

The Waypoint

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Pest of the Month: Midge Flies

By Mere Ours

Midges are 3/16- to 3/8-inch mosquito-looking flying insects that are members of the Chironomidae family. They are light in color and differ from mosquitoes because the females do not need a blood meal and the males have bushy antennae. The insects breed in water and while immature feed on decaying plant matter, and are in turn fed upon by many species of fish. Adult midges breed in swarms in the late afternoon and early evening near freshwater streams and ponds,

and usually stay together for a couple of days before they complete their life cycle. While they are adults, midges do not



The now brackish waters of Pilgrim Lake in Truro attract midge flies.

Photo courtesy of the Cape Cod National Seashore

eat. They stay alive only long enough to breed,

lay eggs, and then die.

Humans often consider midges pests because of their swarming. They tend to be attracted to artificial sources of light, such as the ones frequently placed outside homes and businesses. It is very difficult to control the insects, especially since using insecticides in the water in which they live is so dangerous to the life of that body of water.

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It's All for the Birds: AmeriCorps Members Help With Oiled Birds

By Margaret Song

Starting on April 27, 2003, Bouchard Transportation Co.'s barge No. 120 leaked 14,700 gallons of No. 6 oil in Buzzards Bay.

Since then, trained personnel from the US Coast Guard, US Fish and Wildlife Service, Coalition for Buzzards Bay, and other organizations have rushed to contain the spill on the shores and in the wa-

ter.

AmeriCorps-Cape Cod members have also eagerly joined in the efforts by assisting Tri-State Bird Rescue and Research with bird rehabilitation and US Fish and Wildlife with a dead bird survey on the beaches.

After a training held by Tri-State,

members immediately began constructing pens, pools, and anything else as well as feeding and cleaning oiled birds, and running logistics along with approximately 120 other community volunteers, who have also come to aid in the rehabilitation efforts.

The members have continued to help on flex days and weekends.

Top 10 Quotes from the Recycling Puppet Show

(sorry, it was a slow week)

10. "Oh no, now where am I supposed to live? They took my trash!" – the Blob
9. "Oh look at this beautiful park. The flowers smell so sweet. I just love fresh air." – Sprout, without any emotion whatsoever
8. "Mmm, orange juice! Gulp, gulp, gulp." – Sam
7. "Oh hello Ben, hello Samantha. What are you kids up to today?" – Mr. Landry
6. "I better call Sam. Maybe she knows. What's going on in my kitchen." – Ben
5. "Duh duh duuuuuh! The Blob." – Sprout, once again lacking any trace of emotion
4. "La la la la la I love trash, I love my new home...it's soooooo dirtah!" – the Blob
3. "Oh, oh it's such a nice day..." – Sam and Ben
2. "But if everythin' can be recycled, then where will I live?" – the Blob, in a worried tone
1. "Hmm...a landfill...is it fulla trash? Can I live there?" – the Blob, in a hopeful tone

Krystal's Culture Column: BOLIVIA

By Krystal Baird

Being the highest and most isolated of the Latin American republics; landlocked Bolivia is the most unique of the Americas. It is

also the most indigenous country on the continent, with more than half of the population maintaining traditional values and beliefs. Bolivia

may be one of the poorest countries

in South America, but its cultural wealth; the mind-blowing Andean landscapes and the remnants of mysterious ancient civilizations make it the richest and most exciting destination for adventurous and independent travelers.

Once part of the Inca Empire, Bolivia has 35 distinct indigenous groups with their own languages. Its population has a far higher percentage of indigenous people than other countries in South America.

Spanish is the official language,

yet only about half of the people actually speak it, and then often only as a second language. Pre-Inca language of the Altiplano is mainly spoken.

Most of Bolivia's population professes to be Roman Catholic, but the absence of clergy in rural areas has led to a synthesis of Inca and Aymará beliefs with Christianity.

Musical traditions within Bolivia are distinctly regional ranging from haunting and mournful to more jovial tones. Traditional dances and forms of folk expression, such as spinning and weaving, are popular and display regional differences but have changed little over the last 3000 years. Meat dishes, accompanied by rice, potatoes and shredded lettuce dominate Bolivia's food. Bolivian fiestas are of religious or political origin. Major fiestas include a week-long festival in the

virgin's honor; a nationwide event named the Carnival, and Independence Day, celebrated August 6th. Hearing the Inca language, experiencing the Inca culture, and tasting Bolivian dishes provides a nice mix of past and present Bolivian history.

