

# The Waypoint

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## Tony's Cooking Corner

By Tony Gill

### Food Libations

"Fear death," wrote the Greek comic poet Philetaerus, who lived around the beginning of the fourth century B.C.E., "for when you're dead, you cannot then eat



eels."

While Philetaerus may have been stretching a point, eel is a rich, flavorful fish, worthy of the many culinary encomiums that have been heaped on it over millennia. Although eel has virtually disappeared from tables in the United States, it was one of the nation's founding foods and

is still highly valued in many places outside the States. Hard as it may be for North Americans to believe, Europeans, in general, will not blink twice at forking over twenty-eight euros for a steaming platter of Eel Livornese. It is hard to assign a reason for

why the eel has been shunned where it was once loved. It's a mystery, one more in a long list of unresolved questions regarding a creature that is both literally and figuratively impossible to grasp.

The eels found in North American rivers, lakes, and ponds belong to the species *Anguilla rostrata*, and those in European fresh waters are *Anguilla anguilla*, but the two are virtually identical, differentiated by only a few small anatomical details. Both are serpentine, muddy  
b r o w n

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## Top Ten Ways You Can Tell That It's Winter on Cape Cod

By Kate Murray

10. Even the invasive plants have stopped growing.
9. Woods Hole is closed on Monday nights.
8. The sun rises and sets while you're at the office.
7. The population of Wellfleet plummets from 100 to 13.
6. Members wear so many layers that "they can't put their arms down."
5. For once you are tick-free when you come home from service.
4. It may be freezing and there may be precipitation, but it is not snowing.
3. The Bourne house is actually getting tired of watching TV.
2. Small animals have moved in under the Resource Development Office in order to escape the cold.
1. All local restaurant patrons have grown out their mullets for extra warmth.

### In This Issue

#### MEMBER PROFILES

Cathy Milkey, Monique LaPerriere, and Katie Battaglia

#### YOGA MOVE OF THE MONTH

#### BEFORE THEY WERE STARS

Look at pictures of your favorite members and try to discern who looks like whom.

#### LIFE AS I SEE IT

#### MOVIE QUIZ, BOOK REVIEW, MOVIE REVIEWS, AND MORE

#### FUN DAY AWARDS

#### HOROSCOPES

# The Members



## Cathy Milkey, Bourne House

I'm Cathy Milkey, and I am really enjoying being an AmeriCorps member. I love being on the Cape, and I wake up happy about the work I do. The beaches and dunes are beautiful, and I'm looking forward to our upcoming retreat at Coast Guard Beach where I can watch the sun rise over the ocean. Our program began at the end of September, and I have already met many inspiring people. The service partners we work with are dedicated to preserving the environment and are willing to share their knowledge with us, not to mention, they know all the good places to eat! All of the staff and my fellow members have unique talents, from tree identification to knitting to baton twirling, and it's great to be surrounded by enthusiastic friends who share a concern for the environment.

My individual placements are with the Cooperative Extension and the Cape Cod Commission. With the Cooperative Extension I help coordinate a county-wide collection of mercury. Specifically, we are working with local marinas and appliance retailers to properly dispose of mercury float switches, thermostats, and other mercury-containing devices. With the Cape Cod Commission I am providing support for the Sustainability Indicators Report. By analyzing environmental, economic, and social factors the Report is designed to provide information about the human impact on Cape Cod.

I am from the mountains of western North Carolina, and for the past two years I lived and worked in southern Connecticut. My degree is in math and psychology from the University of North Carolina at Chapel Hill. I know that's an odd combination of majors, and I assure you that my background provides a multi-dimensional perspective to problem solving. Additionally, I love to create things (such as homemade pizzas, furniture, and now scarves), and I like to swim, sing along with the radio, and spend time with my twin sister.

## Monique LaPerriere, Wellfleet House



Hello, my name is Monique LaPerriere. I guess I'm mostly from New Jersey, but these days I usually keep it short and say I'm from North Carolina. Really I grew up in New Jersey and then moved to North Carolina my last year of high school, but that is where I discovered most of what I love.

Since I moved around a lot growing up, I think I have it ingrained in me to keep on the move. In college at North Carolina State University I studied forestry and natural resources, and learned my love for plant life and my love for the south. I did a semester at Humboldt State University, where I learned to explore and learned my love for the northwest. I worked for the Forest Service for the past three years and learned to walk lightly off the beaten trail and to pay close attention to detail. They kindly financed my discovery of the diversity of our country's beautiful forests, while I contributed to their research projects.

