

Barnstable County AmeriCorps Cape Cod
Year 16, Winter 2015

waypoint



16 issue 2

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in this issue:

03: go-mode

05: firecorps types wildfire engine

07: st. louis to cape cod

09: taking on water (and air) quality at the cape cod national seashore

11: knots, fire shelters, and IRPGs: an unconventional training day at the cape cod national seashore

13: rocky mountain road to service

14: americrossword

15: dpw is anything but flakey

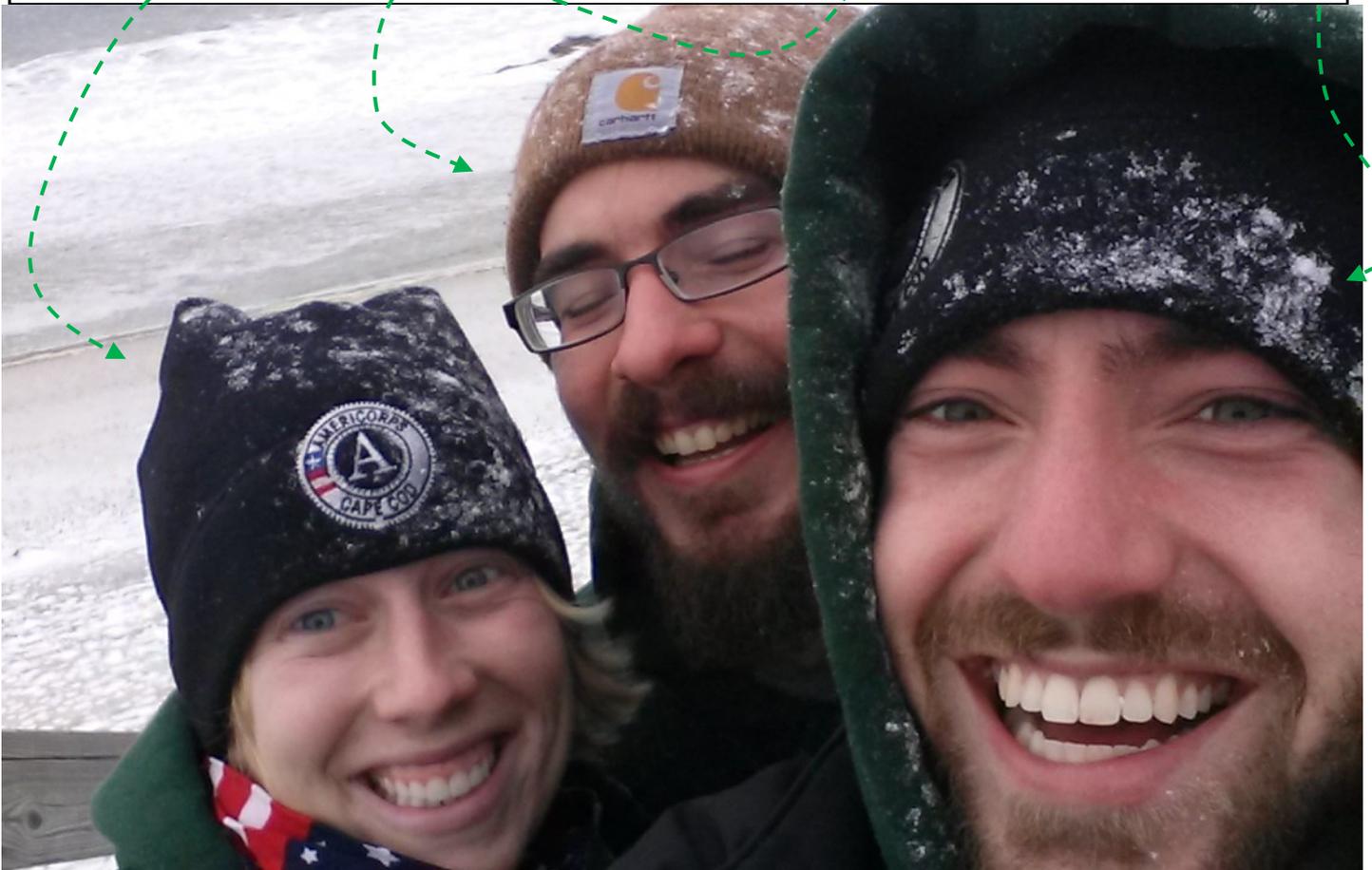
17: mlk day of service

19: hazardous waste on cape cod

20: after hours on the outer cape

22: becoming fire wise

**what in the
world have
they been
up to?!**



go-mode

by emily meshumar

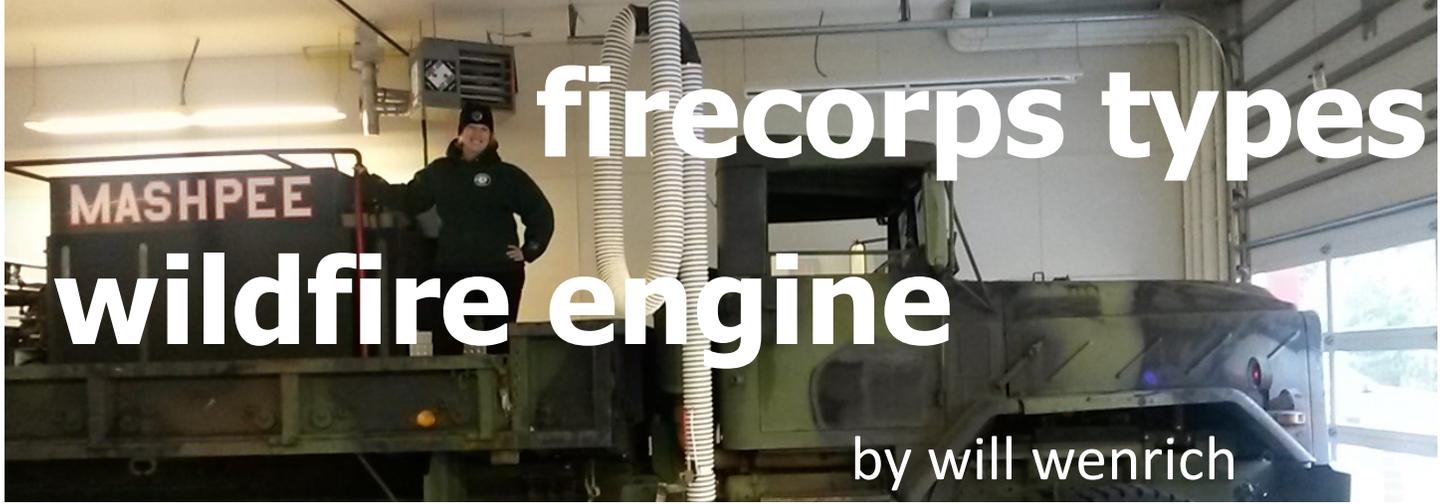


Code Red! We all panicked and stood frozen as we tried to ponder what would go in our to-go bags. We had been trained for and discussed how shelter operations worked, but I don't think any of us ever thought that we would actually have the opportunity to open a shelter. With all of the news and updates about the blizzard named Juno, we had no idea how long we would be sheltering or what would happen. Each member was deployed to a different location and served with different response teams. My team and I arrived at Sandwich High School the night before the storm. We helped set up cots in the dormitory and cafeteria areas. The first night, we only received two elderly clients. Fellow Bourne House member, Carly, and I worked the night shift the first night and stayed up talking to the two women that arrived. We shared stories and laughs with them before they went to sleep. Throughout the rest of the evening Carly and I had to entertain ourselves, trying to stay awake. In the morning we switched with Dave and Amanda who took over for us while we slept. We had about 30 clients all together at the shelter, and by the end everyone knew who we were. We were constantly running around making sure everyone was comfortable and well fed. The sheltering process was really eye-opening and it was interesting to see everyone come together during a period of unpredictability and unease.

Flash forward a few weeks. We had all hoped that another blizzard would not hit which would increase safety issues and cause us to open shelters. We received word that we were in "code orange." This meant that we were on-call in case we needed to open shelters. Since it was a holiday weekend, most people in the Bourne house went home, leaving the seven members who were on-call crossing their

