WAYPOINT YEAR 12 ISSUE 1 AMERICORPS CAPE COD TAMING: WOLVES Mission Wolf comes to Harwich to educate the public with live wolves!



NEED Retreat

Year Twelve's first retreat was located at the NEED building on the Cape Cod National Seashore in Eastham. The three day retreat was a time for the new Corps members to build a sense of "Espirit De Corps", learn about the Cape Cod National Seashore and the role it plays for the Outer Cape and the ecosystems it protects, how to protect yourself from ticks, and of course, to get to know each other and HAVE FUN!

On Wednesday, September 15th, the enthusiastic Corps members left their respective houses and made their way to the Eastham town hall for training numero uno. Later that day the whole Corps travelled to the NEED building and got settled. That left the rest of day one open for exploring and perusing the beautiful beach.

The second day was just as busy with more trainings and games to help ease the tension of not knowing anyone. One game was the 'Human Knot', where everyone gets in a circle, grabs two hands, and then must untangle each other.

Overall, the retreat was informative and a wonderful way for everyone to start getting to know one another!

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Making Paper with Local Students

positive comments made by fifth grade students at H.T. Wing Elementary in the town of Sandwich. Members from AmeriCorps Cape Cod spent two days in the classroom leading their paper making lesson entitled "Twice is Nice; Making Recycled Paper." This interactive lesson taught students the importance of recycling paper

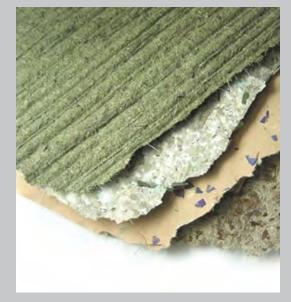
by having them create their own

"I didn't actually think you could handmade paper using their old Corps Cape Cod look forward to make paper!" was one of many homework. Over eighty students in future environmental education the fifth grade participated in the experiences with the Sandwich process by tearing up used sheets of

> paper, liquefying the pieces in a blender, and then pressing the pulp fibers. Students also completed a recycling word search that challenged them to consider the concepts of thinking green and reducing, reusing, and recycling. Members of Ameri-

~ Sarah Drerup, Monica Lambert, Alisha Caron

School District.



A CALL FOR RESTORATION ~ERIC BOYER

state. This usually consists of the removal of non native species and the re-introduction of native species to an area. It is a growing field in terms of both action and research and large scale restoration projects are taking place both globally and locally.

As a program, AmeriCorps Cape Cod works on these projects throughout the year. We have worked on town conservation properties, conservation trust properties, as well as projects at the Cape Cod National Seashore. Most often we are removing invasive plants from these areas. Last year in Orleans, after removing invasive plants from a town conservation property in the winter, native under story plants were planted on the property later on in the spring. Since the spring, the native plants have become established and with some upkeep maintenance are still the dominant plants on the site. Restoration of our environment will never be a complete task as we have pushed many areas of habitat around us beyond their capacity of recovering without our continuous intervention. our continuous intervention.

See **RESTORATION** Page 5

As we look around the landscapes of the Cape today we are confronted with a mosaic of exotic plant species originating anywhere from Asia to Europe. Our idea of an undisturbed native habitat has become evermore fragmented and an undisturbed native habitat has become evermore fragmented and convoluted. The rate of species migration has become global and the introduction of an exotic species to a new area can transform the ecosystem in a matter of years. As areas that were once forests and wetlands have been disturbed, we have lost a sense of what is an unaltered ecosystem.

Though restoring these fragmented habitats to a predisturbed state seems daunting, it is a necessity to maintain biodiversity in our environment. When exotic plants become the dominant plants in our habitats, a cascade effect is seen on the rest of the food chain as native organisms lose the species that they depend on for food and shelter.

Ecological restoration is an intentional act assisting an ecosystem in its recovery to an undisturbed

GETTIN' DUMPED

BY LAURA NOTARANGELO

Lots of thoughts cross a member's mind the night before their first day at their individual placement. What should I bring? Will they like me? What will I be doing? And perhaps most importantly, what should I wear? Personally, I was apprehensive about what exactly my day would entail, and I was dreading the thought of being tethered to a desk. Walking into the Cape Cod Cooperative Extension, I was greeted by my supervisor Mike Maguire who is the Extension's educator on Household Hazardous Waste and Water Quality. With Mike's experience working across the Cape to pick up mercury items, expired flares, and to distribute sharps containers, I have already learned the expiration date of these common objects. To get a different perspective on how we dispose of other unwanted objects, Mike and I took a little drive. On my

first day of service with the Exten-

sion, I visited two transfer stations

as well as the Bourne dump.

Imagine my surprise (and delight?) upon discovering the close proximity of our house to the dump, officially called the Bourne Integrated Solid Waste Management Facility (ISWM). Fascinating! A dump is nothing to turn one's nose up at, even though

you may want to. Honestly, I thought it would smell a lot worse than it did and yes, there were lots of birds cir-

cling the landfill. The organization and amount of employees involved to run the dump efficiently was more elaborate than I had anticipated. Rolling up in the Barnstable County Blazer with Mike gave us VIP status right away. Friendly handshakes ensued upon entering the DPW office building, followed by an announcement made over the radio that our

Blazer would be on the premise,

opening up a whole new world of dump access to us. We even had permission to go up to the top of the landfill, as long as we kept all arms and legs inside the vehicle. This idea was vetoed by Mike as he told me when he'd seen it before it made him want to throw up. Now my

curiosity was "...we have the really piqued, opportunity to conserve but I got over resources by extending it. We drove to the lifecycle of our see the "Olymproducts." one employee

> called it, which is the large flare comprised of the gases being built up in the landfill and burned off. There are talks to have these landfill gases be used as an energy source, so there may be some upcoming changes at the Bourne dump.

> Besides the extensive piles of scrap metal, abandoned appliances, landscape trimmings, and construction materials, the other cool section of

Here, all the plastic bottles, cups, and containers were compacted into huge squares, similar to the idea of baling hay. I enjoyed seeing the end product of the sorting and separating process that occurs in our house each week and knew that as members we were contributing to the deviation of these items from the landfill. After seeing the scope and size of the Bourne landfill, I began to think more about our waste. Truly, pic torch", as when we throw something away, it's not actually "gone". We may not see or think anything else about our trash once it leaves our home, but it's still our responsibility. Although recycling may seem like one more chore, we have the opportunity to conserve resources by extending the lifecycle of our products. I challenge anyone who thinks that recycling is pointless to take a trip to the Bourne dump and gaze up at the

landfill – then we can talk.

the dump was the recycling area.



Taming the Wolves

Before I knew anything about what I would be doing at my IP in Harwich, I heard one word: wolves! I had convinced everyone in the Wellfleet house that I would be taming the wolves. It certainly became the talk of the house, and I started to almost actually believe myself.

When the day came for the first Mission Wolf show, the excitement filled the Harwich Community Center as 7 AmeriCorps members and I setup the gymnasium for the show. Questions like, "Have you seen the wolves yet?" "How close do you think we will get to them?" and "What do you think the wolves are doing now?" kept flying my way. With my usual volunteer management skills, I simply kept making up answers for all of the questions. As tasks got finished, there was a group of us looking to see what else needed to get done before the show started. All the chairs were set in a nice

semicircle, registration table was ready to go, signs hung, Mission Wolf had arrived, and we were ready to go.

