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AmeriCorps Cape Cod
Year 12 Spring Issue
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Sanity in a 6x6 Square
By Becky Gillis

The art of origami is an ancient form of paper folding that originated from China during the first century. It was then developed further in Japan during the sixth century. Very little paper was available during that time period and so origami was practiced only by wealthy families. Over time, the process of paper making became easier and therefore paper became a cheaper commodity. Instructions on how to fold origami had never been written down in those days; it was taught to each generation and then passed down to the next. It wasn’t until 1797, when the first set of origami instructions were written down and published in a book called How to Fold 1,000 Cranes. In Japan, the crane was considered a sacred bird and it was believed that if a person folded 1,000 paper cranes they would be granted one wish. The crane is also known as the global symbol for peace.

Between the 8th and 11th centuries, origami made its way into Spain and the rest of Western Europe. Then, eventually it spread to England and the United States during the 1900s. It is the simple form of paper folding, a hobby open to anyone with a bit of patience, a lot of paper, and some free time.

I remember growing up and seeing people making the crane and various frogs. But it wasn’t until this past October when I really saw the beauty in folding paper. My older brother actually first got into paper folding and for my 23rd birthday he sent me a spectacular piece of art. It is called the Kusudama or Ornate Ball and is made out of multiple separately folded flowers. Each flower is a different color, some are on shiny metallic paper and others are multicolored. Although I haven’t been practicing origami for very long, I feel like I have made some pretty wonderful works of art. I’ve made a curtain of cherry blossoms which I hung from a clothes hanger and put on the wall in our Bunkroom. I’ve also made some roses, lilies, cherry blossoms, hearts, animals, and much more! For this year’s Valentine’s Day I made a bunch of hearts and mailed them to family and friends. Origami also makes for a great birthday present. For Laura Notarangelo’s birthday I made her a beautiful lotus flower. Some of the animals that I have made include a dog, owl, elephant, panda bear, as well as the Japanese crane.

There is something calming and relaxing about sitting in my bunk bed at the house and folding paper into different shapes. I love how the housemates respond saying “You made that?” or “That’s amazing!” it really brings me joy. Hopefully I will continue the tradition of folding paper and maybe be able to teach others.
**Power Bread**

Forgetting one cup of flour when making this recipe is Caroline’s biggest baking failure to date. Simply dubbed “Banana Bread” in the Moosewood cookbook, we renamed the loaf due to its inclusion of bananas soaked in strong, black coffee. What could be better for with your breakfast, afternoon, or evening cup-a-joe?

Combine the following ingredients in a small bowl and set aside:

- 2 cups well-mashed, overripe bananas
- 1 cup strong, black coffee

Next, beat the following ingredients in a large bowl, beginning with sugar or honey and butter, and adding the eggs one at a time; add the remaining ingredients, and beat until light in color:

- 1 ½ cups melted butter
- 1 ¾ cup brown sugar (or 1 1/2 cups honey)
- 4 eggs, room temperature
- 2 ½ tsp vanilla extract
- ½ tsp almond extract
- Grated rind of 1 orange

Then, combine the following ingredients in a medium bowl:

- 2 cups whole wheat flour
- 2 cups white flour
- 1 tsp salt
- 1/2 tsp baking soda
- 3 tsp baking powder
- 1 tsp nutmeg
- 2 tsp cinnamon

Add dry mixture and banana stuff alternately to the butter mixture, beginning and ending with flour-

Testing for doneness, begin checking after 50 minutes. After each addition, gently mix to combine, but do not beat or otherwise abuse the batter. After a few minutes, remove from the oven and let sit for 5 minutes. spritz with chocolate sauce, and top with whipped cream. Serve warm or at room temperature.
Goodreads: Facebook for Books
By Eva Ward

I know what you did after you received and promptly read your last Waypoint. Inspired by the greatness of the Waypoint library, you decided to check out your local branch. You hopped into your car (or jumped on your bike, or maybe even donned your roller blades) and you were off, head filled with visions of classic literature and inspiring non-fiction, waiting for you at your destination. You parked (or locked up your bike or threw your blades into your backpack) and marched through the front doors.

