The Art of Service

Amherst Gothic

Mona Sarah

House Dinner

Waypoint Spring 2014
AmeriCorps Cape Cod Year 15 presents the 2nd Edition of this year’s seasonal newsletter covering late winter through the early spring. This edition’s theme is “the art of service” because our members have frequently chosen creative mediums for planning and implementing our community service projects.

Expressing ourselves creatively has been integral in our service this year—the inaugural Art Show—reflection & discussion on service through drawing and journaling—artistic use of technology as visual aid—landscape photography—educational murals—designing garden beds for high school students—learning the design process in construction projects—a story walk for children in nature....

The culture of Year 15 has thoroughly embraced using artistic expression as a platform for providing community service, empowering community participation, finding opportunities for growth at individual placements, and creating and implementing educational lesson plans for young people.

We invite you to read and view this Waypoint edition and gain insight into our year of service and volunteering on Cape Cod 2013-2014. Thank you to all members who participated in creating this edition and as always thank you to our dedicated staff for their support.

We dedicate this edition to our service partners who have set for us such excellent examples in work ethic, tenacity, and commitment to a cause.

Sincerely, your editors, Lindsey Zemler Liz Migliore & Tuesday CODTeam
The first-ever AmeriCorps Cape Cod Art Expo, ‘Cape Cod Through Our Eyes’, was held on February 6, 2014 at the Cultural Center of Cape Cod in Yarmouth.

ART EXTRAVAGANZA
CAPE COD THROUGH OUR EYES

By Val Falconieri

Originally a project meant to be a fundraiser for the program as well as an educational outreach event, the Art Expo culminated into a superb event. On display there was artwork including photography, drawings, and murals.

Artwork contributors to the event included current AmeriCorps Cape Cod members and staff, alumni of the program, and numerous local artists. Murals created by high school students that were used during the MLK Day of Service were on display as well. Also part of the event was an essay contest about the importance of service; on display were essays submitted by elementary students describing their own volunteering experiences, including why they feel it is important to volunteer in the community.

All of the creative artwork had an environmental theme and was donated to AmeriCorps Cape Cod. The program accepted suggested donations for artwork, held a silent auction, and offered beautiful postcards as well as hand-made greeting cards. There was also a very successful raffle at the event offering donated prizes including a one-night stay at the Chatham Bars Inn, a membership to the Cape Cod Museum of Art, and a gift certificate for lessons at SUPfari Adventures. Thanks to all the donors, supporters, and attendees for making this event a huge success! The money raised at the Art Expo will go towards future service projects and signature events.
Council on Aging
Members Austin Brandt and Alex Smith led a crew of three AmeriCorps members in constructing a new ramp for the Council on Aging in Brewster.

Raised Garden Beds
Several members worked throughout the week to construct and install raised garden beds at a senior residence and a community garden plot.

White Caps Field & Library
Member Sumi Selvaraj led a group in painting visibility stripes on stairs in public areas, as well as increasing accessibility to the Brewster baseball field.

Linnell Landing
Member Jen Zakrzewski led a group of AmeriCorps members and Cape Cod Tech volunteers in constructing an accessible boardwalk and viewing platform at Linnell Landing.

Latham Centers
Members Libby Fifer and Allyson Stein led AmeriCorps members and Community Connections and Brewster FLATS volunteers in demolition and beautification at the new Latham Centers facility.

Council on Aging
Members Austin Brandt and Alex Smith led a crew of three AmeriCorps members in constructing a new ramp for the Council on Aging in Brewster.

Long Pond & Mant’s Landing
Members Carrie Frazier and Mary Lynn Scott led a crew in constructing accessible boardwalks at Long Pond and Mant’s Landing.

Mant’s Landing
In addition to the construction of the boardwalk at Mant’s Landing, erosion control fencing and accessible benches were installed.

Quivet Marsh
Member Sarah McNeill led a group of three AmeriCorps members in constructing an accessible viewing platform at Quivet Marsh.

National Volunteer Week: All Access Brewster
This year for National Volunteer Week, AmeriCorps members had the unique opportunity to focus on improving accessibility to natural areas for individuals with limited mobility or wheelchairs.

April 6—12, members served on construction projects including ramps, viewing platforms and boardwalks to increase access to beaches and conservation areas around Brewster. Local community members donated their time and skills to lead AmeriCorps members through construction projects. In total the event involved 50 community volunteers. Members also held educational events for the public focused on accessibility.
Trout Unlimited is an international non-profit organization that works to keep the nation’s cold water fisheries and their watershed safe from environmental threats for this and future generations of anglers to enjoy.

