

*Newsletter of
Cabrillo National Monument and
Cabrillo National Monument Foundation*

A Taste of History

As you're sitting back and getting ready to peruse this issue of *The Explorer*, pull out a pen and paper, and think....Think food. Think flavors. Think beyond sustenance...think savory, sweet, salty, bitter, and rich. Think about the five most delicious tastes you know. Not your five favorite foods, but the ingredients that make up those foods. What flavors, of everything you've tasted, do you like best?



Think some more....

For me, they're black tea, spinach, chocolate, salt, and salmon. Mmmm. Close runners-up are flour, lime, tomatoes, and corn (I love corn bread!). Now let's think historically. How many of the foods on your list would have been eaten on Juan Rodriguez Cabrillo's 1542 voyage? Consider that their foods had to last at least a year or more. (Salt and flour from my list fit this category.) How many on your list would María Israel have cooked on the stove in the lighthouse? María loved to serve up Mexican dishes. (Salt, flour, lime, tomatoes, corn...) Would the soldiers of Fort Rosecrans have enjoyed any of these? (Yes, indeed!)

Food is wonderful! Infinite flavors enrich our lives. The variety of colors and textures can make our dinner not only satisfying but joyful! Through the time periods represented at Cabrillo National Monument, some foods have endured, like corn, tomatoes, fish, rice, and potatoes. Some of our preferences have changed dramatically. I have never eaten "Bear Paws Boiled" or "Jack Rabbit Stew," but these were favorites during the Gold Rush, as the Old

Point Loma Lighthouse was being built. "Mexican Chicken Ball Soup" sounds delicious, and I am a big fan of Spanish rice; these two dishes were popular during that same era, as were flapjacks and walnut raisin cookies. Yum!

As you enjoy this edition of the Explorer, pour your favorite beverage and dish up your favorite snack, and think about all the people throughout history that have enjoyed similar treats. And keep your grocery list handy...you may be inspired to try out some new flavors!

Patricia Heusner, Editor



Superintendent's Corner

by Terry DiMattio

I have been scratching my head trying to figure out how what I would like to tell you about fits with the theme of this edition of The Explorer, which is "A Taste of History." Someone with more imagination than I might be able to find a connection, but I could not, so I will simply tell you about the joint wildland fire management plan that we and the Navy have prepared for Cabrillo NM and Naval Base Point Loma.

According to the Federal Wildland Fire Policy, Federal agencies, such as the National Park Service and the Navy, that have vegetation that can burn are required to develop a fire management plan to address that possibility. As the two largest landowners within the Federal reservation, it made sense that we should work together to prepare a joint plan that covers both of our holdings.

In addition to the Federal Wildland Fire policy, there are requirements for Cabrillo NM to prepare a fire management plan. These requirements are related to the NPS mission and the purpose of the park. It is the mission of NPS to conserve the scenery and the cultural and natural resources in the parks in a manner that will leave them unimpaired for the enjoyment of future generations.

Cabrillo NM was established in 1913 to commemorate Juan Rodríguez Cabrillo's voyage of exploration in 1542. With the addition of land over the years, our initial purpose expanded to include the protection, restoration and preservation of the natural resources within the park's boundary. We have about 120 acres of coastal Mediterranean

ecotype, which is composed primarily of maritime succulent scrub, coastal sage scrub and southern maritime chaparral habitat.

This ecotype is found at only five places in the world: in the Mediterranean, on the west coasts of Chile, South Africa, and Australia, and here in Southern California. With their typically moderate, wet winters and dry, warm summers, coastal Mediterranean ecosystems are desirable places to live. As a result, there has been a steady loss of this type of biologically diverse ecosystem to the point where it is among the most threatened in the world. This makes the remnant we have on Point Loma all the more important.

Both Naval Base Point Loma and Cabrillo NM contain distinguished examples of Southern California's coastal Mediterranean ecosystem with components that are unique to the United States. The NPS considers the remnant at the park significant and that it should be preserved unimpaired in perpetuity.

Wildland fire has long been recognized as a natural process at work within the Southern California coastal Mediterranean ecosystem; a process that has beneficial effects on individual components of that ecosystem. Over time, fire has shaped the plant communities on the Point Loma peninsula and is a major factor affecting their diversity, productivity and stability. In our stewardship of natural resources, the Park Service allows, to the degree that it is feasible, natural processes to continue without



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interference so that these increasingly significant natural resources may be preserved for the education and enjoyment of our children and grandchildren.

There is the need, though, to manage wildland fire so that threats to life, property and Navy and NPS resources are reduced. The joint wildland fire management plan that we have prepared addresses fire management in the natural, or wildland, areas that we own within the Federal Reservation on Point Loma, and in the interface between the wildland and the built environment; in what is known as the Wildland-Urban Interface, or WUI. It provides a framework for addressing wildland fire so that firefighter and public safety are not compromised. Its purpose is to protect people, facilities, and the natural and cultural resources under our care from the impacts of wildland fire; ensure the

perpetuation of native terrestrial habitats, rare species, and fire-adapted plant communities, such as southern maritime chaparral; and minimize the total cost of pre-suppression and fire suppression activities on Navy and NPS lands on Point Loma.

When we began preparing the JWFMP in February 2003, we identified ten issues, or concerns, that we thought should be addressed. Next, we identified eleven goals that we believe address these issues and that we will strive to achieve, the foremost being that safety is first in every fire management activity. Other goals include the protection of our facilities and cultural resources; ensure the sustainability of the full range of natural plant community structure and the biodiversity of native plants, animals, and microbiota; suppress all unplanned wildland fires regardless of how or where they may have started; comply with Navy and NPS fire planning and management policies; implement an education program to enhance public understanding of the fire management program and foster informed participation in fire management activities; develop and maintain staff expertise in all aspects of fire management; integrate the fire management program into all agency activities and operations; and foster and maintain interagency fire management partnerships and, as feasible, contribute to firefighting efforts at the local, state and national level. To achieve these goals, we identified 22 proposed actions. Taken together, they create a fire management program that is consistent with the Navy and NPS missions and is based on the principle that the highest priority in all fire management activities is the safety of the public and firefighters. Our fire management program can be summarized as follows:

- Suppress all wildland fires as soon as possible, regardless of whether they were caused by humans or nature, to protect the public and the contemporary, natural and historic resources of the peninsula, and prevent the fires' spread onto private property.
- Protect structures and people through the use of fire-safe building materials and the creation of survivable space around each structure that cannot afford to be lost.
- Reduce the likelihood of accidental fires by creating fuel-management areas along public roadsides and by removing exotic species and trimming native species.
- Fight wildland fires from roads and parking areas by using trucks and engines, attacking the fire along its flanks rather than its leading edge, and employing water drops from appropriate aircraft. Due to the steep terrain, creating fire lines with bulldozers is not a realistic suppression tactic for Point Loma. Likewise, the building of new fuel breaks is not recommended in the JWFMP.
- Conduct four, small-scale (30 m x 30 m, less than one-quarter acre), research burns at Cabrillo NM to understand the effect of fire on maritime succulent scrub and southern maritime chaparral habitats after decades of not having been burned; evaluate the options for achieving ecological goals and managing native species populations to ensure the perpetuation of fire-dependent native plants, such as wart-stemmed ceanothus, and those that benefit from fire, and learn what plants may have been lost due to the lack of fire on Point Loma over the past 100 years.

We expect to finalize the JWFMP this fall. Implementing its recommendations though, including the one to conduct the research



Hardtack: tough through the ages

Foreword, by Nancy Walton, to the "Maggots and Weevils" article on the following page

burns, will depend upon the availability of funds and may take several years to accomplish. If you would like to read the entire 400-page plan, copies have been placed at the Ocean Beach, Point Loma, and downtown public libraries. It also has been posted on the park's webpage at www.nps.gov/CABR under "Management." Click on Fire Management to access the plan. I also have several CDs of the plan if you would like one.

