VOLUNTEERS IN PARKS offers you an opportunity in your area to join in the many and varied activities of the National Park Service.

Here at Cabrillo you may become involved in many areas. The information center desk, answering the phones and questions of visitors, is probably the busiest area. You can work in the tidepools during the fall months, helping people find animals such as the octopus and sea hares. Whale season affords an opportunity to help people spot whales and tell them a little bit about the Natural History of these amazing mammals. Living History in the Lighthouse and walks on the bayside trail are other programs that you could become involved in.

Interested? Ask one of the volunteers how they like the work. Then check with a Ranger about you as a volunteer.

If you are selected for the VOLUNTEERS IN PARKS program, you will be given an orientation on the National Park Service — its history, objectives, and programs, including public safety. While serving as a volunteer you may be reimbursed for some incidental expenses such as uniforms, local transportation, and meals.

OUALIFICATIONS

In general, selection of VOLUNTEERS IN PARKS depends upon the needs of the individual park and the qualifications and skills of each applicant.

You must be in good health and physically able to carry out your duties. The superintendent of the park where you want to volunteer may ask you to obtain a medical examination at Government expense.

VOLUNTEERS IN PARKS serve on a parttime or intermittent basis, such as an hour a week, several days a week, or on special occasions.

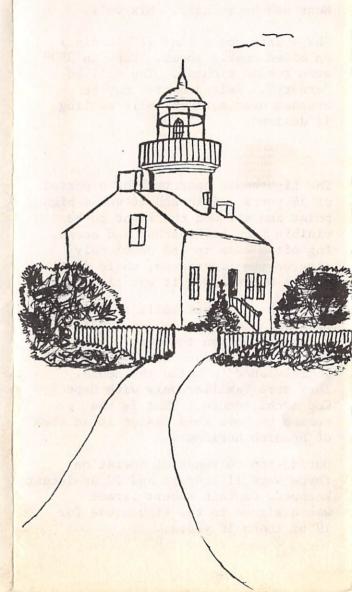
HOW TO APPLY

Contact the Rangers of the local National Park Service area where you wish to serve for the VOLUNTEERS IN PARKS positions he has available. For more information about specific NPS areas, you may write to any of the NPS regional offices, addresses are available at the information desk.

Apply directly to the local park by using the VIP application form. Be sure to indicate any special interests or skills you want to use or develop. If you are under the age of 18 please attach the written consent of your parents or guardian.

As a VOLUNTEER IN PARKS you will be provided many opportunities to increase your knowledge and skills and to obtain personal satisfaction from serving your environment and your fellow man.

PT. LOMA LIGHTHOUSE 1855



SCOTCH SODA BREAD

3 cups Oatmeal 1 Tbs. soda
3 cups whole wheat 1 tsp. baking
flour powder
3 cups buttermilk 1 Tbs. salt.

Add all dry ingredients and mix well. Next add buttermilk. Mix well.

Shape into round loaf (7" in dia.) on oiled cookie sheet. Bake in 350° oven for 50 minutes. Top will be "crusty". Melted butter may be brushed over surface while cooling if desired.

The Lighthouse operated for a period of 36 years. Although it was a high point and allowed the light to be visible from both harbor and ocean, fog often came in and completely covered the Lighthouse, while down on the ocean level it was clear.

The Lighthouse was built in 1855 as part of a contract to construct 8 lighthouses on the west coast. The firm of Giddons and Kelly were commissioned to build the house. They were familiar only with Cape Cod architecture. That is the reason we have this design in an area of Spanish Heritage.

During the 36 years of operation there were 11 keepers and 22 assistant keepers. Captain Robert Israel was assigned to the Lighthouse for 19 of those 36 years.

IRISH SODA BREAD

Mix in bowl -

2 cups flour 1 or 2 Tbs. sugar

1½ tsp. baking powder 1 Tbs. oil

½ tsp. baking soda
½ tsp. salt

Mix together, turn out on floured board and knead for two minutes, shape into 8" diameter loaf. Place on greased baking sheet, cut X on top with sharp knife, bake 350° for about 40 minutes.

One half cup of raisins or one Tbs. caraway seeds or both can be added. To make extra good, top with butter when first taken from oven. Cool on rack.

NATAL PLUM JAM

6 cups Natal Plums, washed and cut into halves or quarters, depending on size. Scoop out seeds with a spoon and boil for 5 minutes with ½ cup water. Add about 5 or 6 cups sugar, bring to full boil again for another minute, stirring constantly. Remove from heat, and as soon as it stops boiling, add ½ bottle of Certa and stir for 5 minutes more.

Pour into sterilized glasses and cover with paraffin.

BREAD AND BUTTER PICKLES

(Recipe adapted from 19th Century recipe)

- 3 Cucumbers sliced paper thin with skin*
- 2 medium onions, sliced thin, separated into rings.
- 1/2 green pepper, cut into thin strips.
 2 tablespoons salt.

Place vegetables in layers, sprinkle with salt. Place a layer of ice cubes on top, then a plate and then a weight. Let stand 3 hours, drain.

5/8 cup sugar (½ + 2 T)
5/8 cup cider vinegar
½ tsp. ground mustard
1/8 tsp. ground tumaric
4 whole cloves.

Bring to boil in stainless steel pan, add drained vegetables, cook 5 minutes. Place in sterilized jars or in refrigerator. Ready in five days. *Wash well to remove paraffin used on purchased cucumbers.

SAFETY FIRST

As you tour the Lighthouse and park grounds, remember to watch your step and avoid tripping on walkway curbs and stairways.