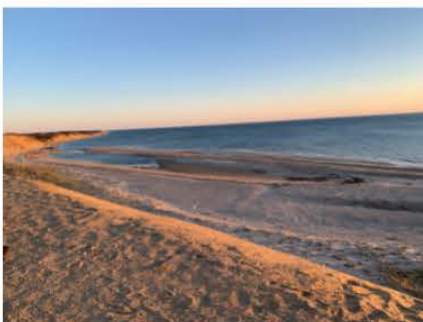




WayPoint

	YEAR 23, ISSUE 2, MAY 2022	
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Cape Noise!

By Vincent Tanguilig

Spring peeper concert
Osprey divebombs teeming stream
Silent setting sun.



Service Spotlight

Cape Cod Canal Clean-Up

By Hannah Crosby

Beautiful bluebird skies welcomed back from its three-year hiatus ACC's signature event– the 21st Annual Cape Cod Canal Clean-Up. On Saturday April 23rd, in partnership with the U.S. Army Corps of Engineers, 28 AmeriCorps Cape Cod members and staff along with 178 volunteers went to work on cleaning up the canal. There were eight stations spanning from Sandwich to Bourne, and for the first time ever, stations were set up along both sides of the canal. "In terms of stations and placements, this is the largest Canal Clean-Up to date," Rob Zelinski, one of the ACC members tasked with planning the event, said. Along with Rob, Korri, Storie, and Brandon were the ACC members who planned the event with help from Elisa Carey from the U.S. Army Corps of Engineers. Korri was in charge of communications and engagement, Rob was in charge of logistics, and Storie and Brandon worked on educational and volunteer outreach.

Given the scale of the event this year, the planning group reached out to local non-profits to table at the event. Representatives from the National Marine Life Center, Cape Light Compact, Buzzards Bay Coalition, Center for Coastal Studies, Town of Borne Department of Natural Resources, and CARE for the Cape and Islands supported the event by tabling and speaking to the public about their work on the Cape. For the sites that did not have non-profit partners, the group also set up WetFest activities.

COVID-19 restrictions have prevented ACC members from going into local schools and to take part in environmental education– which has historically been a part of the ACC experience– and the main tool we have to do that is WetFest.



**Cape Cod Bagels
Cape Cod Donuts
Treehouse Brewing Co.
Starbucks Coffee**



Jodi leading a WetFest activity



Brandon, Emily, Caroline, and Maddy showing the quantity of trash collected at their site

WetFest is a group of environmental games and activities meant to teach elementary aged students about different environmental issues. Hazel, a member of the Chatham House, is in charge of WetFest this year at her Individual Placement, so she and the Cape Cod Canal Clean-Up planners decided to bring WetFest to the public this year.

All these elements made the day a great success. Volunteers picked up 377 pounds of litter and debris from the Canal and ACC members sorted the trash to get a sense of the kind of debris we were collecting. Fishing gear, rope, and plastic were the major finds of the day. The U.S. Army Corps of Engineers graciously came by and picked up our sorted trash in their trucks to dispose of it. All in all, Cape Cod Canal Clean-Up was a great collaborative effort on behalf of AmeriCorps, the U.S. Army Corps of Engineers, the local non-profits partners, local businesses who donated supplies to the event, and the volunteers who dedicated their sunny Saturday to cleaning up the Canal.