Kent Webber, the project director from Mission Wolf (or as I like to refer to him as, the Real Wolf Tamer), approached our group with the most exciting proposition ever. He explained to us that this year's show was going to be different, there were five wolves; three of them pups new to this business. With only two handlers, they desperately needed our help. Instantaneously, my hands and Shivani's shot up. Kent continued to explain that we would have a wolf on a leash and would need to keep it away from people. Kent then invited me and a few other members onto the wolf bus to see what we were really volunteering for. He explained to us that we should go straight into the bus, sit down, and let the wolves say hello to us. Wolves say hello with their teeth and they want to be able to see your teeth and your eyes. We learned that when a wolf's head jumps up to your face, it's best to fight all your instincts to move your head back but to also keep your mouth and your eyes open.

While on the bus, three AmeriCorps members sat on a little wooden bench caged in with five wild wolves. The five wolves surrounded us on that bench and jumped up everywhere to meet us: licking our faces, chewing on our shoelaces, nametags, or whatever else they were interested in. Kent showed us how to grab their mouths to make them stop biting at us and the wolf stopped, laid down on the ground, and submitted to him amazingly. The thing that I will never forget after being that close to a wolf is their eyes; they have the most beautiful yellow eyes that you instantly connect with. By looking into a wolf's eyes you understand the wolf itself. You can see their wildness, playfulness, and fearful nature.

Using the word 'puppy' was an overstatement. It was very misleading because the wolf pups were only a year old and almost the size of an adult wolf. Here we all thought that they would be small, adorable, and charismatic. Although no longer tiny pups, they were surely energetic and charismatic. Their energy was unparalleled and we could easily discriminate between the adults and the pups.

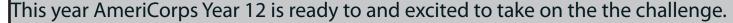
The wolves lost interest in us after they had thoroughly said hello, so they settled back down to just lay in their dens. We headed off the bus and back into the gym for the show. Whilst during the show when Kent asked for an AmeriCorps volunteers, I was up and walking wolves on leashes.

Trying not to get tangled in the leashes and cleaning up pee was very glamorous and I loved every second of it. At one time during the show, one of the pups that I had on my leash, Apollo, became very interested in my shoelace. I reached down into his mouth and grabbed right in between the teeth just like Kent had shown us on the bus, and he laid back down and stopped. It was amazing—I had just tamed a wolf! I will always remember the Harwich: Mission Wolf program when I got to look straight into the eyes of five wolves and earned my title as a Wolf Tamer in Training.

~By Stefanie Kramer 'The Wolf Tamer'



RESTORATION from Page 1





"... the very process of the restoring the land to health is the process through which we become attuned to Nature and, through Nature, with ourselves. Restoration forestry, therefore, is both the means and the end, for as we learn how to restore the forest, we heal the forest, and as we heal the forest, we heal ourselves."

Chris Maser - 'Forest Primeval'

FAIL TO PREPARE, PREPARE TO FAIL

~BY KEVIN DENNEY

I've been told over and over again that towns on Cape Cod don't get along with each other and don't want to work together. I have evidence to the contrary. My experiences serving at both the Red Cross (during year 11) and now at the Barnstable County Regional Emergency Planning Committee has shown me that on Cape Cod, municipalities can work together and make great strides toward making the residents and visitors safer, smarter, and healthier while making more efficient use of human and

The Barnstable County Regional Emergency Planning Committee (BCREPC) is a group made up of many of the local and state agencies (both professional and volunteer) who meet on a

financial resources.

regular basis to come up with ways in which the county as a whole can use all of its resources to best prepare, respond, and recover from emergencies. Under the BCREPC lies a number of on-going projects that include a regional sheltering plan which is now being looked at as a model for other areas of the country, a county-wide hazardous materials response and reporting plan, and a county transportation plan which would be

implemented if an evacuation was necessary and the bridges had to be closed. These programs allow all of the resources in Barnstable County to be used effectively and efficiently to respond to any emergency.

The BCREPC is a great place to have an Individual Placement because I am able to interact with many different people from our community such as fire chiefs, animal rescue groups, county vendors, military members,

state/federal officials, as well as representatives from each town/village. I have a wide variety of potential projects to work on but have decided to focus on organiz-

ing the county hazardous materials response plan to make it more user-friendly, implement an inventory tracking system using newer technology, and to work with partner agencies to continue improving the regional sheltering plan.

The response plans are solid, equipment is strategically placed to respond to any emergency, and a small army of dedicated professionals and volunteers are ready to respond to any emergency but I sincerely hope that every individual would prepare themselves for emergencies. A little preparation will make your life easier during an emergency and will make the recovery from that emergency much smoother. There are plenty of resources online, at your local library, fire departments, police departments, and at the offices of relief organizations and emergency management that will give you some simple ideas to get you on your way to basic preparation for any emergency that could affect you.

ACC VS. NCCC

~BY BECKY GILLIS

On July 31, 2009 Vadim Zhernokleyev, Mike Evans, and Becky Gillis started our 10 month service program with the AmeriCorps National Civilian Community Corps (NCCC) in Vicksburg, Mississippi. I don't think we knew what we were getting into at the time since the program and our relocation to the South was all new. At the conclusion of NCCC, we all can say that we had a great experience! To me, however, AmeriCorps Cape Cod is very different from NCCC.

NCCC is a team based, residential program for people between the ages of 18-24. There are five different NCCC campuses throughout the country, which serve 11 or so states. The projects are either one or two months in length and focus on addressing critical needs related to natural disasters, infrastructure improvement, environmental stewardship and conservation, energy conservation, and urban and rural development. Some of the projects that my team and I participated in include: Habitat for Humanity, environmental stewardship/firebreak clearing, online data basing, renovations, construction, tree planting, and disaster relief.

In order to complete our projects, the teams need a way of getting around. Each team is provided with a 15-passenger van and a specialized training for certain members on how to operate them. We are also given a mandatory set of uniforms that we must wear everyday during service hours. NCCC not only provided us with our attire, transportation, but also a small living stipend, team food budget, and a place of residence. We must work, eat, travel, and sleep all as a team for the duration of 10 months! While it seemed very difficult and frustrating at the time, it was rewarding in the end. NCCC has taught me a lot of useful life skills that I can now use during my service year on Cape Cod.

While these two programs

vary, NCCC allowed me to develop skills that have overlapped within my service on Cape Cod. Some of these skills include chainsaw training, the ability to live and work as a team, invasive species identification, money management, environmental stewardship, shelter operations, CPR and first aid certification, personal development, and so much more!

Not only are the structures of the two programs different but the overall feeling is also unique. We are all in a totally new place, living with 13 other housemates instead of just 9, learning new things about a different environment, new people, and new ways of living. I think to me, things seem so different because I had established those relationships with my NCCC teammates and now I'm starting new relationships with 13 individuals. I feel almost as if my team should be here with me by my side as I start this new AmeriJourney on Cape Cod, but I'm sure after some time my new housemates will start to feel like family. Although the two programs have their differences, they have also complemented each other to make a well rounded experience.