This is the first-ever fire management plan for Cabrillo NM, and to my understanding, the only joint plan between a unit of the National Park System and the Navy. A very useful management tool, it provides us with guidance and direction to address fire in the wildland-urban interface that has evolved over the past 100 years within the Federal reservation. Best of all, it will help us protect the people who work here, those who visit, and those who live nearby. It will also help us protect the facilities and cultural resources that have been entrusted to our care and help ensure the perpetuation of the coastal Mediterranean ecosystem on Point Loma while achieving our respective missions. If you have any questions about the "Naval Base Point Loma and Cabrillo National Monument Joint Wildland Fire Management Plan," please feel free to contact me at: Cabrillo NM, 1800 Cabrillo Memorial Drive, San Diego, CA 92106-3601, or email me at:

terry_dimattio@nps.gov.

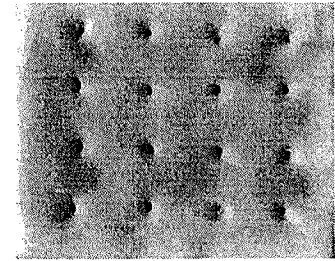
"I tried to throw my hardtack away three times, but each time it walked back to me."

One of the essential foods Cabrillo brought along for the voyage was the notorious biscuit called "hardtack."

Hardtack did not change from before Cabrillo's time through the Napoleonic Wars. In fact, Cabrillo's sailors would not have noted anything different or unusual about the hardtack issued to our soldiers in the Civil War. By the way, hardtack made in 1865, but too late to be issued to the Union Army, was properly stored and issued in 1898 during the Spanish American War. Talk about tough!

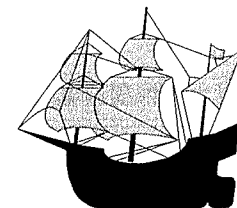
The article on the next page by Mr. Lee Rogers, National History Museum, London, is reprinted from the online newsletter of The Historical Maritime society.*

In the opening paragraph Mr. Rogers makes reference to "Jack Nastyface" which was the pseudonym of one William Robinson. Robinson had been "pressed" into the British Royal Navy during the Napoleonic Wars and had an axe to grind against the Navy. Basically "press gangs" from warships would go ashore at night and kidnap any able-bodied male they found to provide replacement crew members. This usually did not go over well with the pressed man who had suddenly been ripped away from family, career, and friendly surroundings in order



to have the dubious honor of getting shot at for a number of years. It also meant being subjected to a level of physical discomfort and discipline most men had never encountered. Robinson wrote a book about his experiences in 1836 under his pseudonym to avoid prosecution for scandal. He did note with pride, however, that he had served in the epic Battle of Trafalgar in 1805 as a gunner on HMS *Revenge*, and that he admired Admiral Nelson tremendously.

* <http://www.hms.org.uk/nelsonsnavymaggot.htm>.





The Historical Maritime Society

Nelson and His Navy—Maggots and Weevils

IT IS POPULARLY BELIEVED that the ships biscuit (hard tack) issued to the Nelsons Navy were full of a variety of revolting insects such as 'maggots' and 'weevils'. A few authors (such as Jack Nastyface) who have enhanced the facts to suit their own ends have encouraged this. However, in the majority of narratives little if any reference is made either by officers or people (both were issued from the same stock). So what is the truth?

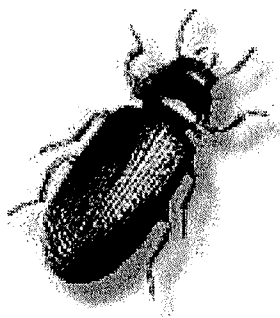
All stored foodstuffs of the time would have been susceptible to attack from 'storage pests'. Modern pesticides and packaging have eliminated these from our food shelves but they would have been familiar to people in Nelson's time. The issue is as to when they changed from a small nuisance into an infestation that resulted in condemned food. The bread room of a ship was especially designed and located to keep bread cool and dry and this gives us a clue to those circumstances when problems could arise. The rate of reproduction and lifecycle of storage pests considerably increases with humidity and temperature. Hard tack was thrice baked to completely dry it out and hence preserve it (for up to five years by the victualling board standard). The baking would also make it extremely hard for any insects to penetrate the grains to the softer centre on which they feed. Dampness makes the bread soft again. So if bread gets damp in hot climates then any insects present will

proliferate very quickly.

It would appear that any small beetles at the time were called 'weevils' and all large ones 'cockroaches'. The basic pest found in ships biscuit is incorrectly termed the 'weevil'. In fact it is not a true weevil but a relative of woodworm called the "Bread Beetle," *Stegobium paniceum*. The larvae are very small (0.5mm) and wrap themselves in a mixture of grain and saliva which makes them impossible to distinguish from the bread dust itself. Hence on

between 2 and 4mm long. If adults appeared in large numbers the soft centre of the grains of the bread would have been eaten away. In this way any bread which was found infested with 'weevils' would (as recorded) crumble to dust.

We also have reports of large white maggots also being found on ships biscuit - nicknamed 'bargemen' by sailors. These were the larvae of the Cadelle beetle, *Tenebroides mauritanicus*. These when found could be seen on biscuit that



The basic pest found in ships biscuit is incorrectly termed the "weevil." In fact it is not a true weevil but a relative of woodworm called the "Bread Beetle."

initial examination nothing would be seen on the bread. In cool dry conditions the life cycle from larvae to adult would be up to one year. Hard tack would be typically used within this period and so the majority of time no weevils would be observed. They would however have been present from the bakery bags and hence pass from batch to batch. Batches of bread which are much older / damper / warmer would allow the larvae to feed vigorously and pupate into the adult beetle. This is a small reddish brown beetle

apparently did not have any 'weevils' and was otherwise sound. What was most likely to be occurring here was a food chain. The Cadelle larvae (which were up to 20mm long) could actually be feeding on the unseen Bread Beetle larvae. Maybe the Cadelle could be called the Pursers Friend as it was actually helping to preserve the bread from attack? Once again temperature and humidity affected the life cycle. Once grown up the adult Cadelle is some 8mm long and could be confused with other 'weevils' or



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‘cockroaches’.

There was no incentive, or indeed, scope to issue bad provisions except in extremes. When each new cask or bag is opened it is surveyed by representatives of the Purser, Master and Captain to verify the fitness of the contents both as to quantity and quality. Any species found to be unfit is condemned and the Purser recompensed. Condemned provisions must, however, be retained and returned to the Victualling Board in due course.

Thus, when a ship is running short of fit provisions it may have to hand a stock of unfit provisions previously condemned. In these circumstances, when the choice is between Bad Provisions and No Provisions it is probable that bad provision may be issued. There does not appear to be any mechanism for compensation for this circumstance since, of course, the evidence has been consumed. It is unlikely that bad provisions would be issued in other circumstances since to do

so would require the collusion of all officers. We also know that earlier in the eighteenth century (1750 - 1757) only 0.3% of bread was condemned (source: The Wooden World/ N.A.M.Rodger). This figure is unlikely to have changed significantly by Nelson’s time some 50 years later, if anything, techniques may have improved. So were weevils as proliferate as Jack Nastyface would have us believe? Reality is probably a case of the lesser of two weevils!

This article was produced with the assistance of Mr. Lee Rogers, National History Museum, London.*

* <http://www.hms.org.uk/nelsonsnavy maggots.htm>.



In our last “Cabrillo People” column we were unable to include a photo of our departing marine biologist, Dr. Bonnie Becker. Here, Dr. Becker holds her treasured Cabrillo National Monument arrowhead, signed by staff and volunteers with well-wishes and notes of appreciation. The arrowhead, the symbol of the National Park Service, is given to departing employees in appreciation of their accomplishments while serving at Cabrillo National Monument. Well done, Bonnie!

