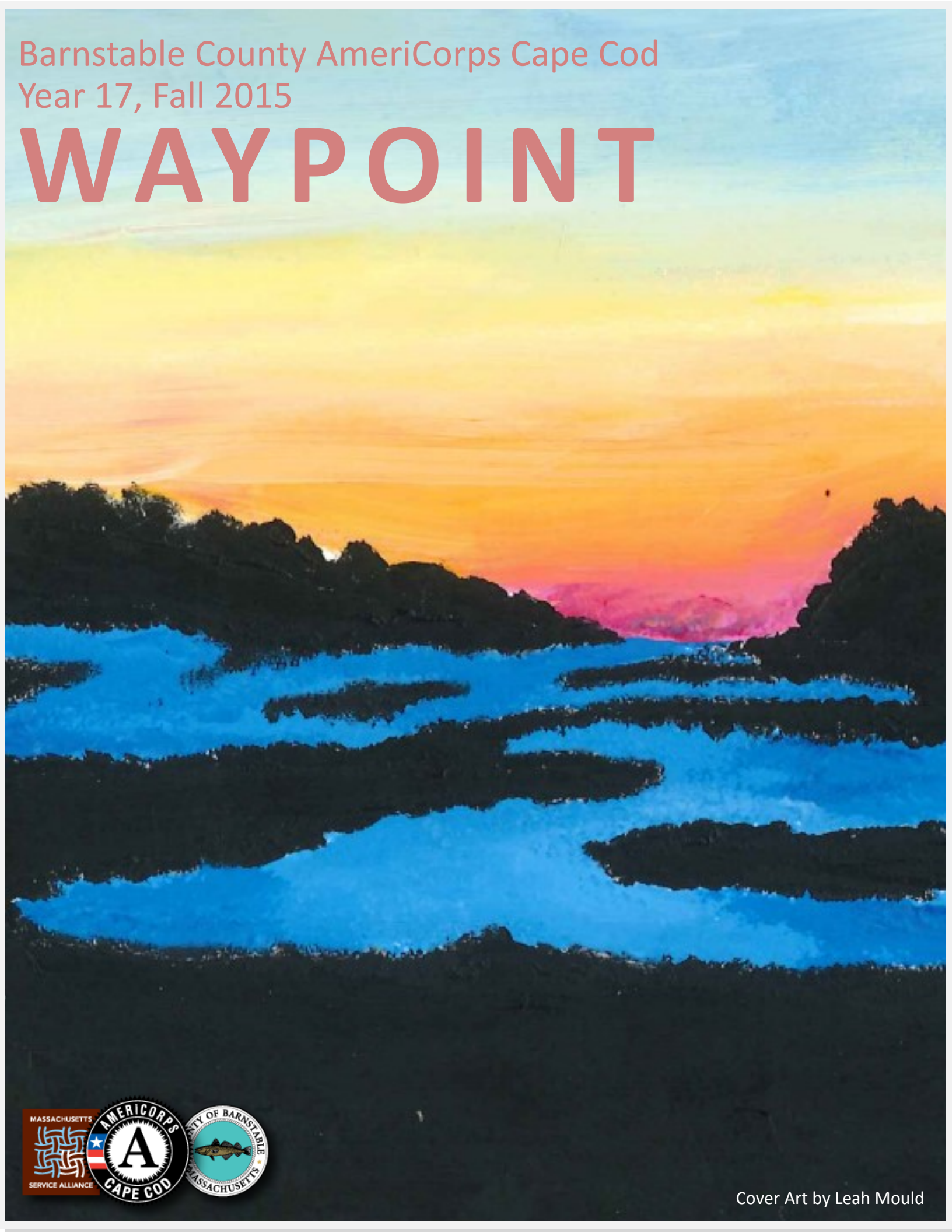


Barnstable County AmeriCorps Cape Cod  
Year 17, Fall 2015

# WAYPOINT



Cover Art by Leah Mould

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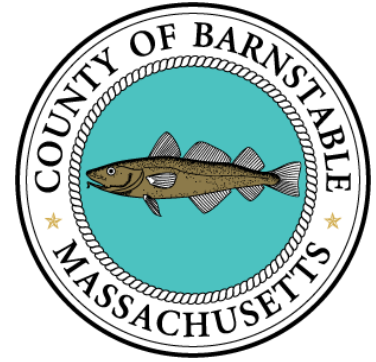
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The Barnstable County AmeriCorps Cape Cod program is grant funded by the Corporation for National and Community Service through the Massachusetts Service Alliance and match funded by Barnstable County. Housing is provided by Barnstable County and Cape Cod National Seashore. The Barnstable County Resource Development Office provides the overall supervision and administration of the AmeriCorps Cape Cod Program.