Civilization in the Bolivian Andes is thought to stretch back some 21,000 years. The most influential Pre-Columbian cultures were the Tiahuanaco, who were based around Lake Titicaca and who ruled the region between 600-1200 AD. There were also the Incas, who headed a vast empire comprising most of Peru, Bolivia, Ecuador and northern Chile. The Spanish conquest of the country began in 1531 and the mineral wealth of Bolivia, mostly silver, was exploited for more than two centuries. Independence from the Spanish administration was won in 1825, with the help of South American revolutionary Simon Bolivar. At that time, the country

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National Flag of Bolivia

Melissa Mills, Bourne House Member Leader

Hi, my name is Melissa and I'm the member leader in the Bourne House. To give you some background on who I am, I guess I should go back a few years. Originally I hail from Hingham, MA and I grew up in the same room my mom grew up in--talk about a real townie! I spent many a summer visiting the Cape, either in Pocasset or Harwichport at my grandparents' houses. Most of my favorite childhood memories are ones from the woods or the ocean, so it is no surprise that my current passions have brought me to do environmental service on Cape Cod.

Skipping ahead to the college years, I received two degrees from Stanford University, a B.S. in Earth Systems with a focus on Land Resources Management, and a M.S. in Earth Systems with a focus on Hydrogeology. Through this training I learned the importance of an integrated approach to environmental problem solving and I took an amazing breadth of classes!

After Stanford I did what any self-respecting hydrogeologist with crazy loans would do, I took a nice position with a consulting firm! In hindsight consulting is not where my heart is, but during two years of consulting I learned a lot about superfund sites, all types of water sampling, and the importance of stormwater management. I also gained the nickname "swamp pilgrim" because of all

the time a spent at a specific swamp-landfill superfund site. Fun fun fun!

After many swamp visits, attempting to give myself west-nile, I decided a life change was in order, and what better way to do a 180° than to join an AmeriCorps program. Truthfully when I found AmeriCorps Cape Cod I felt it was tailor-made for me and speaking from 7 months experience – I was right!



Melissa and her grandfather in Pocasset circa 1977

So what is my life like now you ask? Well, currently I spend lots of time with the wonderful members of the Bourne house, including my roommate/possibly twin Sarah. Sarah and I are both working on an *E.coli* DNA project at Cape Cod Community College, that she mentioned in her Bio last month. Also she and I have both spent a semester on a schooner, love the ocean, grew up in MA, went to Stanford, and are vegetarians (with some sustainable fish/

shellfish allowed of course – I call it New England Vegetarian). Could we have much more in common? I don't think so.

The DNA project ties in perfectly with my long term placement with Cindy Coffin and the Bourne Board of Health. This service involves studying the *E. coli* problem in a coastal pond in Pocasset. As it turns out, the pond called Conservation Pond, is located right across a cove from my grandparents summer home in Pocasset. I was extremely surprised and touched to realized that the place that I am trying to help is also one of the places where I learned to swim! It has been a privilege to serve with Cindy and Heather Ohman, who happens to be an old friend from Hingham. We have already performed some dye testing and water sampling and we plan to continue with this effort when the warm weather arrives (soon please!).

I have also completed another placement with Shari Currey and the local branch of the Massachusetts Coastal Zone Management Agency. I assisted with their inventory of coastal structures, walking several local beaches with a GPS (global positioning system) unit. Brrrr was it a cold winter for this placement! I somehow wore more layers than I ever imagined possible and could barely lower my arms. The data I helped collect will eventually be part of the

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Yoga Move of the Month

Shrugs and Circles

(fig 1)

- Sit in a comfortable position
- Bring both shoulders up tightly toward your ears. Exaggerate the shrug and accentuate the holding
- Release quickly, letting your shoulders drop
- Repeat a few times

(fig 2)

- Bend both elbows and lightly place your fingers on top of your shoulders.
- Rotate your elbows as though

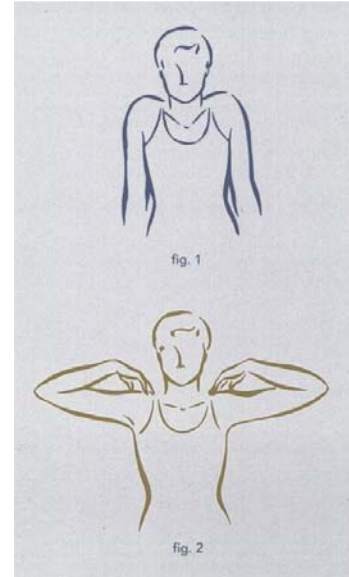
drawing small circles on the walls.