fingers that we wouldn't have to open shelters. The LeHac House members were on stand-by in case we needed to open warming stations at some of the local fire and police stations. Friday night we were informed that all Bourne House members on-call would be needed to assist in opening the MACC (Multi Agency Coordination Center). The MACC is a control center and base in Barnstable in charge of deciding whether or not shelters will open. They send out and organize resources needed in the different towns during a storm. It ran smoothly and efficiently, with tables representing different organizations that would be needed. After sheltering, it was refreshing to be able to see how the MACC ran and to get a different perspective on the sheltering process.

The minute our alert system changes to orange or red, we shift into what I like to call "Go-Mode": ready for action. All fear and questions of what is going to happen flee the mind as we prepare to face the storm. After being able to see both sides of the sheltering process, I feel much more prepared and ready in case we have to do this all over again (although fingers-crossed that we don't). Snow this year on the Cape has reached record highs, and it has been amazing to see the community come together to help. This whole experience proves how unpredictable and varied our tasks as AmeriCorps members can be. The beginning of the year was very focused on outdoor environmental projects, and now there is a lot more emphasis on disaster preparedness. It has been a pleasure getting to be a part of such a flexible and resilient group of people. Now, having been through the sheltering process, I think we will all be happy to see the alert system stay on green (no risk) for the rest of the year.



During FireCorps' winter outreach period we branched out to serve beyond the National Seashore. One of our goals was to visit Cape-wide fire departments that had wildfire apparatus and inventory each type 6 engine. Having an inventory of which station has a type 6 engine is not only for record keeping, but for resource management. Josh Nigro, Barnstable County's Fire Warden, will be able to appropriately deploy out engines and be sure that all areas will have wildfire resources available for them.

The first step in the inventory process is making sure each engine has the required specifications for a type 6 engine. These specs are: a tank capacity of 150-400 gallons, a minimum pump flow of 50 gallons per minute, a rated pressure of 100 psi, 300 feet of 1.5 inch hose, 300 feet of 1 inch hose, 'pump and roll' capability, a max gross vehicle weight of 19.5 thousand pounds, seating for a minimum of 2 personnel, and class A foam capability. Most of these specs are either obvious at first glance or easy to find, but some, like the gallons per minute, may be found by asking the fire captain of that fire department.

