

Cabrillo Journal



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Photo by Bill Griswold

A Monumental Occasion

Cabrillo to celebrate its centennial!



John Edwards
Volunteer In Parks

In 2013, the National Park Service will celebrate the centennial of Cabrillo National Monument with a series of exciting community engagements and public events. The National Park Service and the Cabrillo National Monument Foundation invite you to join them in commemorating a century of preservation, inspiration and recreation at Cabrillo National Monument.

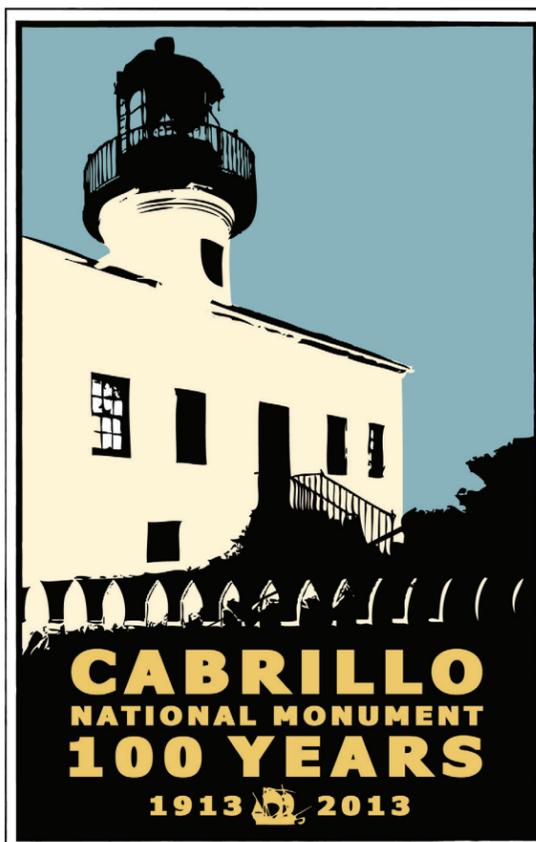
On October 13th, 1913, President Calvin Coolidge established a modest one-half acre site on Point Loma to erect a "suitable monument" honoring the 1542 discovery of California by Juan Cabrillo. Today, that modest monument has since expanded to host an average of one million visitors a year while embracing nearly 144 acres of Point Loma's premier cultural and natural resources. Thanks to the support of individual citizens,

community groups, private foundations, and government agencies Cabrillo National Monument has been able to preserve one of San Diego's greatest treasures for four generations.

Become a part of the history at Cabrillo National Monument and share your memories from the Park by participating in our Monumental Memories photograph project, visit our centennial web site at cabrillocentennial.org for more information.

We encourage you to join us in supporting our centennial celebration through partnering, volunteering, or attending one of the many centennial events planned for 2013.

Cabrillo National Monument is celebrating a one hundred year success story built on conservation, preservation and community partnerships. Through your involvement we can continue to champion the importance of preserving our



Nation's cultural and natural resources for future generations to enjoy. For more information on events and centennial projects or how to get involved please contact Ranger Emily Floyd (619) 523-4566 or Emily_Floyd@nps.gov

Welcome to Cabrillo National Monument

Whether you came to relax and enjoy some remarkable views of San Diego, to learn about the fascinating story of Juan Rodríguez Cabrillo, or to get your feet wet in the tidepools, Cabrillo National Monument has exciting activities for everyone.

Throughout this issue of the *Cabrillo Journal* you will find information about many of the various activities that occur at Cabrillo National Monument, and we invite you to participate as much as you'd like. Take a stroll down the Bayside Trail, catch a film in the auditorium (shown on the hour), or attend a ranger-led interpretive program. After you leave the park, stop by Spanish Landing to witness the building of Cabrillo's flagship, the *San Salvador*.

More than anything, we ask that you make yourself at home and take pride in calling Cabrillo National Monument, *San Diego's National Park*, your National Park. Be safe, have fun, and don't hesitate to stop a park employee for any questions or concerns.

Enjoy your stay at Cabrillo National Monument!

Tom Workman
Superintendent

Cabrillo National Monument

Climbing out of his ship and onto shore in 1542, Juan Rodriguez Cabrillo stepped into history as the first European to set foot on what is now the West Coast of the United States. In addition to telling the story of 16th century exploration, the park is home to a wealth of cultural and natural resources. Join us and embark on your own Voyage of Discovery.

Contact Information:

Mailing Address

Cabrillo National Monument
1800 Cabrillo Memorial Drive
San Diego, CA 92106

Park Headquarters

619-557-5450

Park Website

www.nps.gov/cabr

Facebook:

www.facebook.com/CabrilloNM

Foundation Website

www.cnmf.org

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The National Park Service cares for the special places saved by the American people so that all may experience our heritage.

