

WAYPOINT

YEAR XI

CAPE COD, MASS.

ISSUE II

Sixteen dolphins strand in Wellfleet

AmeriCorps aids IFAW in mass dolphin stranding rescue and release



photo/Cape Cod Times

Members from the Bourne and Wellfleet houses were deployed on March 11 to rescue a pod of stranded Atlantic white-sided dolphins. Six dolphins were released that evening in the presence of Boston news channels, the Cape Cod Times, and grateful residents of the area.

BY ABBEY WOODS
WELLFLEET HOUSE

Behind Australia and New Zealand, Cape Cod has the third highest rate of marine mammal strandings in the world. Cape Cod is home to five pinniped, or seal, species and approximately 15 different cetaceans species which are better known as dolphins, porpoises and whales.

There are myriad of theories as to why single or multiple marine mammals will strand, but there are a few common reasons for why groups of these animals (mass strandings) show up on the beaches of Cape Cod so often.

We can all make the formation of Cape Cod with our left arm. The hook-like topography that is so unique to the Cape might be what is causing marine mammals such as whales and dolphins to

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Martin Luther
King Day of
Service project
engages more than
150 volunteers and
donates over 3,800
food items to local
pantries in need

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SERVICE

Cape Cod community rallies around food drive

BY MARGARET KANE
WELLFLEET HOUSE

After three and a half months of planning the day had finally arrived. January 18th, 2010, Martin Luther King Jr. Day! The 10th annual AmeriCorps Cape Cod MLK Day of Service was a big project for the eight of us on Wednesday COD Day, and coordinating the event was quite an experience! Although the focus areas of our program are environmental and disaster related, MLK Day is a time to do a project that focuses on human needs like food or housing. When we talked to community organizations we discovered that hunger is a serious issue on the Cape, and food pantries are having trouble stocking enough food to meet the needs. Therefore, our mission for the day of service was to recruit community volunteers to help serve the needs of food pantries all over Cape Cod.

On MLK Day 2010, over 150 volunteers of all ages came together and joined AmeriCorps Cod for our day of service. Our volunteer activities for the day fell into two areas: construction and food collection. In order to help food pantries better collect and store items, volunteers constructed portable wooden food collection bins that can be placed in grocery stores or in the pantries. In addition, volunteers built raised garden beds for pantries who want to start growing their own vegetables for clients. In order to directly provide food for those in need, volunteers staffed food drives at 11 different grocery stores from Hyannis up to Provincetown. In order to make sure we collected healthy food, AmeriCorps members created flyers for volunteers to hand out that listed nutritious non-perishable food items.

At the end of the day, after hauling all the boxes of food from the stores, we discovered that we had collected over 3,800 food items to donate to pantries! To complete the end of the service day, around 75 volunteers and community members joined us for a delicious soup and salad dinner prepared by volunteer chefs. A speaker talked about Martin Luther King Jr.



Above: Brian Dinizio and two volunteers team up to build a food collection bin. **Below:** All 32 corpmembers, AmeriCorps staff, and Chef Don Fallon proudly pose with food donations before calling it a day.

and the room was serenaded by the sweet melodies of musical AmeriCorps members.

Overall, it was a successful MLK Day event and I think that we were able to make a helpful contribution to the Cape Cod community. Our COD Day also learned a lot about event planning and all the fun logistical decisions that come along with it! It was a great feeling to see the event work out and to see so many community volunteers engaged in service. We are thankful to the many organizations that helped fund the event or provided us with supplies. Also, none of this would have been possible without the many volunteers who helped out on MLK Day! THANKS!



strand here. Cape Cod Bay is abundant with food. It also has extreme tides. These animals can be swimming around in the Bay's inlets and chasing food and not even notice that the tide is going out before it's too late and they are stuck in a mud flat.

Storm fronts can also bring these animals ashore. Rough waters and high winds can disorient these animals and make them come closer to shore than normal.

Marine mammals like common dolphins, Atlantic white-sided dolphins and pilot whales are very social creatures and stick together at all times. If one animal becomes sick or disoriented and strands this may cause the entire group to strand as well.

Animals that strand by themselves (single stranding) are usually sick or injured. Injuries can happen naturally or through human interactions like boat strikes and fishing gear entanglements.

Marine mammals like seals come out of the water from time to time. It is perfectly normal for them haul out on a beach – sometimes for days at a time – to rest, molt, get warm and have their young, so it's not always easy to tell if they are stranded and in need of help. If the animal seems alert and is resting in a “banana-like” shape, it is probably fine. If the seal seems lethargic, has its head down and doesn't respond if you approach close, it is probably in need of assistance.

If you ever see one of these animals stranded, you should call the International Fund for Animal Welfare (IFAW) Marine Mammal Research and Rescue 24 hour hotline at 508-743-9548 and report what you see. It's also very important to keep a safe distance from these animals because they are wild. They are also protected under the Marine Mammal Protection Act of 1972 which makes it illegal to feed, harass, capture or kill marine mammals.



Humanity vs. Plant Monster

A Conservationist Tale of War

BY RYEON CORSI
WELLFLEET HOUSE

At its inception, Provincetown's new community garden will give its gardeners the most fruitful start possible—providing three large compost bins, thirty raised beds, soil, and water on site. A community garden in Provincetown holds special significance, owing to the fact that the National Seashore owns 76.8 percent of the land there—TRANSLATION: extremely close quarters for P-Town residents, especially during the summer months when the population spikes to 60,000 folks.

However, the road to B-Street Garden, as the garden is affectionately called, has not been without its battles:

The SETTING: Sand, grass, Japanese Knotweed, miscellaneous trash, sand, and lobster traps.

The PLAYERS: The Garden Advisory Group—composed of diverse and energetic Provincetown personalities, Brian Carlson—my supervisor who juggles at least five job titles within Town Hall, Justin Post—Architecture Extraordinaire, Japanese Knotweed—invasive plant or primeval monster? You decide... and of course, AmeriCorps Cape Cod, the Wellfleet Edition—the troop of fourteen twenty-somethings who play, live, work, and serve together all day every day.

The SCENES: “Building the Compost Bins,” “Knotweed Warfare,” and “Raised Beds, Parts I & II.”

In the interest of space, text, and one's general literary endurance, I will relate to you a story that without respite will vex my being until we claim victory—that of the epic battles between AmeriCorps and the bane of my current position, Japanese Knotweed:

On December 4, 2009, while eight pairs of hands volunteered by AmeriCorps Cape Cod and the Garden Advisory Group finished assembling the 12'x4'x3' two-bin compost systems started early September, twelve others prepared for battle.

Japanese Knotweed, for those fortunate enough never to have encountered the specimen, masquerades as bamboo and possesses broad green leaves and deceptive white flowers. This plant,



if indeed we can call it a plant and not a voracious monster, frequently out-competes Cape Cod's native flora. It resists most manual eradication methods, succumbing only to the application of a Glyphosate herbicide, which is not permitted on conservation lands.