An engine with 400 gallons of water and 600 feet of hose is perfect for a roadside fire or a small fire in the woods, but it takes significantly more to be useful in a large fire, and may require multiple engines working together. This meant the next step for FireCorps was inventorying additional components of each engine and comparing it to

a list of what we think every engine should have. This huge list covers additional feet of $\frac{3}{4}$ inch hose, hose reducers, increasers and adapters, essential hand tools like the fire rake and shovel, multiple pairs of personal protective equipment, filled backpack pumps, medical kits with automatic external defibrillators (AEDs), radios, meals ready-to-eat (MREs), chainsaws, and of course duct tape and WD-40. Wildfires can be unpredictable, so the best way to be prepared is to be ready for anything.

Sometimes the safest way to use a hose is to have gated wyes, essential connectors between each hose. A gated wye allows for two hoses to connect to one, ensuring that the main hose can continue to the fire while a smaller hose and nozzle stay to protect the hose itself. An engine without these items could be at risk of the fire burning around the front of the hose and destroying the hose someplace between the engine and the nozzle, effectively cutting off the firefighters from lifesaving water. For each item on our three page list, there are scenarios just like this one where having a specific item could be the difference between a raging inferno and a quickly contained fire.

By the end of the winter outreach period, eighteen engines between Sandwich and Truro were reviewed by teams of FireCorps members. Each and every item on each and every truck was inventoried and this list will be used when deciding what engines will be most effective on a fire in the future.

the corps by the seashore*

*we swear it rhymes if you say it out loud

IN FEBRUARY, THE FIRECORPS AND WELLFLEET HOUSE GENERAL CORPS MEMBERS WERE JOINED BY A TEAM OF LOVELY FOLKS FROM *CITY YEAR BOSTON* FOR A CUT, PILE, AND BURN AT THE CAPE COD NATIONAL SEASHORE IN TRURO. WHILE DRAGGING BRUSH THROUGH THE SNOW, WE TRADED STORIES OF SERVING WITH TWO VERY DIFFERENT AMERICORPS PROGRAMS. OUR VISITORS DAZZLED US WITH TALES OF THE BIG CITY, AND WE TAUGHT THEM HOW TO DRESS LIKE MINIONS. AS SHOWN IN THIS PHOTO, THEY FIT RIGHT IN.



st. louis to cape cod

by kelly barber

Prior to this program, I served for two years with AmeriCorps St. Louis. After graduating from college, I was looking for a long-term service opportunity, and was interested in getting some experience in disaster relief. AmeriCorps St. Louis is a thirty-person Emergency Response Team that can be requested by FEMA anywhere in the country. When not called out on disaster, they serve with the Missouri Department of Conservation, Department of Natural Resources, and the U.S. Forest Service doing environmental stewardship projects. Some of the projects include habitat restoration, invasive plant treatment/removal, and prescribed burns. For two months out of the year, the team serves with the U.S. Forest Service in Montana doing mostly trail maintenance and attaining chainsaw certification.

Life in AmeriCorps St. Louis basically involves splitting into five-person teams and packing out equipment, food, and personal gear to last for the five-day week. Since most of the conservation sites were a few hours out of St. Louis, the teams stayed near the sites for the week instead of driving back and forth. Housing is normally provided in the winter, but we usually camped during the summer months; we were only at our St. Louis apartments during the weekends. When called out on disaster, we tended to be out at that site for about a full month before fresh members were cycled in.

My first year was a huge learning experience for me. I had never used power equipment before, and we frequently used that type of equipment in that program, particularly

chainsaws. I had not been exposed to disaster before, and that was the year Hurricane Sandy struck. We were part of the initial response team, and I was in New York for a total of three months doing flood response. It was eye-opening to see the different financial and living situations that people faced after the storm. It was also moving to understand how to help people on an emotional level, in addition to the material help provided. That year was also my first exposure to major conservation projects, and I learned what we can do to help return an ecosystem to its natural state. Because of this experience, I became interested in continuing on for another year as a member leader with the St. Louis team. In this role, I was the primary contact with our service partner for the week, managed the conservation project(s) for the week, helped train our new members and communicated the purpose of our different projects. I managed a number of conservation projects during this second term, and that really piqued my interest in pursuing that field, specifically in invasive plant management.

AmeriCorps Cape Cod's focus on natural resource management attracted me to the program. I was also looking for a wider variety of experiences to see if other fields were of interest to me. A year ago, I would have never expected to see myself conducting environmental education lessons, putting on puppet shows, or shell-fishing. I had never done any of these things, but I wanted to force myself out of my comfort zone, to expand my horizons, and to gain knowledge that may help me in the future.

One major difference between the two programs is that AmeriCorps Cape Cod focuses more on its surrounding community, so I feel a strong connection with areas throughout the Cape. The week itself is so divided in tasks that I experience a great variety each week. I have my Individual Placement with the Cape Cod National Seashore Fire Management Office and Safety Office two days a week, but the Monday and Friday service projects are always different. It's awesome to serve with different partner organizations and get new networking opportunities. Office time during community outreach and development (COD) days is great, too, for working on important AmeriCorps Cape Cod events, and my own individual projects.

On Cape Cod, there are many more people who know about AmeriCorps because it's a more populated, although physically smaller, service area. AmeriCorps St. Louis doesn't have regular public interaction during environmental stewardship projects, and the projects are located in fairly rural areas all over the state. With that, it's no surprise that very few people know that AmeriCorps exists.