My experiences working and learning inspire me to go on long walks in the woods and sleep outside as much as possible, to mountain bike (or at least try real hard), and to play outside. I also like to garden and play with flowers, to read and make crafts, and to be with good people.

Right now I'm serving the Cape Cod Museum of Natural History, where I get to teach children the beauty of nature and where I am constantly surrounded by people who are willing to teach me all they know about Cape Cod and the Atlantic, and I feel very fortunate for the experience that I am gaining while living this simple life out in Wellfleet. I have lots of dreams for the future, but they constantly change and so shouldn't bother to be written. Except one day I hope to be a farmer in the mountains and still be very happy.



# Katie Battaglia, Bourne House

Hi! As you already know my name is Katie Battaglia. I am a native of Buffalo, NY, and yes I know about snow. I am extremely excited to be living and working on Cape Cod. I have had nothing but a blast living, working and experiencing what the Cape and this wonderful program have to offer.

I currently have 2 placements in the upper cape area. I work with the Buzzards Bay Village Association one day and with the Cape Cod Cooperative extension on the other.

With the Village association I am their close contact and project coordinator for the Greenbelt Pathway. I work with their project manager to restore and coordinate historical, scenic, and recreational spaces around the area in order to enhance Buzzards Bay in many ways. My other placement, with the Cooperative Extension, is where I work on an educational program for elementary children. The program focuses on making children environmentally aware. My area is specifically recycling. I coordinate and maintain a wonderful recycling puppet show that the children love.

As a animal/environmental biology major in college this program has continued to enhanced my background and training greatly. I couldn't be happier to be here experiencing all the wonderful things on Cape Cod.

On a personal note I am an avid theatre junkie and I love to act and sing. I tend to save my athletic ability for the summer when softball comes around. I also love to travel and experience new things. I am very fond of the time I was able to spend studying in Ecuador and the Galapagos Islands. It is experiences like that and this one on the Cape that make me so enthusiastic about my life and work.

## Editor's Notes



I cannot express how excited I am about this particular issue. I am ecstatic to see that many of the members have taken a deep interest in contributing to this month's *Waypoint*. Please feel free as either a member, alumni, service partner, or just as a discerning eye

to contribute with your thoughts, passions, etc.

As you will see, there are many new additions that will hopefully become monthly, permanent additions to our little newsletter. Thank you to all that have added to it. Enjoy!

## Yoga Move of the Month

HERO (Virasana)

(fig.1)

- Sit with your back straight. Cross legs so that right knee is on top of left knee.
- Move feet away from hips so that you feel a hip stretch.
- Place palms of hands on the soles of your feet.



(fig. 2)

- Bend your upper body forward onto knees.
- Relax and breathe slowly.
- Return to upright seated position and repeat with left knee on right knee



Benefits: Opens hips and hip joints, keeps knees flexible, massages inner organs, helps reduce any stiffness in the neck, and calms and relaxes.

# BEFORE THEY WERE STARS, I MEAN, MEMBERS...

Here's a small look at the members before they were members. Try to figure out who these cute, little kids are. Do they look the same now? Look for answers on page 7.

**I M GOING TO BE  
A FUTURE  
FARMER OF  
AMERICA.**



**I WILL NOT  
BEHAVE IN A  
DRESS.**



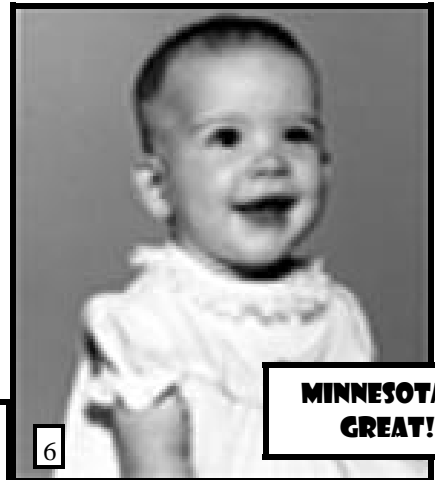
**YOU RE MY BEST  
FRIEND, EVER,  
BELLA.**



**NOBODY KNOWS  
WHO I AM.**



**NOBODY KNOWS  
I M NAKED.**



**MINNESOTA IS  
GREAT!**

**YEE HA!**



8

**DO I HAVE SOME-  
THING IN MY  
TEETH?**



9

**I LL TELL YOU  
WHA-UT...**



## MOVIE QUIZ

By Regina Phalange

Name the movies these quotes are from and you get 10 points for each correct answer. Points add up to win various prizes, which may or may not include a foot massage or a “Glow-in-the-Dark Compass Ring” (extra point if you know what movie that is from ...). Answers in next month’s *Waypoint*.