Visitor Activities

Things to do while you're in the Park

VISITOR ACTIVITIES

How do you want to spend your visit to Cabrillo National Monument? A visit to Cabrillo offers tremendous views of the San Diego region and excellent opportunities to explore the natural and cultural history of the area. At Cabrillo National Monument, San Diego's National Park, you can be as active or as relaxed as you like. Here is a list of some of the most popular activities that the park has to offer. Please feel free to ask for more information at the park Visitor Center.

HIKING

The Bayside Trail is a scenic 2-mile trail that takes you through a prime example of the endangered coastal sage scrub habitat. This walk will bring you within 100-feet of the San Diego Harbor, giving you up-close views of the ships cruising in an out of San Diego. Take time to smell and enjoy the many wildflowers along the trail. If you would like help identifying plants, ask for a plant guide from the Visitor Center. Remember to pack water and use the restrooms before your hike, as these facilities are not available on the trail.

TIDEPOOLING

On the western sides of Point Loma lies the rocky intertidal zone, a window into the ocean ecosystem that lies along San Diego's coast. From late Fall until Spring, periods of low tide cause pools of water to form along the shore in rocky depressions. In them, you may see an assortment of colorful plants and animals, including sea anemones, brittle stars, octopi, and a host of other creatures. Ask a ranger when low tide is today to find out the best time to explore the tidepools. If you are interested in learning more about the tidepools and the creatures that live there, also ask about showtimes for *On the Edge of Land and Sea: The Tidepools of Cabrillo National Monument*, which shows daily in the Visitor

Facility Hours and Services

Facility	Open Daily (364 days a year)	Services
Visitor Center (619) 557-5450	9:00 AM to 5:00 PM	information, directions, junior ranger programs
Cabrillo Store (619) 222-4747	9:00 AM to 5:00 PM	exhibits, book sales
Park Grounds	9:00 AM to 5:00 PM	exhibits, lighthouse, restrooms,
The Bayside Trail	9:00 AM to 4:00 PM	hiking
Tidepool Area	9:00 AM to 4:30 PM	tidepool exploration, pit restrooms

Center auditorium.

SELF-GUIDED HISTORICAL TOURS

History is a critical mission to many national parks, and Cabrillo National Monument is no exception. Sixteenth century exploration, 19th century lighthouses and military history are all important elements here. From Juan Rodriguez Cabrillo's journey here in 1542 to the US Army's Fort Rosecrans here in World Wars I and II, Point Loma has become an area of vast historical importance. Feel free to visit any of our numerous exhibit rooms for more information on these fascinating and complex histories.

JUNIOR RANGER PROGRAMS

Cabrillo National Monument is a great place for kids of all ages. Two Junior Ranger Programs and the new Climate Change Junior Ranger (ages 8+) are fun ways to find out more about the park. When you've finished this self-guided scavenger hunt, you can receive a Junior Ranger badge and a Certificate. Inquire at the Visitor Center for more information on this exciting activity!

WHALE WATCHING

Each year, the Pacific Gray Whale (*Eschrichtius robustus*) migrates from the Arctic seas to Baja, California and back. From late-December until the middle of March, visitors can see these enormous mammals just off

the coast of Cabrillo National Monument. Check out a pair of binoculars in the Visitor Center (valid ID required), head up to the new Kelp Forest and Whale Overlook, and enjoy watching as the whales head to the lagoons of Baja.

EDUCATION PROGRAMS

Are you a teacher? If so, you may be interested in scheduling a ranger-led education program. These hour long, curriculum-based programs can be scheduled twice a day, Monday through Friday, and are completely free. Ask a ranger at the Visitor Center for more information. Distance learning trips are also available if your class cannot physically make it to the park.

Left: A dewy *artemesia californica* in the early morning.

Center: Statue of Cabrillo with San Diego in the background.

Right: A Western Fence Lizard perched on a post.



Visitor Information

Things to know about the Park

Upcoming Events

JUNE

- 9th:** Parks and Open Spaces Day
Educator Night
Fee Free Day!

AUGUST

- 25th:** Lighthouse Open Tower Day

SEPTEMBER

- 29th:** National Public Lands Days
Cabrillo Festival Commemorative Ceremony
Fee Free Day!

- 30th:** Cabrillo Festival (Naval Base Point Loma)

OCTOBER

- 14th:** 99th Anniversary of Establishment of Cabrillo National Monument

NOVEMBER

- 10th - 12th:** Veterans Day Weekend
Fee Free!

- 15th:** Lighthouse Open Tower Day

DECEMBER

- 8th - 9th:** Air Raid! Bombing of Pearl Harbor Anniversary

DATES AND HOURS

Cabrillo National Monument is open 364 days a year (closed December 25), including weekends and holidays, from 9:00 AM to 5:00 PM. For security purposes, the main gate into Cabrillo National Monument is closed as 4:45 PM, and all visitors must exit the park by 5:00 PM. Please note that the Bayside Trail is closed at 4:00 PM and the Tidepool area is closed at 4:30 PM daily. All other facilities remain open until 5:00 PM.

