



THE WAYPOINT

AmeriCorps Cape Cod
Newsletter

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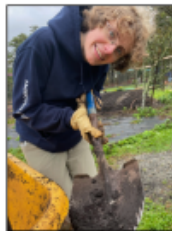
Where in the World is ACC?



**Sara Abbitt
Mathews, VA
LeHac House**



**Leeza Barstein
Princeton, NJ
Pocasset House**



**Jen Clifford
Kittery Point, ME
LeHac House**



**Korie Doster
Sharpsburg, GA
Devine House**



**Danny Ecsedy
Woodbury, CT
Devine House**



**Sophie Gallagher
Sandwich, MA
Devine House**



**Bridget Gill
Melrose, MA
Pocasset House**



**Emily Gilot
Mystic, CT
LeHac House**



**Savannah Gray
Bel Air, MD
LeHac House**



**Luke Hudson
Cazenovia, NY
Pocasset House**



**Sydney Hy
Melrose, MA
Devine House**



**Sarah Lawson
Charlotte, NC
Pocasset House**



**Michelle Morrison
Thomaston, CT
LeHac House**



**Sam O'Neill
Attleboro, MA
Pocasset House**



**Margaret Sargent
Leominster, MA
Devine House**



**Grace Vachon
Somersworth, NH
Ranch House**



**Hannah VanDivier
Boerne, TX
Ranch House**



**Claire Williams
Portsmouth, RI
LeHac House**

Fun Times at ACC Training

Grace Vachon | Ranch House

When we first met at the Barnstable County Complex on Labor Day, we were all strangers coming from different places and experiences. We knew nothing about each other or what the coming months would bring. All we knew was that we would be serving the community for eleven months, and that we were about to begin an entire month of training that would teach us everything we needed to know about being an ACC member. We then headed off to our new houses, ready to begin our training the following day, excited but also uncertain.



Leeza Barstein practicing her chest compressions!



Margaret Sargent learning how to wrap a tourniquet.

Our training period started off by going over the ACC Member Handbook and taking a detailed and lengthy defensive driving course. At the end of our first week, we participated in an engaging, hands-on CPR and First Aid course hosted by volunteers from the Cape Cod Medical Reserve Corps. We performed chest compressions on a practice dummy, all while shouting at each other to call 911 and get the AED. As part of the course, we also learned how to “stop the bleed,” including how to make a tourniquet from

miscellaneous household items. More good times followed with severe weather and disaster preparedness training, where we learned how an emergency shelter operates and about the types of severe weather that could make it necessary to open a shelter. Our OSHA-10 course was lengthy and contained a lot of graphic images, but it taught us how to stay safe on the job, and we all received a handy certificate at the end. We also learned how to talk to the public about our service, and Connor from Harwich Conservation Trust taught us how to handle unsavory interactions while in the field. This included what to do if someone in the community had questions about our work, which has already come in handy a few times this year.

While most of our training was held in the Harborview Room at the Barnstable County Complex, week three gave us an opportunity to get out in the field and use some power tools! We were taught the basics of how to operate and maintain brush cutters, hedge trimmers, loppers, handsaws, and leaf blowers. This lesson was followed by an opportunity to practice our skills by maintaining trails... continue on page 3

The Upper Cape members assisted Josh Wrigley from the Sandwich Department of Natural Resources with clearing vegetation near a dam and walking path. Soon after we got hands-on shellfishing experience by raking quahogs out of the mud, culling oysters, moving oyster cages, and broadcasting boatloads of oysters.

On September 11th, we had the opportunity to get out and serve the community by participating in a 9/11 Day of Service, where we assisted the American Red Cross with installing smoke detectors in people's homes and placing informational flyers on doors. Of all our training activities, this experience is near the top of my list because we got to interact with community members and see firsthand the benefits of our service, especially when the homeowners expressed how grateful they were for our help.



Group picture at 9/11 Day of Service.

Towards the end of that same week was our member retreat at Camp Greenough; where we slept shoulder to shoulder in a bunk house, toasted smores over a fire, played card games, and learned about Cape Cod's marine natural history. Handling all the green crabs and slippery eels was definitely a highlight of this trip!

Since making it through training, we are now a few months into Group Service, Community Outreach and Development (COD) days, and



Big smiles after learning how to drive the truck.

Individual Placements. While some trainings were more interesting than others, every day held at least a few bits of useful information that would serve us well as we began our regular schedule. The various team builders we played



Hannah having a blast during shellfish training.

throughout orientation, such as ninja, poison dart frog, and the name game, helped us to get to know each other better. Overall, our training period was a memorable experience and an excellent introduction to the program.