ACC member Jodi with volunteers Rachel and Jon at Cape Cod Canal Clean Up

Service Spotlight

Shorebird Fencing

By Kasey Oakes

March kicked off shorebird season with multiple ACC projects dedicated to helping Mass Audubon's Coastal Waterbird Program (CWP) with setting up symbolic fencing across the Cape. Thanks to a few of CWP's professionals, Rose Caplan, Jamie Infanti, and Tyler Tomassone, all ACC members got the opportunity to learn about threatened and endangered species management as well as participate in conserving Cape Cod's important Coastal Waterbirds. Piping Plovers, American Oystercatchers, and Least and Common Terns are just a few of the species CWP protects. Piping Plovers are classified at the state and federal levels as threatened. American Oystercatchers, listed as species of special concern, used to be abundant within the State of Massachusetts in the 1800s, but for reasons unspecified, they were extirpated for some time. It is only recently that they've started making a comeback, albeit slowly, but with our aid, we've assisted in taking steps to protect their natural habitats in hopes to encourage their return. Least Terns and Common Terns are also listed as species of special concern. A few popular beaches where our fencing efforts can be admired include Forest and Ridgevale in Chatham, South Cape Beach and Washburn Island in Mashpee, and Nauset Beach in Orleans.

I, myself, work as a Field Assistant with CWP on weekends. My favorite part about the job is being able to enjoy the sun and watch my favorite little birds dance around on the beach from territorial brawls to peaceful couple lunches out in the intertidal zone, nothing is ever boring when I'm observing shorebirds.



The symbolic fencing we helped set up



Sylvie and Emily hauling fencing supplies in the mist



Braden and Max pausing for a photo op

Run, Herring, Run!!

By Hannah Crosby

For those unfamiliar with ACC, the first month of the program is dedicated to training. We get trained in a whole host of things like learning about small engines, IFAW marine mammal response, first aid and CPR, and more.. We also get primed for the year and are told about common service projects we might encounter as the year progresses. I heard about herring runs and shorebird fencing often because they both happen in the spring, however, considering the first month of this program is a firehouse of information, it never occurred to me to interrogate what any of this meant. So, in my brain I combined herring runs and shorebird fencing into one event that happens in the spring, thereby assuming for many months that herring were a kind of shore bird that we set up fencing to protect. This is very, very wrong.

I can confirm now that herring are fish. And a herring run is what I would consider a stream. And during the spring, herring swim from the ocean, up the run and into a fresh body of water to spawn. And as ACC members, we are tasked with cleaning out these runs to make way for the fish.

Maybe it's because I like wearing waders, maybe it's because it wasn't chainsawing (see previous WayPoint), but I have really enjoyed herring run clean outs, in particular, the day the Chatham House members helped Nicole Paine with Eastham DNR clean out Eastham's two runs.

The first run required us to shovel out sand that had deposited in the waterway while we also cleared woody debris that could accidentally become a hazard for the migrating fish. The run led us out into a beautiful salt marsh that led all the way to First Encounter Beach.

Once we cleaned the runs, we went over to two Eastham town landings- Hemenway Landing and First Encounter Beach- to clean up trash and debris. At Hemenway we saw the carcass of a decomposing whale which was very cool to see. We made the beaches cleaner, spent time with, in my opinion, one of our best service partners, made way for the herring, saw a whale, and got to spend the day knee deep in a salt marsh. What could be better??



The Devine House with Service Partner Nicole Paine



Highlights of the service year so far

IP Spotlight

Cape Cod Groundwater Guardians' Podcast: "One Drop Leads to Another"

By Susanna Baker

During my service year, I've gotten the chance to help the Cape Cod Groundwater Guardians, a group of passionate and dedicated individuals from Barnstable County's Cape Cod Cooperative Extension, Massachusetts Alternative Septic Center, and AmeriCorps Cape Cod, develop and produce a podcast called "One Drop Leads to Another." The goal of the podcast is to motivate listeners to be stewards of their water, especially in a location like Cape Cod, where 6 major lenses of fresh water share a single unconfined and vulnerable aquifer. While working on the podcast, I think it's fair to say that each of us on the Groundwater Guardians team have been taught something we didn't know beforehand, solidifying that every good teacher needs also to be a student.