Old Point Loma Lighthouse Kitchen Garden

by Patricia Heusner

Lately, there's a rainbow appearing every day outside the Assistant Keeper's Quarters! Sparkling red chili peppers and tomatoes, shiny purple eggplant, bright orange carrots, speckled green cucumbers and chard, pretty yellow onions, the most enormous beet I've ever seen, and more are springing up from the rocky soil! I suppose "springing up" gives the impression that the soil here is naturally fertile, but that is far from the truth. These veggies and fruits are growing thanks to the diligent work of the Point Loma Garden Club, a group of dedicated volunteers who tilled the dense clay ground, softened the soil, built the garden frame and fence, planted seeds and seedlings, and now faithfully come several times each week to water and prune and harvest.

The club has met a few challenges, as Cabrillo's critters artfully break into the garden for some snacks. The raccoons pull the corn stalks down for a nibble, the rabbits launch themselves from the hay pile into the garden, the squirrels try to make off with a few tidbits, and hornworms bigger than your index finger chomp on the tomatoes. These tricksters keep the project interesting for the gardeners, and I've never heard a complaint. The gardeners seem to enjoy finding

creative ideas for how to angle the fences or move the hay pile or set up a diversion to stay one step ahead of the crafty little creatures.

Special thanks to Dale Rekus for coordinating this incredible project and for his many hours invested in establishing the garden. Dale reports that as he's been working in the garden, international visitors have been especially intrigued (he's had great conversations with visitors from Japan and Germany), and parents have commented that it is the first time their children have seen vegetables growing...what a wonderful

educational opportunity the club has created!

We hope you'll come and enjoy our beautiful new organic garden, and we thank the Point Loma Garden Club for giving the visitors of

Cabrillo National Monument another glimpse of history.

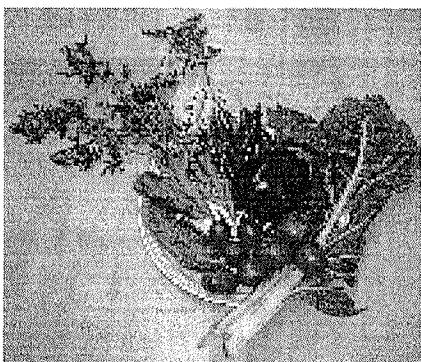
For more information on the Point Loma Garden Club, visit www.plgc.org.

The club, founded in 1961, follows the purpose of "the friendly study of horticulture" and offers workshops that relate to horticulture, floral design, and ecological conservation. The club also participates in numerous community service



Point Loma Garden Club volunteer Suzanne Michel harvests tomatoes in the kitchen garden.

projects each year, including gardening activities at Children's Hospital, assisting at the Point Loma Native Plant Preserve, and providing floral arrangements for the Hervey Point Loma Library.



LADIES AND GENTLEMEN!
CABRILLO CRUISE LINES WELCOMES YOU ABOARD OUR INAUGURAL FUN
VOYAGE TO THE FABULOUS LANDS OF CHINA BY WAY OF THE LEGENDARY
STRAITS OF ANIÁN. 1542 SAILING.

DURING OUR VOYAGE YOUR FAITHFUL DESPENSERO WILL SEE TO ALL YOUR FOOD NEEDS.

ALL MEALS WILL BE SERVED AL FRESCO ANYWHERE YOU CAN FIND SPACE ON OUR CHARMING DECKTOP DINING AREA. WE REGRET THERE IS NO CAPTAIN'S TABLE AS HE DOES NOT OWN ONE. IN KEEPING WITH THE FESTIVE AND INFORMAL NATURE OF OUR CRUISE, ALL GUESTS WILL PROVIDE THEIR OWN TABLE CLOTH AND WOOD SERVING TRENCHER. EATING UTENSILS ARE OPTIONAL. SHOULD YOU DESIRE YOUR FOOD COOKED, WE HAVE A NUMBER OF PAGES ABOARD WHO CAN BE HIRED FOR ITS PREPARATION. OUR STATE-OF-THE-ART, BRICK COOK STOVE IS LOCATED AFT, UNDER THE STERNCastle, AND IS AVAILABLE ON A FIRST-COME FIRST-SERVED BASIS, DURING DAYLIGHT HOURS. THE STOVE WILL NOT BE LIT DURING ROUGH WEATHER.

WATER FOR COOKING AND WASHING IS AVAILABLE SELF-SERVICE BY THE BUCKETLOAD ALONGSIDE THE SHIP.

OUR MENU TODAY IS*

BREAKFAST IS SERVED AT SUNRISE AND CONSISTS OF:

7 OUNCES OF GALLETA (SHIPS' BISCUIT/HARDTACK), 2 ½ OZ. (70 GRAMS) OF MENESTRA (SOUP OF HORSEBEANS AND GARBANZOS), 2 ½ OZ. (70 GRAMS) OF CAZÓN (SALT FISH, USUALLY DOGSHARK) OR 3 ½ OZ. (100 GRAMS) OF SALT PORK.

LUNCH IS THE MEAL AT NOON:

7 OUNCES OF GALLETA (SHIPS' BISCUIT/HARDTACK), 2 ½ OZ. (70 GRAMS) OF MENESTRA (SOUP OF HORSEBEANS AND GARBANZOS), 2 ½ OZ. (70 GRAMS) OF CAZÓN (SALT FISH, USUALLY DOGSHARK) OR 3 ½ OZ. (100 GRAMS) OF SALT PORK. RICE MAY BE SUBSTITUTED FOR MENESTRA.

DINNER IS SERVED AT SUNSET:

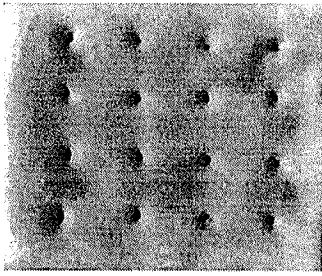
3.5 OUNCES OF GALLETA (SHIPS' BISCUIT/HARDTACK) FROM BROWN FLOUR, 1 ¼ OZ. (35 GRAMS) OF MENESTRA, 1 ¼ OZ. (35 GRAMS) OF CAZON SALT FISH OR 1 ¾ OZ. (50 GRAMS) OF SALT MEAT.

A COMPLIMENTARY LITER OF WINE AND ONE LITER OF WATER WILL BE ISSUED EACH DAY.

AS A SPECIAL TREAT, THE CAPTAIN HAS AUTHORIZED TWO OUNCES OF CHEESE TO BE ISSUED EVERY SUNDAY AND TUESDAY.

* TODAY'S MENU IS THE SAME FOR EVERY DAY OF THE VOYAGE.

AS THE PACIFIC OCEAN IS LESS THAN A THOUSAND LEAGUES WIDE, WE EXPECT A SHORT, EASY TRIP TO CHINA. REST ASSURED, SCURVY WILL NOT BE A PROBLEM AS WE WILL BE FOLLOWING THE COAST ALL THE WAY ALLOWING CRUISE PARTICIPANTS TO FORAGE PERIODICALLY FOR LEMON GRASS AND WILD ONIONS DURING OUR FASCINATING SHORE EXCURSIONS FOR FRESH WATER. FOR THOSE WITH NO STOMACH FOR LEMON GRASS AND WILD ONIONS WE RECOMMEND BOTTLED SAUERKRAUT, AVAILABLE FROM THE DESPENSERO FOR A NOMINAL FEE.



***Galleta* or ships' biscuit**

(known in modern times as Hardtack) is the staple of the shipboard diet. The word "biscuit" comes from the Latin *bis*, twice, and *coctus*, cooked. The name refers to the fact that it was unleavened bread subjected to a double process in cooking to render it virtually indestructible. In essence, it was made of wallpaper glue—flour, salt, and water. The most common way of eating it was to soak it in water or wine to soften it. Frequently it would be cooked as a stew with the salt fish/meat and beans. If you had salt pork to fry, the biscuit could be softened by pouring the liquid fat over it.