WEATHER AND CLIMATE

Generally sunny and mild year-round, there isn't a bad time of the year to visit Cabrillo National Monument. The Pacific Ocean has a strong influence on weather conditions, and Springtime visitors should be prepared for cool, windy, and foggy conditions, even if it is sunny, hot, and dry further inland. There is little chance of rain in the Spring, but an overcast marine layer can develop

near the coast at any moment. During the Summer months the temperature frequently reaches the 80s, but the fog can still roll in at any time. A well-prepared visitor to Cabrillo National Monument will dress in layers throughout the year to accommodate changes in weather conditions, and will remember the sunscreen and hat for sunny days.

GETTING AROUND

It's easy to get around Cabrillo National Monument. State Highway 209, also known as Cabrillo Memorial Drive, is the only road leading into the park, and it is signed and well-marked. Wide, paved paths and sidewalks lead visitors to the Visitor Center Complex, Lighthouse area, Whale Overlook, and Military History Exhibit. If a member of your party is unable to walk to the Lighthouse area, stop in at the Visitor Center for a pass that will enable you to drive there. Wheel chairs and a walker may be checked out at the Visitor

Center. Smoking is prohibited at the park except in the parking lots.

PUBLIC TRANSPORTATION

The San Diego Metropolitan Transit System (MTS) offers bus service throughout the county, including hourly stops daily at Cabrillo National Monument via Route 28, Monday through Friday only. For added convenience, the bus stop is located right at the Visitor Center complex. Taking the bus to the park is a great choice to reduce congestion and pollution, and a relaxing way to enjoy the scenic road on top of Point Loma. Please note that the bus does not go to the tidepool area on the west side of the park.

LODGING

As the park is a day-use area, there are no accommodations located within Cabrillo National Monument. However, your visit here may include an overnight stay at one of the many lodging establishments located within the city of San Diego.

PETS

For the health and safety of native wildlife and your animal companions, pets are not allowed in the park, except in the coastal and tidepool areas. While there, they must be on a leash of no more than six feet. If you bring your pet to the upper portion of the park, it must be left in your vehicle. Working service animals are always allowed.

RESERVATIONS

You're welcome to visit Cabrillo National Monument any time that we're open. No reservations are required for the general public. If you will

be visiting the tidepools and your group is larger than ten people, we ask that you make a reservation and obtain a free tidepool permit. See the ranger at the Visitor Center, call the park at 619-557-5450, or visit our website for more information: www.nps.gov/cabr.

PASSES

Cabrillo National Monument, as part of the National Park System, participates in the Interagency Pass Program, and honors those passes, including the Annual Pass, Military Annual Pass, Senior Pass, and Access Pass. These passes, along with the Cabrillo National Monument annual pass, are available at the Entrance Station and Visitor Center.

ENTRANCE FEES

Did you know that 80% of your entrance fee stays right here at Cabrillo National Monument to support park programs that directly affect visitors? Also, did you know that your entrance receipt is good not only for the day you visit, but for the following six days as well? You can come back as many times as you like for seven full days!

Passenger vehicle

\$5.00 per vehicle

Walk-ins, bicyclists, motorcyclists

\$3.00 per person

Annual Cabrillo Pass

\$15.00

Commercial vehicle (1-6 passenger capacity)

\$30.00

Commercial vehicle (7-25 passenger capacity)

\$45.00

Commercial vehicle (26+ passenger capacity)

\$100.00



Going Green

Trash Talking at Cabrillo National Monument



Jeannie Nguyen
Park Ranger

An empty juice box carton lounges on a park bench. A granola bar wrapper is hanging out in the shrubs. These items both have something in common: They are often left in the park after a picnic lunch.

Cabrillo National Monument became a “Trash Free Park” in November 2010 reducing nearly 80% of its usual waste stream by decreasing the number of garbage bins around the park. Visitors are encouraged to pack out everything they pack into the park for picnics.

A large concern for sustainable parks has compelled park rangers at Cabrillo National Monument to encourage visitors to bring cloth napkins and reusable eating utensils, pack lunch in reusable plastic containers when possible, and use thermos’ for juice, water or milk. These activities raise awareness regarding the amount of garbage that can be generated in one small part of the day and reinforce the idea that the personal choices visitors make can have a positive impact on the environment.

Since becoming a “Trash Free Park,” Cabrillo National Monument has diverted over 13 tons of trash sent to our local landfill. This program is especially significant as part of the park’s climate change strategy. Materials that breakdown in a landfill produce methane, which is 21 times more potent in the atmosphere than carbon dioxide.

According to Chief of Maintenance Charles Schultheis, since the program

started, the park has saved approximately \$25,000 per year in hauling and person hours that are now freed up to do other projects.

Curriculum based environmental education programs are also presented to local schools emphasizing climate change strategies such as “zero waste.” Park rangers encourage a “Zero Waste Picnic” program for the hundreds of school groups, scout groups, and other students that participate in an education program at the

the litter would blow away. Then we would have to pick it up and birds would get at it; it was a big mess,” said Tidepool Volunteer Coordinator Bonnie Phillips. Being “Trash Free” not only diverts landfill-bound waste, but prevents pollution of the park’s key resources.

