

The Waypoint

Volume 4, Issue 1

An official publication of AmeriCorps-Cape Cod

December 14, 2002

The Cape Cod Fun Facts Quiz

To Acquaint You Better With Your New Home

by Nikhil Jaikumar

We've all been on the Cape for several months now and by this time we should all be accustomed to our new home! To this end the Waypoint is bringing you a quiz of 15 fun facts about the towns of Cape Cod to test how much you're a real Cape Codder- or whether you still haven't gotten rid of the wash-ashore in you. Test your knowledge of your new home!



How much do you know? Take our Waypoint Challenge!!!

1. Which road in Bourne follows what was once an old trading route for the Wampanoags in pre-colonial times?

2. Where was the first artificial canal to be built across the Cape to link Cape Cod Bay and Nantucket Sound?

3. Which Cape town is apparently named after a European in exile who later became king of his country?

4. Which was the first Cape town to be incorporated?

5. Which was the last?

6. When was the last time Amtrak service ran from New

and the mountain community of Monteverde, Costa Rica?

10. Which of these is NOT one of the 15 Cape towns- Hyannis, Truro, Sandwich or Chatham?

11. Which is the biggest town area-wise in Massachusetts? It's not on the Cape, but close....)

12. Why aren't the fall colors on the Cape what they

York to Hyannis? (Good news, Remo, you may not be delusional after all....)

7. Which is the fastest growing town on the Cape?

8. Where and when was the first commercial cranberry cultivation in the United States?

9. Which Cape town was founded by the same religious community that founded the city of Philadelphia, Swarthmore College,

are in western Massachusetts or in Vermont or NH?

13. Which Cape bird is named after a European country, and why?

14. If you've ever seen the gas station along route 132 in Hyannis with the Brazilian flag flying, you know that the flag has a motto- what does it say? 15. What was the Native American name for what is now Chatham - think about the wildlife refuge nearby!

Answers on page 7.

In This Issue



AmeriCorps-Cape Cod members serve throughout the Cape with group and individual projects. Find out more in this issue.



Read about some of the new members in the group. Three members are highlighted in these pages.



Members share their penchants for botany and yoga among others.

THE MEMBERS



Jessica Erickson, Wellfleet Member

Hi, I am Jessica Erickson. I was Iowan, but now I have become a Wellfleetian. Wellfleet is an interesting community . . . I enjoy the galleries, beaches, dartboards at local establishments and the people I am surrounded by. I am in for one heck of a year as it seems that living here in Wellfleet I will be learning to surf, speak in many accents (no not languages ... just the accents we are practicing here), and possibly even knitting if I can sit down for long enough to do so!

I am jazzed about being a member of AmeriCorps Cape Cod and find myself doing many things I never imagined myself doing before . . . such as using power drills (my favorite), chain saws, power augers, owning a wetsuit, strolling the cobblestone roads of Nantucket, eating Quahogs directly from the Harbor, roadtripping to Montreal, surfing with Harbor seals, and the list goes on and on. I am looking forward to seeing what this upcoming year on Cape Cod might bring.

AmeriCorps-Cape Cod is a great program offering many unique service opportunities, and I am proud to be a part of it. I have two individual placements that are very different from each other, but very cool. One is with the Wellfleet Shellfish Department where I am currently doing research on the history of the Shellfishing Industry in Wellfleet Harbor. By visiting with historians, local fisherman,

town halls and libraries, I am pulling together an array of photographs and written



Mary Schumacher, Wellfleet Member

Sunsets over Wellfleet Harbor, sitting by a fire with amazing housemates, the ocean, relearning the science facts I learned in grade school that are more pertinent now than any I learned in college, strutting my stuff with a chainsaw . . . this is my life. I can't complain!

I was born and raised in southwest Michigan and can't believe I now live five minutes from the ocean. The past month has been an amazing adventure. I have learned how to do everything

from surf to knit to sharpen a chainsaw. I've taken road trips that included sleeping in a tent on three inches of snow and eating each meal of one day in a different state.