This is currently my third term in an AmeriCorps program. I don't think I can say I like one over the other. I love my old program, and it really made me want to continue my experience with AmeriCorps. I'm excited for what lies ahead this year: getting more experience in natural resource management, connecting with the community, and living in the region that I love.



SHEEPSHEAD
RECREATION
AREA, MT

LONG
ISLAND, NY

LEE METCALF
WILDERNESS,
MT



Taking on Water (and Air) Quality at the Cape Cod National Seashore

I serve with the Cape Cod National Seashore (CCNS) at the biology laboratory in Truro two days a week. My Individual Placement (IP) is different from other IPs for several reasons. For instance, I am lucky to serve with multiple supervisors instead of one. My work also involves continuing long-term monitoring projects instead of single

projects. I serve with Kelly Medeiros, who is a hydrologic technician. I work with her on pond staging, where we go to different kettle ponds on the Lower Cape and measure the height of the water. I am also involved on two stream gaging projects to measure the streamflow of Hatches Creek in Eastham and the Pamet River in Truro.

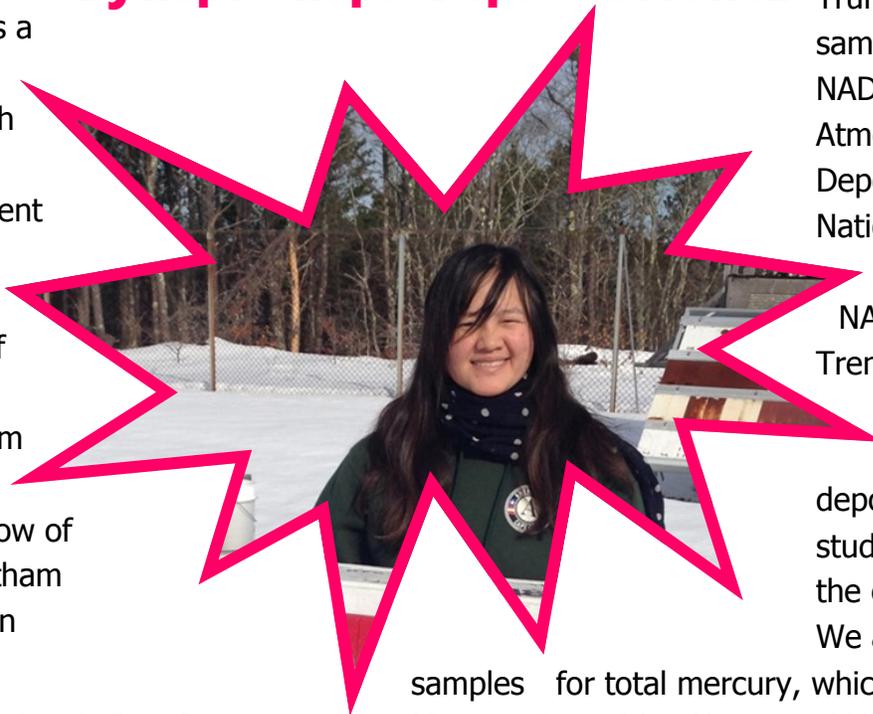
My other supervisor is Bob Cook, a wildlife ecologist. My primary service with him involves monthly monitoring of 40 vernal ponds. Vernal ponds are pools of water that are temporary, therefore they may or may not contain water and as a result do not contain fish. The transient nature of the vernal pools is important for amphibians that lay egg masses

because they do not want predators such as fish. For two days during the middle of the month, I drive the CCNS truck to different sites spanning Eastham to Provincetown and hike to where these pools are located to check the water level.

I've also started working with laboratory manager Krista Lee, on Tuesdays, we take air quality samples in Truro. I send the samples to the NADP (National Atmospheric Deposition Program) National Trends Network. The NADP National Trends Network measures the atmospheric deposition and studies its effects on the environment. We also take

samples for total mercury, which is sent to the Mercury Deposition Network (MDN). All of this data is especially important because it comes from the most eastern point of our state. Usually we drive to the air quality site, but sometimes access is restricted because of the snow, and Krista and I snowshoe our way to the site. In fact, one of my favorite things about my IP is the fact that I get to do a lot of field work, even in

By Hope "Hopus Popus" Goodrich





**House
Dinner
Wednesdays**



Nomex Fridays

knots, fire shelters, and IRPGs: an unconventional training day at the cape cod national seashore

by amanda carron



General corps member Carly C. Brady tries on FireCorps member Cody Michel's initial attack (I.A.) pack.

Photo by Hope Goodrich

The light from the street lamps filtered through my bedroom window curtains as I put on clothing made of cotton and natural materials. I groggily prepared for an exciting day of pile burn training at the Cape Cod National Seashore with the FireCorps. It was a Monday, and amidst the wintry scene of the prior weeks, we had a snowy commute from Bourne to Wellfleet ahead of us. We arrived at Marconi Beach with news of our pile burn training cancellation due to inclement weather. With a mix of relief (I'm going to stay dry!) and melancholy (fires *are* pretty cool), we made our way up the stairs to spend a day in the New Fire Cache with all the Corps members and David Crary, Jr. the Cape Cod Fire Management Officer and service partner for the FireCorps at the Cape Cod National Seashore.