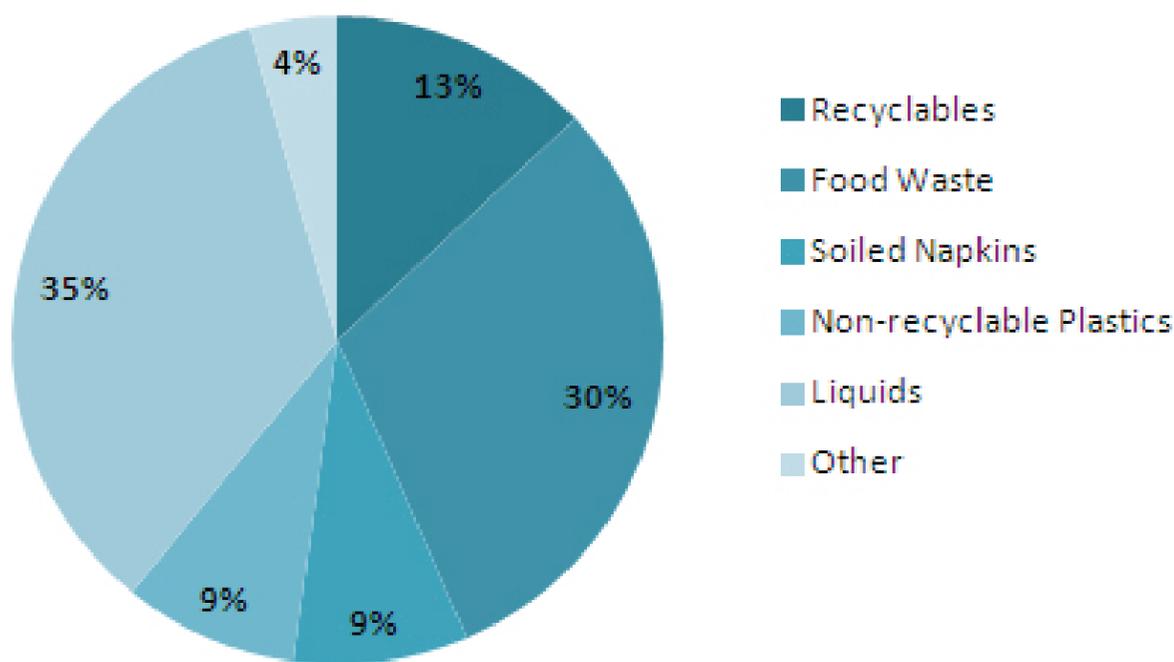
The park adopts a philosophy promoting and inspiring responsible use of public landscapes by leading by example. The park tries to do its part by implementing a “trash free” policy in addition to recycling and participating

waste per person per day That amount is up from 3.7 pounds per person per day in 1980. Disposal of waste to a landfill has decreased from 89% of the amount generated in 1980 to about 54% of MSW in 2010. The rate of diversion for recyclables is actually 68% for San Diego and 75% in some communities for 2010. Approximately 30% of this residential waste is green material consisting of yard trimmings and food waste, which can be turned into compost.

Rangers recently did a compositional analysis of a trash can near the visitor center. They determined that only 22% of the material thrown away was actually trash! The remaining 78% was recyclable or compostable material! The need to reduce our waste is evident and Cabrillo National Monument is determined to reduce the amount of recyclable material making

its way into trash cans and into landfills. It is everyone’s responsibility to keep the park clean by throwing away litter and to keep the world clean by separating recyclables from trash! Easy solutions at the local level lead to big changes on a global scale. Going green means preserving the beauty of Cabrillo National Monument for future generations to enjoy! On behalf of Cabrillo National Monument, thank you for your help in preserving the natural landscape that we value so much!

Contents of a Trash Can



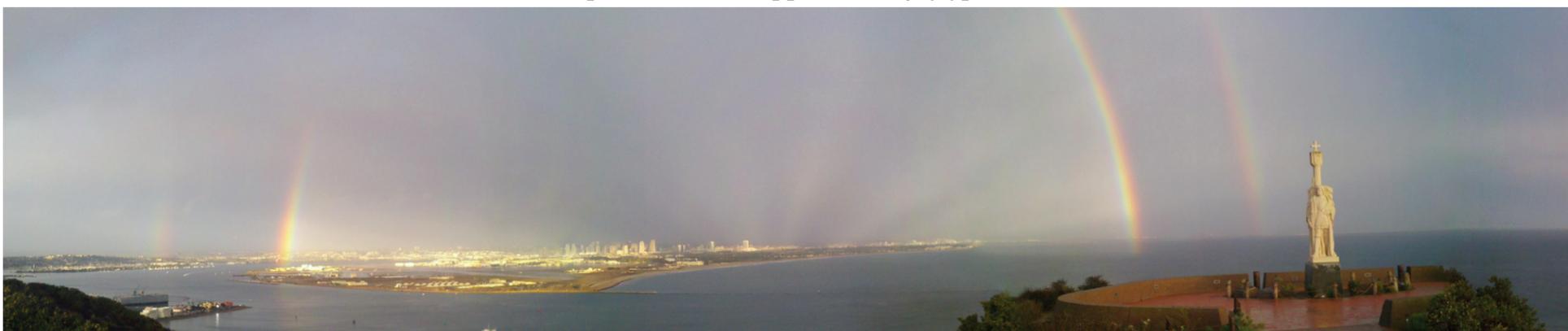
The content of the trash can shows that despite its location directly adjacent to a recycling receptacle, many recyclables still made their way into the trash. Over half of the contents were liquids from those cups and leftover food scraps.