And immediately, you were overwhelmed. Shelf upon shelf, row upon row, thousands of books spines labeled with a cryptic letter and number combination. You quickly realized that fiction is organized by author (what’s the name of that guy whose book has that picture on it over there?) and non-fiction by subject (which book on roller blade repair and maintenance is it?) Beyond that, you were lost. What’s a reader to do?

Well, first, if you are actually standing in the library go ask the librarian for help. If, however, you haven’t made a change yet, log onto www.goodreads.com. This site allows you to make an account to keep track of (and review) which books you have read, are currently reading, and plan to read. This site also allows you to see which books are on the shelves of your friends (blogs Facebook, but for books). Finally, for those times when you are stuck in a reading rut, there’s a feature called listopia, which allows members to vote for their favorite books with categories such as “Best Vampire Books,” however, these lists may not be the most reliable recommendations for literary inspiration.

What are AmeriCorps Cape Cod members reading?


Alisha Caron: 

Caroline Walden: 

Monica Lambert: 

Goodreads: Facebook for Books
By Eva Ward

The trip was over, but my journey had just begun.

Some of the Bournian pictured below: Emma and Mike serving at County Tree Nursery.
First Snow Storm
By Matt LePere

’Twas the week before Christmas and all through the Cape,
Not a Floridian believed what a snow storm could make
The cars were backed in, with the greatest of care
In hopes that the first snowfall, soon would be there

The members were anxious, a fire was roaring
Some went to bed early, kept me up with their snoring
Nestled under the cover of electric heat
The snow storm and I would finally meet

When the members awoke, all eyes on the lawn
‘The county is closed’, now what to do?

I in my bomber, Kevin his fowlies
Shoveling for our cars, little snow free alleys
How would it handle, I could not know
First time driving, in the fresh white snow

All was ok, the car was alive
There was no denying, a nervous first drive
The work was over, but the day still young
A snowman, some sledding, all sounded like fun

And so it did seem, that this the longest time
Until I’d again, bask in the sunshine
But that was then and this is now
I survived the storm, but have no idea how

Going for Gold
By Eva Ward

I think it’s safe to say that there has always been a friendly rivalry between the two AmeriCorps houses. This spring, the Year 12 members of the Wellfleet and Bourne houses will be competing in our own Olympic Games to finally settle the score, once and for all (or at least until next year). The Games open after the 100th WetFest on March 25 and will conclude over the end-of-year retreat, held in mid-June; luckily, alumni will have a chance to compete for their former house during the Alumni Reunion! Each house has five events of their choosing and a majority of house members must be present for official Olympic play. Stay tuned for play-by-plays and highlights in the next edition of the Waypoint!

Wellfleet
Volleyball
Tug-of-War
Capture the Flag
Dodgeball
Kickball

Bourne
Card and Board Games
Bar Games
Video Games
Kickball
To be determined...

A Day of Natural History
By Sarah Drerup

I love science. Fact. So you can imagine my excitement when I learned that AmeriCorps Cape Cod would cover my registration fee for the 16th Annual Cape Cod Natural History Conference! The event was held March 12, 2011 at the Cape Cod Community College and was funded by Mass Audubon at Wellfleet Bay. The day consisted of twelve, twenty-minute presentations on a range of topics from organizing a BioBlitz to Mola Mola strandings. Presenters traveled from across the cape and were affiliated with a variety of federal, state, local and non-profit environmental organizations. I was ecstatic to learn of all the research projects being conducted by both professional and citizen scientists around the cape!
Walk into the Wellfleet House on any given Sunday and chances are the air will be perfumed with the smell of the freshly-baked honey wheat sandwich loaf, cooling on the center island of the kitchen. Or maybe it’s espresso-laced banana bread. Or crusty European-style hard rolls. In any case, the smell can likely be attributed to Caroline. She is, after all, Wellfleet’s resident baker extraordinare and I, luckily, am her apprentice-slash-partner-in-crime.

