

The Waypoint

Volume 7, Issue 2

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*A little Madness for the Spring
Is wholesome even for the King.*
Emily Dickinson

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Ah, spring is in the air; flowers blooming, trees blossoming, my allergies going mad. It was my intent to open this newsletter by writing a poem, maybe a Haiku, but instead I did what anyone else would do...I googled *spring poetry*. And after reading several poems, it was Emily Dickinson with whom I identified most with. We are in day three of constant rain, but I won't let that get me down. I am sure sunny, warm weather is just around the corner; along with all the answers to the most common question around our

houses. So, what are your plans for LAA? For those of you not familiar with the AmeriWorld acronyms, it means Life After AmeriCorps. But in the meantime, we are still enthusiastically serving throughout the Cape and enjoying this wonderful experience. This second edition of The Waypoint includes some of the projects we have worked on this spring and a few new projects in the works. Enjoy!

And, may I add, a **thank you** to the genius at Ben and Jerry's who came up with Free Cone Day. Brilliant!

Candice Black
Wellfleet House Editor

Cape Cod Canal Loses 900 Pounds

Saturday April 22, 2006 was the sixth annual AmeriCorps Cape Cod and the Army Corps of Engineers Cape Cod Canal Clean Up. This year's area of focus was the bank along the eastern shore, organizing near the Sandwich Recreational Center. Approximately 87 community volunteers came out and picked up well over 900 pounds of trash and debris from the side of the Canal. **Some of the more unusual items picked up were: an alarm clock, a message in a Mountain Dew bottle, a glass ornament from the town of Hanover, and a 30 pound bolt.**

Community business involvement was high as food and raffle prizes were provided by local merchants, Kevin and Company from 106.1 COD played some tunes for the volunteers while handing out Frisbees, stickers, and sunscreen. The Sandwich Fire Dept. was on hand with a fire truck, and the Cape Cod Stranding Network brought down their marine mammal rescue vehicle.

"The event really went off without a hitch." said Billy Rudek of the AmeriCorps Cape Cod Wellfleet house, "I'm really impressed with the level of organization and attention to detail that the planning team put in. Their efforts are evident not only in the efficiency of the day, but in the high spirits and level of satisfaction that the community volunteers displayed."

Congratulations go out to the organizers, Julie Pickens, Justin Evanylo, Stephanie Rabin and El Croteau; as well as all the community businesses that donated, the volunteers who came out for the event, and Barnstable High School Graphic Design students who created and displayed Canal Clean-Up posters. The united effort that these groups put forth ensured a 6th successful year along the shores of the Cape Cod Canal.



Jeff Brown, of Barnstable High School, picks up litter along the canal.



Volunteers pick up litter along the canal.

Blitz Week 2006

AmeriCorps engages over 100 community volunteers to re-claim the landscape of Thompson's Field, in the name of Harwich.

By: James Adkinson

Thompson's Field is a 57-acre property of conservation land owned by the Town of Harwich. For the past four years, AmeriCorps, in association with Harwich Conservation Trust and the Town of Harwich, has sharpened their loppers and saws to engage in a battle of sorts.

The first charge was led by one-time AmeriCorps staff member Michelle Spevak in 2002, with the help of Mike Lach of the Harwich Conservation Trust. Each subsequent corps has taken part in this rewarding, yet arduous endeavor. Our obligation this year was no different; we must conquer. We must do so in the names of those members before us, for the deserving citizens of Harwich, and most importantly, for the plighted trees, sand plain grassland, and native vegetation of Thompson's Field. The annual confrontation is one of great importance for the livelihood and beauty of these beloved grounds.

Our battle this year took place March 27th-March 31st with a flaming triumph for dedicated conservationists. AmeriCorps, led by HCT staff, Ben Wright and Mike Lach, empowered its volunteer forces with tools to take on the enemy; bittersweet, honeysuckle, multi-flora rose, and the other sly invasive species that make up this motley crew. Throughout the course of the week, our daily reinforcements included; Senior Corps, the Harwich Elementary School 5th grade class, Harwich National Honor Society, Girl Scouts, and AmeriCorps alumni and staff. In the end, over 100 community volunteers, coordinated by Ben Wright and AmeriCorps member, James Adkinson, assisted AmeriCorps.