## Dear readers,

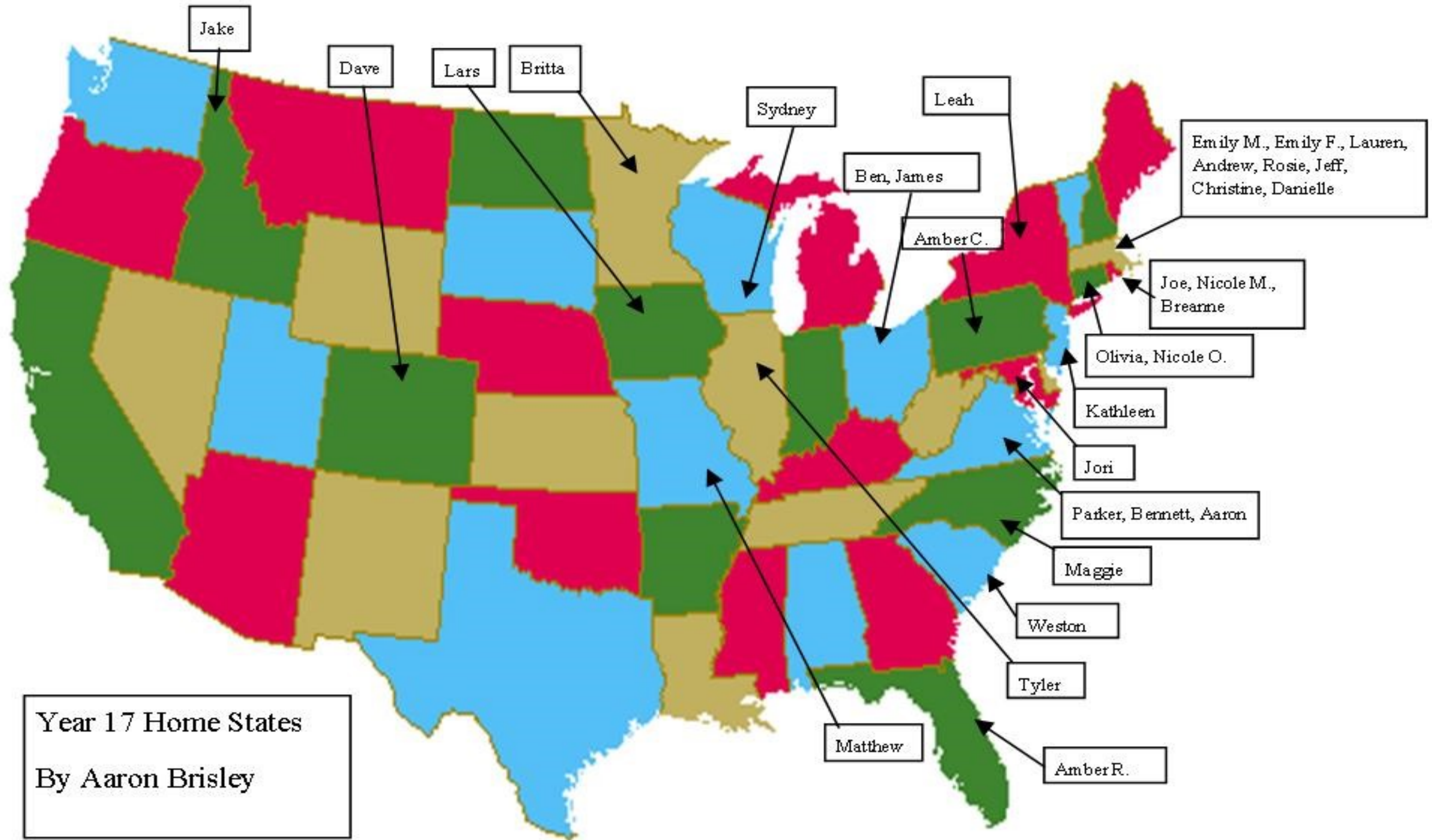
As year seventeen (yes, SEVENTEEN) of Barnstable County AmeriCorps Cape Cod kicked off this September, thirty-two members arrived from around the country to begin a year of service in the region's fifteen towns. From the Idaho Panhandle to the Blue Ridge Mountains of Virginia and the Cape itself, we represent nineteen states, over twenty different colleges, and a variety of fields of study, yet share a passion for community service and are dedicated to serving the community of Barnstable County.

We have upheld our duties as AmeriCorps members through a variety of projects, such as educating elementary school students about water resources, receiving first-aid-training from the Red Cross, and planting dune grass on the beaches to prevent erosion of the sand dunes, which serve as a buffer during coastal storms.

In this issue of our newsletter, we share with you our experiences (so far) as AmeriCorps Cape Cod members serving the community. We provide more of our experience on our website ([www.americorpscapedod.org](http://www.americorpscapedod.org)), our Facebook page, and local media. As the editors, we hope that you enjoy reading this issue as you learn about who we are, what we do, and how we, as Barnstable County AmeriCorps Cape Cod members... GET THINGS DONE!

-Nicole O., Aaron, Ben H., Nicole M., Leah and Rosie

# Where Are You From?



# Service: Getting Things Done



# FIGHTING THE GOOD FIGHT...

## November 2015 Red Lily Pond Project

By: Rosie Manzo

After two long days of hard work, we were finally able to see the quantity of *Phragmites* we successfully removed from a creek and marsh area adjacent to Red Lily Pond Road in Craigville. The Bourne House removed approximately an acre of the growth during these two days of service.

### Before



*Phragmites* is a particularly difficult invasive plant to eradicate. Rhizomes, the underground stem system of *Phragmites*, can grow up to a rate of 30 feet per year and sprout new stems all along this new growth. This root system is deep and quite extensive, rendering various control techniques, such as cutting, mowing, and burning, only partially successful.

### After

However, in order to keep this aggressive non-native species at bay and allow for

native salt marsh plants to flourish, it's important to continue eradication efforts and to begin removal before an area become too overgrown.

Unfortunately, AmeriCorps Cape Cod members will most likely be removing *Phragmites* from the Red Lily Pond area and other locations around the Cape for years to come...

But it's safe to say that this round was a knockout!



# Not *just* the “WETFest Girl”

By: Breanne Penkala

As the AmeriCorps member placed at the Cape Cod Cooperative Extension (CCCE) two days a week, I have many different roles. Most members know me as the *WetFest Coordinator*, the one who organizes the **day-long educational events** for 4<sup>th</sup>-6<sup>th</sup> graders, which includes 20 different water based activities. My tasks as the WetFest Coordinator include, but are not limited to: contacting teachers at participating schools, completing site visits before each WetFest, making sure each activity has the proper materials for every event, and also ensuring the children have fun and learn a lot. By the end of the year, we will reach over **1,000 students** through these activities.