Starting with the simplest recipe she could find, Caroline “just started [baking bread] one day” while at home in Vermont for winter break while she was a member last year. She brought that recipe and a growing interest in all things yeast back to the Bourne house with her. Caroline has been in the business of creating quick breads with her mom and friends for as long as she can remember but the prospect of homemade sandwich bread caused her to make the final leap into the new world of yeast breads. Quick breads, such as banana bread or zucchini bread, are leavened by the chemical reaction between the leavening agent, moisture, and heat; this reaction produces gas bubbles which are baked into the final product. The speed of the chemical reaction is also why most quick breads call for keeping dry ingredients and wet ingredients separate until just before baking. Yeast breads, on the other hand, are leavened biologically, by bacteria that feed on sugar and produce gas as a waste product. The bacteria need time to eat and excrete, which is why yeast breads typically call for a long resting period during which the dough rises. These days, Caroline makes both types of bread, quick and yeast. It’s homemade yeast breads, such as her honey wheat (recipe below) which have taken the place of store-bought sandwich loafs, with which I am most interested in experimenting. The next item on Caroline’s baking docket in which I plan to have a hand is traditional sourdough, which sources its yeast (and tangy flavor) from bacteria in the air rather than a paper packet. Caroline and I don’t have any particular plans for upcoming quick breads, mostly because they are the result of spur-of-the-moment, “I feel like baking” kind of moods that seem to strike on dark weekday evenings and chilly weekend afternoons. Luckily, the freezer is stocked with overripe bananas, just waiting to be transformed into another one of our baked creations.
Honey Wheat Bread

Caroline got this recipe from Wellfleet’s House Supervisor Lisa, and it is the only bread she makes consistently. It’s great for slicing warm out of the oven on Sunday, for sandwiches for the week, and for toast for the weekend. The recipe yields two loaves; if that’s too much for you, half the recipe or freeze the extra loaf (wrapped in plastic wrap and then aluminum foil).

Dissolve the following ingredients in a large bowl:

- 2 packets yeast
- 1 tsp white sugar
- ½ cup warm water

Combine the following ingredients and then add them to the yeast mixture:

- 1 ½ cups milk
- ¼ cup water
- ¼ cup melted butter
- ¼ cup honey
- 2 tsp salt
- 2 cups whole wheat flour

Let the dough rest for 15 minutes.

Add 3 cups of bread flour until a ball forms, then knead 10 minutes. Let the dough rise 45 minutes or until it doubles in volume. Punch down the dough, divide it into two 9x5 loaf pans, and let the dough rise another 30 minutes. Bake the two pans at 375°F for 25-35 minutes along with a small pan of water in the oven.

Wildlife and Nature Photography

By Brigit Arell

I started taking photographs when I was eight or nine, since then photography has been one of my favorite hobbies. I thought that since Cape Cod is one of the most beautiful places, at least to me, that I would give some photography tips.

1) An alarm clock- So that you wake up early to get the good early morning shots.

2) Rubber boots or hip waders- To get the necessary angles for your shot, even if it means getting in the water.

3) A shower cap and garbage bag- The shower caps they give you at hotels make great emergency rain hoods for a camera body or lens.

4) Extra batteries and film/memory- Just in case you run out of space for photos.

5) A headlamp or flashlight- So that you can find your way in the dark in the morning on the hike out to your location or on the walk back to the car at night.

6) A compass or GPS unit- Just in case you get lost.

7) Quality outdoor clothing- Make sure to dress for many weather conditions, as we all know conditions can change quickly on cape cod so wear layers.