MLK DAY 2011

Dr. Martin Luther King, Jr. once said, "Life's most persistent and urgent question is: 'What are you doing for others?" Each year, Americans across the country answer that question by coming together on his birthday to serve their neighbors and communities. The MLK Day of Service is a part of United We Serve, the President's national call to service initiative. It calls for Americans from all walks of life to work together to provide solutions to our most pressing national problems.

January 17, 2011 will mark the 25th anniversary of the Rev. Dr. Martin Luther King, Jr. federal holiday. This milestone is the perfect opportunity for Americans to honor Dr. King's legacy through service. The MLK Day of Service empowers individuals, strengthens communities, bridges barriers, creates solutions to social problems, and moves us closer to Dr. King's vision of a beloved community.

AmeriCorps Cape Cod is planning on serving in a few ways including: a weatherization project, C.A.P.E. bags, work with Barnstable Housing Authority, and having a volunteer fair. We encourge everyone with a desire to serve to come out and do something great for our community.

See MLK Day Page 8



SEA TURTLE RESCUE

~BY STEFANIE KRAMER

The day started out with a simple plan: walk on the beach for an hour or two for some easy service hours. I never imagined that nine hours later I would end up driving to Quincy with two sea turtles in the back of my car. It all stated with a phone call the day before from the Wellfleet Audubon. They needed someone to walk Great Island after high tide because it looked like the winds were going to make it a big day for turtle standings. Erik Boyer and I bundled up and headed out to Great Island. Before even reaching the trail to cross the dunes, we discovered a seal carcass wrapped in fishing line on the harbor side and called the International Fund for Animal Welfare. It was an eerie start to the day.

Walking along the bay, we were amazed by all the trash that the wind and the tide brought in, the most depressing being a Lazy Boy chair. After walking about two miles, Erik was commenting on how big the waves were and how it almost looked like you could surf on them at that spot in the bay. I turned and right next to me in between piles of seaweed there was a Kemp

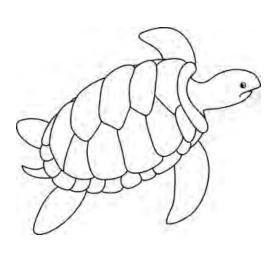
Ridley sea turtle! I dropped to my knees immediately and started to cover it with seaweed to protect it from the wind like I had been told by the Audubon. Erik was in the middle of asking, "is it alive?" when it moved its head up as I placed the seaweed on its shell. I called the Audubon to report the sea turtle. They first asked us to carry the turtle to the parking lot and later if we could actually just drive it to the Wellfleet Audubon. Inside I was jumping with excitement because I wanted to spend as much time as I could with the little turtle.

We continued walking down to Jeremy Point to look for other turtles. After not finding another turtle on the beach I was ready to hurry back and save that turtle! I carried the turtle the two miles back to the car trying futilely to block the wind and watch for signs of life. Erik held the turtle while I carefully drove through Wellfleet. At the Audubon, we hung around and learned a lot more about sea turtle standings.

We learned that Kemp Ridleys are the smallest and most endangered sea turtles. Apparently the water in the bay is now too cold for sea turtles that have missed the signs to migrate south and they are now stuck in the bay. The water leaves them cold stunned, meaning they do not have the energy to swim and get washed ashore when the wind blows hard enough. The turtles that are saved go to the New England Aquarium Marine Animal Rescue Center in Quincy to be rehabilitated over

We then ended up volunteering to drive the sea turtle to Quincy so it would be able to get there that night. Just as we where getting directions, another call came in about another sea turtle. We waited until the second turtle had arrived and then we were off. Driving on Route 6 I could not believe that I had two critically endangered sea turtles in the back of my car! Once we got to the Marine Rescue Center, the turtles went through their initial examination. We watched the whole process including using ultrasound on them. The turtles had so much more energy now that they where starting

warm and up it was good to see them full of life. After the examination winter and released we got a tour in the summer.

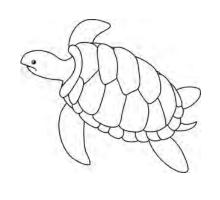


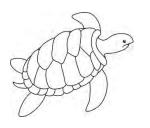
of the facility. It was amazing

to see tanks of turtles that

had been saved from beach-

es now happily swimming!



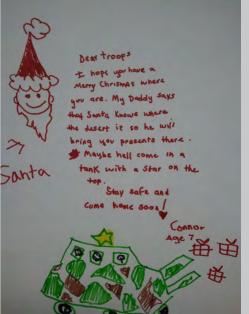


CAPE COD RED CROSS HOLIDAY MAIL FOR HEROS

~BY ANDREA BROWN & SHEILA COMERFORD



Breakfast with Santa was held on the base for service families. The Red Cross Service to Armed Forces sponsored a large breakfast, Angel tree, toy drive, and private consult with Santa (who arrived by helicopter). The Red Cross held a table promoting their services, but also engaged children to write letters to the troops to partake in the Holiday Mail for Heroes campaign. Our local chapter was responsible for the distribution of over 1,000 cards to service members abroad, those who are injured, and veterans.







SPORTY TIME IN WELLFLEET ~BY SARAH DRERUP



Practice!" after a hard days work at a group service project, she means business. A large percentage of the Wellfleet house enjoys playing volleyball and often a handful can be found out in the driveway, trying not to dent any cars or spike each other in the face. The driveway is the perfect venue for sporting activities, due to it being the only flat, treeless area in the general vicinity of the house. But volleyball isn't the only sport played in the Wellfleet driveway; often members are tossing a football, Frisbee, or practicing their three pointers. You might even catch a few trick shots from Mark Pfiefer that include shooting backwards three pointers, granny shots, and one handed free throws. A wise man once said (or maybe he didn't): A house that plays in the driveway together stays together.

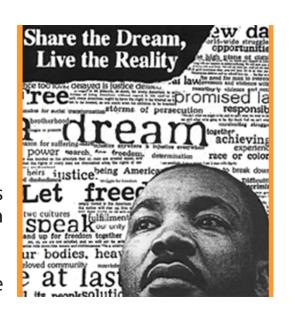
MLK Day from Page 6

MLK DAY OF SERVICE

Over 120 volunteers came out to serve with us on January 17, 2011. Projects Included:

-Assembling and delivering emergency prepardness bags for seniors in conjunction with the Harwich Council on Aging -Painting and maintenance at Barnstable Housing Authority's residential facilities -Weatherizing 30 individual homes in partnership with the Community Action Coalition of Cape Cod and the Islands.

This projectwas made possible by grant funding from the Massachusetts Service Alliance, Eastern Bank, and match funding from Barnstable County.





LET'S SERVE!



























THE JEWELS OF THE PROVINCE LANDS



BY MONICA LAMBERT

hopeful that our dream of picking cranberries would come to fruition, we, Caroline, Eva, and Monica piled into the Camry and drove the 12 miles to P-Town. When it began to sprinkle and we took a couple of wrong turns in the dunes, we realized that we should have brought water-proof shoes...and directions. This was going to be an adven-

ture! YAY! We got by with a little help from our friends, after and phone call to our housemate Sarah D we hopped

back in the car and finally found the correct parking lot. Take two. We set out again and eventually ran into the bike path and were cranberries, here, for the day. there and everywhere!