At the CCCE I also serve as a *Hazardous Waste Assistant*, collecting mercury, sharps, and road/boat flares from all over Barnstable County. Why do I do this and why is this important? **Mercury, sharps, and flares are all hazardous wastes** which can contaminate our aquifer, and therefore harm us and other living beings. *Since September, the CCCE has already collected over 400 mercury containing devices, 100 road/boat flares, and 30 fifty pound boxes of needles!* With your help, we can ensure that more of these are disposed of properly, keeping our community safe and our water clean! If you have any of these hazardous wastes, please contact the CCCE to dispose of them properly so they do not end up in our water!

## Mercury:

- Can exist as a solid, liquid, or gas
- Found in thermometers, basic thermostats, and electric switches
- If mercury is uncontained and touched or inhaled, it can enter your body and travel through the bloodstream, negatively affecting the lungs, kidneys, and your nervous, digestive and immune system. It also may be fatal.

## Sharps (needles):

- Used by many Cape Cod residents to combat health issues
- Sharps that are not properly disposed of are safety hazards for those in the community. Sharps have been found on streets, in parks and on beaches. These are extremely dangerous as they can transmit disease.
- CCCE has collection sites in all the towns of Barnstable County where you can drop off used needles for **free**. We also give out red storage containers for these needles. Visit the CCCE website to locate the sites for each town!

## Road/boat flares:

- Expire every few years and have to be disposed of
- Contains the chemical Perchlorate, which can inhibit thyroid hormone production, affecting body development and function in humans and animals
- Easily leaches into water sources

When I started at the CCCE in September, I was a little overwhelmed at first given the various responsibilities. However, I have come to really enjoy all of the different tasks within my position and now truly understand the importance of both the hazardous waste collections and WetFests. I am excited to continue my service with CCCE to see how much mercury and perchlorate we can prevent from leaching into water sources and how many students we will educate through WetFest this year!



## ***Puppets Aren't So Scary***

***By: Bennett Payne***

When I applied for this program one of the few things I really took note of was the Green Ribbon Puppet Show. When the day for puppet show training came, I was very excited, but when I found out that there were two different puppet shows, the Green Ribbon I already knew about, but also the Fire Safety Puppet show, I was slightly overwhelmed with how much there would be to remember and know.

Once groups were assigned, we went to set up one of the shows. Practice began with the Fire Safety show. We were told to set it up with the supervision of Zach. We managed to get the stage out of the bag, which was a struggle because of the Velcro, and wrap the black sheet around the wire frame. When we pulled the puppets out of their bag people wondered, "What did I get myself into?" and "Why are these things so scary looking? No kid is going to like this!" Next, we decided on roles and gave the puppeteers their lines.

After struggling with how to make the puppets look slightly real while talking, we then went behind the curtain and did a practice run of the show. We struggled greatly with how to balance the limited space, hold the binders, and get the puppet spacing right. The puppet spacing was an issue for me while playing Frankie The Firefighter by being too close to Bobby. I over corrected and was basically "making out" with [Frankie's daughter] Sandy.

After we managed to fix all the errors and figure out how to manage backstage, we broke down the stage and moved to the bigger show, the Green Ribbon Puppet Show. Once we set up the stage, which was in need of repair, I was in awe of the size compared to the Fire Safety Puppet show. Luckily for us, with more backstage space came a better setup and places for lines, which was a welcome change from the previous show. The practice of this show went more smoothly than the first show. While this show



does have its pros, there was one slight con: the recycling song. This song becomes stuck in your head for the next week.

After going through the training, and knowing my only previous experience with puppets had been to have one when I was young, I was told by my group that I was oddly talented at making the puppets look good. With the discovery of this random skill, I have successfully helped with two fire shows and entertained and taught roughly 100 kids on fire safety. I'm looking forward to helping with future shows through the remainder of the year.