We began our snow day with a weather debrief led by the FireCorps members, that highlighted the essential measures for fire management. The level of transparency and rigidity was apparent from the start, crucial measures in this occupational setting where a simple mistake can result in losing someone's life. Transitioning into more hands-on activities, we cut up 10 ft. lengths of rope and learned about different useful knots and hitches taught by FireCorps members and David Crary: the bowline, alpine butterfly loops, clove hitch, double fisher, figure 8, prusik, and water knot. Morning quickly turned to lunch time. During lunch, members could be found in corners of the room practicing different knots on chair legs or neighbor's appendages with a sandwich balanced precariously on their laps.

A knot-making relay race concluded the fine-motor movement portion of the day. After a short break, we moved into learning more about wildland firefighter gear and equipment. We started with line gear, backpacks carried by

wildland firefighters wherever they go, containing essential equipment such as water, lighter, emergency food packs, headlamp, fuses, emergency blankets, spare personal protective equipment, and fire shelters. We then were able to feel the weight of these packs and even got to practice opening, and trying out the fire shelters. A piece of gear that should not be in the pack, but should always be found on the FireCorps' person is the Incident Response Pocket Guide (IRPG). The IRPG is a handy notebook that contains wildland firefighter protocols from aviation to medical evacuation; the IRPG seemed like an immeasurable resource for wild land firefighters. We concluded our day at the New Fire Cache with a video and discussion of the 2003 Cramer Forest fire, a tragic fire that claimed the lives of two wildland firefighters due to miscommunication and leadership negligence. A humbling moment, it really drove home the need for consistency and structure in wildland firefighting, and similarly in the FireCorps program. The case study allowed the General Corps members to reflect and take away their own analogous lessons learned.

As an environmentally-based program, we try our best to serve effectively in any type of weather conditions that may be thrown our way. For this snow day, among others, since this winter has been particularly harsh, it was decided that a day inside would be more beneficial than trying to work outside. While we cannot control the weather, I believe that the General Corps— alongside the FireCorps— made the best of the day. I know I appreciated a brief glimpse into the life of the FireCorps, and I also know my enthusiasm for knots was reinstated by this unconventional snow day at the Cape Cod National Seashore.



Eagles Nest Wilderness Area, Colorado. Replacing a wood boardwalk with a more durable rock walkway.

Photo by Christina Elderkin

rocky mountain road to service

**by
kelsey
dunn**

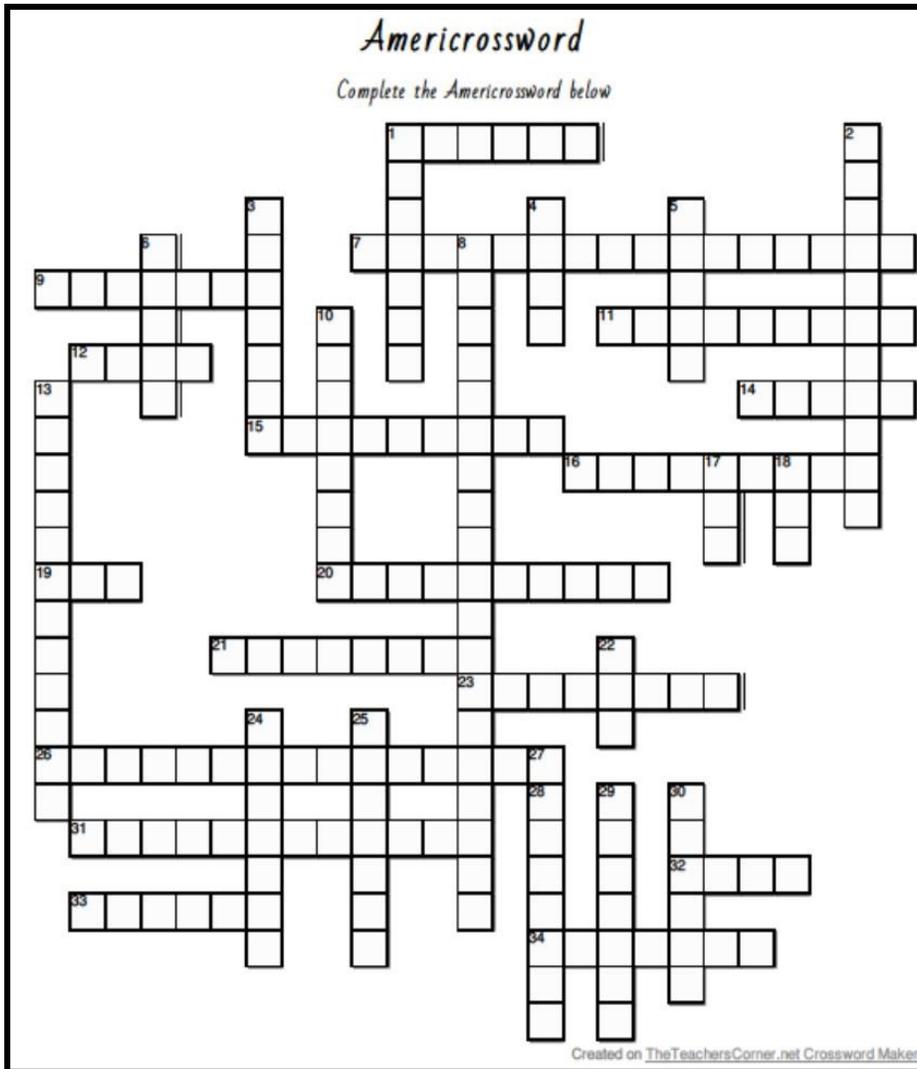
Somewhere along the way with the Rocky Mountain Youth Corps (RMYC), I became entirely obsessed with trail building (and also Colorado). RMYC is a conservation corps that focuses primarily on building and maintaining hiking trails as well as removing invasive species. It's a ten week program that takes place over the summer in beautiful Colorado. Crews are typically composed of nine people and they spend the entire summer together living out of their van and occasionally (or not so occasionally) backpacking. They work together during the week and utilize the plentiful recreational opportunities during the weekend.