I am very excited about my individual placements. I serve one day with the Wellfleet Shellfish Department and one day organizing the beginning stages of an environmental education network. I have been doing some historical research with the shellfish department and it's been really cool to learn about the Cape's past. The environmental education network in a new ini-

histories of the industry. Much of what I will be doing - aside from research throughout the year with this individual placement - will be done to enhance public shellfish stocks. My other placement is with the Harwich Conservation Trust where I am in the process of creating the Harwich Conservation Trust Open Space Atlas. This involves locating deeds, mapping the areas, doing site visits to photograph and survey the lands for varying plant and animal species. I will also be assisting with land management plans and researching a walking trail feasibility study. I feel that these two placements along with our service projects and flex day projects will mold me into a well-rounded individual with an understanding of a variety of environmental issues.

I am beginning to think about Life after AmeriCorps and hope that in this year I am able to narrow down my interests and determine which avenue to pursue as I plan to continue working in the environmental field. I am keeping myself open to many different ideas! Other things I hope to do in my future life include traveling as much as possible . . . I would love to visit all seven continents (not totally committed yet to Antarctica), running a 10 K road race, backpacking sections of the Appalachian Trail (the whole thing is my dream), and doing a lot of reading to keep myself educated on a wide range of topics. In the near future I plan to enjoy my time here on Cape Cod to the fullest . . . I am ready for whatever it might bring!

tiative that is just getting off the ground. The goal is to bring educators together so they can share information and ideas about environmental education.

I have been so amazed with all the people I've met and worked with on the Cape so far! People have been welcoming and full of encouragement and support for everyone in the AmeriCorps program. The service projects we've done have been great learning experiences and great introductions to issues on Cape Cod. If this first month is representative of the future, this year is going to be incredible!



Michelle Lermon, Bourne Member

Hi, my name is Michelle Lermon, and I am from Minnesota. I am the youngest of three girls and have given my parents many gray hairs. I have four nephews and one niece who love to spend loads of time with their aunt. I love being an aunt because it is fun to teach kids funny things and to get them loaded on sugar before they are sent home. My sisters tell me that paybacks will be worse, so that is why I am not planning on having any kids. I have many fond memories of Minnesota and the small town that I grew up in. Most of them involve my best friend friend Jennee, who I met the first day of kindergarten. She is the person who knows me best and that I can always turn to if I ever need someone to talk to. The person who has shown me that with courage and dedication anything is possible. She has also helped show me

that the little accomplishments in life are usually the most rewarding. Misty has Muscular Dystrophy and has not once let it slow her down. The people who have shown me that life is more than money and material possessions are my grandparents. My grandpa and grandma are in their 90's and still live by themselves in their house. They have always told me to pursue my dreams and are always the proudest of me. My grandma also taught me how to bake, and I am so thankful for those lessons.

After high school I decided I wanted to see another part of the country and attended college in Vermont at Norwich University. In college, I played on the varsity softball team. Softball helped me get through many things while being so far from home and allowed me to travel around New England. I was also active in the geology club and spent two spring breaks on geology field trips. These trips were a great chance to learn

geology in the field in a small group setting. I graduated from Norwich this past May with a B.S. in Environmental Science with a concentration in Geology.

After school, I spent the summer working various jobs and hanging out with my nephews and niece. It was a great break from academics. I am currently serving at MASSTC (Massachusetts Alternative Septic System Test Center) or better known around the Bourne House as the "poop plant". At MASSTC, I am testing new alternative septic systems that help remove pollutants more efficiently than standard systems. I assist with collection and preparation of samples and equipment upkeep. So far, I am a little over two months into this program, and I am having a great time sharing bathrooms with 12 others and learning many new things about Cape Cod. I am looking forward to the next eight months living and serving for AmeriCorps - Cape Cod.

Editors' Notes



Well, it's been an exciting two months on Cape Cod, especially as a native Texan. Already, I've taken trips to Washington D.C., New Hampshire, Vermont, and Canada. I've even experienced my first real snowfall and found myself in a ditch.