- 1.) “I found my special purpose!!!”
- 2.) “Ted, you totally forgot to wind your watch!”
- 3.) “My hair, you hit my hair. You know, I spend a lot of time on my hair, and then you go and hit it.”
- 4.) “Why would you move to a city where the only cultural advantage is being able to make a right turn at a red light?”

## Life As I See It

By Katie  
Battaglia  
and  
Michelle  
Lermon

“I am Kate, hear me  
roar!”



*Continued from page 1*

grow up to a yard long. Both species have a robustly flavored flesh, pronounced when smoke cured, as well as one of the most unusual life cycles of any animal in the world. They are believed to hatch in the Sargasso Sea, a deep, primordial, two-million-square-mile sea in the Atlantic Ocean, between the Azores and Bermuda, bordered by strong currents. The eel larvae, shaped like tiny leaves, drift on a journey that can take years, toward either Europe or North America. Finally, for reasons still unknown, they will choose to enter a river where they take on an eel’s form and head upstream to reside for a few years as adults, before returning downriver to salt water. When they reach the coast, they jettison their digestive systems and swim for months without eating, until they reach the Sargasso. There, they mate and die. The eel’s natural history has fascinated and mystified thoughtful observers from Aristotle to Freud, and despite more than a millennium of study, little is known for sure about it. Scientists are convinced that the theory of Sargasso Sea reproduction is correct, because the larvae captured there are so small that they

must have hatched nearby. But a live adult eel has never been captured in the Sargasso.

These days, the only place North Americans eat eel is in Japanese restaurants. Japan consumes over two billion dollars’ worth of eels a year, much of it as kabayaki — eel meat steamed, dipped in a sweet, soy-based sauce, then grilled. The Japanese have been preparing eel this way since the 1600s; nowadays the kabayaki is vacuum packed and shipped to sushi restaurants around the world.

While each country has its preferred method of eating eel, they all pay the highest respect to this toothsome fish. It is difficult to say why people in the United States stopped eating eel. The fish is, as it has always been, inexpensive and tasty, high in protein, relatively abundant, and easy to catch. The most commonly heard accusations against the eel are that it is slimy and that it looks like a snake. Both complaints are indisputably true, but hardly reason enough to trash a national taste for a founding food. The slime protects the eel against predators and bacteria—the creature’s looks are only skin deep. Perhaps the fact that eels forage in the mud, or that people

no longer trust the toxified bottoms of waterways, has put folks off their eel consumption. A market for another bottom feeder—catfish—was developed only when farmers trained them to feed at the surface, on floating pellets of food. This method does not work so well with eels, which are harder to train than catfish. The other, even greater, impediment to eel farming is that *Anguilla* have never produced viable young in captivity. If they do not have the depths of the deepest Atlantic in which to spawn, they will not naturally reproduce.

There are numerous operations in Europe, however, where eels are captured as elvers (baby eels) and fattened to a marketable size. Mick Jenrick sells about 150 tons of farm-raised eels a year, and another 150 tons of eels captured in the wild. He buys his wild eels from an eel fisherman’s cooperative on Lough Neagh in Northern Ireland. Reportedly, “Ey, cause tha joost bloody tast batta than tha fam-raised slimy buggers,” says one old Irishman, but the advantage to the farm-raised ones is consistency—they’re all the same size with just the same flavor. The eel’s unsettling appearance and mysterious behavior are no reason to scorn

*Continued on page 6*

**FOOD LIBATIONS**

*Continued from page 5*

the fish, eliminate it from a national diet, or relegate it to the status of a working person's lunch. It is high time that North Americans recover their taste for eel and return the eel to the place of favor on their tables that it once occupied and still merits. This most wondrous and tasty of fish is even now resting quietly in the mud in a nearby river, pond, or lake, ignored by consumers who pay upwards of seven dollars a pound for the much cuter farm-raised tilapia.

Consider the eel.

