anniversary, I am honored to be co-editor. Lynn Moss created the **Voice** with the assistance of Bonnie Becker. She has been its heart and soul since the beginning. A few weeks ago, she showed me all the issues for 2000. It has evolved from just a few pages to a full-fledged newsletter. Thank you, Lynn, for your commitment to publish the **Voice**.

As you know, the **VIP Voice** is for you and by you, all the volunteers of Cabrillo National Monument. I really like the fact that the **Voice** is more than just a collection of articles—it is a collaboration of many. Over the last year, thanks to you, it has become bigger and better—and the best is yet to come. We are still working on improving the format and appearance and making the pictures clearer. And, most of all, we want contributions from you and the Rangers at CNM. To make it easier, we have set up an email account (vipvoice@hotmail.com) especially for your feedback and contributions. If you don't feel like writing an article but have a suggestion, email us and let us know what it is.

Last summer, Ranger George Herring asked me to write an article for the **Cabrillo Explorer** about the Cabrillo Festival. It

was an exciting, but daunting, opportunity. Fortunately, he provided some guidelines to make the task a lot easier. So, in that spirit, here are a few suggestions to try to make it easier for you to contribute to the **Voice**:

- Select a topic that you have a passion for. It could be an interesting or funny incident that happened to you at Cabrillo or a topic on native plants, the tidepools, the lighthouse, bird counts or anything else that seems appropriate to you.
- Study up before you write the story. It is amazing how many facts you can forget even though you think you know it all. Believe me! I know from personal experience. It's a good idea to pass on your resources so that readers can do more research if they want.
- Make a short outline and an objective statement to help you organize your thoughts and plan your approach.
- Be yourself. Your story should not only be about a topic but also express who you are.
- Plan the length of your story. A typical page in the **Voice** holds about 650 words. But don't feel that you are necessarily limited to a one-page story! Should you want to write more, do so. We can edit when we need to and we may pick up an extra idea you might have left out.

- Include a chart, a picture or a drawing or two if you have them and they will help tell your story.
- If you use someone else's work, be sure to give them credit and honor the terms of their copyrights.
- Write and re-write your story to make it tighter and more readable, but we know you're busy and we are going to edit it anyway, so don't anguish over your final product to us. That's our job.
- Speak your final draft out loud. It's amazing how many errors you catch that way.
- Once you have completed the story, and if you have a computer and UNDERSTAND the following, please:
 - Submit your story in rich text format (.rtf) because it is compact and has no macros. It will also transfer faster on the Internet.
 - We also accept all versions of Word for Windows and WordPerfect for Windows.
 - Pictures can be stored in JPG, GIF or TIF formats. You may want to use a .zip archiver on GIF and TIF files before sending them. Don't store line drawings and charts as JPG files.
 - We can also scan photos. At the present time, we do not have a way to easily scan 35-mm slides.
 - Send it by email to vipvoice@hotmail.com or on a PC-formatted floppy. The bottom line on submitting your story, however, is if you have it written out by hand and it's readable, put it in Lynn's blue folder in the Library/Administration Building and she will put it on the computer for the **Voice**. What we want is your input.

Upon receipt of your story, Mary Beth, Lynn and I will review it for accuracy, content and readability. We reserve the right to make editorial changes. We will get in touch with you if we have questions or suggestions that will significantly change your article, so we request that you include your telephone number and the best time to reach you with your article.

Thanks for reading the **Voice**. Thanks in advance for your contributions. Without you, it simply wouldn't be the **VIP Voice**. Help us make it the very best in 2001—and best wishes for a joyous and prosperous New Year!

Mike