Buckets in hand and fits-all foul weather gear of we realized that not only an AmeriCorps member... but that didn't matter much. It took no time at all for us to discover the joy of cracking a cranberry between our teeth, and that we liked the bitterness of the berries. Chatting and cracking along as we went, discussing a rainbow of topics from boys to places we would like to visit, career aspirations to the first



have enjoyed cracking these same berries over 350 years ago. Our efforts through the boggy woods yielded a five our best to convince evgallon bucket of cranber- eryone they liked raw started walking north- ries which we had planned cranberries, but as it turns east. After some time, Eva to make into jam! We took out, they do not appeal looked to the left and ex- turns carrying our loot back to the novice epicurean. claimed, "Wait, are those to the car, and felt very ac- So you'll just have to try cranberries?!" And they complished with our efforts them for yourselves.

We had forgotten to and parading the jewels as these berries are an exbring our boots and "Fou- around the house we de- cellent source of vitamin leys", the ever attractive, cided to delay the jam pro- C. bright orange, one-size- cess for a couple of days as

had enough berries been picked for jam, but also for eating, topping salads, baking scones/bread, lunches, SNACKS, and the occasional handful as house members passed through the kitchen. We were all so pleased with our treasure that we pushed each housemate to try at least one berry... settlers and how they must even after protests of,

> "Aren't those really bitter?" or "I don't think I like cranberries." We would reply with a smile, "Why, no, they're delicious, and plus you can

do this...CRACK [sound of cranberry popping between teeth]!" We tried

Eating cranberries is a After taking an inventory great way to avoid scurvy

Recipes

Cranberry Orange Chutney:

Yield: About 8 half-pint jars

24 ounces fresh whole cranberries

2 cups chopped white onion

2 cups golden raisins

1½ cups white sugar

1½ cups packed brown sugar 2 cups white distilled vinegar (5%)

1 cup orange juice

4 teaspoons peeled, grated fresh ginger

3 sticks cinnamon

Instructions

Wash and rinse half-pint canning jars; keep hot until ready to use. Prepare lids according to manufacturer's directions.

Rinse cranberries well. Combine all ingredients in a large Dutch oven. Bring to a boil over high heat; reduce heat and simmer gently for 15 minutes or until cranberries are tender. Stir often to prevent scorching. Remove cinnamon sticks and discard.

Fill the hot chutney into clean, hot halfpint jars, leaving ½-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened clean paper towel; apply two-piece metal canning lids.

Process in a boiling water canner according for 10 minutes. Let cool, undisturbed, 12-24 hours and check for seals.

Cranberry Scones:

Yield: 8 scones

2 cups all-purpose flour, plus more for work surface

5 tablespoons sugar, plus 1 tablespoon for topping

1 tablespoon baking powder

1/2 teaspoon salt

6 tables poons chilled unsalted butter, cut into small pieces

2/3 cup (plus 1 tablespoon) half-andhalf

1/2 cup halved cranberries, drained on paper towels

Instructions Preheat oven to 425°. In a bowl, whisk together flour, 5 tablespoons sugar, baking powder, and salt. Cut in butter with a pastry blender or two knives until mixture resembles coarse crumbs. Stir in 2/3 cup halfand-half until just moistened. Gently fold in

cranberries.

On a lightly floured surface, knead dough gently, 5 to 10 times. Pat into a 1-inch-thick round. Cut into 8 wedges; place on a baking sheet, 2 inches apart. Brush tops with remaining tablespoon half-and-half; sprinkle with remaining tablespoon sugar. Bake until golden brown, 12 to 15 minutes. Let cool on a wire rack.

A LIBRARY AND MORE

~ BY EVA WARD

Between studying for the GRE and researching graduate schools, perusing rows of fiction classics and discovering new music, presenting at Board of Selectmen meetings and attending concerts by local musicians, we Wellfletians have spent many hours at our town's Public Library. Our varied activities are a testament to the extensive offerings of this award winning institution that earned a five star rating in Library Journal's 2009 Index of Public Library Service. In addition to the typical study carrels and comfortable chairs amidst the quiet stacks of books, the library has dedicated spaces for children, teenagers, and community events, such as yoga classes and

something for everyone, the library is one of my fa-

55 West Main Street, the fleet Public Library card have started to recognize from the on-site collec- the library. tion, which includes print

film screenings. With books and books-on-tape, magazines and newspapers, CDs and DVDs, library vorite places in Wellfleet. card holders can request Three miles of am- materials both from the bling back roads separate Cape and Islands Librarthe Wellfleet House from ies Automated Sharing (CLAMS) network, and also former curtain factory from libraries throughout and then candle factory Massachusetts through which has been the li-the Virtual Catalog. With brary's home since 1989. lending networks such as Over the past couple of these and a little personal months, I have learned initiative, we could all be that stretch of road well, like the mathematician and out of all the plastic janitor Will Hunting, who in my wallet, my Well- understood the value of public libraries. Maybe I'll has seen the most action. remind myself of their val-Recently, the librarians ue by scanning the shelves for Good Will Hunting. my name upon scanning After a week of service, my card; I almost always nothing beats curling up have a requested CD or in front of the wood stove book waiting for me. In in the Le Hac living room addition to borrowing with something new from



Wellfleet Library Hours

Monday	2-8
Tuesday	10-8
Wednesday	2-8
Thursday	2-8
Friday	10-5
Saturday	10-5
Sunday	2-5



Cranberries from Page 10

By picking them in the wild, you get an extra health bonus by avoiding pesticides that are typically used on commercially grown cranberries. If you do plan to go picking next fall, we found that the peak time for wild cranberries was around October 30th. They can still be used after that time, but won't keep as long and should be put into a baked good such as scones or bread. YUM. Enjoy & happy picking!



WETfest

WETfests are are an interactive method of teaching students the fundamentals of water. In small groups, students progress through a series of hands-on stations exploring and learning. They take home a strong message about how water impacts their daily lives and leave the festival with new ideas to save and protect water through simple personal actions.

So far AmeriCorps Cape Cod Year 12 has undergone 5 of the 12 planned Water Education Fesivals for this year. It is a great way for us to get out in the community and make a difference with the youth. It's exhausting some days, but as AmeriCorps members we make it fun for not just the kids but for us as well. Plus, only 7 more to go!

Some of the WETfest activities include: Edible Aquifer, the Tooth Booth, Raindrop Journey, D.O. the Limbo, Enviroscape, Bubble Booth, Flush the Kids, and 13 or so other stations. The festival ends with some AmeriCorps members dressed as sea creatures while everyone participates in the 'Water Cycle Boogie'.

"I learned to turn the water off when brushing your teeth."

- A WETfest student

COOKING FOR FOURTEEN?