As one of the editors for the Waypoint, I believe that this newsletter reflects a small part of who we are a group. I hope that all of you will continue to use this a venue to express yourself (even Madonna style). Happy Holidays to you all, and safe travels.

It's been a wonderful experience with a great deal to learn. I hope that everyone enjoys this issue.



Letter to the Editor

Dear Waypoint Editors,

My name is Blizzard Mills and I am a yellow labrador retriever from Harwich. I am writing to express my gratitude for the wonderful job you've done with Thompson's Field in Harwich. I have been frequenting the field for several years now and the improvements you've made are terrrrific!! I really hate invasive species like autumn olive and multiflora rose, they take over the nice fields and hurt me when I chase my ball. I was SO happy to see that so many of them have been removed, good riddance! Thompson's field is a GREAT place to run and socialize with other local dogs. It is definitely the happening place for dogs in Harwich. The trails are also very well marked and maintained, so I know not to go on social trails. You all are the best, and I would love to be your mascot if you need one. Keep up the great service to the cape!

R  iff,

Blizzard Mills

The Woodland wenchies present WInterberry, *ilex verticillata*

by Monique LaPerriere and Katie Gusmano



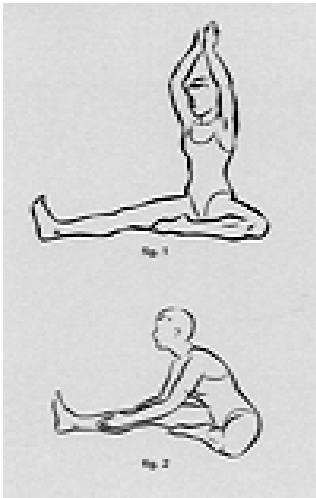
The plant of the month for December is one of the showiest plants on Cape at this time of year. Driving along back roads alongside valuable wetland areas, one can see the bright red berries of the winterberry, cheerful among the twigs and brown grasses that often depict wintertime. You may

notice folks gathering berries for use in holiday decorating, as the holly berries fit nicely into all-natural wreaths and swags. But don't go overboard! The birds that haven't escaped the cold of winter further

south value the berries more than we do, and many pleasant moments can be spent observing the activity around the shrubs. Right now, winterberry is easy to pick out with its leafless stems lined with bright red fruits, but identification will become much more difficult when warm weather returns. *Ilex decidua* is a multi-stemmed shrub varying in height up to about 15 feet tall. Its alternately arranged leaves are generally narrow with coarse teeth, and buds are blunt with broadly pointed scales. It can be found in wet areas among sweet pepperbush (*Clethra alnifolia*) and blackhaw (*Viburnum prunifolium*). Enjoy!



Yoga Move of the Month



by Margaret Song

Bent Knee Sitting Forward (Mahamudra)

(fig. 1)

Sit erect, legs extended. Fold one leg so that the sole of the foot presses high on the inside of the other thigh. Inhale while raising your arms overhead, palms facing each other.

(fig. 2)

Exhale; bend toward outstretched thigh. Stop when your back begins to round. Grasp extended leg where you can without straining. If it helps, bend leg slightly. Relax. Breathe into the stretch. Repeat on other side.

Benefits:

Stretches hamstring muscles, massages abdominal muscles, relieves lower back, stretches spinal column.

Page 4

Top Ten Reasons Why AmeriCorps-Cape Cod Members Need Life Insurance

by Kate Murray

10. You may have poison ivy, but you're not gonna let it get you down.
9. Surfing in January may lead to hypothermia.
8. Driving in Massachusetts is a health hazard in itself.
7. Spending a flex day in the ACC office may cause nausea.
6. "Fun" with loppers.
5. Ticks crawl into the darndest places.
4. Occasionally, cutting invasives out of a tree involves climbing

Bourne Projects



• Worked with Tom Marcotti of the Barnstable DNR. Some volunteers constructed net-pens, took pens out into the bay to cover the quahogs, and went into the bay at low tide to harvest older quahogs.