Even entertainment was provided by AmeriCorps member educators (coordinated by member, Josh Laca) to ease and educate the weary minds of our courageous younger stewards about the impact of our faceless enemy; the invasive species. It was refreshing to sense the sparkle and enthusiasm in the air after an engaging ecological lesson, amidst our struggle.

Finally, after dragging countless piles of uprooted invasives to a burn pit, AmeriCorps sent up a signal to the fair town of Harwich by setting flame to the vehement vines that once choked and smothered Thompson's Field. Victory, once again, was ours... At least, for now!

Currently, over 100 million acres of land in the United States is infested with invasive species. An additional 3 million acres are lost each year to invasive species.

www.newfs.org

“Bittersweet Memories”



Molly K. and Josh help volunteer Girl Scouts carry a load of bittersweet to the “pit”.



Emily and Josh cut a Multi-Flora Rose bush with Girl Scouts.



Patrick stacks branches on top of piles of invasives.



Molly K. uses a polaski to remove honeysuckle roots.



Laura rips bittersweet out of the ground.



Above: ACC members watch the invasive species burn!
Right: Members gaze across the smoldering embers of their proud accomplishments.



Sprout No More

Interview done by: Julie Murphy, Josh Lacan,
and Tess Casey

As some of you may have heard, AmeriCorps Cape Cod has been re-vamping the recycling puppet show. Funded by the Jimmy Buffet Singing for a Change Grant, the new puppet show entitled “The Green Ribbon” has introduced some new faces to the Corps. Who better to talk about the new show better than the “actors” themselves? Candipopple-fun, starring as the talking can and the Sand-wich have found time between rehearsals to speak candidly about their latest project.

TC: Welcome puppets, can you tell us a little bit about the show?

Candi: Well, “The Green Ribbon” is a think piece to alert Cape Cod residents about our current environmental status.

SW: I’ve personally taken the opportunity to voice my struggle to survive.

JM: Oh Miss Sand-wich, please explain!

SW: Well you see, as a sand dune, my hair represents beach grass, which grows to prevent erosion. However, with so many people trampling over me, my hair has begun to die and we’re not talking just split ends. By doing this show I have been given the opportunity to be a voice for all the dunes in peril.

JL: Candi, may I call you Candi? What do you bring to the show?

Candi: Oh yeah, call me Candi, man. I’m the real brain-teaser of the cast. I start off as just a regular soda can and come back as giant talking can to inform the main character, Zoë, about the importance of recycling. I am

way more than just a can; I could be your bike.

TC: Tell me more about this Zoë you speak of.

SW: Well, not only is Zoë the star, she gets to be the beautiful character, while I had to be in make-up and wardrobe to get this sick, dirty look of a dying dune. Anyway, Zoë plays the naïve little girl who absent-mindedly litters on a beach. When her ribbon is stolen by Deputy C. Gull as punishment for littering she chases him into dirty “Grey Cod Beach”, where she meets us and is taught about recycling and taking care of beaches.

JM: Well that about sums it up, but why the title “The Green Ribbon”?

Candi: What a great question. At the end of her adventure the green ribbon has come to represent all that Zoë has learned about recycling and protecting the earth. Each child in the audience is given a green ribbon so they will remember too.

JL: Well, thank you for your time Candi and Sand-wich. When is opening night?

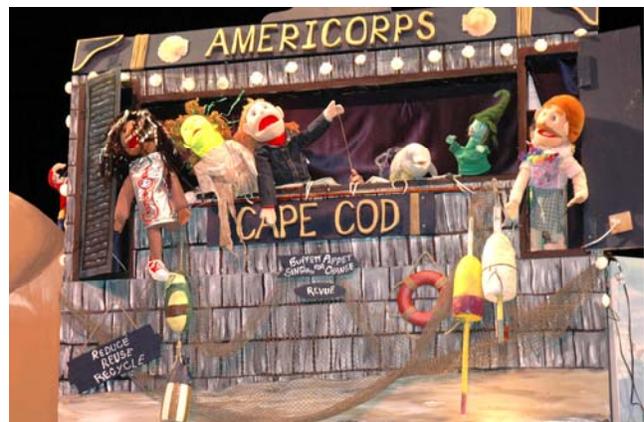
SW: It’s at Earth Celebration put on by AmeriCorps on May 20, from 10-2. Have you pre-ordered your tickets? They are selling like hot-cakes.