My previous AmeriCorps program was, as you would expect, quite a bit different from my current experience here with AmeriCorps Cape Cod (ACC). Firstly, on Cape Cod we spend significantly less time in the woods, and secondly, the conversations between corps members are remarkably less centered around bodily functions. Both programs involve living in close quarters with some awesome and, quite frankly, strange individuals. Slowly, however, these people transition from being strangers to great friends. It comes with the territory that you learn a lot of really strange things about your fellow corps

members in a program such as this. Conversations of anarchy and a bounty of other social commentaries begin to surface and become commonplace. In RMYC sitting around campfires and being in the middle of nowhere tended to escalate the pace of the emergence of such topics, but here on Cape Cod we have winter, and that forces us together inside for extended periods of time.

Through all of my AmeriCorps experiences, I have learned that I really enjoy keeping myself busy and working hard. Some days can be very challenging. In RMYC some weeks we found ourselves rolling boulders around for eight hours, or sometimes doing something much less labor intensive work like replacing a barbwire fence. ACC is such a varied program; we help open emergency shelters in the event of a natural disaster. We work in the environment to remove invasive species, and teach students about the importance of protecting the environment. It's common to feel out of your element at least once a week and that can take a little bit of an adjustment. That being said, it's beneficial to learn to be flexible. I've grown to have a much stronger service/work ethic and more confidence in a wider variety of situations.

test your acc knowledge with the:



Vertical

1. Canal _____
2. Dr. Julius Kelley Ln. Pocasset, MA
3. Tool We Use The Most
4. Corporation for National Community Service
5. FireCorps House
6. Wellfleet Residence
8. It's Like An Internship
10. 'Is It Like The ___ Peace Corps?'
13. Emergency _____ and Response
17. Community Outreach and Development
18. Request For Proposal
22. Massachusetts Service Alliance
24. Environmental Education in schools...
25. Glacial
27. _____ Service
29. _____ Resource Management
30. Chasers

Horizontal

1. Barnstable
7. FireCorps Works Closely With
9. '_____ Ready To Serve!'
11. Engagement
12. International Fund for Animal Welfare
14. '_____ and Community Ideas'
15. Aquaculture
16. We Do Fire Things
19. Resource Development Office
20. Main Location of MLK Day of Service
21. ___ Emergency Planning Committee
23. Board
26. Hosts A General Corps Member Two Days A Week
28. We Always Wear An
31. _____ Skills
32. National Marine Life Center
33. What the Ladies of RDO Write and Manage
34. The Mastermind Behind It All

→ **created by jen morrison**

DPW is anything but flakey

by sawyer crespap

Most everyone is aware that the Department of Public Works (DPW) is responsible for plowing public roads of snow and ice. However, that is almost all that citizens know about the DPW and its snowplowing operations. I feel very lucky to have seen this process firsthand with the Barnstable DPW, and observe all the planning and hard work that goes into executing successful snowplowing.

First, an all-hand DPW meeting was held in late fall to explain protocol for plowing and to standardize plans across all DPW divisions. Next, DPW employees were divided into 'A' and 'B' teams to alternate the plowing schedule. Once snow hits, ideally a specific team is informed a day ahead of time that they will respond to the storm. Before the snow comes, the teams travel the primary and secondary roads to cover them in sand. As the snow falls, that same team drives to plow and salt the roads. This plowing and salting routine occurs until the snow has stopped falling and even after it is finished.

In theory, this seems relatively simple. However, we all know even the

strongest policy can be difficult to perfectly execute. This idea proved true during Juno, the 2015 blizzard that hit Cape Cod. The sheer amount of snowfall was enough to require both plowing teams and to keep them on duty for over four days, they continued to alternate plowing for the following week. The toughest aspect of this storm was not snow removal, as expected, but determining where to put the snow once it was plowed. There simply was no place to pile it safely. This left many secondary and connector roads snowy and kept school from reopening for a full week. DPW workers were working around the clock to clear public infrastructure and restore safe conditions to all roads and lanes. Plowing operations continued steadily since then throughout late January and February. Crews have seen little of their families and gotten little sleep to ensure that the job was done correctly and consistently. Being able to learn about this process firsthand showed me just how diligently this crew works in the most stressful situations and how little most everyday citizens know about the snow removal process.