My biggest takeaway from supporting the creation of the podcast has come from learning about the true reality of water and sanitation in the United States, where over 2 million people are currently without clean drinking water and basic sanitation, concentrated in poor communities of color. According to a report by human rights non-profit, DIGDEEP, called, Closing the Water Access Gap in the United States, "African-American and Latinx households are nearly twice as likely to lack complete plumbing than white households, and Native American households are 19 times more likely." On one podcast episode, Sherry Bradley from the Alabama Department of Public Health highlighted her efforts to address wastewater in Lowndes County, Alabama— an area where the cost of proper sanitation systems and lack of governmental assistance has forced some community members to straight-pipe their waste to their backyard, posing health risks many Americans may have thought were long eradicated in the country.

I've learned that untreated human waste is also a significant pollutant here on Cape Cod.



Where vacationers and year-round residents would like to believe that the water is pristine, many water bodies are in fact impacted by excess nutrients from failing septic systems, leading to ardent efforts to create alternative septic system technologies, utilize shellfish to filter excess nutrients out of the water, install sewer to treat wastewater in a central location, and conduct other projects and studies that inform a better waste pathway. As solutions are underway, nitrogen pollution threatens coastal ecosystems by way of Harmful Algal Blooms (HABs) that consume oxygen and create dead zones.

I am personally interested in the potential of urine diversion, which separates urine from fecal matter in the home, ideally for beneficial reuse as fertilizer...it doesn't sound all that exciting until you learn that urine constitutes approximately 80% of the nitrogen in municipal wastewater (Wuang et al. 68). As urine-diverting and composting toilets still struggle to find acceptance, nitrogen-removing alternative septic systems and other technologies are making their way onto the scene. One of my Individual Placement host organizations and contributor to the Cape Cod Groundwater Guardians, The Massachusetts Alternative Septic System Technology Center, tests these systems onsite at their research location in Sandwich. My other Individual Placement host organization, the Town of Bourne, is following suit with other towns on Cape to expand sewer infrastructure. Despite whichever solution is found to be most effective; the problem of wastewater treatment is present and pressing, especially considering the nightmare PFAS (Per- and Poly-fluoroalkyl Substances) have created for present and future generations.

Unfortunately, I do not have the article space to dive further into wastewater. So, I'd like to close by encouraging the reader to advocate for federal funding for water and wastewater infrastructure and to make themselves aware of those who have been left behind in our country. The United States is a prosperous country, and over the next twenty years, the US EPA estimates that \$750 billion dollars will be needed in our country just to maintain current levels of drinking water and wastewater service. It is an issue that impacts every single person now and into the future.

Henry David Thoreau wrote that Cape Cod is a place where, "...a man may stand there and put all America behind him..." but that luxury cannot be afforded anymore. As a cheesy but true alternative, I suggest we stand to face our common problems—one of which being what comes out of our behinds.



Sources

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Quote from Page 22 of the report

Wuang R, Pengkang J, Chenggang L, Xiaochang W, Lei Z. A study on the migration and transformation law of nitrogen in urine in municipal wastewater transportation and treatment. Water Sci Technol. 2013;68(5):1072-8. doi: 10.2166/wst.2013.336. PMID: 24037158

IP Spotlight

Beach Clean-Up Lending Library

By Hazel Groskorth-Flynn

Cape Cod Cooperative Extension's WETFestival, or WetFest for short, is coasting back into classrooms for the Spring 2022 season through our new Beach Clean-Up Campaign! Since the start of the COVID-19 pandemic, AmeriCorps members have been adapting WETFest's aquifer education lessons to take on an online, and hybrid format. This year, AmeriCorps members Emily and Hazel (me) have created a lending library, and "take-action" campaign for our Beach Clean-Up activity. The Beach Clean-Up activity walks children and their families through the effects of pollution on coastal habitats and shows that when we band together more beaches can be saved. Through the lending library program, teachers and educational community groups can borrow the activity and partake in AmeriCorps' "take action" campaign to then host their own beach clean-up. This campaign will be facilitated using the "Clean Swell" app, which helps volunteers categorize the trash they collect, and weighs approximately how much trash has been removed. Through this, Emily and I hope to rally the students and communities of Cape Cod, to see how much of a collective difference we can make in keeping our beaches clean. For more information, or to bring the Beach Clean-Up activity to your next community event, please visit the capecodgroundwater.org website, or contact this year's WETFest Coordinator at hazel.groskorth-flynn@barnstablecounty.org.