The salt meat was usually dogshark, although salt pork was sometimes substituted for it two or three days per week. In the Atlantic, cod or sardines added some variety to the salt fish, but these were not available in the Pacific. It all depended on how good at negotiating the ship's supply purchases the Dispensero was (and how much of the ship's budget he quietly pocketed for himself)

Fresh food, especially chickens, pigs, goats and sometimes even cattle, would be embarked for slaughter during the voyage, but these took up valuable cargo space and needed food themselves. Onions were the most prized vegetables.

Officers and passengers could supplement the on-board fare with

purchases of preserved food of their own. This frequently took the form of sauerkraut and dried fruit. Quince, figs, and raisins were the most popular fruits. These items not only added variety but also to some degree staved off scurvy. The anti-scorbutic effects of citrus juice had not been discovered, but the Spanish did know that lemon grass, onions, and sauerkraut could slow the advance of scurvy.

The ship's crew frequently supplemented their preserved diet with freshly caught fish.

All in all, the daily ration provided adequate bulk and between 3500-4200 calories per person per day. As long as the ration was fully issued it was adequate for the work being done. Proteins made up about 13

percent of the ration, which is within the levels recommended by the World Health Organization for a balanced diet. The main food deficiency was the vitamins provided by fresh fruit and vegetables. In the Atlantic, scurvy was not a serious problem. The disease takes approximately six weeks to develop, and Atlantic crossings rarely exceeded thirty days. The Pacific Ocean was a different problem altogether.

Surprisingly, the real deficiency in the menu above was water. One liter of water was totally inadequate for an adult male, and the wine supplement did not help. An average man eating 3500 calories needs two to three liters of water, especially working hard in tropic climes where a man can sweat a liter in an hour. This was not helped by eating food with a high salt content. The problem with water is that it takes up valuable storage space in a small ship. By cutting back on the water storage, ship masters could increase cargo capacity. Thus, the sailor was not so much continuously hungry as he was continuously thirsty.

Any delays in a voyage, such as calms, storms or contrary winds, could quickly put the crew on half rations of both food and water. Then there was always the problem of barrels leaking and food being rotten when purchased, going rotten or being eaten by vermin. Although a nice tasty vermin could replace salt meat with fresh, it was limited in quantity and full of bones.

So, welcome aboard, enjoy the voyage, and *¡buen provecho!*

**Bob Munson,
CNM Historian**



Lemongrass

**The Spanish did
know that lemon
grass, onions, and
sauerkraut could
slow the advance
of scurvy.**



Food contributions of Native Americans

by *New Thanyachareon*

Ages ago, pepper was the center of the European spice trade. Italy had a monopoly on overland spice trade routes which motivated other countries to establish sea trade routes. Seagoing merchants had an odd dress code for their crew: "NO POCKETS AND NO CUFFS," especially during the spice trade. It seems the workers would stuff their clothing with peppercorns, a most valuable commodity. It was so highly valuable that it was used for money. Debts could be erased with a handful of peppercorn. A lost peppercorn would be hunted like a lost pearl. Most of us wouldn't give it much thought but it was the demand for pepper that put the wind in the sails of Columbus' ships.

Other food discoveries came later as Spain and other countries explored the Americas. Take the potato, for instance. It was discovered in South America by the Andean natives who cultivated some 200 different kinds of potatoes....so much for the Idaho potato's claim to fame! Idaho's weather is quite similar to Andean weather—that's why potatoes can be easily grown there. The first European to see the potato was a Spanish conquistador and historian, Pedro de Cieza de Leon, who wrote about it in 1540. In 1565, a Spanish explorer and conqueror, Gonzalo Jimenez de Quesada, took the potato to Spain in place of the gold he did not find. Potatoes were soon a standard supply item on the Spanish ships; they noticed that the sailors who ate papas (potatoes) did not suffer from scurvy.

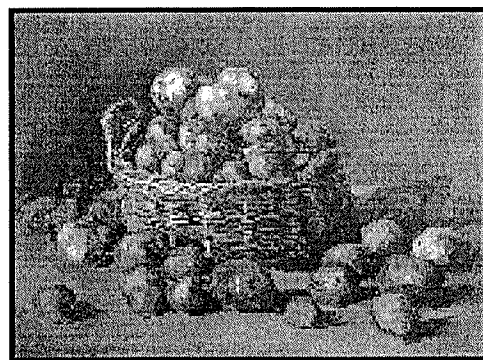
Another food discovery was corn. Corn is actually a domesticated form of a wild grass. Earlier forms of corn were small, like the little corn cobs used in Asian cooking. The word corn means "small nugget." When Columbus landed on one of the islands of the northern Antilles near present day San Salvador, the Taino natives called the corn "mahis" which means "the source of life." Over time the word transmuted into maize. Columbus took corn back to Spain and it spread quickly throughout Europe and the rest of the world. It was brought to New England where the settlers used it for money and traded it with the North American Indians for food and furs.

What about the tomato? It is a fruit of a plant in the usually-poisonous nightshade family, native to southern North America

Food discoveries in the Americas dramatically changed the world. Many of these discoveries laid the foundation for large crop industries today.

Corn, potato, peanut, avocado, and tomato farmers make a good living. Consider this: how did we come by these wonderful foods in the first place?

In effect, it all started with Christopher Columbus. Actually it started before Columbus, but let's use him as a point of reference. It was Columbus, after all, who sailed westward toward uncharted territories. His discovery made it possible for us to experience these wonderful foods. Columbus sailed the world for spice and other riches. First priority was pepper, the spice that would inevitably change the world. This wonderful spice had countries fighting each other to control the trade routes. Since the Middle



from Mexico to Peru. It is also a close relative of the potato. One historian believes the tomato originated in the highlands of the west coast of South America. After the Spanish conquest, it was distributed to Spanish colonies in the Caribbean, Southeast Asia, and back to Europe, where it grew easily in the Mediterranean climate. When it reached Italy,



many people thought it was poisonous and used it as an ornamental plant. The peasant class eventually started eating it because of the scarcity of food and it became the wonder-food it is today.

Lastly, since we are in Southern California, I have to mention the avocado, also known as the alligator pear. They were grown from Northern Mexico and as far south as Peru. Avocados got their name from the Spanish explorers. They could not pronounce the Aztec word "ahuacatl" which means "testicle." (The modern Spanish word is "aguacate." Inspired by its shape, the Aztecs used the fruit as an aphrodisiac.

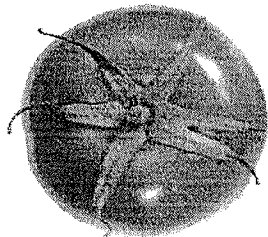
Linda Stradley, on the website "What's Cooking America," (see address below) notes, "The Spanish conquistadors also discovered a unique use for the avocado seed. The seed yields a milky liquid that becomes red when exposed to air. The Spaniards found they could use this reddish brown or even blackish indelible liquid as ink to be used on documents. Some of these documents are still in existence today."

Other foods contributed by Native Americans include beans, papayas, strawberries, squash, pumpkins, and melons, just to name a few. Considering these wonderful food contributions, we have a lot to be thankful for. So when you sit down for breakfast, lunch or dinner, take a minute and wonder where the foods on your plate come from. Do a little research and you'll be enlightened. Bon appétit!