The PLAN OF ATTACK: To destroy the roots by digging them out and tossing them onto a tarp to die, withered, dry, and impotent; followed by a scorching fire to erase all signs of existence. The first look at the Knotweed's underground

fortress of tree-like roots struck me momentarily dumb. Imagine a cross between gigantic neurons and Harry Potter's screaming Mandrakes, or the tentacles of the mythical Kraken, and perhaps then you might be able to visualize this extraordinary enemy.

AmeriCorps and Conservation Agent Brian Carlson unearthed the roots, assailing the system with shovels and brute force. But the Knotweed, whose



The Wellfleet House participated in the annual retreat talent show by singing about the days of the week.

A Retreat from Service is an Advance into the Self

BY BRIAN DINIZIO
BOURNE HOUSE

Retreat? What are we running away from? Service?" This was just one of the gems which reflected the light of two up and coming stand up comedians, myself (Brian Dinizio) and Caroline Walden. Modestly speaking, our act was the apex of an exciting talent show which was held on the second night of our retreat. Numerous members took to the stage to showcase their talents: Sean Murphy gave us five minutes of his time to exuberantly answer (in a way that only Sean Murphy can) questions and to satisfy curiosities about topics from the Spanish-American War to the Gettysburg Address; Lisa and the Littlenecks, in a beautiful and energy-driven performance put their egos aside and came together to play a reunion show that was so elegantly crafted and energy infused it drew tears from Alex Murray-Laird's eyes and sent reverberations of righteousness through the earth which destroyed the boardwalk and fore dune of Coast Guard Beach; a stellar ad-libbed puppet show performance by Mike Towle, Alex Soper, and Jon Safran opened the door to their souls, revealing a blinding and transcendent light which cast out any darkness hiding in the hearts of the spellbound men and women in the audience.

I cannot carry on in this way, recounting each moment of fortune which we were witness to. As quickly as the excitement surges through me when exploring my memory of the talent show, just as hurriedly does the ability to express that exhilaration through my hands disappear due to the emotional toll it takes to relive such powerful and gratifying experiences. Know this readers, among you are not only youthful and dedicated volunteers capable of great feats of service, but talented and courageous individuals willing to share their soul's song and allowing the vulnerability of the fibers of their being. No longer must you look into the night sky for that feeling of awe and wonder for the stars are an arm's reach in front of you.

Saving the world with oysters

BY CAROLINE WALDEN
BOURNE HOUSE

As a child I always loved eating seafood, especially shellfish. My Dad's affinity for these creatures was passed along to me as we sat side by side on warm summer nights, quickly working our way through bowls of fresh steamers. Once the slimy creatures were out of my sight and in my stomach, I hardly ever gave them a second thought. However, I find myself thinking about the little creatures more and more these days.

My individual placements are with the Bourne Department of Natural Resources and with the Barnstable Department of Marine and Environmental Affairs, assisting with shellfish propagation duties. I already knew that quahogs, oysters, and steamers are delicious. But now I know that they are vital to the ecological well-being of intertidal zones, bays, and estuaries. Bivalves are filter feeders, which means that they get their food by filtering phytoplankton out of the water. This in turn helps keep the water clean. An adult oyster can filter up to 50 gallons of water a day! It is now my job to make sure that all the shellfish in the towns of Bourne and Barnstable are not gobbled up all at once by affectionados such as myself. As my service partner Tom Marcotti once put it, "we are saving the world with oysters."

When I first arrived on Cape Cod in September, I was surprised to learn that oysters struggle to grow naturally. All of the natural sets of oysters were picked clean a long time ago and it is now the duty of town governments to protect and preserve these bivalves as a natural resource, a job that, six months ago, I did not know even existed. Despite my previous lack of knowledge on the subject, I have very much enjoyed being directly involved in the process of raising and growing shellfish. Because we began our year of service in the fall, I was only able to catch the tail end of the growing season. Most of my experience thus far has been spent either in a garage maintaining equipment and prepping it for the spring, or out on the water with snow/wind/rain blasting across me. Not to say that this is not enjoyable, but I am really looking forward to some warm weather so that I can pay less attention to my frozen fingers and more attention to the clams.





American Red Cross members educate over 1000 Cape and Islands residents

By KEVIN DENNEY
WELLFLEET HOUSE

When someone decides to become a volunteer with the Red Cross the first thing they have to do is learn how to speak Red Cross. This was definitely the case with the Sarah, Sean, Dan, and me who are all now fluent in the nounless language.

EOC, CPR, AED, CDE, ERV, ECRV, DOC, MACC, MSS, LMS, REPC, FEMA, MEMA, INT, CCIRC, ARC, IRC, NHQ, NWS, NIMS, ICS, DHS, DMHS, CCT, MMA, MMR, DHS (yes, there are two of these), RSP, DA, DAT, ARCGC, etc are some of the common acronyms used by the Red Cross.

The new decade started out at a furious pace for the four AmeriCorps members at the Red Cross. January 9th was the 3rd annual Boy Scouts of Cape Cod/Girl Scouts of Southeastern Massachusetts preparedness fair at the Barnstable Senior Center. The fair was organized primarily by AmeriCorps Cape Cod member Sarah Frese, but all AmeriCorps members and many of the staff at the Red Cross also supported the effort. Approximately 300 attendees received training in such areas as disaster preparedness and first aid to fulfill requirements for various merit badges. We are grateful to the West Barnstable Fire department, American Medical Response, Red Cross, and the Barnstable Police department for bringing vehicles to the fair. AmeriCorps Cape Cod and the Red Cross would like to congratulate the Boy Scouts on 100 years!

In the disaster services department, Sean and Dan have been busy yet productive. They continue to solidify agreements with various vendors, shelters, hotels, motels, and other partners. They also are continuing to work with the towns and Barnstable County to finish the regional sheltering plan. The sheltering plan will be able to help a lot of people and be an efficient use of human and financial resources should disaster strike Cape Cod.

In early January, Sarah and myself reached their goal of giving presentations to 1,000 people for the whole service year and now have raised that goal to 3,000 people for the year. Between presentations we are updating old presentations and creating new ones with the goal that future AmeriCorps members placed at the Red Cross have a cache of posters, handouts, hands-on activities, and slideshows at their disposal. We are both already planning for events later in the spring and even into June. In addition, the project to get a Red Cross foothold on the Massachusetts Military Reserve is moving ahead in tiny increments but is moving forward. We have scheduled many first aid/CPR/AED classes for military members and their families and will soon train residents of the base on how to open and operate disaster shelters.



Top: American Red Cross members from left to right - Kevin Denney, Sean Murphy, Sarah Frese, and Dan O'Hara.

Bottom: Kevin Denney runs an educational ARC booth



Above: Jenny Burkhardt, Peter Woodruff, and Chris Valis get things done on COD Day

HAC members organize town-wide repairs day



BY JON SAFRAN
HYANNIS HOUSE

The Housing Assistance Corporation (HAC) and the AmeriCorps Cape Cod Recovery Program will be hosting The Barnstable Big Fix on Saturday, May 1, 2010. The mission of this community service event is to make home and landscaping improvements that will enhance the comfort, safety and quality of life of the senior and disabled residents in the Town of Barnstable. We aim to engage the community while building relationships between volunteers, the disabled, and seniors.