**We're learning
a lot this year!**

MLK DAY 2015 "Bridging the Hunger Gap"

Camp Lyndon, Sandwich



MLK DAY 2015 "A Day On, Not A Day Off"
Cape Abilities Farm, Dennis

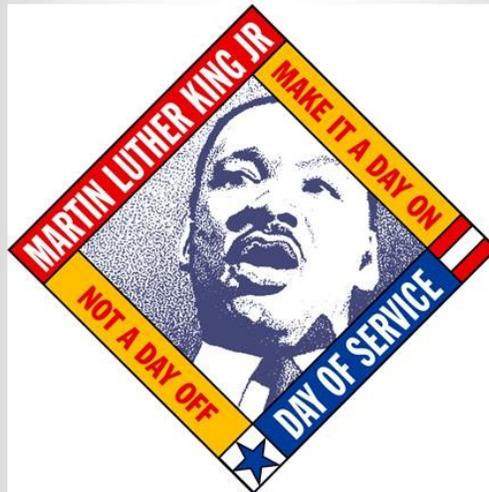


PHOTO ARTICLE
BY VALERIE
FALCONIERI

hazardous waste on cape cod

by carly c. brady

Believe it or not there is hazardous waste everywhere on the Cape! If you haven't spotted any, then we must be doing an awesome job in picking it up! Some hazardous wastes include marine flares, mercury, and sharps. "Sharps," in this context, refers to used needles... I'm sure you're thinking to yourself right now: "Where in the world does all this go?!"

Mercury

My Individual Placement for AmeriCorps Cape Cod is with the Cape Cod Cooperative Extension. We pick up hazardous waste from all over Barnstable County. For the month of December, I drove around the 15 towns on Cape Cod and collected mercury which is usually found in thermostats. The mercury collections in each town were located at heating and cooling companies or hardware stores. Each location had a hazardous waste container that I would empty, and I would record where the most mercury was coming from. Of all the towns, Yarmouth had the most! Throughout December, I collected over 300 thermostats! Imagine where all that mercury would have gone if we didn't safely collect them. Mercury is incredibly dangerous. Mercury, like water, can be a solid, liquid, or gas. Liquid mercury can vaporize at room temperature. If mercury vapor is inhaled it can be absorbed by your body, first reaching your lungs, then your blood stream, and eventually your brain. Mercury also bioaccumulates, meaning when mercury seeps into our sea water, it will be absorbed into fish, and if we humans eat the fish, and we absorb the mercury in our bodies. It's scary but easily

preventable. If you have any used thermometers, electric switches, elemental mercury or the basic thermostat, do not just throw it in your trash!

Sharps

There are thousands of sharps on the Cape. Many residents of the Cape are elderly and have health issues. Many fire stations and transfer stations have sharp pick up locations where you can bring your used sharps. Not only can you drop off your used sharps, you can also pick up a container for storing sharps. The sizes of containers run from small (1 quart), to medium (5 quart), to large (2 gallon). Twice a month or more, the extension will pick up these boxes. It's a great, easy way to keep the Cape clean! Coming into this year, I had no idea what a sharp even was, and I am still amazed every time I go to a pickup site because the boxes are always full!

**but if service is
over, where
are the
members?**

(psst here's where)

After Hours On The Outer Cape

By: Ryan Bernstein
Wellfleet House 2014-2015

What's The Typical Lifestyle When Members Are Done With A Long Day/Week Of Service?

After a long day/ week of service, the 2014-2015 members in the Wellfleet house like to enjoy any free time that they have in a number of ways. This includes going for epic long board rides, hikes, runs, and bike rides that weave through the scenic downtowns of Wellfleet, Truro, and Provincetown. In addition, members enjoy exploring the Outer Cape for fishing, hiking, swimming, surfing, paddle boarding, visiting libraries, and getting some good eats. Once night falls, members find themselves back in the house listening to some funky tunes while making dinner and sharing humorous stories from their day of service. Finally, before falling asleep, members gather in the cozy living room to enjoy watching scary movies, foreign films, or dramatic television shows. One thing is for certain, AmeriCorps Cape Cod members are "Getting Things Done" on the Cape during and after service hours!

Movies
Sunrise
Baking Foliage Seafood
Bowling Dancing Puzzles Trails
Reading Running Providence Ocean
Camping Brunch Swimming Library
Kayaking LeHac Cod Bay skateboarding
OysterFest Wellfleet Cape Writing
Yoga Tides Gardening
Drawling Painting Harbor Lakes Biking
Fishing AmeriCorps Surfing Marconi
Singing Paddle Truro Hiking Pranks Sunset
Rivers Dunes Tunes



**service—we can't
get enough**



Firewise is a fire preparedness program designed by the National Fire Protection Association in order to provide homeowners with —the knowledge they need to reduce the risk of wildland fire to their home. The firewise program provides homeowners with information about the risks that are on and around their property. They learn how to reduce risk and prepare their homes in case a wildfire approached their community. Much of Cape Cod consists of Pine Barrens which is classified as an extreme fire risk area and creates the need for preparedness. Many homes on Cape Cod, especially on the outer Cape, are in heavily wooded areas, and have a higher risk in the event of fire.