The Bourne House has worked with Trout Unlimited’s Falmouth chapter to restore the Quashnet River’s banks to make them safe habitats for brook trout to reproduce. There are sections of the Quashnet River that are too wide for the brook trout to find safe covering to lay their eggs in the spring. Francis and the dedicated AmeriCorps members braved the February temperatures to build artificial banks along sections of the river. AmeriCorps members cut down hundreds of sweet gales along the river. This native plant decreases the biodiversity of a watershed through excessive monoculture growth. The plant grows beyond the bank, shading the river from valuable sunlight that is essential for various aquaculture processes.

AmeriCorps members returned in the early summer to continue serving in this area.

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My name is Andrew Bagnara, and I am one of the AmeriCorps members living in Wellfleet. Not only do I live in this beautiful town, but I also get to spend two days a week serving with the local conservation trust and commission. The service I do with them is very rewarding and really facilitates my growth as a person. With so many aspects of service I could talk about, I have decided to focus on one that is very unique to my position; geographic information systems (commonly known as GIS).

With all of the different property parcels in Wellfleet, it can be very confusing as a land steward to effectively manage each one without visual aid. Some lands are owned outright by the town, some have conservation restrictions on them, some are half-parcels and some are private. GIS mapping can help demonstrate parcel boundary lines and clearly display land ownership. My main project with the Wellfleet Conservation Trust has been to recreate and improve an open space map of Wellfleet (originally designed several years ago). The map shows land owned by various conservation organizations including the Cape Cod National Seashore, Mass Audubon, and the Wellfleet Conservation Trust. With this type of resource at the disposal of the Wellfleet Conservation Trust and Commission they will be able to achieve connectivity among open space lands in the future and share with the public where each one of their properties are located.

It is exciting to be part of this process and I have had the opportunity to determine the GPS coordinates of several trails in town. Community members have shown great interest in accessing a map of all open space areas open to the public and in knowing what kind of protection it’s under. Trail maps are a great resource for any open space organization to provide; they can prevent people from wandering onto private property and protect more fragile areas from being trampled on. I have seen many potential uses for this technology to help guide land stewards in making the best decisions for Cape Cod.
April 13, 2014 8AM: Final weights and measurements are taken for each of the 7 Kemp’s ridley sea turtles that are being released. Rear flipper and PIT tags are also rechecked.

April 13, 9AM: The Kemp’s ridleys are placed in crates lined with two towels and a roll for comfort. They are then covered in a water-based lubricant to keep their skin from drying out and cracking.

April 13, 10AM: The 7 Kemp’s ridleys and transport team are packed and ready to go!

April 13, 1PM: We did our best to check on the Kemp’s every few hours; here’s Raphael (34) snoozing in his crate.

April 13, 9PM: We made a pit stop in VA to reapply ointment and do a towel change for all the turtles.

April 14, 2014 7:30AM: We finally arrived at Little Talbot Island State Park, FL. The turtles are ready to go!

April 14, 8AM: And they’re off!

April 14, 8:30 AM:
After exactly 24 hours in transit, all seven Kemp’s Ridley sea turtles were successfully released at Little Talbot Island State Park in Jacksonville, Florida. Pearl (32), Raphael (34), Julia (35), Thetis (36), Marina (37), Shosho (38), Squirt (39).
On the morning of Sunday April 13th 2014, seven endangered Kemp’s ridley (Lepidochelys kempii) sea turtles were readied for a 24-hour trek to Jacksonville, Florida where they would be released. Cherry (#32), Raphael (#34), Julia (#35), Thetis (#36), Marina (#37), Shosho (#38), and Squirt (#39) were admitted to the National Marine Life Center in November due to cold stunning.

Sea turtles thrive in warm water because they are reptiles and therefore rely on outside conditions to regulate their body temperatures. During the summer months, due to higher water temperature, many species of sea turtles capitalize on the rich food resources found off the coast of Cape Cod. As the seasons shift and the water temperature drops, the sea turtles must migrate south. However, due to the topography of Cape Cod many get trapped and cold stunned (turtle hypothermia).

During the fall and early winter, Mass Audubon volunteers patrol Cape Cod beaches for cold stunned sea turtles, which are then sent to New England Aquarium for stabilization. National Marine Life Center received ten Kemp’s ridley sea turtles and one loggerhead from New England Aquarium in November. When the turtles first arrived at the center, they were underweight, lethargic, and severely beat up and were immediately put on fluid and antibiotic injections for the first few weeks of their rehabilitation. As the months went by, all the turtles regained their weight and their outer wounds healed. By April 13th, seven of the ten Kemp’s ridleys were cleared for release by veterinarian Sea Rogers Williams, V.M.D.