~By Emma Snellings & Eva Ward

Every Wednesday night before House Meeting, two lucky members from each AmeriCorps house cook dinner for the rest of their housemates. You might be wondering: what do we actually eat for house dinner? Well, here's a list of what we have

	Bourne	Wellfleet
Sept 22	Mac & Cheese, Tomato Soup, & Tater Tots by Amy and Laura	Breakfast for Dinner by Caroline and Lisa
Sept 29	Sloppy Joes by Sheila and Keith	Pasta and Salad by Brigit and Erik
Oct 6	Breakfast for Dinner by Emma and Kevin	Personal Pizzas by Erin and Alisha
Oct 13	Beef and Vegetarian Lasagna by Matt and Becky	A Variety of Soups, Gnocchi, and Mushroom Rice Casserole by Sarah and Mike
Oct 20	Paella by Riley and Andrea	Chicken and Bean Enchiladas by Stefanie and Monica
Oct 27	Chicken and Vegetable Curry by Ashleigh and Mike	Hot Dogs and Veggie Dogs with Pasta Salad by Pfeif and Caroline
Nov 3	Beef and Vegetarian Enchiladas by Yashika and Tom	Chicken and Vegetable Curry with Brown Rice by Shivani and Brigit
Nov 17	Thanksgiving Dinner by Sheila, Amy, Keith, and Emma	Vegetarian Chili and Cornbread by Eva and Vadim

On November 5th the Corps members travelled to Boston for the day to take part in this year's Massachusetts AmeriCorps Opening Day festivities. It was held at the Reggie Lewis Track and Athletic Center at Roxbury Crossing. The event drew in 90 different AmeriCorps programs from all over the state in order to receive recognition and to learn about the other organizations.

One by one, representatives from each group delivered a short speech about their organization's mission and year of service. The Corps members' enthusiasm about their work and chance to serve their country set an amazing precedent for the rest of the year. The Cape Cod crew waited patiently as Riley Moffatt (our representative for the day) waited in line for his turn to tell the audience what our program is about. After all the organizations had a turn to speak,



~BY BECKY GILLIS

we had lunch and then a tour of the State Building.

After the tour a few members made their way back to the Cape while others stayed to tour the city. They found the Freedom Trail with this mother duck and ducklings!



LE PETIT JARDIN

Soon after moving into Le Hac, Monica and I discovered that along with a love for riding our bikes and a penchant for everything French, we both had big plans for the garden and greenhouse of our new home. Just one problem: neither of us had ever cultivated vegetables on our own before. We were going to need some advice.

Who better to ask than the local horticulture experts--the farmers at the Orleans Farmers' Market. So one Saturday morning in late Le Hac, Monica and I discov-

experts--the farmers at the Orleans Farmers' Market. So one Saturday morning in late September, we mounted our trusty bicycles and headed for the big city. Lucas Dinwiddie of Halcyon Farm in Brewster let us in on all the fall planting secrets: what to grow (garlic, greens, beets, radishes), where to get seeds (Johnny's Selected out of Maine), and when to plant (SOON!). A couple tables over, we found hard-neck garlic at the stand of Market Manager Gretel Norgeot of Checkerberry Farm in Orleans; Gretel suggested we break apart the heads into cloves and plant them, pointed end up, to harvest next summer. We rode home with our heads filled with dreams of our garden-to-be and a to-do list to make those dreams a reality.

After pouring over the pages of brilliantly colored vegetables in the Johnny's Selected Seeds catalog for hours, we finally decided on which seeds we would order: greens (mesclun mix, spin-

greens (mesclun mix, spin-

ach, and kale), beets (white and purple candy-striped Chioggia Guardsmark and true-to-their-name Touchstone Gold), and radishes (the Easter Egg variety that yields a mix of red, purple, and white bulbs). Our seeds were to arrive within the week, allowing just enough time to prepare their beds. Strawberries, eggplants, tomatoes, peppers, and herbs were already growing in the greenhouse and the garden, remnants from A meriCorps smembers past. We claimed the remaining grow-

remaining growing space and began clearing the weeds that had taken over. Thanks to our invasive species identification training, we were able to curse the multiflora rose by name. Enlist-

by name. Enlisting the services of Pfeif, Well-fleet's carpenter-in-residence and captain/builder of the Pirate Ship currently under construction in our backyard, we refurbished the existing raised beds using the remains of a futon and other scrap wood of unknown origin that had been residing beside the shed. Over the next few days, Monica and I made several trips down

Route 6 to the garden center, our source of compost mix to fill the beds. All that was left to do was anxiously wait at our mailbox in the Wellfleet Post Office.

Then, one fateful day, our seeds arrived! We scampered out to the garden, excited to finally (FINALLY!) start the growing process. Carefully opening the packets, we were surprised by the contents of each: the knobby doors, also found in the yard) have extended our growing season straight through to December, with our harvest opportunely timed to provide us with fresh vegetables as the farmers' markets close down for the winter. down for the winter.



brown spheres that grow up to be beets, the peppercorn-like spinach seeds, the vari-ety of shapes and colors of the mesclun mix. We planted them according to the pref-erence of each variety and have been tending our ba-bies ever since. The combi-nation of the mild autumn weather and our make-shift cold frames (glass paneled



THE READING ROOM



There is a room, within my house, in which I like to read. A quiet place, with one's book, is what one often needs.

No TV in this room please, it's best to keep it quiet. Amy wants to get one, but I hope she doesn't buy it.

Adjacent is the bathroom, and sometimes I get nervous, cause Kevin makes a stink in there, when he is done with service.

Laura comes to fold her clothes, and Tom may come to visit, Matt will use the couch sometimes, and then'l always miss it.

There are times I get upset when people leave their shoes. Nevermind, the room's not mine, it's anyone's to use.

On October 31st, 2010 I achieved a goal that I had been vigilantly working towards for three whole months: I finished a marathon. Main Street, Falmouth will never look the same. Every time I drive down the charming historical avenue I will forever remember the day that my legs carried me 26.2 miles across the finish line of the Cape Cod Marathon.

Approaching Main Street perpendicularly from Walker Street, I heard my Dad's distinct whistle before I could even see him. It was the same whistle that summoned me indoors for din-ner as a child and the same ner as a child and the same whistle that came from the sidelines of almost every soccer game that I have ever played in. The last four or so miles of the race had been a struggle; my feet hurt, my legs were chaffing, and I had a terrible stomach ache. But as soon as I heard my dads whistle, I forgot about my spaghetti legs and my blistered feet. I was suddenly overcome by a wave of emoovercome by a wave of emotion and it carried me all the way to the finish line. My feet began to pound the pavement a little bit faster as my ment a little bit faster as my Dad came into sight. He was one of the few spectators on Walker Street, standing alone next to a tall oak tree. I could hear him encouraging the runners ahead of me, but saving his louder claps and words for me. I managed to crack a tired smile for him as I passed, still uncertain of the distance I had left to run. I came to Main Street run. I came to Main Street and turned left, surprised to see the finish line only about 100 yards ahead of me. There weré crowds of people on either side of the street, cheering the marathoners as they made their final push. Adrenaline and emotion took over from here. It was almost over. I had almost done it. I started running faster, right down the double yellow line. There was no one ahead of me and no one behind me. Everyone was cheering for me (or so it seemed). I scanned the crowd as I passed, fearful that I might miss my Mom

and Brother who had decided to greet me closer to the finish. All of a sudden I saw my mom's blue fleece and my brother's blond hair pass by in a blur. I barely managed to get a wave in. I moved my legs even faster, hoping to catch a glimpse of my friends who had promised to greet me at the finish. I heard screams and saw signs to my right; I waved furiously at my AmeriCorps friends and ran faster.