The Barnstable Big Fix is a day of service where volunteers will perform small home repairs, cleaning and landscaping work for homeowners. The accumulation of small home repairs can become a burden to the senior and disabled members of the community. These minor repairs will have a major impact on the lives of these residents.

We have asked potential clients to identify home maintenance tasks they are unable to manage on their own. Skilled professionals paired with AmeriCorps service members will audit and evaluate each of these houses to determine difficulty of repair and the ability of volunteers to perform the task. Houses will be selected based on hardship of the owners, repair needs, and our ability to meet their requests.

While serving in six different housing related areas at the organization, the Recovery Members are working together to plan The Barnstable Big Fix. Similar to COD days, we work as a team to plan, organize, and make sure that this event is a success.

Once the houses have been chosen, a team leader – either from AmeriCorps or HAC – will be placed in a supervisor role and take ownership of the house. We really appreciate all those who have volunteered to both fill those roles as well as lend their Saturday to a great cause.



Top: HAC members pose in their new home in Hyannis. **Middle:** Bourne, Wellfleet, and Hyannis Houses get excited for service on the beach. **Left:** Amy Ranum and Sarah Frese serve on the Mashpee River. **Right:** Erik Boyer removes a massive invasive root.



Left: Katie LeFevre carries Colum Lang and Alison L'Heureux to safety during Fun Day games.

Above: Amie Vos feeds the burn pile on a cut-and-burn service day with the Cape Cod National Seashore Fire Crew.

Below: Colleen Flanagan, whose Individual Placement is with the Fire Crew, starts cutting her notch to take down a pitch pine.

GARDEN From Page 4

appendages can re-grow if even one piece survives, defended itself well, attaching itself solidly to its members, releasing not one rhizome without a decent fight, inflicting injury to our backs and our pride, even breaking a shovel in a demonstration of its vegetative dominance. After six hours of constant shoveling, striking, and lifting, AmeriCorps retreated, permitting the Knotweed to win this first battle.

Perhaps outpaced and unaware of the enemy's fortitude in that skirmish, AmeriCorps will try once more on March 19 and again on April 2 to annihilate this plant, hoping that a three month absence from the bloodbath has lulled the plant into a sense of complacency. With unexpected aid coming from the Highway Department (or the French, you American history buffs might say) in the form of a backhoe, this surprise attack has struck the knotweed in a spot most deadly; massacring its limbs right after it has depleted its stores of winter sustenance, a Battle of Trenton, if you will (pardon the anachronism here). However, the final battles still loom in the distance, the results pending the



heartiness and vigor of our AmeriCorps and Volunteer Champions. With chemical warfare a null issue, enduring strength and stealth attacks will likely decide the fate of the knotweed, the

garden, and our honor.

Interested in witnessing the beast yourself? Watch the December 4 battle in action on Provincetown Television's website at <http://vimeo.com/9356515>.



Clockwise from Top Left: Culum Lang and Riley Moffatt apply the finishing touches to the Bourne House greenhouse. Kevin Denney suits up for service. Riley Moffatt and Erin Leonhardt take a break (in their chaps) from a hard morning of service preparing fire wood with the Town of Dennis Department of Natural Resources. Korinda Walls and Brian Dinizio work together to repair a chainsaw during service with the Army Corps of Engineers. Peter Woodruff examines a Praying Mantis.

MEMBER LIFE

The Great Good Brew

BY KEVIN WADE
BOURNE HOUSE

Homer Simpson has Moe's Tavern, Jerry Seinfeld has Monk's Café, and depending on what city he is in Dr. Frasier Crane can count on either Café Nervosa or Cheers to find that proverbial place where everyone knows his name. These characters all enjoy the comforts of what Ray Oldenberg defines as a "third place," in his book *The Great Good Place*, this being a place other than one's home (a first place) and one's place of work (a second place) where a person may go to gather informally with the company of friends and acquaintances. These places typically take the form of a café, pub, general store, or essentially any place where people come together.

Oldenberg claims that these third places are necessary for society and democracy as they provide a forum for the discussion of issues among citizens. To illustrate this point he notes that all great civilizations have informal public spaces that are synonymous with their cultures such as the piazzas of Florence, the pubs of London and the coffee houses of Vienna. Each of these respective gathering places came to into being almost simultaneously with the rise of its civilization.

What then is the great informal gathering place of The United States? Where can we find the soul of our country? Where do our philosophers gather to debate? Where do we go to collectively socialize as a people?

Unfortunately there really isn't a singularly identifiable place where Americans come to gather, debate, and socialize as most Americans essentially live without any form of informal gathering. Unlike Germans with their bier gardens or the French with their bistros serving as places to gather, Americans live a schizophrenic life split almost exclusively between work and home. This unique lifestyle is largely due to the physical makeup of American



Bourne House members visit Daily Brew in Cataumet for an early morning birthday celebration.

cities which unlike their European counterparts have been influenced and altered by the automobile more than any other individual factor. Prior to the last 100 years it would be impossible to imagine living 20-30 miles from work as cities were once scaled to the pedestrian allowing an individual to walk to work and stop by a pub on the way home to socialize with neighbors. Accomplishing this in the United States would require a great amount of effort as the typical American likely lives in one city, works in another and attempts to maintain a social existence in the time that remains after commuting and other responsibilities.

The life of an AmeriCorps member on Cape Cod serves as an example of an extremely fragmented existence as it is not uncommon to be serving in a different place every day of the week and in doing so spending at least one hour in the car every day traveling between home and service sites. Adding strain to the overextended life of the AmeriCorps member is the manner in which our first and second places are blended together causing there to not even be a definite first place as we have no escape from those we serve with.

This situation makes the need for a third place imperative for AmeriCorps members. Without a place for informal interaction and escape from what essentially is immersion in a second place the minor issues of residential life can compound and quickly spiral out of control creating greater tensions within the houses (ask anyone currently living in the Bourne or Wellfleet Houses about dishes for further evidence).

Fortunately for AmeriCorps members, Cape Cod is home to particularly strong third places. It is not uncommon to walk into the Barnstable General Store, Brown Bag Bagel in Hyannis, or the Daily Brew in Cataumet and witness a group of people holding court at a table debating politics while sprinkling in discussion of popular culture as appropriate. These scenes are more like a political campaign ad than reality. The only thing missing is the politician strategically disguised as a real person by a windbreaker making the rounds and shaking hands with all of the potential votes.

Even if one does not engage in the discussion at these places, just being in a familiar place to read, write or draw

Cape Cod Birding Goes to TEXAS!

BY MIKE TOWLE
HYANNIS HOUSE

I'm a bird nerd and have been for two years. I own a hundred dollar pair of binoculars and three reference books on birds. I even volunteered and helped initiate a bird census at Taylor Bray farm. Why fall into a hobby known for retired seniors and nature enthusiasts? Well I am a nature enthusiast! And it is easy to fit in. I can bird as I hike, I can bird while I Motor Bike. I've birded in a car, I've birded from afar... I can bird while making Dr. Seuss rhymes!