Article Sources:

<http://www.whatscookingamerica.net/Hlstory/PotatoHistory.htm>

<http://www.whatscookingamerica.net/avocado.htm>



Dinner Time

Centuries chime in, chime out

Amidst the times, change
And the need to feed

Was there, is here
Hearty flanks of game
Brought to flame, braised
Sizzle sizzle, snap, crackle, pop

Scents of seasonings
Peppers, garlic, basil, mint
Salt, onion, marjoram,
olive oil

(more garlic, please)

Airborne pirates of
distraction

Earth's aromatic bounty
Wafting lazily, room to
room

Out the doors, windows,
chimney

An olfactory temptation
Rising tides of salivation
Centuries chime in, chime out

Amidst the times, change
And the dinner bell
Rang then, rings now

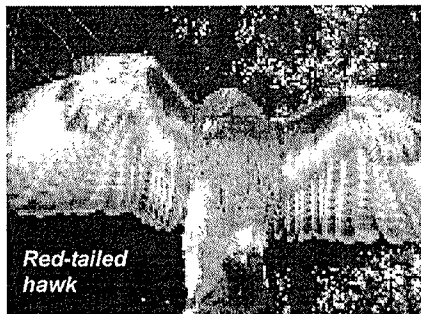
Ted Washington

The web of life

by Stephanie Glenn

When you hear the word "web," you probably think of a spider. Or you might think of a broom or a shoe that you might use to sweep the web away. But this is not the type of web I want you to think of; I want you to think of a web that is created by the transfer of energy and organic matter through a biotic system. I want you to think of a web that connects element to organism, energy to action, life to death and back again. I want you to think of a food web.

A food web can be defined as a complex network of feeding relationships that show the transfer of energy and biomass from one species to another within an ecosystem. Therefore a food web illustrates the cycling of energy and nutrients through an ecosystem in which each organism is important for maintaining balance within the system. Being that our monument



protects a Coastal Sage Scrub ecosystem, we will use the animals we have here to describe in detail the relationships in a food web.

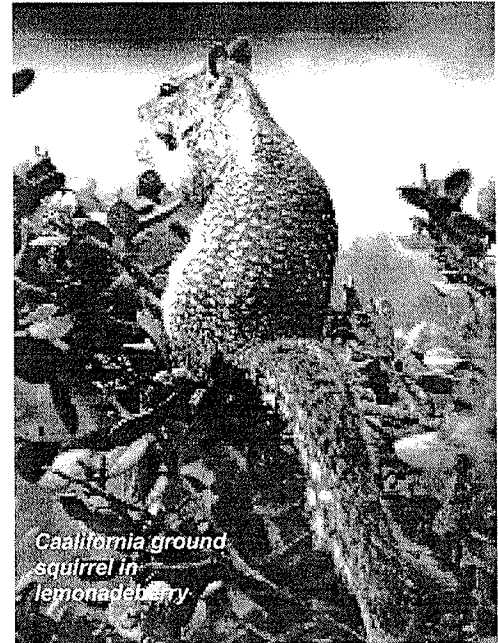
To start, producers are organisms such as plants that absorb their energy from the sun and create their own food by converting inorganic material from the soil into organic material. Examples of producers at Cabrillo NM include lemonadeberry (*Rhus*

integrifolia), California sagebrush (*Artemisia californica*), and black sage (*Salvia mellifera*). Primary consumers feed directly on these producers, thus absorbing some of the nutrients and energy. Primary consumers can be herbivores (feeding only on plants or plant parts) such as the Western harvest mouse (*Reithrodontomys megalotis*), the desert cottontail (*Sylvilagus audubonii*) and grasshoppers (*Orthoptera ssp.*). They can also be omnivores (feeding on plants, insects, and animal flesh) such as the California towhee (*Pipilo crissalis*), the California ground squirrel (*Spermophilus beecheyi*) and the coyote (*Canis latrans*).

Organisms that feed on primary consumers are known as secondary consumers. Secondary consumers include the omnivores mentioned above when they feed on primary consumers; they include carnivores (feeding entirely on insects and animal flesh) such as the big brown bat (*Eptesicus fuscus*), the desert shrew (*Notiosorex crawfordi*), and the Southern alligator lizard (*Elgaria multicarinata*).

Tertiary consumers are organisms that feed on secondary consumers. These include the top predators such as the Peregrine falcon (*Falco peregrinus*), California kingsnake (*Lampropeltis getula*), and the Red-tailed hawk (*Buteo jamaicensis*).

The cyclic nature of the food



web is seen once the producers and consumers are deceased. Decomposers such as lichens, earthworms, and bacteria digest the dead biomass and release nutrients back into the soil for the producers to utilize again. Over 60 species of lichen are known to occur at Cabrillo National Monument.

Within these feeding relationships, life is sustained within an ecosystem. So, just as with a spider web, if you disrupt one strand, one relationship, you can severely cripple—if not destroy—the entire web. Therefore, viewing a biotic system holistically is very important. For it is not just one species or one life you may be disturbing—it is a complex network, a web of life that must be preserved.

Dinner at the Old Point Loma Lighthouse

by Mike Nelson

When you visit the Old Point Loma Lighthouse, you see a table in the kitchen with a lamp and condiments. The

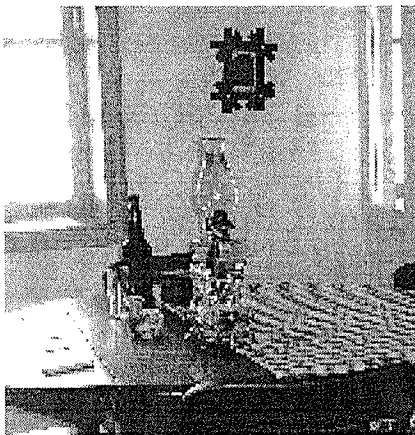
tablecloth is pulled back and a game of solitaire is in progress. The back porch has canned goods on the shelf. Have you ever thought about how those goods got there? In the hundreds of times that I have visited the lighthouse, I had never considered that until a week ago when a conversation tickled my palate.

Maintaining a pantry and putting meals on the table was a bigger deal then than it is now. Today, we stop at the local taco shop or burger joint for a quick meal on the way home from work. We can shop the bounty of the local supermarket and get goodies from literally around the world. What a difference a century can make!

Like the keepers at the lighthouse, I now live in what is considered a remote location. However, due to modern things like automobiles and paved highways, the 48-mile round trip takes only about an hour. A miracle when compared to a long day's trip from the lighthouse to Old Town and back!

Furthermore, in those days once you got to town the selection of food could be limited and pricey.

Today, the Point Loma Garden Club volunteers keep a lovely garden at the lighthouse. Tasty tidbits, indeed!! It is likely that their garden is far superior to the garden of the 1800s at Point Loma. Why? Primarily because



today we can water the garden, but then water was a very precious commodity. It generally rains only 9-14 inches per year at the Point and bringing barrels of water from Old Town was an arduous full day's journey.

Did they live off the land? Most assuredly! There were abalone, lobsters, fish and more available from the tidepools. A variety of wildlife, like rabbits or quail, may have been used for food.

What about staples like flour, sugar, salt or baking powder and perhaps coffee or tea? In the case of our lighthouse, the keepers could go to Old Town to buy them as needed. The Lighthouse Establishment recognized that remote facilities would probably not have access locally for things like lantern oil and basic foods. The board made quarterly visits to each lighthouse to perform audits and other administrative duties as well as bring food staples.

All things considered, life at the old Point Loma lighthouse, though remote, wasn't bad. Due to the semi-arid climate, water was scarce so gardening was not very fruitful. Hunting was limited to small game—but the seafood from the tidepools was a veritable

grand gourmet buffet. With moderate temperatures, living off the land and sea was possible all year round. It was probable that during the Israel years, the house was filled with the aroma of Mexican cuisine.

As now-retired Ranger Emily Troxell wrote in her virtual tour of the lighthouse, "Life is good."

Sources:

Old Point Loma Lighthouse, Holland and Law, 1981

<http://www.cr.nps.gov/maritime/keep/keep19th.htm>

<http://www.nightbeacon.com/lighthouseinformation/dutiesofalighthousekeeper.htm>



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¡De xocolatl a mole!

by Marcy Marquez

Most of you will LOVE this topic. There are not too many countries around the world that are as obsessed with it as we Americans. Our piggy banks get skinnier as our bellies get fuller. Any ideas yet?

Xocolatl is a word in the Aztec language of Nahuatl. It means... chocolate. Okay, not really; it means chocolate for us, but for the Aztecs it meant xoco- "bitter," atl- "water," "bitter water." If you ever have used baking chocolate and snuck some bits in to taste, you can easily understand why the Aztecs would name it bitter. Let's go back to where it was first found...