Crime Corner

Claire Williams | LeHac House

WANTED

GREEN CRAB



Wanted by: AmeriCorps Cape Cod Members

Description of Crime: Green Crabs are invading Cape Cod waters! Since arriving from Europe, these crabs have negatively affected the structure of marine ecosystems. They have extremely opportunistic diets, eating shellfish species that are important to Cape Cod communities!

Claire Williams

\$100,000 REWARD!

Sara's Land and Sea Recipes

Sara Abbitt | LeHac House

Coconut Chickpea Curry

Ingredients:

For Curry

1 can of tomatoes (use whatever cut you like, but get plain)

1 can of unsweetened coconut milk

3 Tablespoons oil

1 clove garlic (minced)

Desired amount of salt

1 Teaspoon black pepper

Bunch of washed spinach

Dash of cinnamon

2 Teaspoon cumin

2 Teaspoon Turmeric

1 Teaspoon Paprika (If you're feeling spicy)

Extras:

1 Cup Jasmine rice

1.5 Cups water

Naan bread

Directions:

1. Put oil in the large pan on medium heat, add garlic, fry until golden.
 2. Add in tomatoes and let them stew for a few minutes on low, careful they splash when too hot
 3. Add coconut milk, you should get a lightish pink or orange color
 4. Add chickpeas and spinach, mixing until fully covered let it sit covered on low for 20 mins
 5. Put on rice, either on the stove or in a rice cooker if you have it. Make sure you rinse your rice beforehand
 6. Add spices to curry, the spinach should be soft and the curry should be cooked down and thicker
 7. Add spices, the turmeric should make it more orange
 8. If desired, toast a naan bread and serve curry over jasmine rice
- Chesapeake Bay Style Shrimp and Grits

Chesapeake Bay Style Shrimp and Grits

Ingredients:

- Grits (use whatever the smallest measurement is on packaging. You can use instant or stone ground)
- 2 Tablespoons Butter
- 1 Garlic clove
- Desired Salt
- Desired Black pepper (Don't skip, it definitely helps)
- 2 Teaspoons Old Bay Seasoning
- 1 Serving Peeled Shrimp
- Half Cup Cheddar Cheese

Directions:

1. Put on the water needed to boil and once it boils, add grits and follow packages directions.
2. Put butter in a small pan on medium, turn down to medium to prevent from burning. Add shrimp
3. Keep flipping the shrimp until pink and a little brown on the edges. Add 1 teaspoon Old Bay to shrimp. Sprinkle salt and pepper on it as well.
4. Once grits are thick, add the rest of the seasoning, then stir in cheese
5. Add Shrimp to grits, along with the butter they cooked in. Serve hot

Henry's Corn Fritters

Henry Torpey | LeHac House Supervisor

Ingredients:

3/4 C. All-Purpose flour
1 Tbsp. Sugar
1 Tsp Baking powder
2 Whole eggs
1/2 C. Milk, more to thin if necessary
1 Tsp. Kosher salt
4 C. (generous) Corn kernels: fresh, frozen, or Canned
Canola oil, for frying

Directions:

Mix flour, sugar, and baking powder. Add eggs, milk, and salt. Stir together to make a batter. Add corn to batter. Fold together to combine.