I have birded so much that I have seen most of the birds here on Cape Cod and so I was ready to test my birding mettle with the Texas specialties. The story starts with a number of elements. I'll list them in order.

1. I have a friend named Ellison
2. He loves birds too!
3. He works on a large boat in the Gulf of Mexico
4. Ellison plans a Rio Grand Texas Birding trip
5. I plan to tag along
6. Fog covers the Gulf of Mexico
7. Ellison can't get to Texas for two days.

You see the boat is so big it transports passengers in the most expensive way short of jets and that is by helicopter. The fog was so dense they deemed it "Too dangerous to fly". This left me to explore Laredo, Texas and San Antonio on my own for two days. With no prior knowledge of the area I grabbed my binoculars and explored. BIRD MANIA!!! I had to research every bird I saw, and I was just strolling through the dusty streets of Laredo. It started with the noisy Great Kiskadee, to the noisier Long Tailed Grackle, to the even noisier Curve Billed Thrasher. Looking for better habitat I stumbled across a dried





Top Left: Bournians get fit with Billy Blanks.

Bottom Left: HAC members visit Tiki Port in Hyannis.

Above: Wellfleetians continue their potluck tradition.

Reflecting on a Year of Service

BY ERIK BOYER
WELLFLEET HOUSE

When I was in college, the thought of taking botany was not a pleasant thought. I had always been interested in wildlife biology and conservation and considered plants to be “boring”. When my advisor recommended I take botany because of my ecology focus I cringed. Most of my fellow biology majors avoided botany like the plague and I had always considered plants and trees to not be interesting and in science magazines I would skip over the plant articles. I made it through botany gaining a small appreciation for the complexities of the plant world but

intended to never look back and spend the rest of my career studying any part of biology other than botany. Everything started to change the summer after I graduated when I took a restoration ecology field course in Michigan. The passion that my professor had for trees and plants started to cause me to develop an interest in plants. The experience impacted me more than any college course had in influencing what I wanted to do with my life. I entered AmeriCorps Cape Cod with the hope that I could make a difference in the community and being able to expand my ever-growing interest in restoration ecology. The first of which happened rather quickly after seeing the impact that the program and its members had on a daily basis.

I was placed for my IP with the Orleans Tree Department and while reading through the proposal I saw that I would be working on a town-wide tree inventory. I met Dan Connolly, my service partner for my IP, and knew after my first conversation that I was going to have a great year working with Dan

as he shared an interest in restoration ecology and talked about multiple past projects that he had done in Orleans. I found that on Tuesdays and Thursdays time just flies by as I am always intent on learning all I can about arboriculture, tree identification and maintenance. Dan’s passion for trees has definitely caused me to have a complete change in where I want to go in my career and now I think trees are the most fascinating part of our environment. Dan even warned me my first day working with him that a past intern had caught the “tree bug” and by the end of the year I may catch it. I caught it after the first day of work at my IP. I now intend on getting my ISA certification this spring, which is a certification to be an arborist. In the same week I also started a forest restoration projection on a town conservation property in Orleans and I plan on seeing it through. My experience in AmeriCorps has been one of the most profound that I have had in my life. Just recently I have decided to continue my service on Cape Cod for another year.



Above: Sticks and Stone practice Mama Tried in the Wellfleet common room. Dan Fister plays banjo, Brian Dinizio plays guitar, and Chris Valis plays the Binstrument - a bass constructed of an oyster crate, yellow string, and a bamboo pole.

Left: Bournian Ashleigh McCord takes Caroline Walden for a piggyback ride at the beach.

Below: Abbey Woods and Kael Modrak get dinner ready on the grill at the Wellfleet House.



while watching the regulars and listening in on conversation can provide insight into community issues that would be impossible to obtain otherwise. Gaining this insight into issues allows for AmeriCorps members to become better connected to the communities that we serve and better understand what our service means to the towns of Cape Cod. Furthermore, becoming a regular at a coffee shop or pub can allow us to establish a sense of belonging that is not only rare for AmeriCorps during our term of service but for members of our entire generation.

Perhaps the best part of third places for AmeriCorps is that it provides the environment for members to interact informally. It is surprisingly easy to serve and live with someone and not actually know that person at all. This is due to the fact that nearly all of our interactions as members take place in formal environments such as service and house meetings.

The foundations of friendship can be formed running a chainsaw, performing a puppet show and pulling bittersweet but the concrete truly begins to cure over a cup of coffee, a bagel and a little conversation.

BIRDING From Page II

waterbed where I found three types of kingfisher all in one spot!! Belted, Ringed and Green Kingfishers! I felt like a true bird nerd.

Eventually Ellison made it in and the bird trip was back on schedule and the spotting really took off. Green Jays, Ladder Backed Wood Pecker, Buff Bellied Humming Bird, and Chachalacas. The list could go on and it became apparent that it was much harder finding birds we already knew from Cape Cod than spotting birds we've never seen before.

Friends that I recognized from the Cape include: Pigeon, House Sparrow, Northern Cardinal, Red Wing Black Bird, Double Crested Cormorant, Belted King Fisher, Great Blue Heron, and Great Egret.

Eight out of the 40-50 birds spotted were Cape Residents like me and now that I'm back home I'll keep my binoculars ready and eyes open for any Texas specialties that are feeling brave enough to visit.

NOFA Conference supplements members' service skills

BY DAN FISTER
WELLFLEET HOUSE

On a frosty January morning I drove with fellow Corps members Brian and Korinda, my house supervisor Lisa, and AmeriCorps Alum Tara DiGiovanni to the towering slopes of Worcester, Massachusetts. Having sojourned from Missouri to New England for the first time in my life last September, I have sought few opportunities to explore this fine region of antequitous structure and cultivation; save my own immediate surroundings of the outer cape. This conference proved to be the perfect lure, hook, and line to reel in some scaled AmeriCorps spirits out of homely Wellfleet and Bourne ponds and into the fresh Worcester air. This catch of the day was landed by the brilliant minds of agricultural regeneration!

These agriculturalists, organized for the fruitful future of our planet, are called the Northeast Organic Farmers Association. They held a winter conference in Worcester for everyone interested in agriculture, with workshops and informative sessions of all ranges of topic, depth and detail. These sessions were limited only by the stipulation of having something to do with that stuff that sustains us...what was it again? Ah yes, FOOD!

Of the conference sessions we attended, notable ones included: Cultured Dairy Products; Organic Seed Starting; Raising Healthy Hogs in Mixed Woodland/Pasture for Direct Markets; Angora rabbits: Care & using their fiber; Honey Bees and Weather; City Chickens: Keeping Hens in Cities and Suburbs; Small Fruit on a Diversified Organic Farm; Eating Well on a Budget: Pressure Cookers, Crock Pots and Using the Whole Hog. We also attended a speech from Joel Salatin, the keynote speaker of the event. He has attained fame from being a star sustainable farmer in the book *Omnivore's Dilemma* and the film *Food Inc.* He gave a stirring and humorous address entitled "Food from Farms for Families."