park. The objective is to plan and enjoy a picnic meal using a minimum of disposable items, using the recycling bins, and take home any leftover food. Part of the “zero waste” concept is to prevent the generation of waste through thoughtful reuse and conservation of materials. It is a holistic approach to waste management that emphasizes community cooperation in an effort to change simple habits that make a profound difference in the environment.

“There used to be a trash can down near the tidepools but all

in a composting program. The park recognizes the importance of reducing the volume and disposal costs of waste sent to the landfill, making more efficient use of natural resources, and creating markets for material recovered in our recycling program.

According to the U.S. Environmental Protection Agency, in 2010 U.S. residents, businesses, and institutions produced more than 250 million tons of municipal solid waste (MSW), which is approximately 4.4 pounds of



Cabrillo Wants You!

Volunteer for your National Park



www.volunteer.gov/gov

The national parks belong to you, and we need your help to keep them in great shape during your visit, for your next visit, and for all those visitors who will come after you.

At Cabrillo National Monument, more than 100 active volunteers help to maintain the park's natural and cultural resources by participating in a variety of projects. From tidepool monitoring to staffing the visitor center, volunteers are active in most areas of park management.



Tavio Del Rio
VIP Coordinator

Cabrillo National Monument's Volunteer-In-Parks program recently hosted its first Artist-In-Residence (AIR) program for the San Diego community. The AIR program calls on local artists to spread the mission of the National Park Service and continues the tradition of inspiring new stewards to national parks through art.

Local artist Kathryn Law was selected as the first Artist-In-Residence at Cabrillo.

"Kathryn branched out into the San Diego community through outreach programs, paint-outs and connected folks to our mission through her amazing work," said Tom Workman, the park's superintendent.

One of the requirements for the AIR position is to conduct several outreach programs to a variety of audiences around the community. Kathryn made connections within the art community and spoke of her experience as an AIR. Through her art, Kathryn portrayed the park and its stories in a beautiful way while engaging the public and increasing interest in park resources.

"This is just one of the many community engagement activities that Cabrillo is using to spotlight its centennial in 2013," said Workman. "Active engagement with our community reinforces and validates the National Park Service mission, and specifically for us, our relevancy within San Diego."

Currently, Kathryn's art (an accumulation of her five-month residency) is showing in the visitor center for three weeks.

"I gained inspiration from the cultural and natural resources and hope my work portrays the wonderful stories that make up the monument," Law said. The AIR position at Cabrillo is unpaid and is part of the Volunteer-In-Parks program. Cabrillo NM will accept applications for the 2012 AIR

position in April. Cabrillo plans to host several AIR's for its Centennial in 2013. Workman hopes the AIR serves as a springboard for future artistic endeavors with the Community.



2011 Artist-in-Residence Kathryn Law sits next to her paintings of Cabrillo NM.

Have you ever had an office with the greatest view of San Diego? As a volunteer at Cabrillo National Monument you can tell all your friends that you do! Cabrillo National Monument seeks volunteers interested to work with Rangers on conservation

projects and educational programming. Volunteering at Cabrillo is a fun way to gain professional experiences, meet new people, provide assistance in research studies, learn new skills, get out of the house, and support the only National Park Service Unit in San Diego.

From the sophomore student

to the retired professional, Cabrillo National Monument has a volunteer opportunity for you. The Monument seeks your help in protecting and educating our rich cultural and natural resources to the Public. We hold quarterly (September, January, May) recruitment sessions which introduces you to the Volunteer-In-Parks program, work assignments at Cabrillo National Monument and the appropriate training need toward achieving your goal. These two hour sessions begin in the auditorium and end with a site tour. This requirement allows you to get connected and inspired by our unique resources. Journey with a ranger and get introduced to the sights, smells and sounds of Cabrillo National Monument. Come on out to the Point and discover this beautiful time capsule of San Diego history. Come on up and make this your new office!

For more information regarding volunteer recruitment or internships visit <http://www.nps.gov/cabr/supportyourpark/volunteer.htm>. Tavio del Rio can be reached at 619-523-4565 or send emails to tavio_del_rio@nps.gov.