And so, beginning at 8:00am on April 13th 2014 the “Ride to Release” began....

(Photo Essay on Previous Page)

Bourne Integrated Solid Waste Management Facility

By Victoria Brisson

The Town of Bourne ISWM mural began after being contacted by the facility manager Phil Goddard with a request to design and paint a mural commemorating their 25th Anniversary. The Tuesday COD (Community Outreach & Development) Day team took on the task and began sketching some ideas for what the 58’ x 13’ wall could look like. After several drawings and consulting with ISWM and fellow members the final design was developed. Painting began on the first warm, sunny day in the middle of March with a primer base coat on the entire concrete wall. Later that evening the design was transposed using a projector. The mural is still in the process of completion as a small set back of a minor fire in the building stopped progress for a few weeks. With the building back in operation the painting is back in full swing! Check out the photos on the following page for the progress! We are all excited for the chance to leave a lasting mark and bring some artistic creativity to the Recycle Center and all those who visit ISWM!

(Photo Essay on Following Page)
March 11, 2014: The first coat of primer is applied.

March 11, 2014: The wall is primed and ready for the mural outline!

March 11, 2014: The design is projected on the wall and then traced for future color and detail.

March 11, 2014: The design is transposed on the freshly primed wall.

March 18, 2014: Color is applied! Major areas such as the green and blue are painted.

May 20, 2014: More color and detail are added.

*Photos of the completed mural can be seen on the ACC website!
Visitors and even residents of Cape Cod can easily take for granted the long stretches of pristine Atlantic beaches that comprise the National Seashore on the Outer Cape, not seeing the immense amount of work that goes on behind the scenes to manage and preserve this dynamic coastal ecosystem. I have found myself with the extremely fortunate opportunity of serving at the National Seashore’s Headquarters as the Planning Assistant. This placement provides a unique look at the National Park Service’s complex and often delicate policy interactions at the local, state, and federal level.

My two days a week at the park headquarters are typically packed with meetings, site visits, planning for the busy tourist season, and completing federal environmental compliance paperwork. One of my projects includes tracking the Seashore’s greenhouse gas emissions and then implementing methods of reducing those emissions, such as using energy efficient lighting and installing solar panels on park buildings. Another project involves assessing kettle ponds in order to prevent the severe beach erosion that occurs from heavy visitor use through methods such as the installation of jute netting or planting native plants. In my service I have also been able to connect with the local arts community in Truro through the management of the Highlands Center, which includes assisting in the organization of Highlands Fest on June 28 (see here for more information: http://www.nps.gov/caco/planyourvisit/highlands-center-programs-and-events.htm).

Of particular interest to park management is the need to adapt to a rapidly changing landscape, which is greatly complicated by the impacts of climate change. Coastal erosion has increased in recent years, making it necessary for park buildings and lots to be moved away from cliff edges. Storm damage requires constant repairs; flexible building designs as seen through the innovative new Herring Cove Bathhouse represent an adaptation to the recent frequency in strong storms. Next time you visit Nauset Beach, Marconi, or the Provincelands, please consider all that goes into managing the National Seashore.
Aries (March 21 – April 19): You will try to be the best you can be this week. Natural leadership will come into play. Don’t let your fear get in your way, just go for it. Maybe something will happen at COD Day that makes you want to be competitive with another member.
You will have a 3 spade shovel week!

Taurus (April 20 – May 20): Your willingness to obtain money will make you want to get another job. Your hard work will make you feel fulfilled. House dinner is all you this week, and you will be sure to wow your housemates.
You will have a 4 raincoat week!

Gemini (May 21 – June 20): This week you will use your innovative imagination to figure out a problem at work. You will be outgoing and talkative. But problems may arise when you step up to be too many project leads and struggle to keep up on your COD Day assignments and chores!
You will have a 3 lopper week!

Cancer (June 20 – July 22): This week when given a task at group service, even though it seems mundane, you will make a great difference in your community. After a long week, you will want to spend time with your AmeriCorps housemates. Try to keep all emotions aside.
You will have a 4 hula hoe week!

Leo (July 23 – August 22): You will have an energy packed week! You will plunge into all of your service projects this week and get the job done well. You may even get a chance to act (in a puppet show perhaps?). Do something you love this week, it will make you happy. Don’t let your arrogance get in the way, keep your mind open.
You will have a 4 wader week!