# AmeriCorps After Dark

# AmeriRunning Adventures

By: Christine Viola

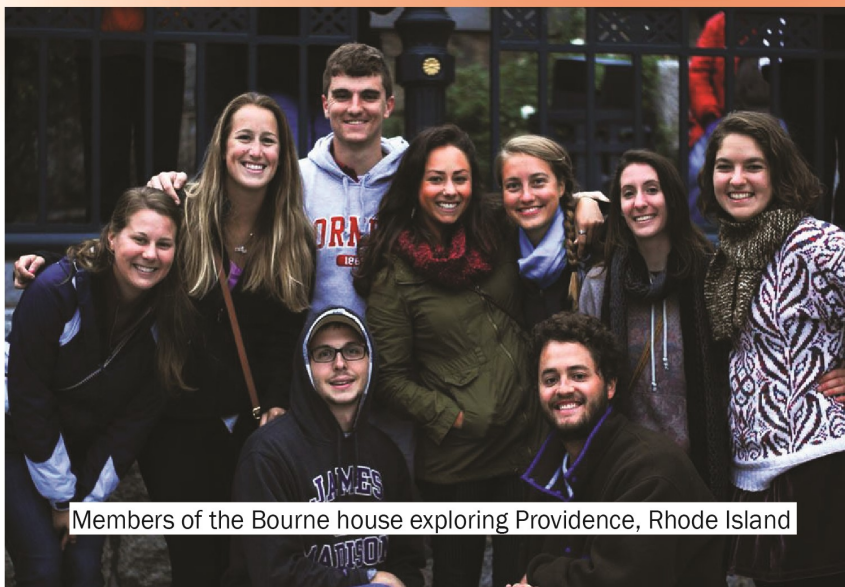


Team Category 5- Christine, Jeff, Bennett, Jake and Maggie

Just before Thanksgiving, members from the Bourne House and the Wellfleet house teamed up as “Category 5” and ran the Myles Standish Marathon Relay in Plymouth, MA. The race covered 26.2 miles through the Myles Standish State Forest, with each member running a different leg of the race anywhere from 4 to 7 miles long. It was an awesome way to bring the two houses together, and we were all there to support each member from start to finish. Afterwards, more members from the Bourne House met us in Plymouth, and we had a delicious lunch and walked around downtown Plymouth. Many of the members from out of state had never seen Plymouth Rock before, so we walked down to the water to take a look. It was an awesome way to spend our Sunday, and the weather was perfect so we were all smiles!

A few weekends before that, many members of the Bourne house went to Providence, Rhode Island for the weekend to run a 5k and explore the city. It was great to get off the Cape and see what else New England has to offer in addition to the beautiful beaches of Cape Cod. We went to an awesome event in downtown Providence called WaterFire, where they honored breast cancer survivors and placed lit torches along the whole river through the city. It was a really cool event, and a great start to the weekend. On Sunday morning, we woke up and ran a 5k to benefit the Little Red Schoolhouse in Wrentham, MA. It was a very successful race; four of us got medals for placing in our age group.

It has been an awesome experience to run races with other members and to explore different cities with them. I have a feeling we will be running a lot more races as the year continues, in different locations all over New England.



Members of the Bourne house exploring Providence, Rhode Island



Each breast cancer survivor held a torch that was lit all around the river during WaterFire.

# Wandering Wellfleet

## By Lauren Bonatakis

For those of us living in Wellfleet, finding things to do out of season is tough. Many establishments close down around Labor Day, and those few remaining stores and restaurants bid farewell after Oysterfest. With little commercial entertainment left for the late fall and winter months, many of us “Wellfleetians” have taken to exploring nature in our new, little, quiet Cape Cod town. Because of this, I thought it would be interesting to compile a running list of places that we have explored so far since our AmeriCorps Cape Cod adventure began, either through service projects, group adventures or on our own!

### Ryder Pond

This pond resides about half a mile from the Wellfleet house, hidden down a private dirt road. Many of us walked to the pond on our very first day. It is also where we tried out our waders for the first time!



Wellfleet house looking cool (and dry) in our waders  
Photo by Jen Zakrewski

### Wellfleet House Backyard Trails



What better place to explore than your own backyard! The Wellfleet house is surrounded by woods with many trails to wander down. Though the existing trails seemed to taper off rather quickly, our sense of adventure and curiosity encouraged us to blaze our own. We may have gotten lost and ended up in a neighbor's yard...or Truro...but it was fun nonetheless!

Sweet mushroom found in our backyard.  
Photo by Sydney Fitch

### Wellfleet Harbor

We didn't have to do too much exploring to get to the harbor! Located near the center of Wellfleet, we first came here during our driving tour of Wellfleet. It's a great place to hang out and watch the boats, scour the beach for shells, or eat some seafood at surrounding restaurants (when they're open).

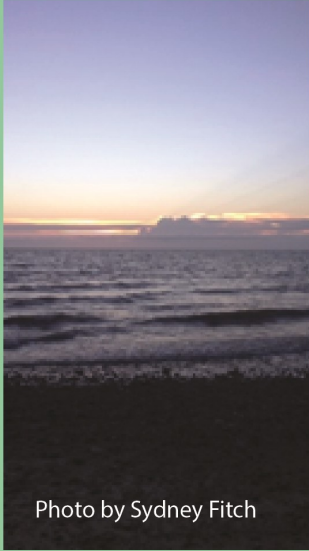


Photo by Sydney Fitch

## Secret Beach

Some of our house members had read a past ACC blog post about a secret beach near the Wellfleet house. Many of us then decided it was our duty to seek out this secret beach, which happens to be at the end of a very, very long and treacherous dirt road that leads to a sandy “parking area.” We then followed a path to the top of some pretty high sand dunes and were welcomed by a gorgeous view of Cape Cod Bay. It was still early in the season when we first explored the secret beach so many of us also ventured into the water for a swim. The secret beach is a fan favorite of the Wellfleet house and we have returned many times.

## Cahoon Hollow Beach

Ocean View Drive in Wellfleet is a stretch of road that houses many unique ocean beaches, and driving down this road introduces you to all of them with little effort. My personal favorite is Cahoon Hollow Beach, where a small group of us visited back when it was still beach weather. The parking lot rests atop enormous dunes that surround the beach and require a steep descent in order to get to the water. The day we went, we were greeted by a thick fog that put a slight damper on our beach day, but created beautiful ocean views. The climb back up to the parking lot is strenuous, but very worth it in my opinion.

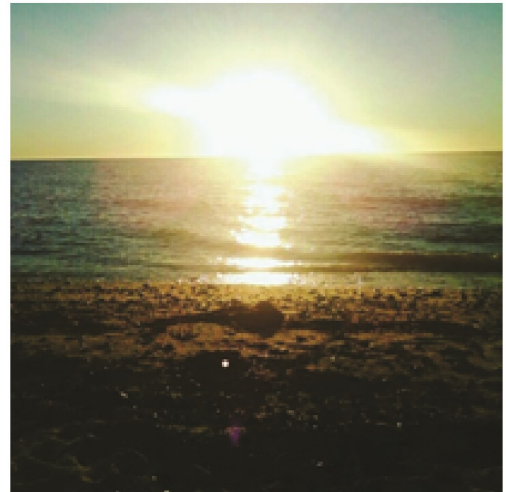


Photo by Lauren Bonatakis



Photo by Lauren Bonatakis

## Duck Harbor

With many west-facing beaches, Wellfleet is a prime spot for catching a sunset. One evening, a few of us decided on the spur of the moment to find a new place to watch the sunset and thus we ended up at Duck Harbor. Sharing a coastline with our secret beach, it is a quiet bay beach with excellent views and lots of treasures. It was definitely a good choice for sunset watching!