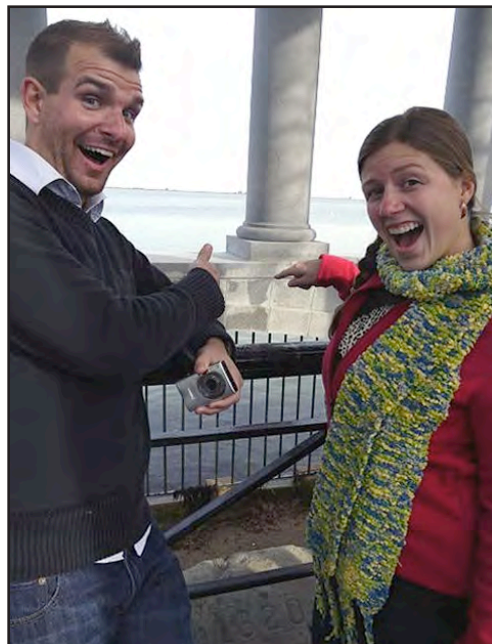
While these sessions and speaker were attended due to personal interest and passion, a lot of the shared knowledge will directly enhance and expand our service here on Cape Cod. Those Worcester folk tossed back these Cape Cod "serve-fish" plumper with knowledge and skills to improve life locally for self, house, and the communities we serve! We are all one step closer to sustainable agriculture, huzzah!



Above: Bournians Riley Moffatt and Amy Ranum take in Wellfleet Harbor.



Left: Bourne House trivia team members Kevin Wade, Katie LeFevre, Sean Murphy, Ashleigh McCord, and Aimee Wang celebrate another win at The Beach House. **Right:** Kevin Wade and Korinda Walls are excited to see Plymouth Rock (in all its magnanimousness) for the first time.



THOUGHTS

Bees: Lessons Learned

BY COLLEEN FLANAGAN
WELLFLEET HOUSE

Bees are a vital link in the life cycles of foods we eat, yet so often they are underappreciated, unloved, and even feared. Countless scenes from cartoons and movies show a swarm of bees chasing the poor protagonist across a field, and the poor protagonist has to take refuge in a mud puddle.

Contrary to the media bias of popular culture, bees are not vicious, mean, or out to get us. In fact, there are some things humans can learn from bees, if only we'd take the time to get to know them better.

First of all, the ever-popular image of bees swarming. The number one reason for bees to swarm is because of congestion. If their hive is too crowded, the bees will split the hive. Half of the existing bees will stay in the old hive, and the other half, including the queen, will move on to a new location. The bees in the old hive will hatch a new queen, and both hives remain functional.

Lesson: Spread out! Too many people in one area causes congestion. People and bees do better when they have enough space.

Another popular misconception of bees is that they're out to sting us. Actually, only the worker bees (females) can sting. The drones (males) don't have stingers. The worker bees' stingers get caught in the elasticity of our skin, and get stuck as the bee tries to fly away. Unfortunately for the bee, when the stinger rips out of its body, it pulls out the bee's intestines as well, causing it to die. Then why do bees sting? They know that they will die as a result, yet they sting anyway when they perceive a threat to their hive, brood, and food source (honey).

Lesson: Would you be willing to sacrifice to protect your home, family, and livelihood?

Lastly, the image of the busy worker bee. It is true, worker bees are incredibly hard workers.

They fly to collect pollen and nectar until their wings literally wear out. Then their wings wear out, they are stuck on the ground until they die. However, not all bees are worker bees.

The drones are not workers; their sole purpose is to mate with the queen. After they fulfill that responsibility, they live in the hive and eat the honey that the workers produce.

Understandably, the worker bees don't want to support the drones all through the winter. In the fall, the worker bees push the drones out of the hive to starve and die.

Lesson: Get a job! People and bees who work hard don't want to support people and bees who do nothing.



Above: After a hard day of service Colleen Flanagan leaps from a sea of sandbags filled by AmeriCorps members.

Cape Cod Breathes Nice

BY DAN FISTER
WELLFLEET HOUSE

Cape air is fresh, having breathed it for
Several months I realize why:

The migratory species, whales, ducks, dragons, etc.
All swirl around this peculiar peninsula sensually-seasonally
This animal swirling and jet-setting across sandy shore and
turbid sea

Is coaxed, instigated, facilitated, by a disturbingly innocent
coalescence

Betweenst sea and Cape plants; exchanging air in a way that
creates

Currents amiable to animal travel, foragement, and
freedom...

"That's not snow, that's Sea Ice!" Beach comber/dog walker #
47 discloses

"That's not Sea Ice, that's Cape Air!" I say to myself a safe
distance from

The friendly stranger, as I inhale a breath deep and thorough.

9:30 Train

BY AMY RANUM
BOURNE HOUSE

I got to the train, only seconds too late
So the 9 30 is what I was forced to take
As I cursed everything while I sat their to wait
I started to think what if this 9 30 route is fate

Sitting there on a unfamiliar train
Traveling down this uncertain lane
I didn't know anyone, not even one name
Smiling I realized I had no image to maintain

This was my chance to pick a new identity
For 30 minutes I could be who I always wanted to be
I could let people meet who I wanted them to see
And on this wrong route I finally felt free

I met a woman who just became a widow
An engraved smile, she seemed anything but low
I meet a college student coming home from work
Ready to stay up all night with papers to sort

And an old man sitting in the back
Counting change out of his nap sac
9 dollars and 30 cents
Now isn't that a coincidence?

I didn't act like did every other day
Same old expression with nothing to say
On this 9 30 train a new perspective was gained
That this character on this particular day

Has the qualities I always wanted to obtain
And maybe this is the person I should try to remain
So starting today and continuing tomorrow
Ill be myself and just take life slow



Top: Ryeon Corsi and Kael Modrak go for a walk on the beach, courtesy of Peter Woodruff.

Middle: The Bourne House poses for a quick group photo after a drizzly day of serving in Barnstable.