Through Josh Nigro and the Massachusetts Department of Conservation and Recreation (Mass DCR), the AmeriCorps Cape Cod FireCorps was trained to complete firewise home assessments. We learned how to assess the home, the impact of the area surrounding the home, and techniques for talking to the homeowner about reducing the risk. When you walk around a building assessing its risks, you need to look at everything that the building is touching, what is near the building. Assess for structural problems with the building, including everything from fences, to mulch beds to holes

in windows. Make a mental note of anything and everything that may be a risk and then fill out a form that gives a threat level and make suggestions on reducing the risks. We learned that hearing a list of risk factors and possibly expensive changes to reduce risks can be overwhelming to the homeowner, so when you talk to them about the risks, there are ways to make the assessment more effective. One way to improve the odds that they will follow through is by telling them a few risks and giving them ways to fix the problem. Be careful to not overload them with a bunch of stuff they might not be able to change. We got the chance to assess several buildings in groups and pairs, and brainstormed ideas that could reduce the risks we found. We then presented what we found to the rest of the group.

There were quite a few things on the list of risks to buildings that I never took into consideration for its fire risk. It made me look more at the risks that are present where my family and I live, and what changes can be done to make us more prepared. This training is something that I'm glad that I am doing while I'm here for the community and can take back with me in my personal life after AmeriCorps.

my oh my, how little



they've changed

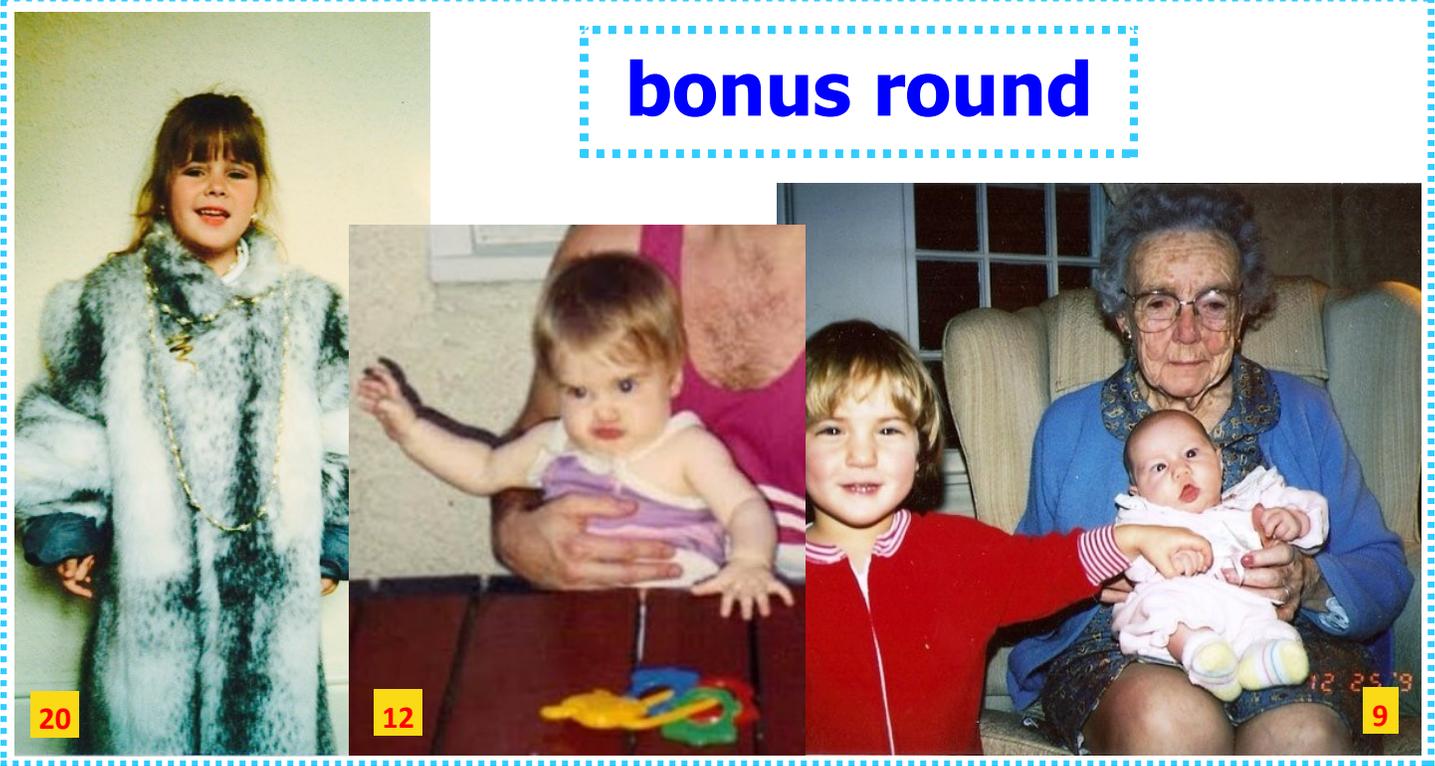


key on next page



*No "baby" picture available as individual emerged into the world as a fully formed adult (pictures taken immediately after birth)

bonus round





**long days
make
sleepy
members
(except for emily)**



until next time!

This waypoint is brought to you by AmeriCorps Cape Cod members: Amanda Carron, Valerie Falconieri, Hope Goodrich, Alice Hintermann, Carolyn Meklenburg, Emily Meshumar, Teikyo Mowchan, and all contributing writers.

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