## Atlantic White Cedar Swamp Trail

I had visited the Atlantic White Cedar Swamp when I was a kid and had fond memories, so I decided to check it out again as an adult. The raised boardwalk trail takes you through the swamp where you are surrounded by tall Atlantic White Cedar trees. It is a short and easy trail, but very cool and unique! It’s safe to say that this is still one of my favorite spots, especially during dusk.

# AmeriRecipes (from house dinner)



# Pumpkin Spice Sheet Cake

Recipe By: Britta Dornfeld

## Ingredients:

- 2 cups all-purpose flour
- 2 cups granulated sugar
- 2 tsp. baking powder
- 1 tsp. baking soda
- 1 heaping tbsp. pumpkin pie spice
- ½ tsp. salt
- ¾ cup vanilla yogurt
- 1 15 oz. can of pure pumpkin puree (NOT pumpkin pie filling)
- 4 eggs



## Directions:

1. Preheat oven to 350° F and grease sides of a 9 x 13 baking pan
2. Mix flour, sugar, baking powder, baking soda, pumpkin pie spice & salt in medium bowl
3. In a large bowl mix yogurt, pumpkin puree and eggs until well combined
4. Add one-third of the flour mixture to the pumpkin mixture, and stir until combined
5. Repeat the process until the flour mixture is completely incorporated into the pumpkin mixture
6. Evenly pour the batter into the prepared pan and bake for 25-30 minutes, or until toothpick inserted into the center comes out clean

# Shredded Chicken and Veggie Baked Ziti

Recipe By: Rosie Manzo



## Ingredients

2 boxes of ziti	1-2 pounds boneless chicken breasts
3 jars of pasta sauce	2 bell peppers
4-5 cloves garlic minced	2 cups of spinach
2 small onions diced	1 tbsp olive oil

## Directions

### For Shredded Chicken:

1. Add chicken breasts (frozen or thawed) to a Crockpot. Cover them with water until the top of the chicken is completely covered. Substitute chicken or vegetable stock, if desired.
2. Add any seasoning you prefer, for instance 3 bay leaves, garlic powder, onion powder, and Italian seasoning.
3. Cover and cook on high for 4 hours (or low for 8 hours).
4. Strain chicken out and wait at least 10 minutes before shredding it. Chicken should pull apart easily using two forks.

Note: Strain excess chicken and fat from the liquid in the Crockpot to save and use as chicken broth.

### For Baked Ziti:

1. Preheat oven to 375 degrees.
2. Boil two pots of nearly full of water, add pasta when water is at a rolling boil.
3. Sauté garlic, onions, peppers, and spinach in tablespoon of olive oil.
4. Layer in order: sauce, ziti, mozzarella and ricotta cheese, thin layer of shredded chicken, sautéed mixture. Repeat once or twice more, until dish is filled to the top.
5. Once finished layering, sprinkle the remaining mozzarella cheese on top. Add a sprinkling of oregano, if desired.
- 15 6. Bake 25 to 30 minutes until cheese is melted and just barely starts to turn golden.

7. Let cool for 5 to 10 minutes, serve, and enjoy!

## INGREDIENTS:

- 1 1/2 to 2 cups drained oil packed **CHOPPED** sun-dried tomatoes
- 3-4 bunches of asparagus, trimmed & cut into thirds
- 12 boneless chicken breasts
- 1 1/2 cups chopped fresh basil (optional)
- 6 large garlic cloves, chopped
- 1 1/2 tsps. dried oregano
- 3/4 tsps. crushed red pepper
- 3-4 cups water
- 3-4 bouillon cubes or 3-4 tsps. chicken bouillon paste
- 6-8 tsps. tomato paste (optional)
- 3-4 boxes penne pasta
- 3/4 cup grated Parmesan cheese (optional)

## AARON'S CHICKEN & SUNDRIED TOMATO PASTA



1. Preheat oven to 350°F .
2. Line two large cookie sheets or pans with foil - one for the chicken and one for the asparagus.
3. Fill a large pot with water to boil the pasta and put on the burner. I would think it would take a while to heat the water to boiling since you are cooking so much. If you put a lid on the pot, the water will boil faster.
4. Pat chicken breasts dry and place on the foil lined pan. Brush each piece with olive oil and sprinkle with salt, pepper, and powdered garlic. Turn over and repeat on the other side.
5. Bake chicken for 18-25 minutes depending on the size and thickness of the breast. Check for the chicken's doneness by using a meat thermometer- it should read 150°F Or you can also cut into it to check. If it is not done, put back in oven for 3 minute intervals, checking each time for doneness. When the chicken is done, loosely cover the pan with foil and set aside.

You can slice the chicken breasts while the rest of the dinner is cooking if you like.

6. When the water is boiling, follow the directions on the side of the box for cooking the penne. Cook Al Dente!



7. **IMPORTANT:** Before draining the cooked pasta, ladle out 3 - 4 cups of the water (for the broth) and place in a bowl. Add the bouillon cubes or paste. Stir until bouillon is dissolved and set aside.

Just leave the cooked pasta in the colander after draining.