- Circle 5 times in one direction; reverse and make 5 circles the other way.
- Drop your arms. Breathe and focus on how relaxed your neck and shoulders feel.

Benefits:

- Improves flexibility in the upper back, shoulders, and arms
- Increases strength in the upper arms.

- Releases tension in the neck and shoulder area.



Mills Biography

(continued from page 3)

MORIS database (Massachusetts Ocean Resource Information System), for use by many individuals and agencies. It was a wonderful chance to see a lot of cape beaches and help out a great cause at the same time.

My new placement, currently underway, is with Louise Houle and the Coonamessett Reservation Management Team/ Coonamessett Pond Association. This service includes the mapping of current trails on the ~300 acre Coonamessett Reservation with a gps unit and the planning of new trails in accordance with the management plan for the area. This service will have a lasting impact, allowing more people to enjoy a special area of Falmouth and creating en-

vironmental education opportunities. I am excited to continue serving with Lousie and furthering this project in the months to come.

In my spare time (yeah right!) I am also helping to further AmeriCorps Cape Cod's new stormwater initiative. Many towns on the cape are required to perform an inventory of their stormwater infrastructure in the next 5 years. We are currently serving with the towns of Bourne and Sandwich to help them meet these new EPA Phase II requirements. With the help of other Bourne House members we have also developed a GIS and an access database for the data collected for the town of Bourne. The GIS and the access database are transferable and will hopefully be used to standardize

data collection across the cape. This service will be ongoing for several years and I hope that we, as AmeriCorps members, can get even more involved with addressing the issue of stormwater runoff on Cape Cod.

I am so thankful that I have been given this opportunity to live and serve on Cape Cod for 10 1/2 months. I have already experienced and learned so many new things and I get to live and serve with an incredible group of people. Being able to give back to a place I have grown to know and love just puts a smile on my face everyday. I hope I can continue this service to the environment in the years to come. YAY!

Melissa☺

Mere Ours, Wellfleet House Member

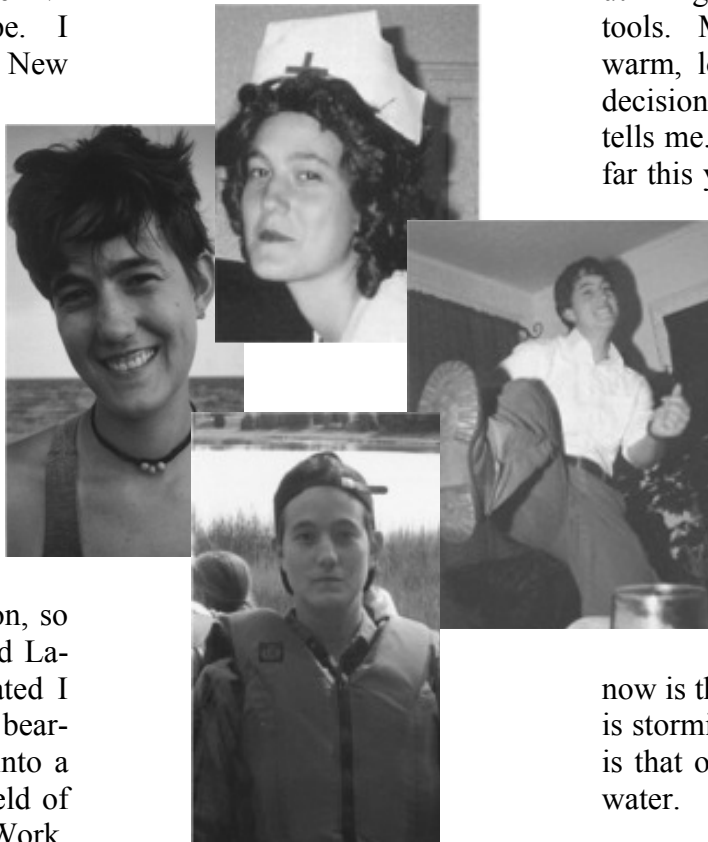
Let's just get things off to a good start—I'm Mere. You may notice that there's no "dith" at the end. Just Mere. Thanks. I appreciate that. ☺

I live in the Wellfleet House and am having a spectacular time living and serving on the Cape. I grew up in rural northwest New Jersey, where my brother and I entertained ourselves by throwing corn at each other. I've always been a tomboy and have loved being outside, so AmeriCorps~Cape Cod was a great decision for me.