Support Your Park

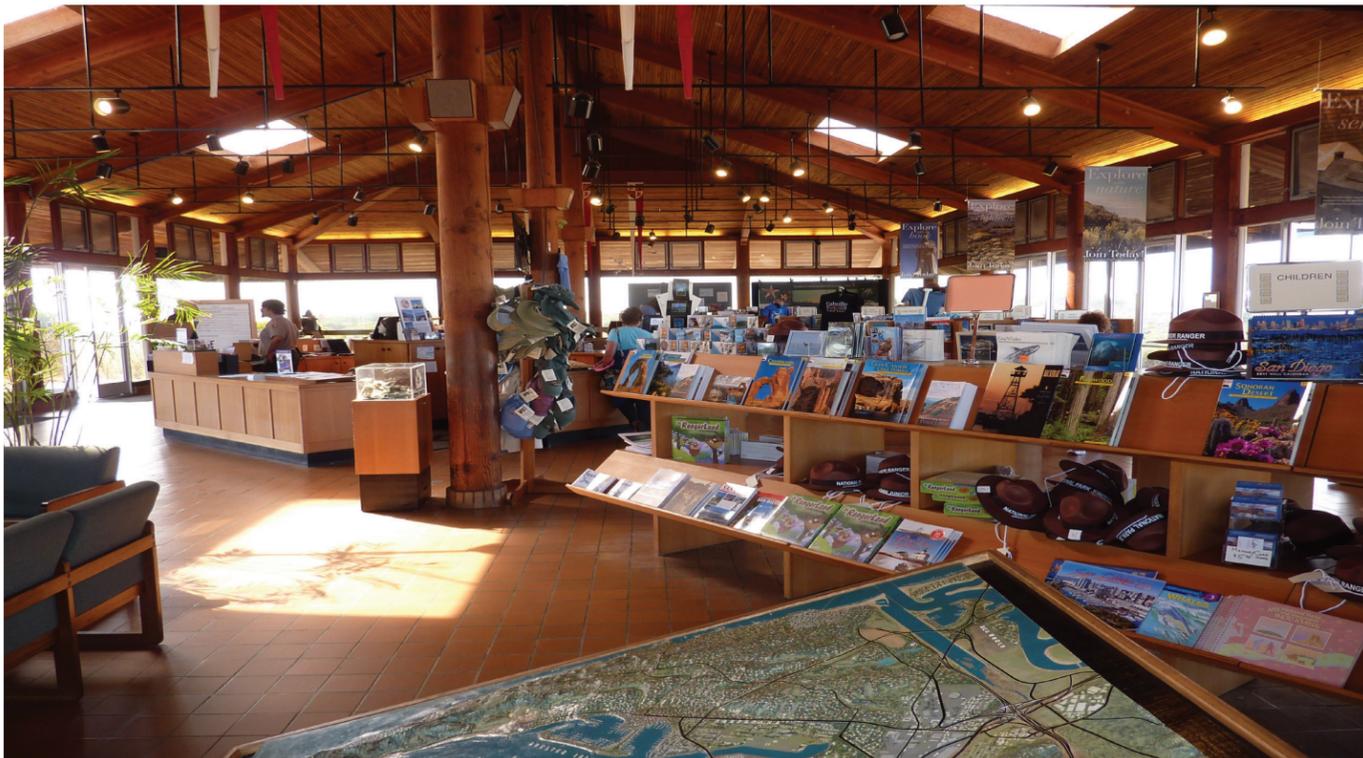
The Cabrillo National Monument Foundation



The Cabrillo National Monument Foundation is a private, non-profit cooperating association of the National Park Service, whose purpose is to support operations at Cabrillo NM:

Cabrillo National Monument Foundation

1800 Cabrillo Memorial Dr
San Diego, CA 92106
(619) 222-4747
CNMFKaren@aol.com
www.cnmf.org



Membership Benefits

All memberships are valid for one year from date of purchase and include:

Annual Cabrillo National Monument Pass admits member and all accompanying persons in a single vehicle.

Opportunity to participate in *members-only activities*, lectures and special evening events.

Subscription to monthly E-newsletter

15% discount on all purchases at the Cabrillo bookstore

Discounts at participating Cooperating Association bookstores in other National Park sites

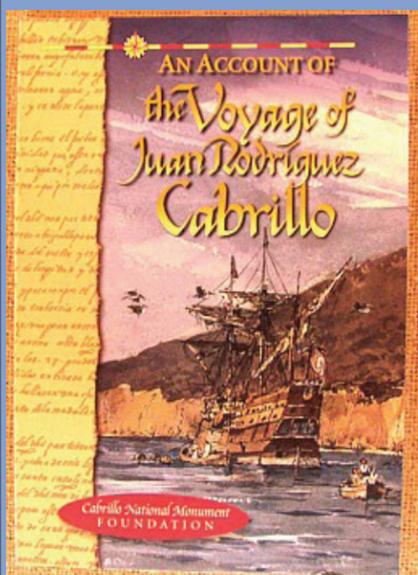
CNMF pin

CNMF decal

Support your park by becoming a member today!