JL: Tickets? I thought Earth Celebration was free.

SW: Um, yes. Well, if there were tickets they would be selling like hot-cakes.



Tess interviews two of the cast members of “The Green Ribbon.”



First day of rehearsals.

FUN FUN FUN

AmeriCorps Cape Cod (ACC) members are currently planning the **7th Annual Earth Celebration**, to be held at the Barnstable County Fairgrounds on May 20th from 10 am to 2 pm. This family and community event, held in conjunction with the Master Gardener's Plant Sale, provides an opportunity for local environmental organizations to share their knowledge with the community. It is a FREE event for people of all ages, with live music by the Falmouth Fiddlers, educational booths, environmental lectures, children's activities, raffle prizes and free food. The children's activities include the Water Festival, Energy Expo, face painting, and the much anticipated debut of the ACC puppet show, "The Green Ribbon." There will also be a chance to learn about alternative forms of transportation, including Hybrid and Bio-diesel vehicles.

Environmental Education is one of the key focus areas of ACC. Earth Celebration was created by members in the first year of ACC as way to educate Cape residents of all ages on ways to protect and celebrate the environment. This idea proved to be a great success, as each year's event continues to grow. Please join us on May 20th for another great year of Earth Celebration.



Community Disaster Education

A man named Max Mayfield once said, "Preparation through education is less costly than learning through tragedy." Understanding the importance of education, Americorps Cape Cod (ACC) has been working in conjunction with the American Red Cross for several years to help educate the public about disaster preparedness. We give presentations for groups ranging from senior citizens to preschool age children.

This year the ACC members have taken a stronger role in the Cape's Community Disaster Education (CDE) than ever before, expanding the programs reach. We have already exceeded our expected number of CDE's with three and a half months still to go. So what has changed so much this year? One difference this year is that several corps members have gone through trainings that weren't given to corps members in years past. Several corps members have become trained in Disaster Instructor Specialty Training (DIST), which gives them the ability to teach Red Cross disaster classes such as Shelter Operations. Eleven members took the Fundamentals of Instructor Training (FIT) and can now teach Red Cross First Aid and CPR courses. Classes such as these are instrumental in educating volunteers so that in times of need they can respond.

This year, ACC members Amanda Howe

and Josh Lacan introduced a new aspect to the CDE program with a new preschool initiative. ACC has been working with Cape Cod Child Development to educate preschool aged children about fire safety and disaster preparedness. The program includes an interactive in class presentation and information for the children to take home to their parents, encouraging the children to discuss with their parents what they have learned. Especially important are the preschool fire presentations. Each year several children die in fire related deaths, with around 50 percent of those children being age 4 or under. Part of the reason for this is that very young children often hide from fireman because they are afraid of them. For this reason we've been working with firemen who wear their gear, mask and all, so the kids can learn not to be afraid of them. The program has also recently received the donation of a full fire turnout gear by the Atkins Volunteer Fire Department and a breathing apparatus by the Marion Life Saving Crew. Now, when a fireman does not accompany us, the children can still be shown the different parts of fire gear to help alleviate any fear they might have.

Hopefully the community education programs will continue to grow and evolve, spreading the reach even farther in years to come.

AmeriCorps at a glance...



Above: Molly O., Josh, Jesse, and Molly K. plant beach grass in Falmouth.
Right: ACC group at Thompson's Field during Blitz Week.



Emily, at her IP, MA Alternative Septic System Testing Center.



Justin (left) and Perry (right) install Piping Plover information signs in Cotuit.



Above: Julie and Tricia, planting a tree at Taylor Bray Farms in Yarmouth.

Left: Josh gives a CDE fire safety presentation to pre-schoolers.



Julian, Scott, Molly K., Molly O., Jesse, Jen, and Perry at Mitchell Field in Barnstable after a day of chainsaw work.



Left: Jen at Bank Street Bogs in Harwich carrying bird houses.
Above: Rachel and Jen at Monomoy Island, cleaning bird houses.