Virgo (August 23 – September 22): You may get to use your scientific skills at work this week! Research will take place to figure out a problem that you have not had experience in before. A piece of artwork might cross your path. Take in nature and read a good book.
You will have a 3 chainsaw week!

Libra (September 23 – October 22): This week you may have to keep harmony in your house. Talking will help you get through the problems that occur. New music may come into your life that will have a big influence on you. As project lead you will have to use diplomatic skills to make everyone happy.
You will have a 5 Herring week!

Scorpio (October 23 – November 21): At a project you will not have enough tools to get the job done. You will figure out a way to get the project finished with the few materials you have. Don’t let jealousy overcome you. By the end of the week you will be able to see the bigger picture.
You will have a 4 shellfish week!

Sagittarius (November 22 – December 21): You are inspired on your COD Day to make a volunteer project happen, you will gather members and have your dream become a reality. Your optimism will keep your team in high spirits and ready to get the job done!
You will have a 5 sailboat week!

Capricorn (December 22 – January 19): Your hard work from the year has finally paid off, you are close to or have reached your goals. Don’t expect the worst this week, keep an open mind. You will get to spend time with your family soon.
You will have a 2 invasive species week!

Aquarius (January 20 – February 18): Your job will have to be thinking outside the box this week. Talent that you possess will impress your co-members. Try not to let your temper get the best of you. An unlikely talk between you and another person may take place.
You will have a 3 tears in your waders week!

Pisces (February 19 – March 20): You are feeling good about your work this week, you may not have had a reassuring week last week. Intuition will get you through. Don’t let your day-dreams get too much in the way and get the job done. Your happy place will be on the ocean this week.
You will have a 3 crustacean week!
The Rabbitat: A Habitat for Rabbits

By Jen Zakrzewski and Libby Fifer

On January 27th 2014, the Bourne house had the privilege of serving with the Falmouth 300 Committee on the Matthew Sousa property. Clearing brush away from the foundations of old farm buildings, AmeriCorps cleared a new walking trail on this historical conservation land. Rather than simply removing the woody debris from the trail, we were charged with the monumental task of constructing a “rabbitat” - a habitat for rabbits. Composed of various lengths and sizes of brush, the rabbitat was the perfect mission for the two of us (two somewhat excessively orderly individuals). The following is an outline of how you too can build your very own rabbitat.

1. **Choose your location:** try to find an area off of the beaten path in an area that does not have heavy human foot-traffic.
2. **Gather your materials:** search for long, thicker branches for the foundation and thin, leafy sticks for the covering.
3. **Construct your foundation:** using a “log cabin” technique, create a rectangular base (see top image above).
4. **Continue to build up the walls** until the rabbitat is of a height in which a rabbit could comfortably fit. Ensure that the structure remains stable through the wall construction. No one likes a rickety rabbitat!
5. **Raise your roof:** once the walls are of an acceptable height, begin to place the thinner, brushy branches laterally on top (see center image above). Continue this process until you can no longer see through the roof. Protection of the potential rabbit inhabitants is of utmost importance.
6. **Camouflage your rabbitat:** ensure that your structure blends into the environment as much as possible.

While the construction of a rabbitat is anything but chaotic, it is okay for the final product to look somewhat haphazard (see image 3 above). Ultimately, AmeriCorps built four of these structures over the course of our day with the 300 Committee.

**Shout out to Alex Etkind,** our rabbitat guru, for expertly instructing us on how to build our very first rabbitat. We hope that our structures will become homes to many rabbits as they seek shelter in the woods of Falmouth, Massachusetts.
EYES ON OWLS

By: Mary Lynn Scott

"Owls? What? Yes, please!" During a weekly house meeting in February our house supervisor asked for volunteers for the annual "Eyes on Owls" hosted by the Harwich Conservation Trust at the Harwich Community Center. I immediately raised my hand. I have always liked owls, but I have never had the chance to learn much about them and this seemed like the perfect opportunity. I would be able to assist with the event as well as learn about different kinds of owls! In AmeriCorps Cape Cod we occasionally take Saturday Service opportunities to become further involved with the community.

Eight other AmeriCorps members and I arrived early Saturday morning to the Community Center. We began by setting up the chairs and the technological equipment. Soon after, the owls arrived. I was ecstatic because we were asked to help carry them inside. They were held in large, heavy wooden boxes. We had to be extremely careful while carrying them inside and setting them down. We then finished with set up and assisted as greeters and ushers for members of the public attending the event.