Product Spotlight

An Account of the Voyage of Juan Rodriguez Cabrillo



This fully illustrated record of Cabrillo's California voyage is filled with maps, photos, illustrations and commentary which, when combined with a new translation of the account of Cabrillo's voyage as reported by surviving members of the exploration's crew, paints a historically accurate description of his exploration of the California and Baja California coast.

Membership Options

- **INDIVIDUAL** — \$35
- **DUO** (2 people in same household) — \$60
- **FAMILY**- \$75
2 adults and child(ren)
- **SUPPORTING** - \$100
Benefits listed above plus CNMF tote bag
- **SUSTAINING** - \$500
Benefits listed above plus CNMF tote bag
- **BENEFACTOR** - \$1000
Benefits listed above plus plaque for home or office

"Cabrillo National Monument Foundation is dedicated to enhancing the efforts of the National Park Service to preserve and promote the natural environment, cultural resources, and quality visitor experience by supporting its educational, interpretive, and scientific programs."

Cabrillo Maps

Getting around the Park



Accessibility

 Cabrillo National Monument is quite accessible to our visitors with mobility and sensory impairments. If anyone in your party is unable to walk up the hill to the Old Point Loma Lighthouse area, accessible parking permits are available in the Visitor Center. If you parked in the main parking lot and have received a permit, then head out of the parking lot and turn left back onto Cabrillo Memorial Drive to drive back above the main parking lots. Then turn right at the sign that states "Authorized Vehicles Only." From here, bear right around the Lighthouse. Parking is south of the Old Point Loma Lighthouse.

Tidepool Access

Because of their protected status, some of the best tidepools in California can be found right here at Cabrillo National Monument.

Tidepooling Tips

For optimum viewing, a negative low tide is a must. The very best time for tidepooling is during the winter months (Nov.-Apr.).

Please note that a vehicle is recommended to get to the lower area of the park where the tidepools are located.

Shoes with good gripping soles are best, as rocky areas become slippery with water and algae.

Rules of the Road

Catalina Blvd., the road approaching Cabrillo National Monument, has a maximum speed of 35 MPH. The speed is reduced to 15 MPH as you near the entrance station.

Traffic and Travel Tips

Watch the roadways for wildlife.

Please be aware that the monument is surrounded by Navy property, and access to those areas is strictly limited.

Fog, low clouds, and mist can occur at any time of the year and reduce visibility considerably. Use caution in these conditions.

Bayside Trail Access

The trailhead to the Bayside Trail, a scenic 2-mile hike, is located immediately before the Old Point Loma Lighthouse.

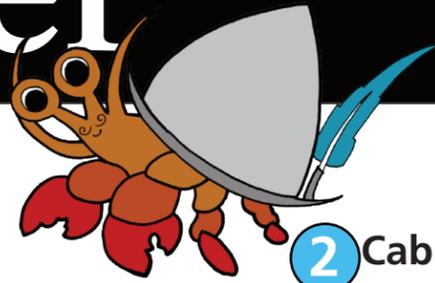
Bayside Trail Tips

The Bayside Trail is open from 9:00 AM to 4:00 PM every day. Bicyclists and pets are not allowed on the Bayside Trail. There is no water or restrooms and smoking is prohibited on the trail.

Pick up a "Natural History Checklist" site bulletin from the Visitor Center for more information about the plants and animals you are likely to see along this route.



Junior Ranger



Become a Junior Ranger!

Anyone ages 3 and up can earn a badge while exploring the park! Follow these steps to become a Junior Ranger. If you are over the age of 7, go to the Visitor Center to pick up a different activity book.

With an adult, go and see as much of the park as you can. See page 7 of this guide for a park map. As you go, walk quietly, watch, listen, and think. Oh yeah, and have FUN!

When you are done with the four activities on this page, return to the Visitor Center and you will be sworn in as a Junior Ranger.

1 Discover with your Senses

While visiting the park, try to use all of your senses to discover as much as you can.

What is the weather like? Ask the ranger for the temperature:

What else do you notice about the weather? Is it sunny? Is it cloudy? Is it windy?