## AARON'S CHICKEN & SUNDRIED TOMATO PASTA (CONTINUED)



8. While the pasta is cooking, spread out the asparagus on the tin foil covered pan and drizzle with olive oil. Sprinkle with salt and pepper. Gently toss and spread out across pan.

Bake for 10-15 minutes at 350°F until cooked but still a little crunchy. Set aside.

9. Once the asparagus is in the oven, heat a heavy large skillet over medium-high heat. Add the sun-dried tomatoes, garlic, oregano, and crushed red pepper and sauté for 1 minute. Add broth and tomato paste (if using). Boil until sauce slightly thickens, stirring occasionally- about 6 minutes.

\*If the asparagus is not done yet, turn sauce down to low.



10. When the asparagus and sauce are done, dump cooked penne into the same pot. Add asparagus, basil, and parmesan cheese to pasta. Toss over medium heat until warmed through and sauce coats pasta. Season with salt and pepper and serve.

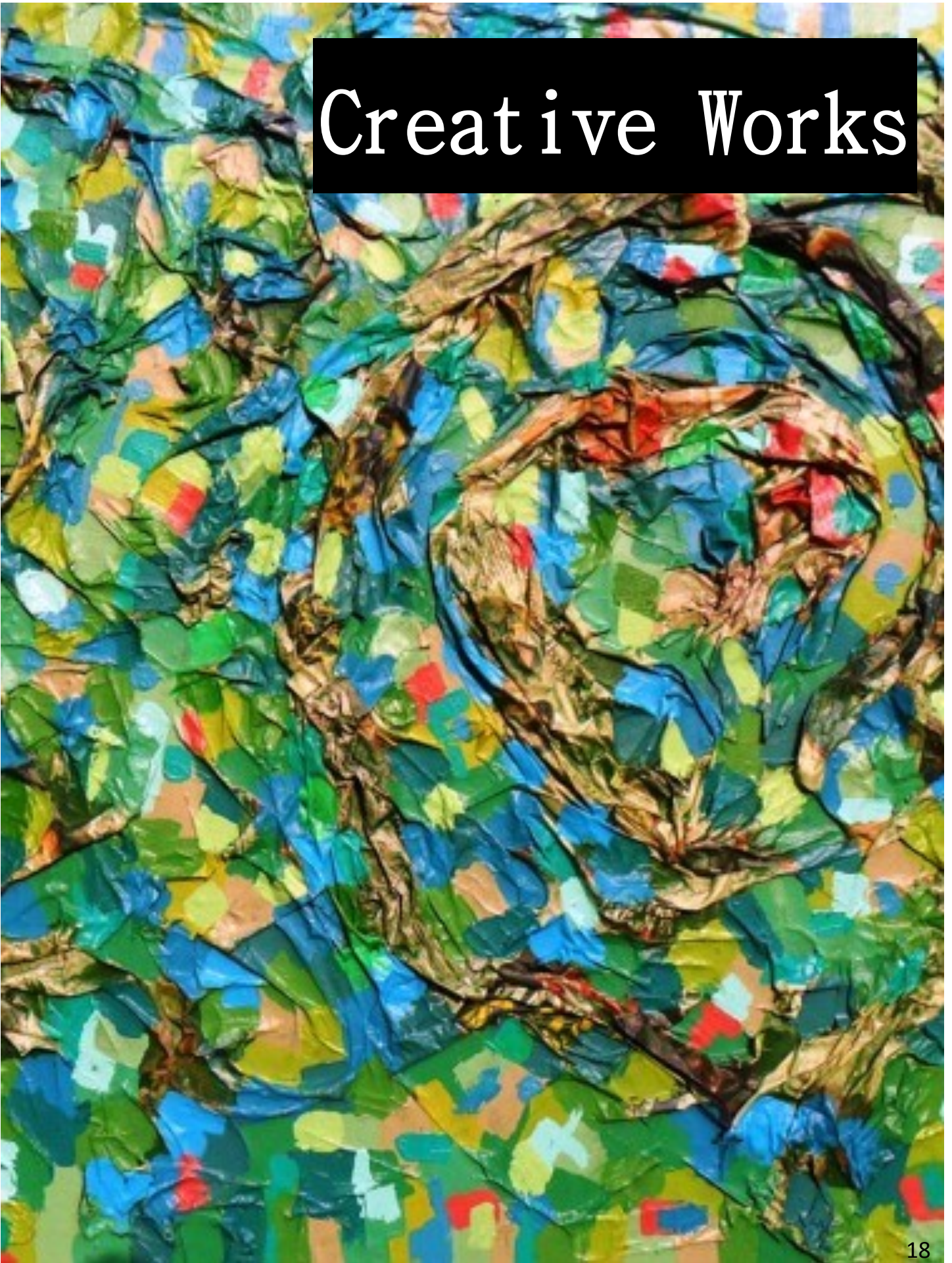
\* Other vegetables can be added to taste\*