The only thing I could think about when I crossed the finish line was not plowing into the person waiting to put a medal around my neck. I was indeed able to stop and stay still long enough to receive the medal, but my legs and body betrayed me as I proceeded to the woman handing out space blankets. My intention was to take two steps towards her, but my noodle legs led me astray and I stumbled to the right, almost falling over. As I righted myself and walked on the empty road beyond the finish line, I finally realized that I had done it. It was over. My Mom met me and I was suddenly overcome with emotion as I collapsed into a much needed mom hug. I was so proud of myself for making it through three grueling months of training and was so unbelievably happy that my family and friends came to support me. (Shout out to my Wellfleetian housemates for making the hour plus drive to see me run for about ten seconds.) As I hugged my Mom, I realized that every single minute that I had committed to this one race was totally and completely worth it.

So it is official: I have found a new hobby. Despite all the dark scary morning runs down Pamet Point Road (for the record, Wellfleet is the most beautiful place I have ever run) and despite the countless sacrifices I made to train, I am eager to do another. Next up: the Vermont City Marathon in Burlington, VT over Memorial Day weekend. Stay tuned.

26.2 MILES OF FUN

~BY CAROLINE WALDEN









AMERISCOPES

~BY AMY THE MAGNIFICENT



Sagittarius (November 22- December 21)

Sometimes you feel like your mind is all over the place, and so is your heart. It may seem like you don't have the power to take a minute and calm yourself down, but you do. Things are coming at you faster than normal and you are trying to find a place to stand where you don't feel like you are being crowded. Keep looking because you will find your place. You love to remember and speak of the past, but make sure you avoid living in it. Speak up this month because your opinion is worthy, and will be commended.



Capricorn (December 22- January 19)

You are always looking for positive reinforcement Capricorn, and the truth is you don't really need it. You know when your efforts have paid off, and though it is nice to hear people praise you, it is not necessary when getting a job done. You are talented and work hard, and that is what gets the job done. Stop second guessing yourself; the more confident you are the better you will feel about your work, and the better other people will feel about it too.



Aquarius (January 20- February 18)
You march to the beat of your own drum Aquarius, and you are made up of 75% heart. You like to experience everything and anything that you can which makes you such a pleasure to be around. People are drawn to your adventurous and optimistic spirit because you make them feel like their possibilities are endless. You are very much like your element, air, as you can end up anywhere at the end of the day. People might tell you that you need to be a little more grounded, but don't listen to them. Remember "the dreamers who think they can change the world are the ones who actually do".



Pisces (February 19- March 20)

You are a daydreamer Pisces, you have the ability to imagine things with such detail that it can sometimes be like a movie playing in your head. You should utilize this skill and make an effort to spend some of your time this month being creative- trust me, it will pay off. Sometimes there is very real connection between reality and our dreams. Keep this in mind and you'll be able to connect the two to create a very positive outcome.



Aries (March21-April 19)

You are a head-strong sign Aries, so this month make an effort to keep your patience. Other individuals might seem like they are purposely pressing your buttons but they truly don't mean any harm, they just want to help. Your intense energy is something people admire about you because your passion for the things you love radiates out of your pores. Mars is your ruling planet and he is guiding you, make sure to keep your eyes on the sky and be sure not to take things for granted this month.



Taurus (April 20-May 20)

You feel a strong connection to the Earth Taurus, whether it be something you have always felt or something that is newly adopted, it is something that will better you from here on out. Soak up all the knowledge you can about what you are learning. January can be a challenging month, but remember that everyone sometimes gets homesick, it's not just you. Your ruling planet is Venus, and this month the saying "Men are from Mars, Women are from Venus", will make more sense than ever to you.



Gemini (May 21-June 20)

You are very curious Gemini, especially in months that have great meaning, such as January. You are mostly curious when considering your future and where your choices will lead you. Don't waste time worrying about how you are going to get where you want to be, instead make decisions and stand behind them. Don't get me wrong Gemini, being curious is not a bad thing, it can be a great way to explore, which is something you enjoy more than most. You like to see where the road leads and where it will take you, make a conscience effort this month to apply this adventurous mindset to decisions in your life.



Cancer (June 21-July 22)

You are similar to your symbol, the crab, in that you have a hard shell but a soft interior. You are very emotional moonchild and you have a tendency of replaying situations in your mind over and over again with different outcomes. As much as you enjoy this, it is not healthy to fixate on things you can't change or have no control over. Your life isn't a movie and not everything must be entertaining to watch, dramatic, or scripted, be sure to remember that. The most important thing to you is to feel safe in every aspect of the word, this is where that hard outer shell can come in handy or can hold you back- be sure to know the difference.



Leo (July 23-August 22)

You are a natural leader Leo. You go out of your way to blaze a trail and find a new and improved way of getting the job done. This will assist you in your future and help you map out your own path in life. Take time to listen to other's ideas and not just your own; sometimes people have a better understanding of a project and they can help make the end result better then you thought it could be. You give off positive energy and people respond to your enthusiasm when you make a conscience effort to let it spread like fire.



Virgo (August 23-September 22)
If you feel like you have been butting heads with certain people lately, just remember it is a season where emotions run high. Everyone is busy and stressed out getting ready for the new year, including you, so take it one day at a time and remember that 2011 will be a year of endless possibilities and a chance for transformation. If there is something you don't like about yourself, or something you have been dying to try, then go for it. Don't let a stereotype stop you from being who you want to be.



Libra (September 23- October 22) This time of year you like to dwell on what might have been or what could have been in your past. The decisions that you made sometimes have you second guessing, don't worry Libra, you are on the right path. Not everything in life can go perfectly to plan, there are bumps in every road, and milestones that need to be conquered so that you can feel some sense of accomplishment. Remember just because its hard doesn't mean it's wrong.

YEAR 2 REUNION

Back in the fall, we were contacted by an alumnus to see if there were any service activities a group of Year 2 members from Wellfleet could participate in over Halloween weekend. About ten of them were going to be reuniting on Cape and were excited for a chance to relive the old days of serving the Cape's natural resource management needs...including getting reacquainted with a tool they surely missed – the lopper, and a topic that probably still gives them nightmares – invasive species. We were able to arrange for a morning of service at Taylor Bray Farm in Yarmouth Port to help them meet some of the farm's land management goals. We were thrilled that they wanted to make service a part of their own reunion – thanks, and congratulations on 10 years of accomplishments in your life after AmeriCorps! Below, you hear from one of them:

Our time living and working together in AmeriCorps was often...challenging, but I was always, ALWAYS, proud to belong to a group of people living their ideals, working toward a common purpose, living a life rich with natural beauty. Ten years later, and I'm even prouder of who we've become. We are scientists, land stewards, teachers. We are on the front lines of wildlife and fisheries research in the aftermath of the Gulf Oil Spill. We are leading urban recycling efforts and developing new ways of engaging volunteers in ecological research. We are restoring longleaf pine forests and forging innovative land conservation partnerships and mentoring middle schoolers. We're growing organic gardens, cultivating oysters, studying estuaries, walking in the woods with our children. Ten years later, and we're STILL living our ideals, working toward a common purpose, living lives rich with natural beauty.....still, as the t-shirt says, getting things done.