Year 23 AmeriCorps members and Devine House Program Supervisor pictured with the trash they collected off the beach for MLK Day 2022!

Shooting Stars at the Seashore

By Hannah Crosby

Nature lovers have long come to recreate on the beaches, recharge in the solitude of the Province Lands Dunes, and revel in the natural beauty of the salt marshes and kettle ponds at Cape Cod National Seashore. The coast, the wetlands, the cranberry bogs, and the pine forests are all invaluable ecosystems that the Seashore protects, and rightfully so. But there is another vast ecosystem of equal importance housed in the park. It's not in front of us, but rather *above* us. I'm talking about the night sky.

The naturally dark night sky is more than just a scenic canvas of stars, it's an ecosystem in and of itself, and it's vital for the proper functioning of natural ecosystems, especially for migratory species. Night skies everywhere are threatened by light pollution stemming from the use of artificial light at night. Cape Cod is one of the darkest places in New England, and one of the few places on the Eastern Seaboard mostly unencumbered by light pollution. This makes the task of protecting the night sky from an increasingly brighter world of tantamount importance.

As the Individual Placement Park Planning Assistant at the Seashore this year, one of my main projects has been to begin the process of establishing Cape Cod National Seashore as an International Dark Sky Park, a designation conferred by the International Dark-Sky Association (IDA), the pre-eminent authority on combatting light-pollution world-wide. Getting IDA certification is no easy task and no guarantee, and the process will likely take many years. It will require switching outdoor lighting to more energy efficient models, adding shielding or timers to lights, and will require annual reporting to IDA. However, Park leadership supports the idea and is eager to see where this goes.

One of the tenants of IDA certification is designated programing about light pollution and the importance of a naturally dark sky. On April 23rd, a group of rangers and I held the park's first night-sky event called "Shooting Stars at the Seashore" at Marconi Beach. The event coincided with the Lyrid meteor shower. Among parks out west (that already have International Dark Sky Park certification), these events are often referred to as "star parties." I gave a brief presentation on light pollution and Mike Raymonds, a park ranger who has experience running such events, talked about the mythology of common constellations. Forty-five people were in attendance ranging in age from little kids to grandparents. Unfortunately, the weather did not cooperate, and the sky was overcast, but there seemed to be lots of interest from the participants on similar programing in the future.

It is the goal, moving forward, that we can host another similar event before my AmeriCorps year is complete in July. If that does not happen, though, there are plans to continue night sky programing in early August when The Perseids meteor shower will be occurring, hopefully with the partnership of local astronomical societies. It is my hope that "star parties" will become more common in Seashore programming as future ACC members, with the assistance of park staff, work towards IDA certification. Until then, may I recommend reveling in this invaluable resource by stargazing on a clear evening at the Seashore. It is a particular jewel found in an already stunning place, and it is a resource we should be work hard to protect.

IP Spotlight

Garlic Mustard Handout

Created by Vincent Tanguilig for his IP at Brewster Conservation Trust

THE PLANT I.D. SEGMENT

your home for learning to recognize common plants on Cape Cod

INVASIVE

Garlic Mustard (*Alliaria petiolata*)

What is it?

Garlic mustard is a small, biennial flowering plant with garlicky smelling leaves when crushed up. It is edible when prepared correctly. Introduced from Europe in the 1800s, it was used in herbal and medicinal applications and for erosion control.

The Impact.

Garlic mustard is considered an invasive plant all across the Northern United States. It produces thousands of seeds from a single plant and releases them into the wind. Within several growing seasons, it will stunt native growth and disrupt forest succession.

Identify it.

Garlic mustard likes to take hold on roadsides or near trails, then quickly spreads into wooded areas. Look for triangular, heart-shaped leaves with toothed edges, and white, four-petaled flowers.

Control it?