The cacao bean is native to Meso-America, a region that encompasses the central valley of Mexico to northern-South America. The climate here is ideal: beautiful, warm, sunny, no snow, and lots of rain! The tropical rainforest environment is a perfect place for the cacao trees to grow.

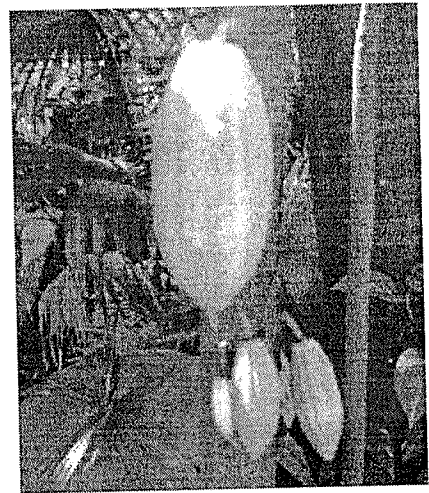
These delicious trees do not grow very tall, just about 40 feet. They produce tiny flowers on the actual trunk and branches of the tree, which the tiny midge fly loves to pollinate. After some time the fruit begins to grow and the pod begins to show. It is about the shape and size of a football, with a range of colors in green, brown, yellow, or red, depending on the stage of growth the pod is in. The pod contains, on average, 30 to 50 cacao beans.

Natives of Central America such as the Olmecs, Mayans, and Aztecs used the cacao beans for various purposes. Some of the people of this area used the beans as a type of currency; some used the

beans in their rituals to their gods; and others used it for something altogether different!

The cacao beans are still grown, gathered, and prepared much as they were before any Europeans stepped on the shores of the New World. Once the pod was fully grown, the natives cut it in half with a machete. The seeds were left

in the fertile soil, and this is



The Europeans were looking for land and riches, which they found, but they had no idea about the existence of the cacao bean!

what began the delicious taste of chocolate. In 7 to 10 days, fermentation took place and the beans turned a darker brown. They were removed from the soil, rinsed with water, dried by the searing hot sun, and roasted on a metate (grinding stone) with a mano (hand stone). The fire allowed the skin to fall off the bean. After the skin was winnowed off, the beans were ground—and this is where the Aztecs came in.

Back in the 1500s, Europeans were sailing the world in hopes of finding new land and riches; such was the hope for young Juan Rodríguez Cabrillo. He set sail from Spain in the early 1500s and made his way to present-day Mexico.



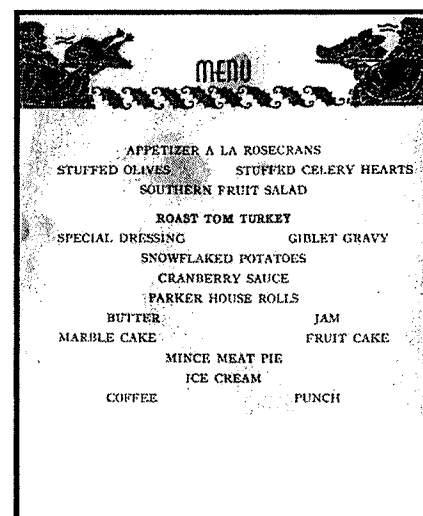
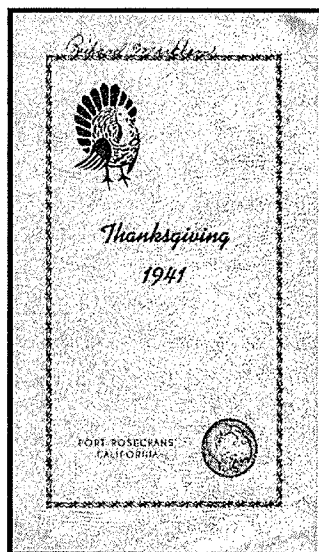
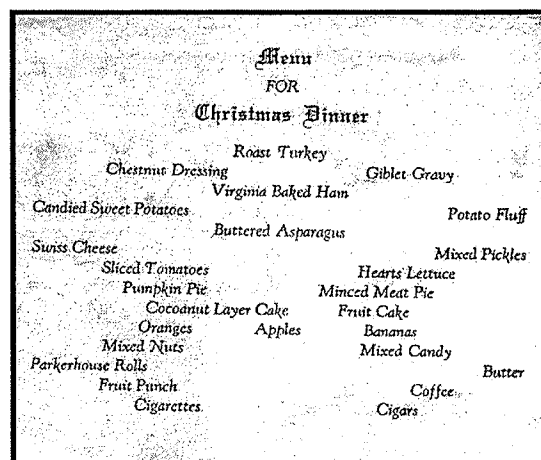
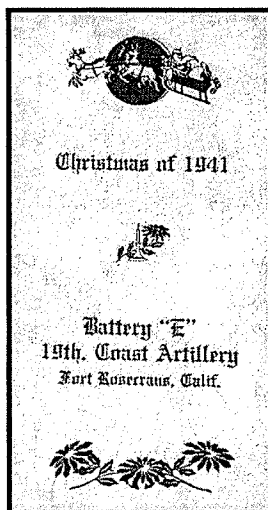
continued on page 18

Dining in style at Fort Rosecrans

by Patricia Heusner

The soldiers on duty in the lighthouse, base end stations, and batteries at Fort Rosecrans ate their fill of peanut butter, jam (especially orange marmalade), and coffee while on duty. The mess hall sent "buckets of chow" twice a day to those soldiers on 24-hour watch. According to Jack Mooney, who came to Fort Rosecrans in 1940, "I enjoyed my tour up there. It was the best. The post was clean. We had good facilities. The chow wasn't bad. It wasn't like the dehydrated foods, canned foods that we got over in the war. We had fresh meat, fresh milk, everything was beautiful there at Rosecrans." (Overton, p. 140)

At that time, abalone was so plentiful that off-duty soldiers sometimes took their bayonets down to the intertidal area and brought back abalone so the cook could serve up some abalone steaks. (Such use of government-issued property was not officially approved, but apparently nobody was looking!) As you can see, on holidays the mess cooks put together a fine dining experience for the troops!