Before I joined the program I went to school at Douglass College of Rutgers University. While I was there my goal was to get a well-rounded, liberal arts education, so I studied Communication and Labor Studies. After I graduated I spent a little time getting my bearings and then settled down into a nice lifelong career in the field of Domestic Violence Social Work. I was a case manager and crisis hotline worker for about a year. I liked it a lot but found that I missed daylight too much to continue in it without exploring more options in the great outdoors.

So here I am—my individual placements are with the Eastham Department of Natural Resources and the Eastham Health Department. With the DNR I do work

with the town's conservation areas and help out with the aquaculture greenhouse activities. Here I am learning more about biology that I ever imagined I would, and that's cool.



I am also working with Eastham's Alternative Septic System Database for the Department of Health. The goal of the project is to be better able to inform the Board of Health as to how these systems are doing in keeping Nitrates out of the groundwater. In addition to working with the database I am currently taking samples for the 10-Year Well Water Nitrate

Study. All of this is going well and I feel really good about it.

On a more personal note, my hobbies include cooking, writing and performing folk music, and doing mechanical-type things, preferably utilizing manual and/or power tools. My goal in life is to be a warm, loving person who makes decisions based on what my heart tells me. My favorite activities so far this year have been (in no particular order):

- 1) getting comfortable with a chainsaw;
- 2) learning about aquaculture and working in the water;
- 3) feeling physically exhausted after workdays; and
- 4) doing land and water conservation activities on the beach.

My favorite color right now is the color of the sky when it is storming, and my favorite smell is that of slimy shellfish and saltwater.

Poison Ivy Nightmare



Monique as a normal human



Monique attacked by Poison Ivy

Update: Monique is now back to her beautiful self!

Tony's Cooking Corner: RAVIOLI

By Tony Gill

The essence of traditional ravioli like much of Italian cuisine is the combination of the most fresh and accessible ingredients with dough. The idea of a filling wrapped in dough is to be found in many cultures. The Italian version or ravioli is by far the most popular in the west, perhaps because of its versatility. Ravioli can be found in many different shapes ranging from half moon and triangular to varieties of crimped-edge squares. Often times the most overlooked component of ravioli is its accompanying sauce. Whether its butter, oil, tomato-based, even a type of reduction, the sauce compliments and promotes the textural component and flavor of the ravioli itself; much like pairing a dressing with a salad or a wine with cheese. The exception to this can be found when preparing ravioli *en brodo* or in a broth. But the flavor of the sauce, especially *en brodo*, is only meant to compliment and cover the ravioli in a light embrace, therefore, never in contention for dominant flavor. Of course, when all is said and done the most intriguing aspect of the ravioli is the filling--the tasty little pockets bursting from a durum wrapper in a starburst of flavor and textural bliss--the essence of the ravioli. However, a larger question, outside of the individual pondering over the sensation of ingredients within the dough, surrounds the raviolis origin. To

date ravioli was first, and only vaguely, mentioned in a 13th century 'recipe book', along with its relatives Pansotti, Tortellini and Cappelletti. Later Boccaccio talks of ravioli or *ravvolgere* a Latin verb meaning "to wrap," in "The Decameron". Originally ravioli, being Ligurian in origin, was only stuffed with greens or cheese and greens, because the Ligurian diet was almost exclusively vegetarian, especially inland. With little regard to its vegetarian roots, ravioli has become diversified to such an extent that each Italian region, and sometimes an individual city, has its own special ravioli filling to be served with its own sauce. It all depends on climate and local produce. This has no doubt been the main contributor to ravioli's global success as the premier stuffed pasta and quintessential Italian dish.

This month I would like to share some of ravioli's more modern and radical variations while keeping in mind its simple and practical beginnings as a combination of accessible ingredients with dough.