Now fill out the following:

I see: _____

I smell: _____

I hear: _____

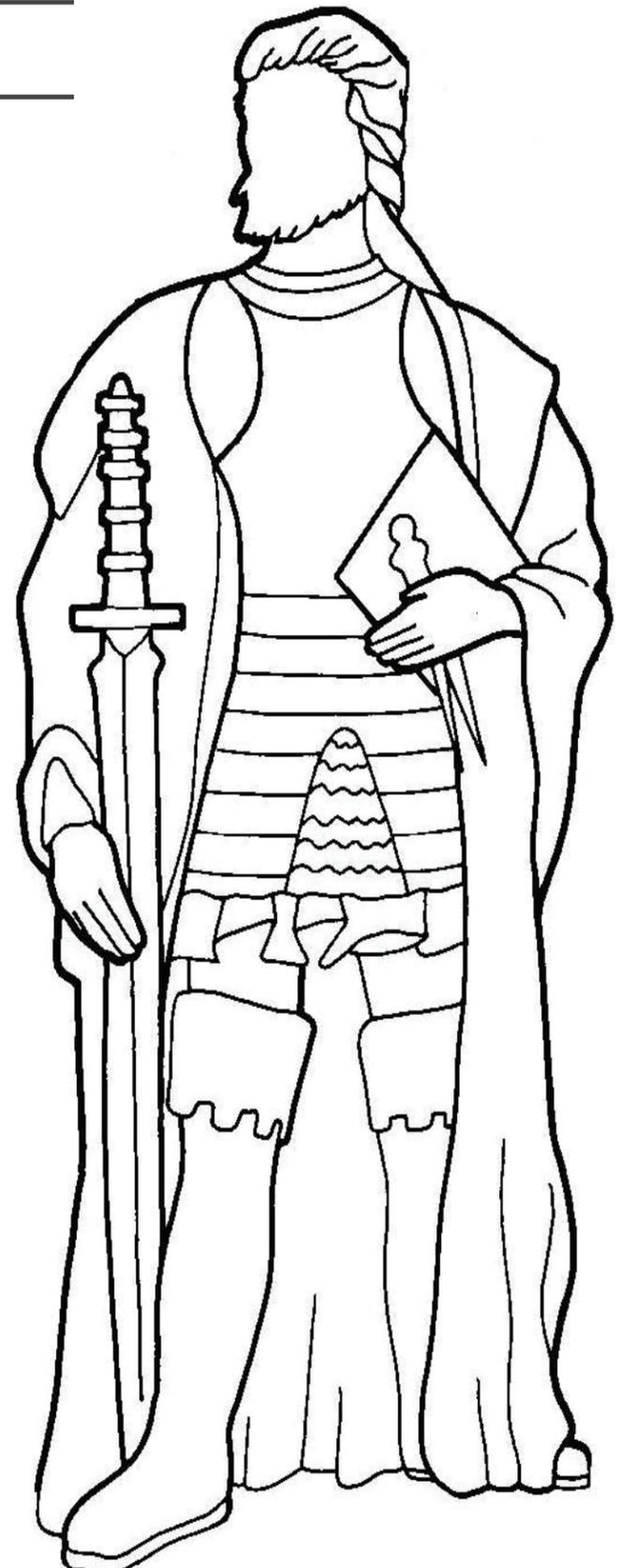
I touch: _____

2 Cabrillo: A Man of Mystery

On September 28, 1542, Juan Rodríguez Cabrillo became the first European to set foot on land that later became the west coast of the United States.

In the Visitor Center, try on a helmet and some armor. Do you feel like one of Cabrillo's soldiers?

There were no photographs or portraits of Cabrillo, so nobody knows what he looked like. What do you think he looked like? Use the outline here to create your own portrait of Cabrillo!



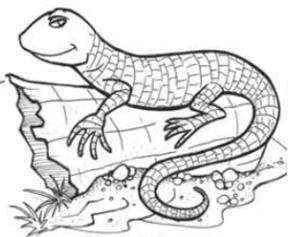
3 Be a Naturalist!

Look for these animals that are common at Cabrillo National Monument. If you see one, circle it and color it in. Where were you when you saw it? What was the animal doing?

Remember, don't feed the animals!



Cottontail Rabbit



Western Fence Lizard



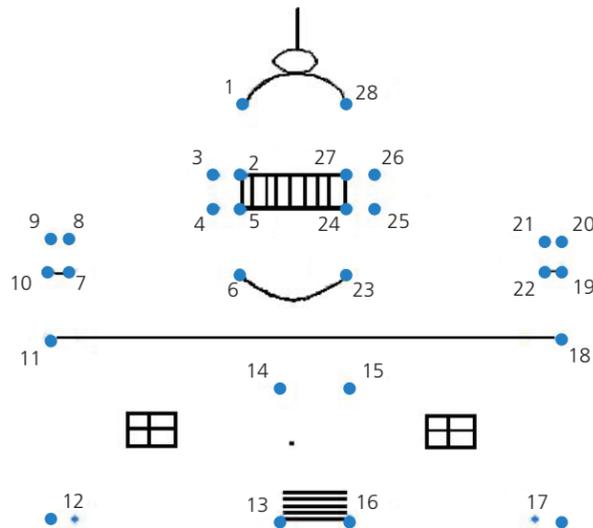
Scrub Jay



California Ground Squirrel

4 The Old Point Loma Lighthouse:

Connect the dots to the Old Point Loma Lighthouse.



Go up to the second floor of the Old Point Loma Lighthouse and look into the children's room. How would you feel if this was your home?