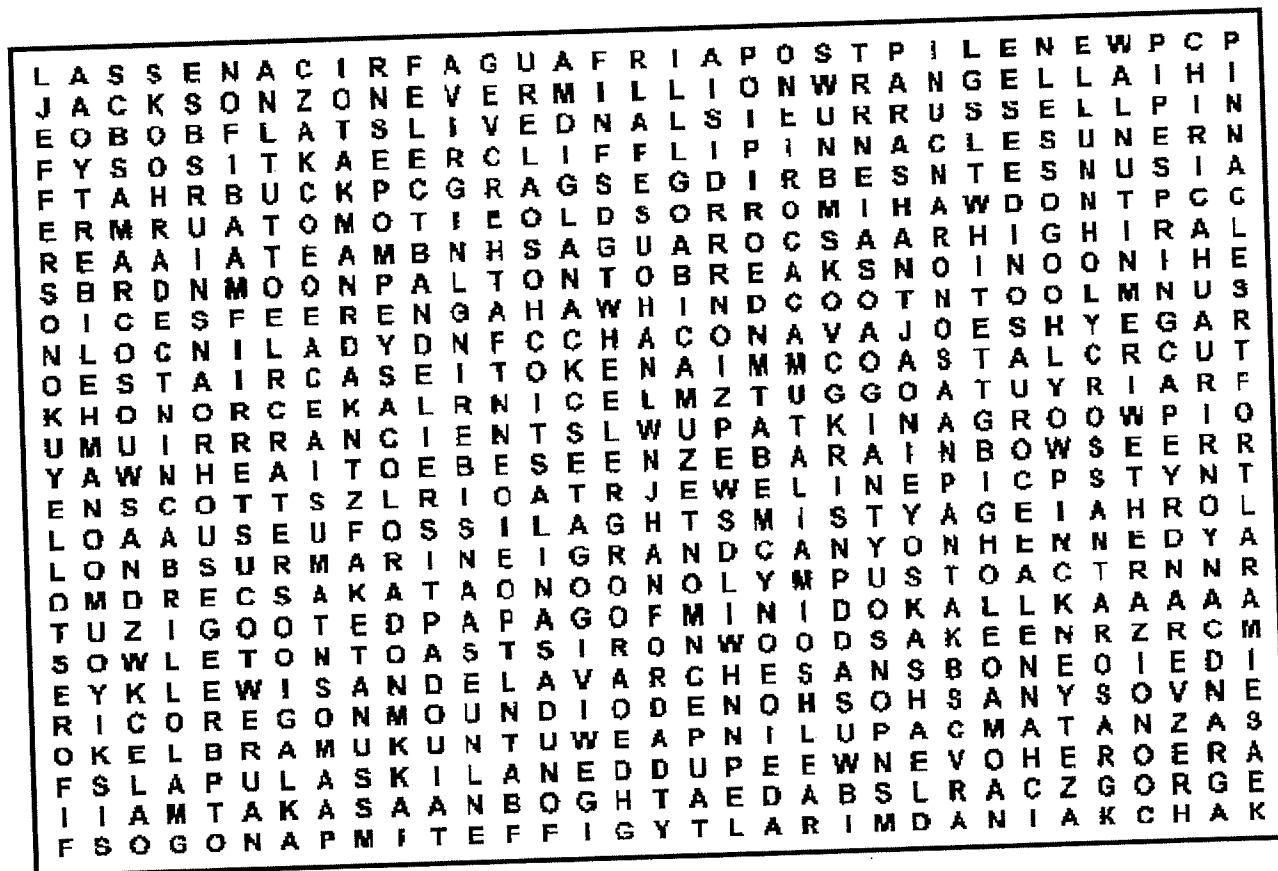
Sources:

The 19th Coast Artillery and Fort Rosecrans: Remembrances, Overton, Howard B. 1993, National Park Service.
Cabrillo National Monument Archives (Thanks to Museum Technicians Tracie Cobb and Christine Echois for finding the menus in the archives.)

Word Search

1906 Antiquities Act National Monuments

Puzzle by Mike Nelson



Following is a list of all national monuments proclaimed by presidents under authority of the Antiquities Act of 1906. The highlighted and underlined word(s) can be found in the puzzle. The words may be placed forward, backward, up, down, or diagonally. Have fun!!

Theodore Roosevelt
 09/24/06 Devils Tower, WY
 12/08/06 El Morro, NM
 12/08/06 Montezuma Castle, AZ
 12/08/06 Petrified Forest, AZ
 03/11/07 Chaco Canyon (now Chaco Culture), NM
 05/06/07 Cinder Cone (Now part of Lassen Volcanic NP), CA
 05/06/07 Lassen Peak (Now Lassen Volcanic NP), CA
 11/16/07 Gila Cliff Dwellings, NM
 12/19/07 Tonto, AZ
 01/09/08 Muir Woods, CA

01/11/08 Grand Canyon, AZ
 01/16/08 Pinnacles, CA
 02/07/08 Jewel Cave, SD
 04/16/08 Natural Bridges, UT
 05/11/08 Lewis and Clark Cavern, MT
 09/15/08 Tumacacori, AZ
 12/07/08 Wheeler, CO
 03/02/09 Mount Olympus (now Olympic NP), WA

William Howard Taft
 03/20/09 Navajo, AZ
 07/12/09 Oregon Caves, OR
 07/31/09 Mukuntuweap, UT

09/21/09 Shoshone Cavern, WY
 11/01/09 Gran Quivira (now Salinas Pueblo Missions), NM
 03/23/10 Sitka, AK
 05/30/10 Rainbow Bridge, UT
 06/23/10 Big Hole Battlefield, MT
 05/24/11 Colorado, CO
 07/06/11 Devils Postpile, CA

Woodrow Wilson
 10/14/13 Cabrillo, CA
 01/31/14 Papago Saguaro, AZ
 10/04/15 Dinosaur, UT-CO
 11/30/15 Walnut Canyon, AZ

02/11/16 Bandelier, NM
 07/08/16 Sieur de Monts (now Acadia NP), ME
 08/09/16 Capulin Mountain (now Capulin Volcano), NM
 10/25/16 Old Kasaan, AK
 06/29/17 Verendrye, ND
 03/18/18 Zion, UT (incorporated Mukuntuweap NM)
 08/03/18 Casa Grande (now Casa Grande Ruins), AZ
 09/24/18 Katmai, AK
 12/12/19 Scotts Bluff, NE
 12/12/19 Yucca House, CO

Warren G. Harding

01/24/22 Lehman Caves, NV
 10/14/22 Timpanogos Cave, UT
 10/21/22 Fossil Cycad, SD
 01/24/23 Aztec Ruin (now Aztec Ruins), NM
 03/02/23 Hovenweep, UT-CO
 03/02/23 Mound City Group, OH
 05/31/23 Pipe Spring, AZ
 06/08/23 Bryce Canyon, UT

Calvin Coolidge
 10/25/23 Carlsbad Cave (now Carlsbad Caverns NP), NM
 04/18/24 Chiricahua, AZ
 05/02/24 Craters of the Moon, ID
 10/15/24 Castle Pinckney, SC
 10/15/24 Fort Marion (now Castillo de San Marcos), FL
 10/15/24 Fort Matanzas, FL
 10/15/24 Fort Pulaski, GA
 10/15/24 Statue of Liberty, NY
 12/09/24 Wupatki, AZ
 02/26/25 Glacier Bay, AK
 02/26/25 Meriwether Lewis, TN
 09/05/25 Father Millet Cross, NY
 11/21/25 Lava Beds, CA

Herbert Hoover

04/12/29 Arches, UT
 05/11/29 Holy Cross, CO
 05/26/30 Sunset Crater (now Sunset Crater Volcano), AZ
 03/17/32 Great Sand Dunes, CO
 12/22/32 Grand Canyon, AZ
 01/18/33 White Sands, NM
 02/11/33 Death Valley, CA-NV
 03/01/33 Saguaro, AZ
 03/03/33 Black Canyon of the Gunnison, CO

Franklin D. Roosevelt

04/26/33 Channel Islands, CA
 08/22/33 Cedar Breaks, UT
 01/04/35 Fort Jefferson (now Dry Tortugas NP), FL
 08/10/36 Joshua Tree, CA
 01/22/37 Zion, UT
 04/13/37 Organ Pipe Cactus, AZ
 08/02/37 Capitol Reef, UT
 *07/16/38 Fort Laramie, WY
 05/17/39 Santa Rosa Island, FL
 07/24/39 Tuzigoot, AZ
 03/15/43 Jackson Hole, WY

Harry S. Truman

03/22/46 Custer Battlefield (now Little Bighorn Battlefield), MT
 10/25/49 Effigy Mounds, IA

Dwight D. Eisenhower

07/14/56 Edison Laboratory (now Edison NHS), NJ
 01/18/61 Chesapeake and Ohio Canal, MD-WV

John F. Kennedy

05/11/61 Russell Cave, AL
 12/28/61 Buck Island Reef, VI

Lyndon B. Johnson

01/20/69 Marble Canyon, AZ

Jimmy Carter

12/01/78 Admiralty Island, AK
 12/01/78 Aniakchak, AK
 12/01/78 Becharof, AK
 12/01/78 Bering Land Bridge, AK
 12/01/78 Cape Krusenstern, AK
 12/01/78 Denali, AK
 12/01/78 Gates of the Arctic, AK
 12/01/78 Kenai Fjords, AK
 12/01/78 Kobuk Valley, AK
 12/01/78 Lake Clark, AK
 12/01/78 Misty Fjords, AK
 12/01/78 Noatak, AK
 12/01/78 Wrangell-St. Elias, AK
 12/01/78 Yukon-Charley, AK
 12/01/78 Yukon Flats, AK