Remember to get the pretty pictures that you want you need to take some risks! Be prepared to get your feet wet and wake up early. I hope that these tips will help you get the nature shots that you are looking for!
A 250 year old house that has withstood the wear and tear of 14 AmeriCorps members for 12 years, the Le Hoc House certainly has character. The quirks of the members and the quirks of the house create a truly unique living situation. It never ceases to amaze me how 14 people can cram so much into such a small space and still get along so well. (When we cleaned the refrigerators out last week I was baffled by the amount of food that lay sprawled across the kitchen as we scrubbed the innards of the fridges.) When I tell friends that I live with 13 other people, there is a 92.7% chance their reaction will include a question about how many bathrooms the 14 of us must share, to which I proudly respond: “two!” Now, it was not always like this. At one point in time, way back in the fall, there were three functioning toilets and two functioning showers. However, the very old and very worn septic system has finally begun to “poop out” (if you catch my drift...), recently rendering the bathroom off the kitchen unfit for waste disposal. Rather than letting the sunniest room in the house lay fallow, Eva and I have turned the bathroom into our very own greenhouse. Using containers that we scavenged from the recycling bin and the shed, we planted our seeds on a cold February evening. In a plastic container that once held a baby spinach mix from Shaw’s we seeded (yep, you guessed it) spinach. In large plastic salad bowls leftover from our MLK Day lunch, we planted a mesclun mix. There is also a large tray of kale and an old Folger’s container of chives. Initially, we were concerned that the room would be too cold for the seeds to germinate. However, to our surprise, the kale popped up right away and has been growing rapidly. The spinach and mesclun mix took a few more days, but when they poked their little heads above the surface of the container soil we welcomed them with joy. Unfortunately, the chives have yet to make an appearance and we pretty much given up hope on them. But that’s ok because the fury with which the kale has been growing makes up for this loss. We hope to be able to harvest most of the leaves in a few weeks for a yummy salad or two and we are also planning on transplanting a few plants to the garden beds outside the greenhouse.

As the weather becomes milder, we will be making our way out of the bathroom and outside to tend to some greenhouse repairs and spring planting (beans, peas, cucumbers, arugula, lettuce, and radishes). In the meantime, however, we will continue to seek respite and take tremendous pride in our burgeoning bathroom garden. We just hope that our housemates remember not to “water” the plants themselves.
Thursday Night Lights
By Eva Ward

By the time I get home from service on Thursday, when COD Day and my IP are behind me, and just one more day of group service until the weekend. I have little desire to do anything but settle in for a quiet evening at home. So, I make a quick dinner (usually leftovers from house dinner on Wednesday), read the paper (mostly the circulars from the grocery stores), and apprehensively wait for the moment that I will have to make the most critical decision of the week—the moment when Sarah walks in the door and asks, “Are you going to volleyball?”

When my answer is yes, I join Sarah and Pfeif (and sometimes Shivani) on the trek to the Harwich Community Center, where a motley crew of Cape Codders congregates every Thursday night for an evening of passing, setting, hitting, sweating, and trash talking. Most of the players are older gentlemen, but among the regulars are former high school and college coaches, fishermen, landscapers, retirees, high school students, a transportation planner, a social worker, and of course, AmeriCorps volunteers. The gym is split in half by a dividing curtain, with a net set up on either side to create two courts. Teams of five, six, or seven form, depending on how many players show up on the given night. The rules are simple: rally scoring, call your own faults, and losers walk. And although the gym is only reserved from 7:30 to 9:30pm, game play typically starts by 7:15pm and, to the chagrin of the janitor, doesn’t conclude until the building closes at 10pm. In addition to regaining old skills and remastering various positions, I have learned an age-old truth: never underestimate the strength, endurance, and agility of your opponents, especially when they are gray-haired men and you are playing volleyball.

Although I haven’t worn the pants yet, this jacket with its oversized, boxy cut, double rows of silver snaps, and a hood that sometimes gets a little too wet, I’ve grown to appreciate my foulies more than I ever thought possible. Orange may not be my color, but if it’s the secret to staying dry and toasty on a service day, count me in.