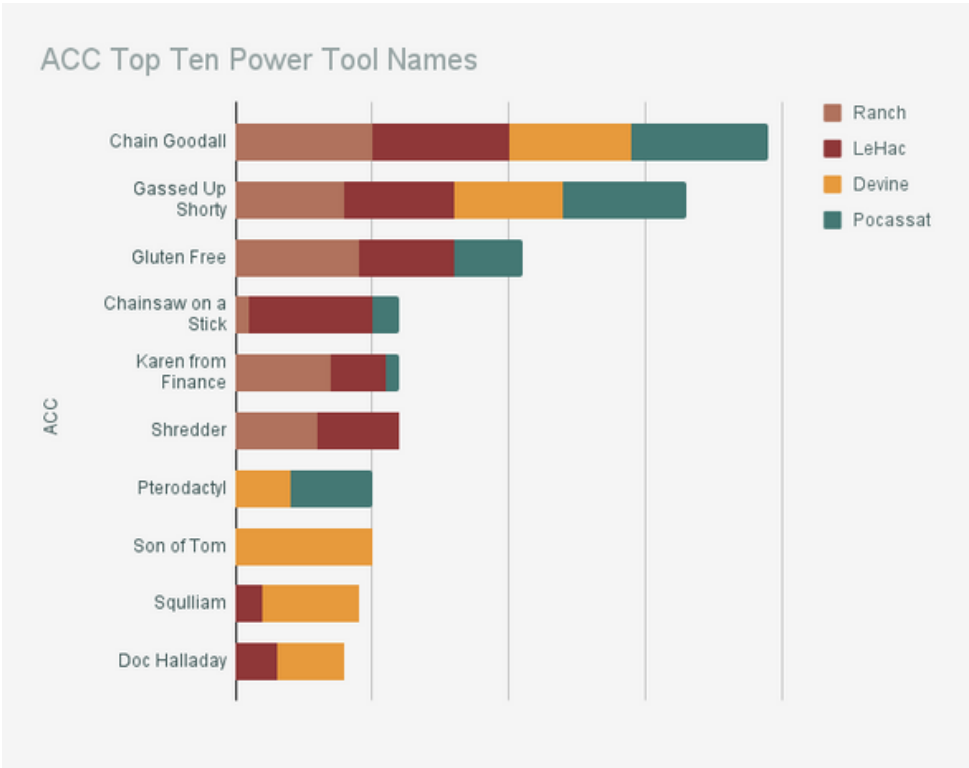
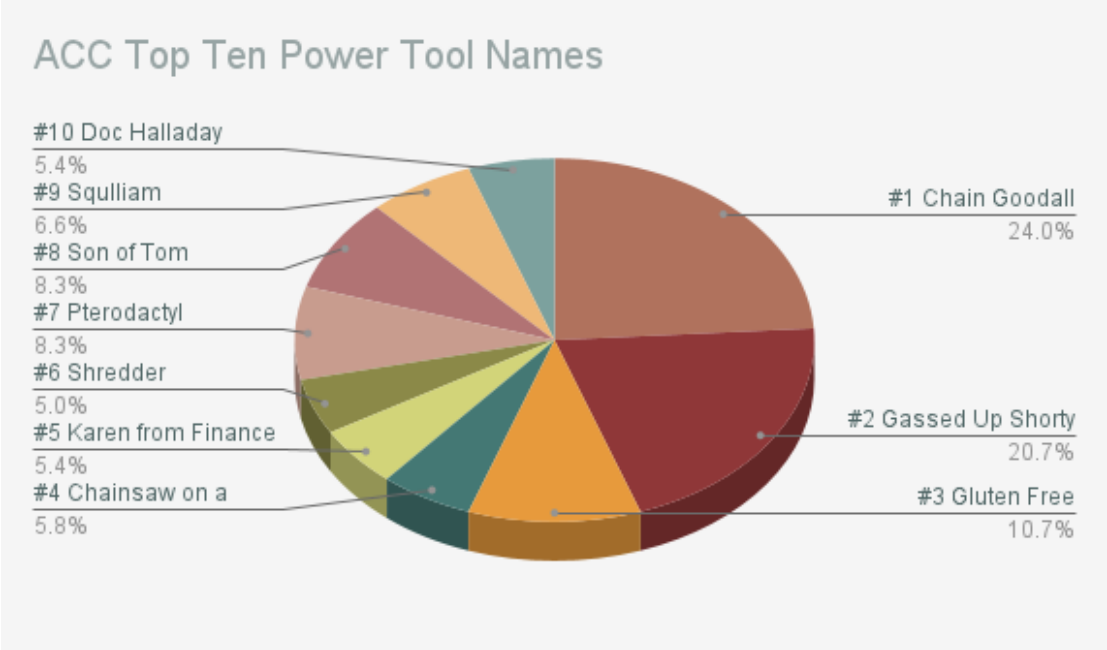
Heat canola oil to 365°. When oil is heated, drop spoonfuls of batter (about 1 1/2 tablespoons each) into the oil and cook, flipping to the other side, until golden brown, 1 1/2 to 2 1/2 minutes.

Drain on a Paper towel-lined plate.

Top 10: Power Tool Names

Savannah Gray | LeHac House

ACC members use many power tools to complete service projects throughout the year. Each power tool is named so broken tools can be easily identified and reported. Members are tasked with coming up with naming each new power tool that is added to the stash. Past members have been creative while naming the tools. Year 25 members voted on their favorite names.



The Year 2023 for ACC: A Year in Review in Pictures