The show began with what sounded like an owl; but in reality was Marcia Wilson, a naturalist educator. She and her husband Marc travel around the Northeast educating on owls. They had five different species in their show and walked them around the room and through the audience to allow everyone a good look. All of these owls were permanently disabled and with permission from the Federal and State U.S. Government, Marcia and Marc are permitted to act as stewards for these beautiful creatures for educational purposes. By the end of the show, I felt very lucky to have been part of the event’s success. Although my service contribution was not obvious to the audience it still felt great to know that I contributed to the "Eyes on Owls" and the community's knowledge of these animals.
Make It A Day On, Not A Day Off
By Amelia Walters

Even before I was accepted into the AmeriCorps Cape Cod program I was excited about the idea of the annual Martin Luther King, Jr. Day of Service organized by AmeriCorps Cape Cod each year. Having a holiday stand as a day of service is a fantastic idea and there is not a better day to volunteer and celebrate the life of Martin Luther King, Jr. who was an exemplary advocate of service. From the start I knew I wanted to take part in planning this day, and I am fortunate that I had the opportunity.

On Day One of Tuesday Community Outreach and Development Day (COD) the members were planning the MLK Day of Service. We hit the ground running at full force. Recruiting volunteers, soliciting food donations, location, advertising, and don’t forget arranging service projects! We were on the phone and emailing people continuously for several months, but it all came together and resulted in a meaningful day.

Event Central, or “the Hub”, was Mattacheese Middle School in Yarmouth, which served as the home base for volunteers being sent out to satellite projects as well as the location for volunteering on craft projects. Our partners in service who hosted volunteers included Cape Abilities Farm in Dennis, Community Connections in Mashpee, Kindred Elder Care in South Dennis, Housing Alliance Corporation (HAC), the Community Action Committee, Safe Harbor Domestic Violence Shelter, Lyme Disease Health & Wellness Center, the Family Pantry of Cape Cod, and NAM Veterans. AmeriCorps members and volunteers re-vamped offices for the NAM Vets, and applied fresh paint at Safe Harbor and HAC sites and the Lyme Disease Health and Wellness Center. Cape Abilities needed assistance in transplanting tomato plants and working in their greenhouses. Governor Deval Patrick joined us and volunteered at Cape Abilities and helped raise a hoop house and transplant tomatoes. A Girl Scout Troupe visited Kindred Elder Care at Eagle Pond in South Dennis to share craft projects, resulting in a fingerprint-painting of a dove.

Our craft projects brought people of many generations together and were later donated to Community Connections, an organization that provides opportunities and services to people with disabilities. The projects included ornaments made with quotes by Martin Luther King Jr. and origami created to symbolize the importance and meaning of service and plastic bottle flowers and shell jewelry.

In addition to volunteer opportunities we organized a winter clothing and coat drive to collect donations for the Family Pantry of Cape Cod. AmeriCorps Cape Cod continued to receive winter clothing donations even after the initial event, some of which were hand-made.

“Having an indoor, slower-paced option allowed for individuals with an interest or strength in crafting to participate and get creative, as opposed to physical-only activities. The variety of art projects to choose from in the craft area kept the children in attendance busy, too! I enjoyed it because it was well organized, but still pretty free-formed and informal,” said Brittany Quaglieri, the Le Hac House Supervisor who participated in the craft projects. “The variety of crafts utilizing reused & recycled materials was refreshing and provided a good example of ways to keep those items out of the waste stream.”

The volunteers seemed to enjoy all projects. Families came together to volunteer, young volunteers came with school groups - there was a true variety of people contributing their time.

“I was very impressed with Martin Luther King, Jr. Day and all of the many volunteers who came out to serve with us. I met so many families that came out to serve - including my own five grandsons, Ashton, Luke, Griffin, Brody, and Sawyer. Their parents Jason, Stacie and Jeremy came out too. It warmed my heart to talk to Coach Jonah Shea and his entire youth basketball team, Shea’s Youth Basketball, who came out to serve. They love to play basketball at the Barnstable Community Center but first they serve their community. They came out last year too,” said the Director of Barnstable Resource & Development Office and AmeriCorps Cape Cod, Darlene Johnson-Morris.

As AmeriCorps members, we are fortunate to do community service full-time, but occasionally we must remind ourselves of the real meaning of service. Having such a day of service helps us to reflect on what is means to serve others. For our community, MLK Day 2014 was a success in many ways.

Remember to keep MLK’s spirit of service within you.

Photos by Lindsey Zemler
By Enam Mensah

Day in the Life of Invasive Species

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