Definitely! If you see it on your property, pull gently from the base of the plant to get the whole root. Pull before seeds mature to prevent spread. Do not compost, it must be bagged and disposed of in the garbage.

Find it.

BCT is fighting garlic mustard properties such as Eddy Bay. You can spot it on sections of the trail. Also, look for invading patches around Brewster.

Research it.

Click here for more information from [Nature.org](https://www.nature.org). Search for native alternatives using resources like [CapeCodNativePlants.org](https://www.capecodnativeplants.org).



Brewster Conservation Trust
PROTECTING BREWSTER'S WOODLANDS, RIVERS, MARSHES AND MEADOWS
FOR TODAY AND FOR GENERATIONS TO COME

For questions, suggestions, or feedback, please contact BCT's AmeriCorps Member Vince at vincent.tanguilig@barnstablecounty.org

Food News

Crispy Chicken Katsu from The Spruce Eats

This recipe is brought to you by Travis Kornegay,
a proficient chef from the
Pocasset House. Enjoy!

Ingredients

1 pound chicken breasts
2 tablespoons sherry, or rice wine
1 tablespoon soy sauce
3 teaspoons salt, divided
1 1/2 teaspoons freshly ground black pepper, divided
1/2 cup all-purpose flour
3 large eggs, beaten
2 cups panko breadcrumbs
1 cup vegetable oil
Short-grain rice, for serving
Tonkatsu sauce, for serving
Scallions, chopped, for serving



1. Gather the ingredients
 2. Butterfly the chicken breasts into 2 separate cutlets. Pound each breast to a 1/2-inch thickness. Add the cutlets to a shallow bowl and top with the soy sauce and sherry (or rice wine). Set aside, covered for at least 15 minutes or up to 4 hours. If marinating for longer than 15 minutes, place in the refrigerator.
 3. Add a teaspoon of salt and a 1/2 teaspoon of pepper to the flour in a shallow bowl and stir to combine. Remove the chicken from the marinade and set the marinade aside. You will use it again. Dip each chicken breast into the flour and flip to coat both sides completely.
 4. Add a teaspoon of salt and a 1/2 teaspoon of pepper to the bowl of soy sauce and sherry you set aside. Beat the eggs in that mixture until smooth. Dip each of the flour coated chicken cutlets into the egg mixture and flip to coat both sides.
 5. Add the panko breadcrumbs to a shallow bowl and add the rest of the salt and pepper to the bowl. Stir to combine and then add the egg coated chicken cutlets to the panko breadcrumb mixture. If you want the coating extra thick you can dip them back into the egg mixture and then back into the breadcrumb mixture.
 6. Heat the oil on medium high heat. Check that the oil is hot enough by adding a few breadcrumbs to the oil. If they sizzle, it's ready. Add 2 of the cutlets to the hot oil and cook for 2 to 3 minutes per side. Check the edges of the cutlet as it cooks to watch for burning. Turn down or adjust the heat as needed. You are not deep frying the cutlets but you are frying them in a good amount of oil.
 7. Drain the cutlets onto a paper towel lined plate or place on a cooling rack over a baking sheet. You can keep them warm in a 200 F oven while you fry the other 2 cutlets.
 8. Fry the other 2 cutlets and then serve with tonkatsu sauce and rice. You can also top with chopped scallions.
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Food News

In preparation for the summer, we here in the WayPoint newsroom asked some members for their favorite ice cream flavor.

Jami - mint chocolate chip
Emily - raspberry chocolate chip
Hazel - moose tracks
Kasey - cookies and cream
Travis - peanut butter chocolate chip
Maddy - Ben & Jerry's smores
Audrey - black raspberry
Jodi - mint and vanilla mixed together
Sylvie - moose tracks
Hannah - black raspberry
Vince - mocha chip
Stori - strawberry cheese cake



The Outer Cape members were surprised with a much appreciated puppy break during service in Brewster earlier this spring



AmeriCorps Cape Cod
Cape Cod, Massachusetts