The first step in any pasta dish is the preparation of the dough. A hand-made egg-based pasta dough allows for natural coloring producing spectacular effects. Mak-

ing your own pasta is a great way to pass the time. However, commercially available wonton wrappers are a quick and easy substitute. It takes practice to roll out a thin sheet of pasta dough, but it can be made much easier with the use of a pasta machine. If you are making your own dough you have the option of adding natural colors and textural components to create an endless array of complex and exciting dishes. Some common pasta colors for ravioli or any pasta include pink; add half a cooked beetroot with the eggs, green; add two tablespoons of cooked and wrung out spinach with the eggs, yellow; sprinkle tumeric into the egg mixture, and brown; blend porcini mushrooms and eggs into the mixture. Mixing in spices such as poppy seeds to the flour will add a slightly crunchy texture to your ravioli, or sifting chili powder into the flour will give not only a spicy flavor to

the dough but a slight dusky orange hue to the pasta. Combining freshly ground black pepper or finely chopped



herbs to the egg mixture is an easy way to revitalize basic vegetarian fillings or traditional sauces. If one is so inclined fresh pasta is a very simple process but takes a

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Ravioli (continued from page 6)

little time to get good at. The process itself is beyond the scope of this article but I am available through email for those who wish to try their hands at it. As mentioned earlier, there is always the wonton wrapper method, while not being very traditional it still allows for the quality and variety of homemade fillings and sauces not available in commercially mass-produced versions, especially the glop coming from the kitchen of that notorious Chef Boyardee® and his ilk.

The key to great Italian food is a celebration of fresh local ingredients. Since we are obviously not in Italy it makes little sense to keep with traditional ravioli ingredients at the expense of freshness. Therefore, the recipe I want to use takes advantage

of local fare but still keeps with Italian cuisine. Its what an Italian grandma might cook if she lived on the Cape.

1 qty pasta dough or 24 wonton wrappers
3 cod fillets
2 medium boiled potatoes
milk
salt and pepper to taste
2 bay leaves (optional)
1 Tbsp whole black pepper
corns
½ cup chopped flat leaf parsley

1. Cook the cod in a medium size pan with the milk, bay leaves and pepper-corns. Gently simmer for 6 – 10 minutes depending on the size of the fillets. When the cod is flaky and ready, strain and cool.

2. In a large bowl mash the potatoes and add the parsley.

3. Mash the fish and take out any bones. Chop into small pieces and add to the potato and parsley mixture. Season to taste.

4. Mix the ingredients together until they have a uniform texture.

5. Place one tblspn mixture into center of ravioli or wonton wrapper.

6. wet edges of dough with water or milk and place another piece of dough on top and press edges tightly together to form a seal (make sure there is no air inside the ravioli or it will burst when boiling).

7. boil 6 quarts of water with a pinch of salt and cook ravioli for 5 – 6 minutes or until they float to the surface.

BOLIVIA (continued from page 2)

Coastline, Brazil took a section of rain forest and during the Chaco War of 1931-1935, Paraguay grabbed land in the Gran Chaco region that was, at the time, believed to contain oil. The country's government has changed even more than the borders: Bolivia has experienced more than 190 rebellions. However, it has remained stable since 1982, when the last military regime was replaced by a democratically elected president.

The geography of Bolivia is highly diverse, ranging from towering mountains and high deserts to steamy lowlands. The Andes Mountains rise in the west, the vast high plains and Uyuni salt

flats run through the southwest. The Amazon Basin jungles and cloud forests form the northern and eastern sectors, while the arid deserts of the Gran Chaco spread across the southeast. The highlands of Bolivia consist of three distinct parts: the Cordillera Occidental, the Altiplano, and the Cordillera Oriental. The Cordillera Occidental features many active volcanoes. With peaks of more than 20,000 feet, steep slopes, and much volcanic activity, the Cordillera Occidental is the least inhabited part of the Bolivian Highlands. The Altiplano is a high plateau, 12,000-13,000 feet above sea level, which lies between the Occidental and Oriental ranges. Its broadest point is approximately

400 miles and is where the Andes reach their greatest width. The Altiplano is divided into a number of basins by spurs of the Andes. The structure of the Cordillera Oriental is more varied and complex, with distinctly different landscapes and habitats. The northeastern part rises abruptly to great heights above the Altiplano and has snow-capped peaks. The eastern slopes are densely covered by forest and are known as the Yungas, the wettest part of the Bolivian Andes.