By Laura Notarangelo

Foul Weather Friends

Hanging up amongst rows of waders, piles of gloves, helmets, and gray sweatshirts are two items vital to AmeriCorps members: our foulies. These bright orange PVC coated jackets and pants were something I originally disliked, but over the past few weeks I have grown to appreciate them more than I ever thought possible. Oranges may not be my color, but over the past few weeks I have grown to appreciate my foulies more than I ever thought possible. Although I haven’t worn the pants yet, this jacket with its oversized, boxy cut, double rows of silver snaps, and a hood that sometimes doesn’t want to stay put is one item I have repeatedly been grateful for: One especially gloomy Monday group service day consisted of the Bourne house members going out with Tom Marcotti on a shellfishing mission. Undeterred by the constant pounding rain, we all geared up in waders, long gloves, and our foulies. As we trudged along a path in the woods, I couldn’t help but smile at the sight of all those crazy orange people with their long rakes ready to get things done. Alas, the tides weren’t cooperating and we eventually had to turn back. There were no complaints of the rain plastering our faces, instead, we were disappointed we didn’t get to clean the quahog baskets and straighten them out in the water.

By Michael Easter

If You Need to Get Something Done...

If you need something to get done, then you will probably think of asking an AmeriCorps Cape Cod for help. If you ask an AmeriCorps member to get something done, they will ask you what needs to be done. When you tell them they need to remove invasive plants (like green briar and bitter “not so” sweet), they will probably want some loppers. If you give them some loppers then they will probably want a handsaw case to be safe. If you give them a handsaw then they will ask for some work gloves because they know it is better to be safe than sorry. If you give the member work gloves they probably remember how much it hurts to get pricked in the eye and they will ask for safety glasses. If you give them safety glasses, they will be all set with equipment and work for hours upon hours without complaining.

After they work for hours without complaining they will probably finish ahead of schedule and ask what else needs to be done. After you get over your amazement of how efficient and effective these AmeriCorps members are you may think of some other projects for that day (which they will probably complete). After the day has ended, everyone will head home pleased with what has been accomplished.

Decades, months, weeks, days, hours, minutes and seconds into the future when you know you need to get something done you will definitely remember the AmeriCorps members that assisted in the past. And then you will probably think I need to get something done. Then you will probably ask an AmeriCorps Cape Cod member for help.

By Tom Vohoska

By the time I get home from service on Thursday, when COD Day and my IP are behind me, and just one more day of group service until the weekend. I have little desire to do anything but settle in for a quiet evening at home. So, I make a quick dinner (usually leftovers from house dinner on Wednesday), read the paper (mostly the circulars from the grocery stores), and apprehensively wait for the moment that I will have to make the most critical decision of the week—the moment when Sarah walks in the door and asks, “Are you going to volleyball?”

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The Importance of Layering

By Erin Daniels

When I was first accepted into AmeriCorps Cape Cod, everyone told me that New England winters were very different from Southern California winters, and to be prepared for some very cold weather. I had grown up skiing, so I was pretty confident that I could survive one New England winter by using my technique of layering that I have been using while skiing for years. What I was not expecting, however, was that there are quite a few people who have never been introduced to the glorious concept of layering. This article is designed to explain how to correctly use layering in order to maximize warmth and survive a New England winter.