Makes 16

Ingredients:

1 small loaf ciabatta or french bread sliced

olive oil to drizzle over bread slices

7oz of fromage blanc: An extremely soft, fresh cream cheese that has the consistency of sour cream. A good substitute is soft goat cheese.

7oz Smoked Eel can be found in any Asian market or International Food aisle at your local supermarket

½ European (seedless) cucumber, peeled & diced squeeze of lemon juice to taste ground black pepper to taste

2 ¾ fl.oz sweet chili sauce: look in the International Food aisle

1 bunch fresh mint leaves chiffonade (very thin slices)

Method

Drizzle or spray the sliced bread on one side with olive oil and grill until golden but still soft.

Spread the bruschetta with a little fromage blanc.

Break the eel into pieces and combine with the cucumber, lemon juice and pepper.

Pile onto the bruschetta and top with a teaspoon of sweet chili sauce and shredded mint.

I recommend a nice floral-flavored Riesling to refresh the palate.

**CD REVIEW**

*By Regina Phalange*

**"Come Away With Me"**  
Norah Jones

It's swanky, soothing and soft. The perfect album to listen to in the early morning, while going through a heartache, falling in love, dring during snow fall, drinking tea near a fireplace, and much more (just ignore me if I start crying in the middle of the fifth track, I got some dust in my eyes...).

**Book Review**

*Also by Regina Phalange*

*Call me Crazy*  
by Anne Heche

Okay, you're crazy!



**FUN DAY AWARDS**

**KATE LYNCH** BIGGEST HAM IN FRONT OF THE CAMERA AWARD

**REMO VELARDO** THE TURN BACK TIME AWARD (AKA: THE CHER LOOK-ALIKE AWARD)

**KATIE GUSMANO** THE PUPPET LOOK-ALIKE AWARD (FOR DRESSING REMARKABLY SIMILAR TO SPROUT)

**GRETCHEN GLAUB** BEST FARM ANIMAL KISS AWARD

**SPECIAL MENTION GOES TO KATE MURRAY FOR GIVING A PIGGY BACK RIDE TO A PREGNANT WOMEN**

*By Dr. Lenco and Katie Battaglia*



### Bourne Projects

Served with the Barnstable shellfish department.  
 Worked at the Conant Property greenhouses.  
 Attended a watershed meeting at WBNERR.  
 Built cages for the Mashpee shellfish department.  
 Worked with Tom Marcotti of the Barnstable Shellfish Dept.  
 Mapped storm drains with Bourne Department of Public Works.



### Wellfleet Projects

Cleaned out the Herring River herring run in Wellfleet.  
 Removed an old foundation and a dangerous boardwalk from Nauset Light beach.  
 Worked with Dennis Department of Natural Resources to cut wood for the annual wood giveaway  
 Cleared 100 yard area at Red Top Conservation Area for the Woodcocks and their interesting mating rituals.



### All Corps Projects

Had an evening at Children's Cove, helping out with setup of the holiday party, making crafts with the children and parents!  
 Had a fun day of scavenger hunting and gift exchange!  
 Participated in an in-depth ArcView GIS training session by Bourne member leader Melissa Mills.  
 Carpentry Training  
 MLK Day Celebration with LIFE in Hyannis and Mashpee.

## Movie Reviews

By Regina Phalange

### Waiting for Guffman

A timeless classic! This mockumentary closely examines the thrill and heartaches of life on the stage as it follows theatrical genius, Corky Romano, in his stunning success in showbiz. A highly quotable film. I truly believe if we all saw it, say, 50 times, we could manage to speak only in direct quotes from this film, thereby eliminating all other need for speech.

### 301 /302

After blindly renting this movie, many members of the Wellfleet house were innocently subjected to images of blood, violence, cannibalism and an overall unhealthy obsession with one's neighbor. Once the nightmares subsided, we dropped the lawsuit and agreed to only rent cheesy, happy movies like *Sister Act II*.

## Announcements

Congratulations to Dan Connolly, the recipient of the Leaf Award for his excellent services as Tree Warden in Orleans

Please remember to recycle your CHRISTMAS TREE at your local transfer station. For further questions, please inquire at the Barnstable County Resource Development Office

Thanks to all the sponsors, community volunteers, staff, and LIFE for a wonderful Martin Luther King, Jr. "Day On". It was a fantastic way to celebrate the memory of MLK. Thank you again!