In the eastern lowlands, there are distinct differences between the natural features of the northeast and those of the southeast. In the northeast the Llanos de Mamore,

Woodland Wenches: And the Herring Run

By Monique LaPerriere and Katie Gusmano

Last year the ponds and streams were low, some tributaries even void of water, locals say. But one would never know from looking at the herring runs now, water pummeling down fish ladders and providing a spacious run for the tireless fish to follow their innate senses homeward. A surefire sign of spring I've never seen before, the herring running have provided hours of stimulation for me over the past two weeks. The gulls cause a constant din, flocking over Paine's Creek in Brewster; the people are curious and excited, constantly asking what exact date the herring will be running; and I make my way to the run every couple days to find a few more dozen fish each visit and chat with people about what to expect and why this time of year is so special.

Alewives (*Alosa pseudoharengus*) are anadromous fish that inhabit Atlantic waters from Newfoundland and the Gulf of St. Lawrence to South Carolina. They are a salt-water species that move up freshwater streams to spawn, using senses of smell and taste to locate the pond in which they were born. Although not alone in this sort of endeavor (most Pacific salmon return home, spawn, and die, and the closely related shad undertake similar feats), it is both impressive and unforgettable. Both males and females start inland with warming water temperatures in early spring. With this year's harsh winter, the onlookers were getting impatient, but herring spawn when stream temperatures are between 55 and 60 degrees F

A typical run on Cape Cod, stretching from the bay or the ocean up to freshwater ponds, is 1 ½ to 2 ½ miles long. Alewives have little time to rest during their journey, constantly fighting the current and refraining

from eating until after they've spawned. The fish drop and fertilize the eggs and return downstream. The eggs, in masses of 60,000 to 100,000, only take about 6 days to hatch, and after 6-8 weeks of safety and calm waters, the young swim out to the ocean, only about ½ inch long.

As far back in history as 11,000 years ago, when Native Americans began to inhabit Cape Cod, people have utilized these herring for their own livelihoods. Native Americans would take advantage of the herring as a predictable and dependable food



source in the spring, then use them as fertilizer by creating mounds around their corn plants and inserting the fish. Fishing the runs is not a new thing, though these days our numbers increase so rapidly that it's hard for herring populations to keep up. Fewer people eat herring now, but I hear smoked herring, pickled herring, and the roe (eggs) are all still local delicacies. One nice man at Stoneybrook, a sport fisherman, let me know that live herring are the best bait you can get for striped bass. You just put 'em on the line, let 'em swim, and wait for the big guys to come. From what I gather, people mostly like to be part of the cycle of

the herring. It's tradition, it's an experience that ties us to nature, it's a community event.

Today at Stoneybrook, nearing the end of school vacation week, children lined the edge of the creek, eager to get their hands on some herring, holding their nets at attention for the next silvery fish they can spot. Oh, it pains those of us who know the harm people can do. One grab by a child can remove the fish's protective slime coat, its protection from disease. Touching is likely to mean the death of the fish, and this after so much work to get so near the spawn-

ing grounds! Combine the threat of happy children with siltation and erosion in streambeds, overfishing in the Atlantic, increases in runoff and pollution, and decreasing groundwater levels, and you can get a feel for what the alewives are up against.

Amazing, it is absolutely amazing, and I

am thrilled to be a part of it this year. Last month I planned to write an article on the shadbush, an awesome tree named for its blooming at the same time as the running of the shad, one of the alewife's close relatives. While the tree's life cycle can hardly compare to that which I just described, one should note that this fairly uncommon tree on the Cape, with its beautiful white blossoms, will be making its appearance soon. The serviceberry and the alewife, signs of the North Atlantic coming back to life. Time to plant, time to play outside, time to discover and appreciate our land.

Bolivia (continued from page 7)

which slopes gently to the Amazon Basin, is well watered by rain and rivers and has rich natural vegetation. The semi-arid desert, the Gran Chaco, is occupied with scrub, savanna and occasional gallery forests along the rivers. The eastern lowlands are sparsely populated and are Bolivia's main source of tropical agricultural products. Bolivia is certainly one of the more varied countries geographically that remains beautiful still with much of its environments unspoiled.

Because Bolivia is one of the least developed countries in South America, it tends to be a little rough around the edges. This can be good news: The lack of development has preserved much of the country's wilderness and culture in ways that neighboring countries haven't been able to do. While there are threatening development pressures, particularly in the lowlands, it's still possible to have "authentic" experiences.