One of the most important things to know about the proper use of layering is that cotton kills. Cotton is a very practical fabric for most anything, unless it is working (and sweating) in colder climates, like the Cape during the winter. Cotton, when it gets damp (either by sweat or some other means) does not dry quickly, but stays damp and leaches the warmth out of our bodies. Once cotton is damp, it will not hold your body heat anymore, and acts like a shell that keeps you cold. Damp cotton actually cools down your core, so your body can no longer generate enough heat to keep you warm. The down side of this is that all of our work clothes happen to be cotton. The best way I have come across to minimize the killing effects of damp cotton is to wear a good synthetic base layer (the layer that is closest to your body is called a base layer, and a synthetic layer is something that is not cotton. Some examples of warm synthetic base layers are: wool, silk, or some type of poly fabric (that both under your work pants as well as under your “A” on top. One of my personal favorites is Hot Chillys. This brand has synthetic long underwear that is very thin, but also very warm. I use a Hot Chillys top and bottom as my base layer, along with a nice thick pair of wool or smartwool type socks. The light weight duo fits comfortably under all of my other layers and the socks keep my feet warm, even if my feet get a bit damp throughout the day. This allows the cotton to stay off of my skin, thus minimizing, but not completely erasing, the effects of damp cotton on the body.

The next layer I use is a short sleeved “A” (just in case the weather happens to be warmer. I can just take off my layers and have short sleeves on in which to work comfortably). After the short sleeved “A” I use a long sleeved “A”. This also helps in the case of the day being warmer than expected, and having to wear an “A” whenever we serve. The next layers can be a bit trickier. Depending on how the weather is looking, there are several possibilities I have come up with, in order to maximize the warmth of layers if the day is looking very cold and wet and/or snowy. The next layer I wear is a fleece (generally the pull-over-your-head kind, and not a fleece jacket), because I add even more layers afterwards. If the weather is looking cold, but not as cold, wet, or snowy as it could be, I will just wear an AmeriCorps sweatshirt, which is cotton and a carhart-type jacket on top of that, if the weather is looking wet, cold, and snowy however, I do not wear the cotton sweatshirt because it will get wet and then, cotton kills. If you get especially cold, you can also add a heavy weight, long sleeved synthetic shirt over the long sleeved “A” then add the fleece. After the fleece, I add a heavy weight fleece jacket (my personal favorite is the Monkey women/man fleece jacket by Mountain Hardware, because it is very warm and comfortable). The down side to this jacket is that it will not keep the wind out as an outer layer, so heads up. After that, I wear a carhart-type jacket, because it is durable and can stand up to the kind of work we do. I will also keep most of the wind, however on an especially blustery cold and windy day, I will also wear my rain jacket or foulie over that, which completely keeps out the wind. Another option, if you get especially cold is to add a down jacket that you don’t mind being a work jacket (it will get ruined). The down is extremely warm, but if down gets wet, it does not hold warmth anymore. The reason for this is due to the air pockets between the feathers inside the jacket. Your body warmth warms up the air pockets between the down, and the feathers hold the heat in. When down gets wet, there are no longer any air pockets between the down, so it cannot hold the heat in anymore. A simple way to remedy the moisture problem is to wear the moisture proof jacket or foulie over the down jacket, in order to keep out any moisture that may cause the down to no longer hold in heat.

As a last precaution, I always have a pair of rain pants in my pack so that if the day is especially windy and cold, I can put on the rain pants, which keeps the wind from blowing through my carhartt pants, and allows my long underwear to continue to keep me warm. I usually do not wear more than three layers on the bottom, because my upper body always gets much colder than my lower body. However if your lower body gets cold easily, you can add a mid to heavy weight, long underwear layer between the lightweight base layer and your carhartt pants.

To top off the perfect layering job, always have a hat (one that covers your ears is especially nice), and glove liners. The hat is very important because much of our body heat escapes through the top of our head and a hat keeps you surprisingly warm. Another nice thing to have is a pair of good glove liners. Since we wear work gloves and need to be able to use our hands for work, glove liners really keep your hands warm and fit nicely into your work gloves. Glove liners are thin, so you still have movement in your hands, but are also good when you need a little extra movement in your hands (for when your shoulders come mainland), because you can take off your work gloves, but still have something to keep your hands from completely freezing. This awesome layering system has helped me to survive the cold New England winter, and will hopefully help you to stay warm in the coming winters.