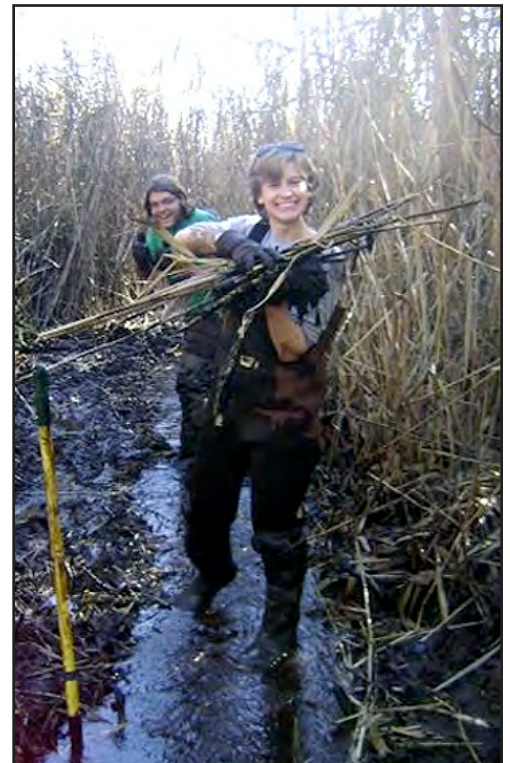
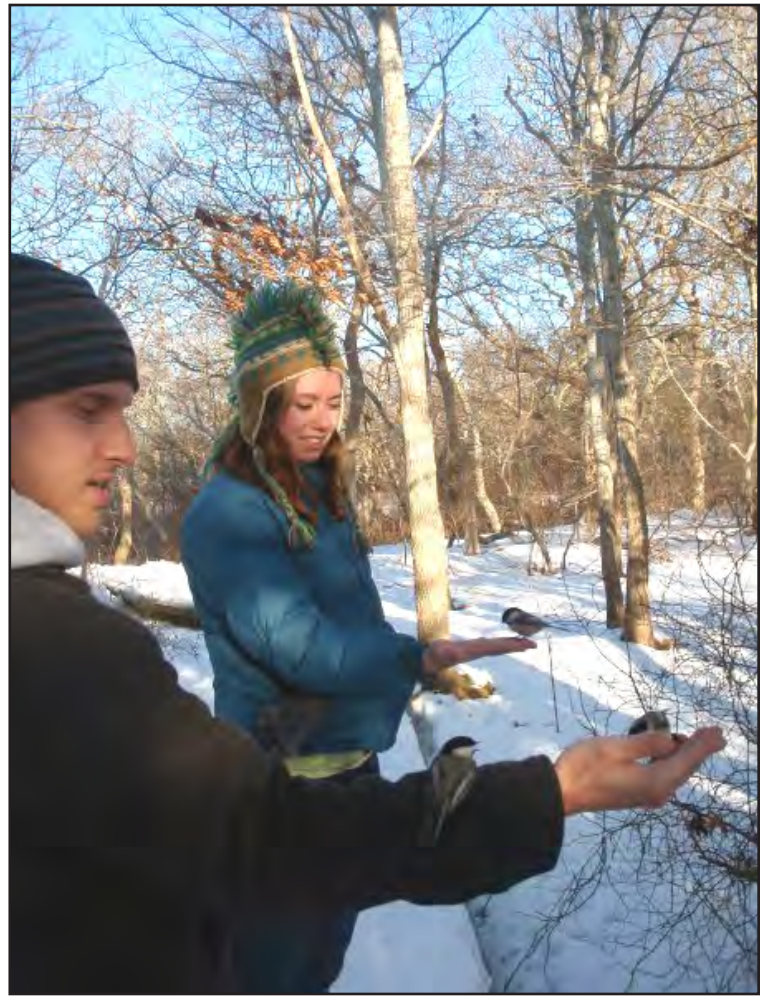
Bottom: Wellfleetians take a break from the icy beach.



Take a Chance

BY AMY RANUM
BOURNE HOUSE

Why not take a chance and follow me
Closed eyes as I take the lead
Ill never give in, and ill never plead
My chin is raised high, standing up straight
I won't let you surrender to an uncertain fate
I've been there myself, bruised and torn
Some felt that way since the day they were born
Now it's time to explore and find a safe place
Kiss away yesterdays secrets from your face
Listen for my voice to be known today
Ending with the fear of a broken way
You can try to escape, forever to be lost
But understand the rewards are worth the cost
Life's about the things you might never see
Times when you feel breath holding on gently
The moment you knew this time, it was meant to be
So if you glance ahead, longing for me
Ill stop, wait at the top, never let you go lonely
Never have you look up with nothing to find
Make sure your always wondering close behind
Follow me as I shine on life's broken roads
Wipe tears from your eyes and get ready to reload
This path meant to design, set a line for eternity
Lap after lap, what I've always wanted you to see
That living life is how you build these timeless memories



Clockwise from Top Right: Abbey Woods and Alex Soper let black-capped chickadees eat sesame sticks right out of their hands. Margaret Kane and Chris Valis help clear phragmites at Taylor Bray Farm in Yarmouth. Jenny Burkhardt, Erin Leonhardt, Caroline Walden, and Katie LeFevre enjoy a sunny walk to the end of The Knob in Woods Hole.

ODDS & ENDS

Wellfleet Recipes

BY JENNY BURKHARDT
WELLFLEET HOUSE

These are two of my favorite recipes that I have discovered this year and adapted to make into some of our house favorites. The Broccoli Cheddar Soup is from a vegetarian cook book that Amie gave me as a Secret Santa present for our holiday celebrations this year. I adapted it from the original recipe by cooking the potatoes longer and adding lots more cheese and made it for a house dinner. It was a big hit! The Focaccia recipe was adapted from one I found online (by doubling the spices) and has been made by a few other people in the house. This is a super easy bread recipe that is quick to make (only takes about 45 minutes total) and can be used for a lot of different things including, Ryeon's favorite, pizza dough.

Focaccia Bread

2 ¾ cups all-purpose flour
1 tsp. salt
1 tsp. white sugar
1 Tbsp active dry yeast
2 tsp. garlic powder
2 tsp. dried oregano
2 tsp. dried thyme
1 tsp. dried basil
1 pinch ground black pepper
1 Tbsp. vegetable oil
1 cup water
2 Tbsp. olive oil
1 Tbsp. grated parmesan cheese
1 cup mozzarella

DIRECTIONS

1. In a large bowl, stir together the flour, salt, sugar, yeast, garlic powder, oregano, thyme, basil and black pepper. Mix in the vegetable oil and water.
 2. When the dough has pulled together, turn it out onto a lightly floured surface, and knead until smooth and elastic. Lightly oil a large bowl, place the dough in the bowl, and turn to coat with oil. Cover with a damp cloth, and let rise in a warm place for 20 minutes.
 3. Preheat oven to 450 degrees F (230 degrees C). Punch dough down; place on greased baking sheet. Pat into a ½ inch thick rectangle. Brush top with olive oil. Sprinkle with Parmesan cheese and mozzarella cheese.
 4. Bake in preheated oven for 15 minutes, or until golden brown.
- 18 Serve warm.

Broccoli Cheddar Soup

2 Tbsp. butter
1 onion, chopped
1 pound potatoes, grated
3 pints vegetable stock
1 pound broccoli, chopped
10 oz cheddar cheese, shredded
1 tbsp parsley, finely chopped

DIRECTIONS

1. In one pot melt the butter and sauté the onion for about five minutes until soft.
2. Add the grated potatoes and enough vegetable stock to cover the potatoes. Bring this to a boil and then reduce the heat until the potatoes are cooked.
3. In another pot bring the remaining vegetable stock to a bowl and then add the chopped broccoli. Reduce the heat to medium and let the broccoli cook down for about 8-10 minutes until soft.
4. When both pots are done cooking remove them from the heat and let cool.
5. Place all of the ingredients from both pots in a food processor.
6. Pour all of the soup back into a pot and put it back on the stove to warm through and add the shredded cheddar cheese and parsley. Let the cheese melt and then serve warm.