- Served with Mashpee Shellfish Department, with Rick York. We built net-pens for seeding quahogs and scallops. We made about 60 nets by the end of the day!
- Worked with Rick York of the Mashpee Shellfish Department and dug up trays that had been buried in the sand containing young quahogs, collected the quahogs from the trays, sampling them to measure the number of live quahogs and their sizes, and then went upriver to seed them into the water, throwing them in handfuls off the boat.
- Helped with Children's Cove to do outdoor cleanup, pick up garbage, and weeded gardens.

Wellfleet Projects



- Removed invasives from the Rail Trail with the Orleans Tree Department
- Cut wood that will be donated to town residents this winter with Dennis Department of Natural Resources
- Installed new fencing to expand the Fresh Pond Dog Park in Dennis and opened up area for a new parking lot the Dennis Department of Natural Resources
- Cut down competing plants to help restore the endangered heathlands at the Massachusetts Audubon Society in Wellfleet

All Corps Projects

- Project Wet, a fair focusing on environmental education, organized by the Cape Cod Commission at the Wixon Middle School in Dennis. Americorps volunteers talked to the kids, helped explain the subject of the exhibits/activities, and helped set up and clean up afterwards.
- Worked with Orleans Department Natural Resources. Following a short training, we cleared a roadside in Orleans.
- Assisted with the Renewable Energy Fair in Yarmouth, sponsored by the Cape Light Compact.
- Served with Kerri Ann Tirrell, at the site of an old bridge abutment in Buzzards Bay on Perry Avenue.
- One group worked with the Barnstable DNR, where the county was dredging the Centerville River working with quahog relocation. Another group went to Coonamessett Reservation in Falmouth, where they helped clear

- Constructed signs and installed them on public points and visible from the street with the Provincetown Harbor Committee and the Coastal Access Program
- Made preparations for the Christmas Party at Children's Cove
- Prepared netting for aquaculture beds and remove juvenile quahogs and scallops, and then took them out to seed the bay. We to prepare for reseeding with the Wellfleet Shellfish Department
- Carpentry training and making benches in Orleans
- Cut screens for shellfish beds and cut green-brier in the Children's Cove
- Helped with the Christmas Party in the W.A.V.S. Yarmouth Sanitation Department
- Christmas Tree Recycling Program
- Installed water bars and cleared trails in the Punkhorn Parklands in Brewster



Martin Luther King, Jr. Day
 - Join AmeriCorps members on January 20th for a day of service. Please call the RDO office at (508) 375-0130 for more information.

Answers: 1. Bournedale Road north of the Canal- before the Canal was built, there were deep tidal creeks on both sides of Bourne (probably why they built the Canal there) and Bournedale Road was once an important route between the two creeks leading all the way to Fall River. 2. Eastham- if you look closely you'll notice that the Cape narrows to a thin strip of land between the Salt Pond area on the east and the Cape Cod Bay on the west, and there was once a canal there. 3. Orleans- the town claims to be named after Louis Philippe, Duke of Orleans and later King of France, who stayed here during his exile from France in 1790. 4. Sandwich, in 1637. 5. Bourne- it broke away, ironically, from Sandwich. 6. The Cape Codder was a summer tourist train running from New York/Washington D.C. to Hyannis, and it closed down in 1997 due to losing money. 7. Mashpee- it grew some 60% between 1990 and 2000. 8. Harwich, in 1846. 9. All of those places were founded by the Quakers, along with the town of Falmouth. 10. Hyannis, though it may be the biggest downtown on the Cape, is technically part of Barnstable. 11. Plymouth is the largest town area-wise in Massachusetts. 12. Poor soils in the Cape mean that you don't get sugar maples (*Acer saccharum*) which help to give New England fall foliage its brilliant color. 13. The turkey- when European colonists encountered turkeys, they reminded them of the guinea fowl, a tropical bird which also lived in the country of Turkey, and which is related to the chicken. 14. "Ordem E Progresso", "Order and Progress" in Portuguese. 15. "Monomoyick".