Candice and Carolyn representing AmeriCorps at the Provincetown Year-Rounders-Festival in March.



Billy, Patrick, Rachel, Rebecca, Amanda, Laura, Jen and Amy at Monomoy Island wearing all of their safety gear.



Left: Billy and El plant beach grass at Race Point Lighthouse in Provincetown.
Above: Candice planting beach grass.
Right: Amanda planting beach grass.

Running For a Cause



We all know our Tess Casey as a loveable, motivated, dedicated, hardworking fellow corps member. Let's not forget athletic and energetic. After finishing a day of service, Tess typically goes biking, hiking, or running. Since September she has run in seven (yes seven) races, most of which are fundraisers for a good cause, such as the Special Olympics. This summer she plans on running a race for a cause close to her heart. Four years ago her mother was diagnosed with Multiple Sclerosis (MS). Thought to be an autoimmune disease, this devastating malady affects the central nervous system. Since her diagnosis, Tess' mother has increasingly lost the ability to walk on her own. As a member of her local MS Society, Tess has been chosen to be a participant of the 2006 MS Falmouth Road Race Team. This race is considered to be one of the best road races in the country, bringing in Olympians and runners from all over the world. By running as part of the MS team, members are able to raise money to end the effects of MS and raise awareness of this disease.

Tess, continually inspired by her mother's positive attitude and her determination to live with this disease, will be running in the MS Falmouth Road Race August 13th, which is also her mother's birthday. She is required to raise \$750, but would like to raise more to go towards this important cause. Tess, your fellow AmeriCorps members wish you the best of luck!

If you would like to make a tax deductible donation for Tess to the MS Society Falmouth Road Race Team, this can easily be done by donating online at www.msnewengland.org by entering TESS CASEY in the correct field then selecting the "ePledge" button under Falmouth Road Race. If you are a first time user, select New User and enter your pledge.

*In the United States,
about 200 people are
diagnosed with Multi-
ple Sclerosis every
week.*

Www.nationalmssociety.org



Tess, running a relay at the Cape Cod Marathon in October.



Kudos Corner!

Wellfleet's Own Gold Medalist

The weekend of February 24-26, while the 2006 Winter Olympics were being held in Torino, New York State was holding its own 26th Annual Empire State Winter Games in Lake Placid, site of the 1932 and 1980 Winter Olympics. The Empire State Games bring amateur athletes from all six regions of New York together to compete in a variety of sports, including Women's Ice Hockey, Figure Skating, Alpine Skiing, Bobsled, and Luge.

One of our very own AmeriCorps Cape Cod members, Rachel Hutchinson, a hockey player since the age of ten, played an instrumental role in the Gold Medal Victory of the Adirondack Women's Hockey Team. Rachel was chosen as one of two goalies to represent the Adirondack region. Playing four of five games, Rachel recorded a total of 51 saves and allowed only six goals during the weekend. Congratulations, Rachel! We are all very proud of you for bringing home the Gold!



Left: Rachel, celebrating the team's victory.

Right: The Adirondack Women's Hockey Team, posing for their victory photo.



Congratulations to ACC member, Laura Jones, who recently organized a successful Chatham Beach and Trail Cleanup for the Chatham Conservation Commission. Elementary students at Chatham designed t-shirts for the event, which brought out over forty high school students from Chatham High School. Eight locations of Chatham's beaches and trails were cleaned, resulting in hundreds of pounds of trash being

picked up. The event was sponsored in part by a grant from Green Grant Youth Council. Several donations were made from local businesses, providing lunch, drinks and prizes for the students. Well done Laura!

Right: El, Tess, and former ACC member, Shane register Chatham High School students for the beach and trail cleanup April 29th.



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AmeriCorps Cape Cod
Year VII

AmeriCorps Cape Cod



7th Annual Earth Celebration

When: Saturday, May 20th, 2006 10:00am until 2:00pm

Where: Barnstable County Fairgrounds, Rt.151 in Falmouth

What: A fair-modeled event that highlights the environmental work done by groups Cape-wide. Activities include games, prizes, food, puppet shows, live entertainment, and arts & crafts!

Why: Rain or Shine... A **FREE FUN FAMILY EVENT FOR ALL!**