Springtime Potato and Leek Soup

BY LISA BUCHS
WELLFLEET HOUSE

5 lbs white potatoes, peeled and quartered
6 C. chicken or vegetable broth
3 leeks, finely sliced
3 carrots, finely sliced
2 cloves garlic
3 T. butter
2 T. heavy cream
(optional) 1 ½ C. finely sliced sweet Italian sausage
Salt and pepper

1. Boil potatoes in broth about 15 minutes, or until soft. Drain and reserve the liquid. Mash the potatoes with some of the reserved liquid.
2. In a separate pan, sauté the leeks and garlic in butter for several minutes. Combine with the reserved liquid in a large pot.
3. Add carrots to the pot, bring to a boil, then reduce heat and simmer until carrots are soft. If using sausage, cook in a separate pan until browned and drain.
4. Stir mashed potatoes and cream (and sausage) into the liquid and heat through. Season with salt and pepper.

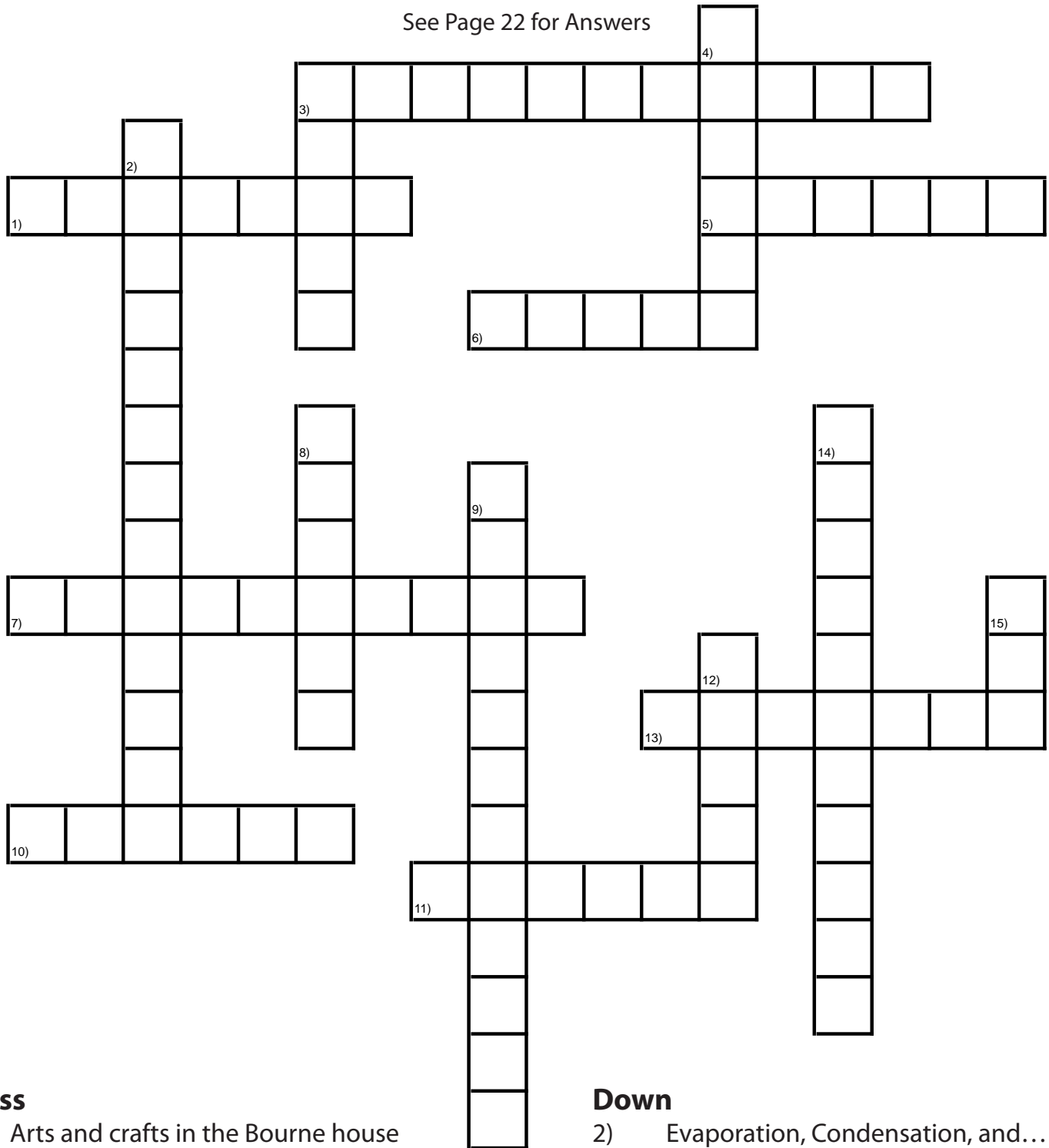


Wellfleet ladies Margaret Kane, Colleen Flanagan, Kael Modrak, Ryan Corsi, Jenny Burkhardt, and Abbey Woods enjoy the beach on the Lower Cape.

Trivia Crossword

By AMY RANUM
BOURNE HOUSE

See Page 22 for Answers



Across

- 1) Arts and crafts in the Bourne house
- 3) Wellfleetian's favorite late night bar
- 5) Chris's Valis's new instrument
- 6) The Wizard of the Quizboard
- 7) Bournian's trivia location
- 10) Members' spring break road trip location
- 11) Members' spring break service location
- 13) Aspiring Canal Clean Up entertainment

Down

- 2) Evaporation, Condensation, and...
- 3) Dan Fister's musical instrument
- 4) Alex Murray's Nickname
- 8) Ryeon Corsi and Alex Soper's hometown
- 9) Woods Hole Saturday night prom theme
- 12) Wellfleet's house doll
- 14) Invasive plant hated by all ACC Members
- 15) Correct spelling of HAC Member's name

Movie Match-Up

Match the member to their favorite movie!
See page 22 for answers!

BY MARGARET KANE
WELLFLEET HOUSE

Katie L.	Once
Amy	Newsies
Ashleigh	The Lucky Ones
Korinda	Goodfellas
Erin	A League of Their Own
Caroline	Rushmore
Colum	Remember the Titans
Gabe	Little Miss Sunshine
Aimee W.	Robin Hood Men in Tights
Riley	Lord of the Rings
Sarah	Breaking Away
Sean	Ever After
Brian	Miss Congeniality
Kevin W.	Fern Gully
Dan O.	Lost in Translation
Chris	Austin Powers Goldmember
Peter	The Rock
Erik	Free Willy
Kevin D.	Fired Up
Dan F.	Office Space
Amie V.	Pulp Fiction
Margaret	Anchorman
Ryeon	Saved!
Kaelyn	Spirited Away
Abbey	Princess Bride
Jenny	Tommy Boy
Colleen	Dead Poet's Society
Lisa	Summer Rental
Mike	The Wedding Singer
Jon	Forrest Gump
Alex S.	The Matrix
Alex M.	One Flew Over the Cuckoo's Nest
Mary	Dersu Azala
Alison	Bottle Rocket
Katie M.	Rainman
Kathleen	Boondock Saints



Left: Bourne, Wellfleet, and Hyannis Houses get together to haul brush and do property maintenance at Meetinghouse Farm in West Barnstable.