Brett Thelen



See **Reunion** Page 17



To give you an idea of what some of the 2000/2001 Wellfleet house ACC volunteers are doing these days, here are a few personal synopses:

Courtney Forrester moved to the Boston area after ACC. She has spent her time working with and for local governments in the areas of waste reduction and sustainability. She received a Master's of Science in Environmental Education from Antioch University New England, and Courtney is now the Recycling Manager for the City of Newton.

Ryan Elting moved to North Carolina for an environmental management masters program after ACC. He now lives in Pittsboro, NC, where he manages a conservation program for The Nature Conservancy in the Sandhills region that is protecting and restoring longleaf pine forest with a Conservation Partnership of federal, state, and local entities. In an attempt to compensate for the guilt of his commute, he gardens and landscapes in his free time, seeks out information about sustainable agriculture and living, and steers his life in that direction.

In January, **Brett Thelen** will begin a new job developing and coordinating conservation-focused citizen science projects as Program Director of the Ashuelot Valley Environmental Observatory (www.aveo.org) at the Harris Center for Conservation Education in southwest New Hampshire. She also teaches an undergraduate field study course on coastal ecology (which culminates in a week-long trip to the outer Cape!) at Franklin Pierce University.

Katie Cameron teaches 8th grade Forensics and Earth Science at Bellingham Memorial Middle School in Massachusetts. She is also the assistant coach for the Bellingham High School varsity field hockey team.

Lindsay Dubbs lives and works on the Outer Banks of North Carolina. She teaches field-based environmental science and ecology courses for the UNC-Chapel Hill Institute for the Environment's Albemarle Ecological Field Site and contributes to research on the Albemarle-Pamlico Estuarine system as a UNC Institute of Marine Sciences postdoc. She has continued service as a volunteer with the Dare County Friends of Youth program.

Emily Chandler is working as a program manager for the Large Pelagics Research Center (LPRC)/University of Massachusetts-Amherst. LPRC conducts biological and ecological research on pelagic species including tunas, sharks, billfish, and sea turtles. Located in Gloucester, MA, LPRC is also working to revitalize the UMASS Marine Lab at Hodgkins Cove, Gloucester.

Kurt Schlimme graduated from Duke University in 2006 with a Master's of Environmental Management. His master's work at Duke involved leading a study focusing on the effectiveness of sheep grazing in the restoration of the native coastal grassland ecosystem on the island of Nantucket. Prior to attending Duke, he worked in various positions, including serving as a Deputy Shellfish Constable with the Town of Wellfleet and working with the USGS on a California spotted owl research project in Yosemite National Park. Kurt currently works as the Director of Land Protection & Stewardship for the Eno River Association, a land trust in Durham, North Carolina where he is responsible for managing all land protection and stewardship activities for the organization.



ANNOUNCEMENTS

SEE YOU LATER ASHLEY LOOK!

Best of luck to Program Coordinator Ashley Look, who is leaving AmeriCorps Cape Cod this December after 7 years as staff with the program. She will be attending The Nutritional Therapy Institute in Denver, where she'll become certified as a Natural Foods Personal Chef. Congratulations Ashley on your exciting new endeavors, and thank you for your years of service!



Mary, Richard, and George Visit





Congratultions to Mary Lawrence, former member and program staff, and her husband Richard on a new addition to their family. After moving to Saratoga Springs, New York this spring, Mary and Richard welcomed George Emerson Lawrence on September 19th, 2010. George took his first trip to Cape Cod this fall, and we look forward to many more, as well as the day he's old enough to wear his first A!



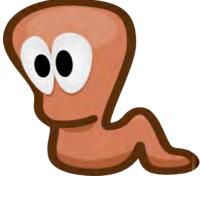


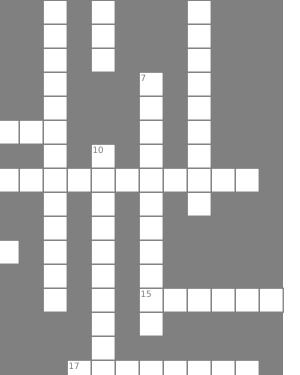




AmeriCrossword Ashleigh McCord













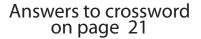
- Home to some creepy
- crawly friends (2 Words) Location of the AmeriCorps office
- A weekly tradition (2 Words)
- 11 Where members stayed during their first retreat (2 Words)
- 13 "Reduce, Reuse, Recycle things! And help your
- 15 Current year of ACC
- 16 Location of the Upper Cape house
- 17 number of holiday stockings hanging in each house
- 18 Location of the Lower Cape



- Three members serve here three days a week (3 Words) A Day On, not a Day Off (2
- Words) Nickname for the boys' room in Wellfleet (2 Words)
- "Five o'clock _____," Bourne House pet
- Where to learn about Cohesion and Adhesion (2 Words)
- A button featuring these cartoon characters circulates among Bourne Members each week (2 Words) 10 In The Green Ribbon puppet
- show, what not thinking did (2 Words)
- 12 Toxicodendron radicans (2 Words)
- 14 Point Road











YEAR 12 MEMBERS



WELLFLEET HOUSE

Top Row: Sarah Drerup, Vadim Zhernokleyev., Erin Daniels, Monica Lambert, Mike Easter, Mark 'Pfeif' Pfeifer

Bottom Row: Brigit Arell, Erik Boyer, Alisha Caron, Lisa Buchs, Eva Ward, Shivani Kakde, Stefanie Kramer, Caroline Walden

BOURNE HOUSE

Top Row: Keith Hopkins, Yashika Dewani, Andrea Brown **Middle Left to Right:** Matthew Lepere, Mike Evans, Laura Notarangelo, Kevin Denney, Riley Moffatt, Amy Ranum **Bottom Left to Right:** Tom Vohoska, Emma Snellings, Becky Gillis, Sheila Comerford

PICTURES









Top Left: One member likes to keep the Cape Cod spirit during Halloween!

Top Middle: A beautiful day at Waquoit Bay NERR in Falmouth

Middle Left: Some members playing a game at the NEED retreat

MIddle Right: Wellfleetians enjoying a fall hike **Bottom Right:** Cape Cod National Seashore











Top Left: Corps members visit the Truro Wine Festival

Top Right: A few Bournians watch the sunset at Old Silver Beach

Middle Left: String Buddies!