Karaoke at Children's Cove



Dennis Wood Giveaway



Bourne makes cages with Rick York at Mashpee Shellfish Department.



Wednesday flex group gives presentation for Program Director's



Cathy proposes to Alan from LIFE during Fun Day activities

- Answers from page 4  
 1. Danielle Lenco 2. Katie Gumano  
 3. Tina Meyers 4. Margaret Song  
 5. Kate Lynch 6. Michelle Leron  
 7. Mere Ours 8. Tracie Mayberry  
 9. Cathy Milkey

# HOROSCOPES

By Clair Voyance and Eva Destruction

Virgo (Aug 24-Sept 23)~ You will, like, be writing something...and then, this guy will totally come up to you and say the exact same thing that you just wrote. Spooky, no? You have an animal magnetism. So ask this guy out. See what happens. Trust me. This may be your opportunity to become a Parisian Supermodel. Oh, and play the lottery on Tuesday.

Sagittarius (Nov 23-Dec 21)~ Suspicion is in the air around the office. No one's talking yet, but someone has a promotion in the bag. You feel like you're probably out of the running up to this point, so you decide to make a move to seduce your boss, the program coordinator. After this fails, you decide to work your way down the ladder to the Barnstable County Resource and Development Office AmeriCorps~Cape Cod Disaster Preparedness and Volunteer Coordinator. Don't despair, you know what they say about a man with a big title...

Leo (July 24-Aug 23)~ Watch what you say around shifty looking groups of cats...they're partners in Espionage. Fangs, penetrating eyes, catnip. Need I say more?

Cancer (June 22-July 23)~ I know, I know, things have been slow on the island. Cheer up, every sailor needs a port! Indeed, you'll be giving your special purpose to someone very special. He's not tall, he's not handsome, but dammit, he has nice sea legs. Wear your lucky bra and think big. I sail! I'm a sailor! Ahoy!

Aries (March 21-April 20)~ This is the month to fill out those Carhartts®, so get eatin' and don't hold back! Remember, diets are for sissies- satisfy that hunger with a big meaty grinder. Don't settle for less than ten inches. Really want my advice? Take \$17.95, find yourself a cheap matinee in the borough, a fish samich from Cap'n Jack's and a couple of containers of Hellman's mayonnaise®. Yeah!

Taurus (April 21-May 21)~ Privacy is hard to come by these days. Setting aside some time for self appreciation and exploration will be worth the effort. Unfinished business getting in the way of relaxation? Ask a close female friend for a hand. She'll know how to help.

Pisces (Feb 20-Mar 20)~ And remember that incident with the parrot and your mother? Best be staying away from Zoos- don't wanna double dip the nuggets in *that* hot sauce! *Please!* Come on now, we both know you can't trust your judgment- hopefully you learned something from that gumbo before running mistake? Solicit love advice from a hobbit.

Libra (Sept 24-Oct 23)~ Come out and play this month- there's no better time to try something new. Ain't no mountain high enough, right? The world's your oyster and if you're a Wellfleetian Libran, it's especially tasty. A word of advice, it's your inner calling that binds you—don't call back. Drop your knitting, change your number and leave the country immediately.

Gemini (May 22-June 21)~ Your masculine sex appeal is out of control this month! You discover a surprising psychic connection with a blond, bearded beauty- is he a model? It's worth the risk. A couple more crunches at the gym and you'll be ready for cruisin' dude!—he'll be licking his chops for sure. But watch out for the Don Juan-a-be. He's clever.



Scorpio (Oct 24-Nov 22)~ Underthings got you in a bind? Have no fear, your outlook is good for this month. The numerology is positive and Jupiter's third moon is waxing in your favor, but you never listen to that cock-a-maimie nonsense, do you? Leave all that to the crazies out there. You've got better things to worry about. Like for instance, what to do about the new sweaters in the J-Crew catalogue. Shetland crew-neck or stretch bouclé turtle-neck? What's a girl to do?

Aquarius (Jan 21-Feb 19)~ Feeling a little frazzled lately? Go ahead and leave yourself a bit unzipped! See who notices. You never know who might be lurking around that corner having watched your every move. Caring for you deeply. More deeply and caringly than anyone has ever loved. I miss you and want you back in my life. It hasn't been that long, but every moment away from you is like an eternity in itself. Please, please, please, all I need is a phone call or a letter from you and I will feel whole again.