**Bon Appétit!**

By: Aaron Brisley



# Creative Works



# November 2nd Sunset

**And so it began**

**It began with a primeval forest**

**Tufted plumes towering high**

**Botanic invaders conquering a stream**

**And so it continues**

**The invaders were removed**

**The natives returned to play**

**Tadpoles, frogs, minnows,**

**All swimming through, searching**

**For lunch, shelter, a passage to the sea**

**And so it ended**

**With clouds obscuring the setting sun**

**Turning pastel then brilliant pink**

**A final bow from the day's light**

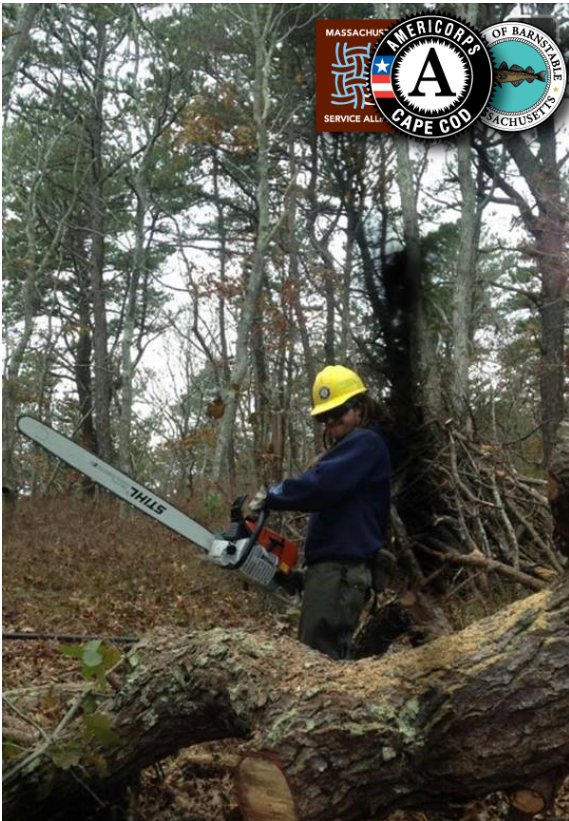
**As it disappeared into the sea**

**-Britta Dornfeld**

## Cape Cod FireCorps: The Poem

By Tyler Martin

Our life on the Cape began in Wellfleet,  
We didn't know who we would meet.  
Everyone came from different places,  
There were so many new, happy faces.  
Our bonding began almost right away,  
While still paying our loans to Sallie Mae.  
Fall retreat was a key bonding time,  
Our teamwork started to take a rapid climb.  
Soon our work was done with the General Corps,  
We made tracks towards Dave and the Seashore.  
Information and knowledge came at us so quickly,  
We grew to hate vines, especially the ones so prickly.  
Long days with chainsaws soon became the norm,  
Our team cohesion was coming into form.  
Burning season started, finished with cutting tree stumps,  
But a new enemy emerged, the dreaded backpack pumps.  
The bigger the trucks is what Drew loves driving,  
Getting into the driver's seat, he is always striving.  
Our leader James calmly leads our After Action Review,  
With our long burning days, he always gets us through.  
Lars enjoys driving his pump truck around,  
One burn I don't think his feet even touched the ground.  
Weston our Fuel King is always on his game,  
If there was one for his job, he'd be in the Hall of Fame.  
Report directly to Joe, if you need to grab a tool,  
It doesn't matter how small, no exception to the rule.  
And I am Tyler, who led you on this poetic quest,  
Try and find a better year of Fire Corps, we are better than the rest.  
\*Mic Drop\*