Right: Aimee keeps an eye on the script backstage at the Buffet Puppet Show. From left to right: Aimee Wang, Katie LeFevre, Erik Boyer, Gabe Lundgren, and Colum Lang.

Tip of the Hat / Wag of the Finger AmeriCorps Edition

BY ASHLEIGH MCCORD
BOURNE HOUSE

We all know that the AmeriCorps houses take a lot of use. 14 pairs of feet up and down the stairs everyday. 14 dinners cooked in the kitchen every night. 14 showers after a long service day. The residences withstand it with grace and strength, never complaining. But every once in awhile, they fight back. Our first wag of the finger goes to the Bourne house toilet that flooded one winter afternoon (and subsequently created an unwanted, if spectacular, waterfall-like display on my bedroom wall.) However, a tip of the hat goes to the group of members whose lightning-fast reflexes saved my personal belongings and wall decorations, in several cases at the expense of the cleanliness of their clothing. Talk about disaster response.

But we musn't forget service! Tip of the hat to Wednesday COD Day and program staff for pulling off a well organized MLK Day of Service, and to everyone who participated! Way to get things done for America and help your fellow Cape Codders. But of course we have a wag of the finger to every Bourne member who did not eat their bodyweight in leftover croutons after the community dinner and left them hanging around until they were harder than Billy Blanks' abs after a good workout. There are members in Wellfleet who would kill for those croutons.

Seen the AmeriCorps puppet show lately? Its intended audience (easily distracted and often screeching kindergarteners) might suggest that it would be easy to perform, but don't be deceived! It takes a surprising level of skill and coordination to pull off a truly flawless puppet show. A sincere tip of the hat to any AmeriCorps Cape Cod member who has actually managed to

fling the soda can off of Zoe's hand on cue and without hitting any innocent bystanders. A heartfelt wag of the finger to Zoe herself for being a litterbug. "Not thinking hurt everyone!"

Our next tip of the hat goes to Technu for giving us the peace of mind and oil-removing power to do service in places many people wouldn't want to get within 100 yards of. Wag of the finger to poison ivy and its uncanny ability to exist anywhere, anytime, in any form. Face it, no one likes you.

As all past and current members and service partners know, winter service always brings its share of difficulties. Our final and much deserved tip of the hat goes out to those service partners always ready to put us to work (excuse me, service!) at a moment's notice when projects have to be postponed because of inclement weather. Wag of the finger to Mother Nature for occasionally interfering with our service efforts. Come on, we're trying to help you out here.

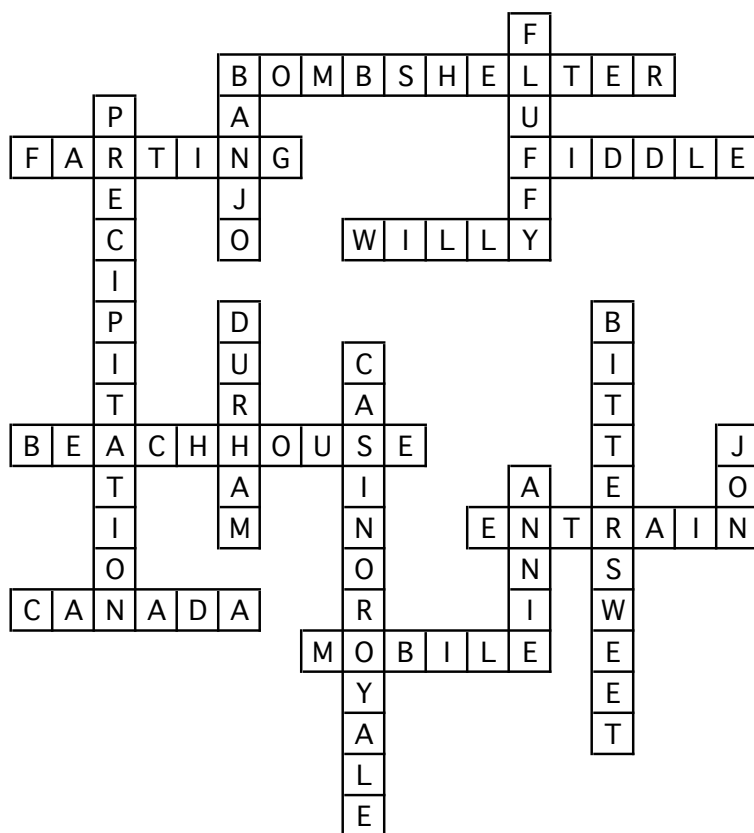


Left: Kevin Wade cooks up his famous St. Louis-style pizza (super thin & lots of cheese) in the Bourne House kitchen. **Right:** Katie LeFevre and Korinda Walls do some serious damage to beach-encroaching cedars on Mashnee Dike with the Army Corps of Engineers.



Answers to Crossword Trivia & Movie Match-Up

Katie L. - Newsies, Amy R. - Goodfellas, Ashleigh - Rushmore, Korinda - Off the Map, Erin - Austin Powers Goldmember, Caroline - Free Willy, Colum - Office Space, Gabe - Anchorman, Aimee W. - Spirited Away, Riley - Tommy Boy, Sarah - Summer Rental, Sean - Forrest Gump, Brian - One Flew Over the Cuckoo's Nest, Kevin W. - Bottle Rocket, Dan O. - Remember the Titans, Chris - Robin Hood Men in Tights, Peter - Breaking Away, Erik - Boondock Saints, Kevin D. - Rainman, Dan F. - Dersu Azala, Amie V. - The Matrix, Margaret - The Wedding Singer, Ryeon - Dead Poet's Society, Kaelyn - Princess Bride, Abbey - Saved!, Jenny - Ever After, Colleen - Lord of the Rings, Lisa - Little Miss Sunshine, Mike T. - Pulp Fiction, Jon - Fired Up, Alex S. - The Rock, Alex M. - Lost in Translation, Mary - Miss Congeniality, Alison - A League of Their Own, Katie M. - The Lucky Ones, Kathleen - Once





Left Top & Middle: Service Partner Ryan Mann of Harwich Conservation Trust takes Bournians Korinda Walls, Brian Dinizio, Colum Lang, and Aimee Wang for a sailing lesson in Nantucket Sound.

Left Bottom: Wellfleetians Dan O'Hara, Kevin Denney, Kael Modrak, Chris Valis, Margaret Kane, Dan Fister, and Jenny Burkhardt serve with Barnstable Marine Services.

Above: Margaret Kane awaits the coming summer months as she shovels the Wellfleet driveway.



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