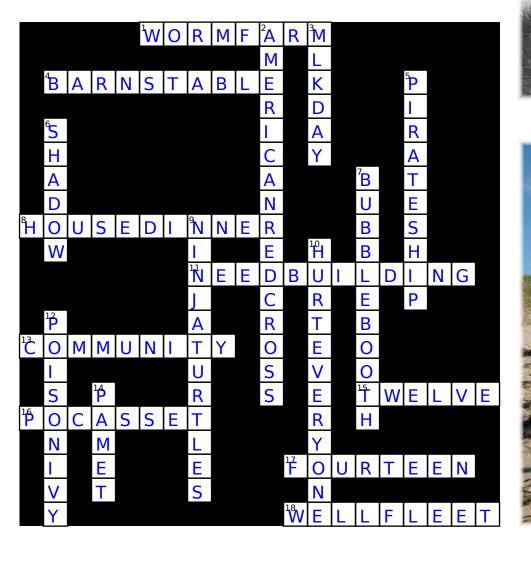
Middle Right: Members on County Government and Pledge Day

Bottom Right: Some Wellfleetians hit the trail

Bottom Bottom: Member Sarah Drerup finds a stranded Mola

mola

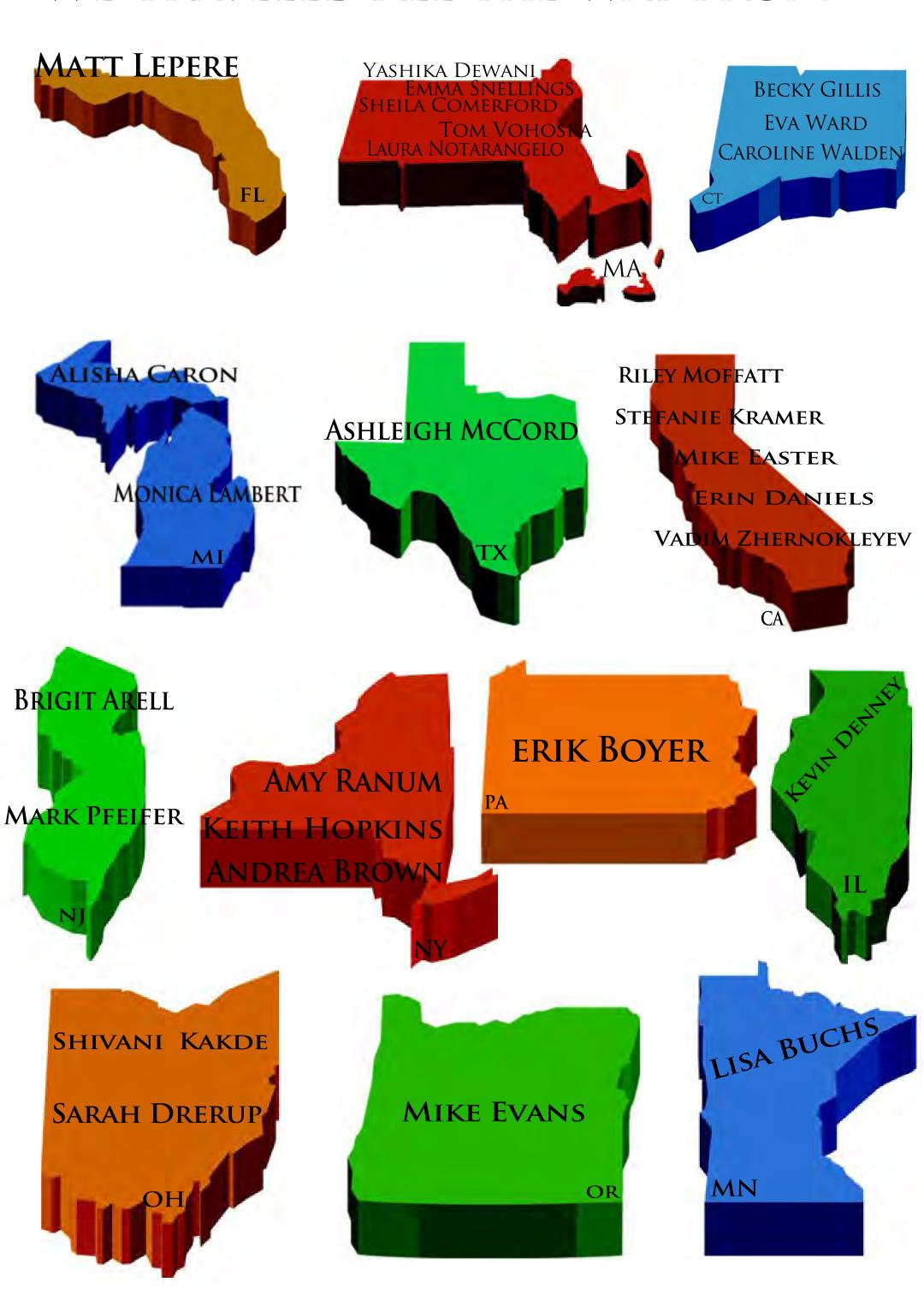
AmeriCrossword Answers







WE TRAVELED ALL THE WAY FROM...





THIS YEARS PLACEMENTS:

BOURNE PLACEMENTS

Andrea: Education, American Red Cross

Sheila: Disaster Services, American Red Cross

Kevin: Emergency Preparedness Assistant, Barnstable County

Regional Emergency Planning Committee

Yashika: Cape Cod Biodiesel Program Assistant, Marine Biological

Laboratory

Mike: Natural Resource Assistant, Army Corps of Engineers Natural Resource Associate, Bourne Dept of Natural Resources

Becky: Environmental Science Teacher, Waquoit Bay National Estuarine Research Reserve

Keith: Coastal Access Project Coordinator, Barnstable Growth Management

Matt: Coastal Health Steward, Barnstable Coastal Health Conservation Lands Assistant, Sandwich Dept of Natural Resources

Riley: Coordinator of Farm Activities, Housing Assistance Corporation Community Green, and Bourne Member Leader

Laura: Household Hazardous Waste program Assistant, Cape Cod Cooperative Extension

Amy: Fire Mitigation and Operations Planner, West Barnstable Fire Department

Emma: Water Festival Coordinator, Cape Cod Commission

Tom: Wastewater Treatment Specialist, Barnstable County Dept of Health and Environment

WELLFLEET PLACEMENTS

Shivani: Disaster Services, American Red Cross

Stefanie: Environmental Initiatives Coordinator, Harwich DNR

Brigit: Conservation Land and Water Management Specialist, Brewster DNR

Monica: Recycling Coordinator, Chatham Dept of Conservation

Erik: Tree Inventory Specialist, Orleans Tree Dept

Pfeif: Natural Resources and Environmental Programs Specialist, Provincetown Conservation Commission

Vadim: Private Wells Mapper and Pathways Coordinator, Cape Cod Commission

Eva: Park Planning Assistant, Cape Cod National Seashore

Mike: Volunteer Coordinator, Cape Cod National Seashore Fire Crew

Sarah: Hydrology and Water Quality Monitoring Assistant, Cape Cod National Seashore

Erin: Salt Marsh Monitoring Program Assistant, Association to Preserve Cape Cod

Shellfish Propagation Assistant, Barnstable Marine and Environmental Affairs

Alisha: Education and Outreach Coordinator, International Fund for Animal Welfare

Caroline: Action for a Healthier Community Assistant, Wellfleet Health Department, and Wellfleet Member Leader

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