William J. Clinton

09/18/96 Grand Staircase-Escalante, UT)
 01/11/00 Grand Canyon-Parashant NP, AZ
 01/11/00 Agua Fria National

Monument, AZ
 01/11/00 California Coastal National Monument, CA
 01/10/00 Pinnacles National monument, CA (Expansion)
 04/15/00 Giant Sequoia National Monument, CA (Expansion)
 06/09/00 Hanford Reach, WA
 06/09/00 Ironwood Forest, AZ
 06/09/00 Canyons of the Ancients, CO
 06/09/00 Cascade-Siskiyou, OR
 07/07/00 President Lincoln and Soldiers' Home National Monument
 11/09/00 Craters of the Moon, ID
 11/09/00 Vermillion Cliffs, AZ
 01/17/01 Carrizo Plain, CA
 01/17/01 Kasha-Katuwe Tent Rocks, NM
 01/17/01 Minidoka Internment, ID
 01/17/01 Pompeys Pillar, MT
 01/17/01 Sonoran Desert NM, AZ
 01/17/01 Upper Missouri River Breaks, MT
 01/17/01 Virgin Islands Coral Reef, VI
 01/20/01 Governors Island-Castle Williams and Fort Jay, NY

George W. Bush

02/27/06 African Burial Ground, NY

Sources:

- <http://www.cr.nps.gov/history/hisnps/NPSHistory/antiqu.htm>
- <http://www.whitehouse.gov/news/releases/2006/06/20060615-6.html>
- <http://usparks.about.com/library/weekly/aa011900a.htm>

¡De xocolatl a mole! *Continued from Page 14*

Some time later, Cabrillo met and joined Hernando Cortés. Cabrillo, Cortés, and other men went to the shores of Vera Cruz where they met the Aztecs. You see, the Aztecs believed that Cortés could have been one of their gods, Quetzalcóatl, who was to return during that same time period, according to the Aztec calendar. As you can imagine, a lot took place. The Europeans were looking for land and riches, which they found, but they had no idea about the existence of the cacao bean!

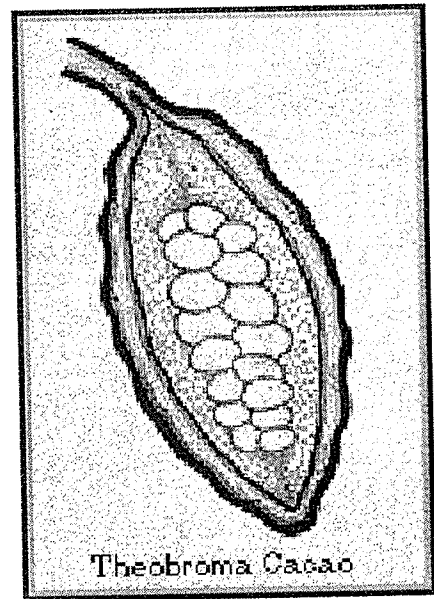
The Emperor of the Aztecs, Moctezuma II, lived in Tenochtitlán (Mexico City) and he had a huge feast in honor of Cortés and his men. This is where we first hear about "hot chocolate." The Aztecs created this specialty from pieces of round cakes of chocolate, which they mixed with water and placed in what appeared

to be golden goblets. They added a little...chili pepper, and some other spices, whipped it up with a molinillo (stick) and concocted the first, ever "hot chocolate." As you can imagine the Spanish probably didn't think this was all too delicious. When was the last time you had this drink?

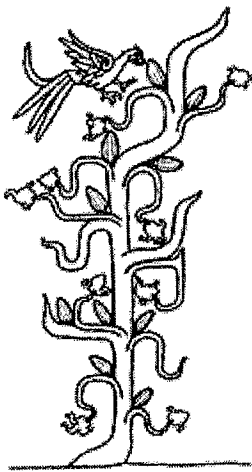
Cortés placed cacao beans on board a ship and sent them sailing to Spain. Just as in Tenochtitlán, only the king, queen, and nobility were allowed to taste this drink. The court added some of their own touches, such as sugar, cinnamon, almonds, and milk, and warmed the drink.

The cacao bean was kept a secret for almost 100 years in Spain, the clergy and court in charge of all the beans. Luckily for us, secrets get out! All sorts of delicious treats were then created with the cacao bean. The Swiss are known world wide for their milk chocolate. My absolute favorite is strawberries dipped in milk chocolate!

So, how does mole come into the picture? No one knows for sure. We do know that mole (also molli or mulli) is another Nahuatl word, meaning "sauce." Today's mole can differ from state to state in Mexico. It involves a lot of preparation, mostly done by women, that has been carried down through generations. Some ingredients used to prepare mole are cinnamon, chili peppers, cacao beans, almonds, pumpkin seeds, and so on. Mole is usually eaten with turkey or



chicken for such special celebrations as Día de los Muertos (Day of the Dead). It is rather tasty and one can eat it at most Mexican restaurants. If you would like to try today's hot chocolate, just visit your nearest grocery store, wander on over to the Hispanic food section and look for "Abuelita," "Ibarra," or "Popular" brands of chocolate. These bars of chocolate are made of the ratio of 1 kilo of cacao beans, 1 ½ kilos of sugar, 50 grams cinnamon, and ¼ kilo of almonds. You can break a couple of pieces off, add milk to a pot, stir until it all melts, and enjoy history at its finest.



Cacao tree detail from a ninth-century Mayan mural at Cacaxtla, Mexico



Cabrillo National Monument Foundation

I'd like to thank all the members who attended the annual meeting on August 25th. It was great to see everyone and have an opportunity to express our appreciation for your support. I also wish to thank Cam Tredennick from The Nature Conservancy for speaking to the group about the conservancy's important activities that are taking place in San Diego County.

As you know, this year marks the 50th anniversary of Cabrillo National Monument Foundation, which was formerly known as Cabrillo Historical Association. We have donated over 1.5 million dollars during this time, supporting such important projects as the Volunteers in Parks program, the Junior Ranger program, printing and mailing of the *Explorer*, and the Education program which brings 20,000 school children to the park each year to participate in ranger-led programs directly connected to the California curriculum. We also fund scientific research projects, cultural demonstrations, the annual Cabrillo Festival, subscriptions and books for the park library, special events at the park, and printing of foreign language brochures.

Membership dues, donations, and bookstore purchases are all vitally important in continuing our support of Cabrillo National Monument's mission. As we look forward to the holiday season, please remember that gift memberships are a great way to introduce people to this beautiful National Park Service site. We have added many new items to the store this year including *In Search of Cabrillo* on DVD, *On the Edge of Land and Sea: The Tidepools of Cabrillo National Monument* DVD, a CNM California quarter commemorative set, and a CNM magic cube puzzle. Calendars for 2007 are available including the popular San Diego Tide calendar.

Karen Eccles/Executive Director

Make a Lasting Legacy

The CNMF Endowment Fund, established in 1997 with the San Diego Foundation, is another way you can support the endeavors of Cabrillo National Monument. Interested donors can contact us at (619) 222-4747 or by e-mail at

CNMFKaren@aol.com



Calendar

Bird Walks with Claude Edwards
3rd Saturday of every month
(except December)

October 14

Cabrillo National Monument
93rd Anniversary

November 6

CNMF Moonwalk
Member event

November 15

Old Point Loma Lighthouse
151st Anniversary

New Members

**We welcome the following new
Cabrillo National Monument
Foundation members:**

Marty Baird
Mark Barmann
Ted Brengel
Amelia Changnon
Rebecca Eder
Christiane Fetz
Frank Fraser
Katherine Garrett
Susan Hayes
David and Margie Heft
Sheila Herron
Shawnadee Jensen
Anna LePley
Mr. and Mrs. Mark Lindenmayer
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