# FIRE CORPS 17'



**Top Left:** Truro Fire Road Hazard Tree

**Top Right:** Cape Cod National Seashore Headquarters Prescribed Burn

**Bottom Left:** Orleans Conservation Trust Prescribed Burn

**Bottom Right:** Monomoy Island Prescribed Burn

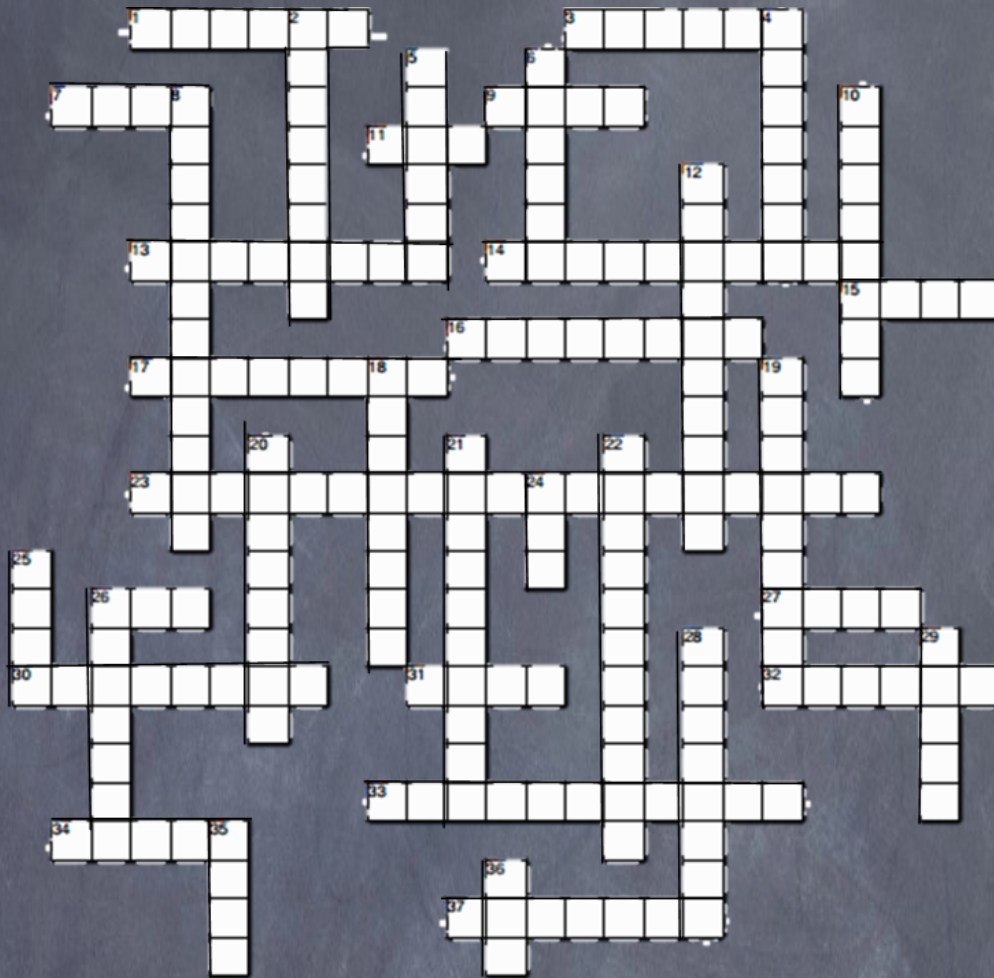
Collage By: Lars Boyd

# Fun and Games!



# AmeriCrossword Puzzle

By: Breanne Penkala & Bennet Payne



## Across

1. 'Day on, not a day off'
3. Character from Wetfest skit
7. Bourne House supervisor
9. 'Wear your \_\_\_ A'
11. Manages grant funds within Barnstable County
13. Nightly 7:30pm show for Bourne members
14. Yearly celebration in Wellfleet, October
15. Deals with mass strandings
16. Bourne House favorite tool
17. Organization that helps set up shelters
23. Longterm service project
26. Leo Cakounes lives on one of these
27. Coordinates shelter planning

## Down

2. Make sure you seal your waders with this
4. Hug lover
5. One day a week in the RDO office, for most members
6. Wells House supervisor
8. Wednesday night routine
10. Insect that carries Lyme Disease
12. County Complex conference room
18. Spirit of the dunes
19. We do controlled burns
20. Mashpee Shellfish Constable, service partner
21. County we serve with
22. Tick specialist
24. Personal protective equipment, for short



## Category: AmeriCorps and Cape Cod

# Code Breaking

Cryptogram by Aaron Brisley

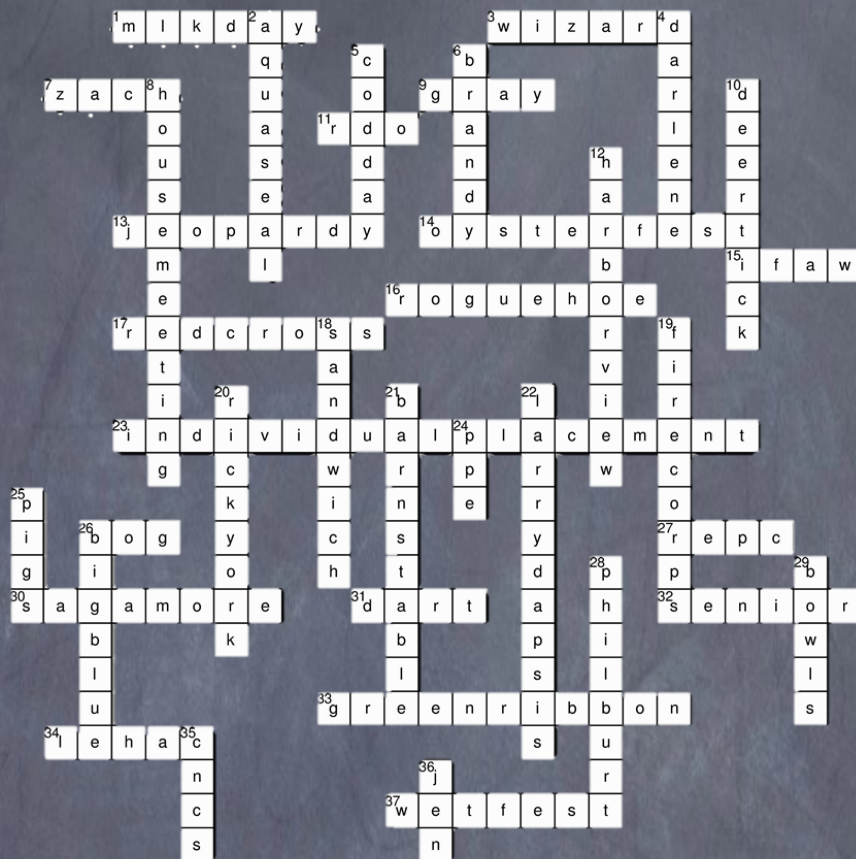
### HINT:

Crypto-Letter "M" = Alphabet Letter "N"

1. MAI AMQYRMS CRXVGPXJ
2. RUAVGNR'J XARU
3. JAVTGNA
4. IAYHYAAX
5. EPLVMA
6. GMSGTGSLRY CYRNAUAMX
7. MRXLVRY VAJPLVNA URMQRQUAMX
8. SGJRIXAV CVACRVASMAJJ RMS VAJCPMJA
9. NPUULMGXO PLXVARNZ SATAYPCUAMX
10. ASLNRXGPM
11. TPYLMXAAV AMQRQUAMX
12. NGTGN AMTGVPUMAMXRYGJU
13. RUAVG-YOUCGNJ



# AmeriCrossword Answers



# Cryptogram Answers

- |                                |                                       |
|--------------------------------|---------------------------------------|
| 1. New England Patriots        | 8. Disaster Preparedness and Response |
| 2. America's Team              | 9. Community Outreach Development     |
| 3. Service                     | 10. Education                         |
| 4. Wellfleet                   | 11. Volunteer Engagement              |
| 5. Bourne                      | 12. Civic Environmentalism            |
| 6. Individual Placement        | 13. Ameri-lympics                     |
| 7. Natural Resource Management |                                       |



I got 99 problems but fuel ain't one



## Barnstable County AmeriCorps Cape Cod



AmeriCorps Cape Cod

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[www.americorpscapedod.org](http://www.americorpscapedod.org)