La Paz, the highest capital city in the world, looks like a moon crater situated on a canyon floor, which shows only a hint of greenery. Luxury hotels, shops, banks and Internet cafes frame the boulevard as it passes through downtown La Paz, giving the city a modern feel. Just a couple blocks from the main street however, are the enthralling, chaotic markets that better characterize La Paz. People congregate around the 16th-century San Francisco Church with its interesting blend of Spanish styles. The Market extends for several blocks around the church while ironically, two blocks directly behind the church is the Witches Market, where traditional medicines and potions are sold. You can also find a bizarre assortment of amulets, crafted silver jewelry, sweets and dried llama fetuses. La Paz also has a number of museums, including the Museo de Metales Preciosos Pre-Columbinos, which houses three impressive salons of pre-Conquest silver, gold and copper

works. Other places of interest include the National Art Museum and the Colonial Museum the botanical gardens. For entertainment, there are folk-music shows (playing Andean music), bars, several good discos and numerous cinemas. Around La Paz is the Valle de la Luna, which is an eroded hillside maze of miniature canyons east of the city. Ice caves and turquoise lakes make up the spectacular Zongo Valley in the north and the peak of Huayna Potosí is the historical ceremonial center of Tiahuanaco, Bolivia's most important archaeological site.

Lake Titicaca, the sacred lake of the Incas, is traditionally regarded as the highest navigable body of water in the world. Its dimensions are immense and measure 145 miles from northwest to southeast and 60 miles from northeast to southwest. Its pristine waters change colors from dawn to dusk, depending on the clouds and angle of the sun. Of the 36 fascinating islands of Lake Titicaca, the Island of the Moon and Island of the Sun are inhabited by Aymara Indians, descendants of the Aymara people who were conquered by the Incas around 1400 AD. The main town in the area is Copacabana, which has a sparkling white Moorish-style cathedral and is host to the Fiesta de la Virgen de Candelaria. With the capitol La Paz, Lake Titicaca revered by the Incas, and an endless list of other places to visit including Los Yungas, Cochabamba, and Copacabana, Bolivia is certainly a country that one should explore and be inundated by its culture and people.

Being the fifth-largest country on the continent and measuring roughly the size of France and Spain combined, Bolivia is one of the best places on the continent to see South American wildlife. Fauna include the rare spectacled bear, jaguar, vicuña, llama, alpaca, anteater, tapir, capybara, turtle, alligator, rhea and condor. Although Bolivia has

a fairly good national park system, encroachment into the lowlands of the Amazonian basin by settlers is increasing, and the huge fortunes awaiting those prepared to exploit the area's mineral, agricultural and timber resources have made environmentalism a growing concern the government has yet to address. A great discovery I made while doing research on Bolivia was the Madidi National Park. The park was established in 1995 in the northwestern section of Bolivia. It protects a full array of ecosystems, from the high Andes to the Amazon basin. The Madidi National Park consists of a vast wilderness of 4,500,000 acres of unparalleled biological diversity ranging from cloud forest to dry tropical forest, humid lowland rainforest to savannah, and from wild rivers to lakes. This park is home to more than 1,000 species of birds, 44% of all New World species of mammals and an estimated 38% of Neotropical amphibians. It is also a critical global hotspot for endemic plants. While Bolivia's natural ecosystem is slowly but surely being encroached upon, the park is a great step towards protecting the country's native flora and fauna.

Being the most unique of the South American countries, Bolivia provides a wealth of culture and natural beauty. The great influence of Inca along with all the spectacular remnants of ancient civilizations is sure to amaze any traveler while the exquisite Andean landscapes and vast array of environments are like gems to the eyes. Bolivia certainly provides a rich and exciting cultural, geographical and ecological experience that hopefully will be maintained for generations to come.

The Problem with Midges in Truro and the AmeriCorps Member Who Is Getting Things Done *By Mere Ours*

Pilgrim Lake is a body of now brackish water in the Cape Cod National Seashore in Truro. Set between the ocean dunes and what is now Route 6, the area used to be a harbor with full nine-foot tides. According to a 1988 report by Stephen Applebaum and Benno Brenninkmeyer, the lake then encompassed 344 acres and had an average depth of 2.5 feet. Its bottom is still several feet thick with organic matter, which not surprisingly provides an ideal home for midges.

One of the first times the midge problem was documented in Pilgrim Lake was in September 1968. Since then midge swarms have been a fairly consistent summer nuisance, especially to the motel owners and patrons on Route 6A in Truro. In order to combat this problem a Steering Committee was formed by representatives from the Town of Truro, the Cape Cod National Seashore, the State of Massachusetts, and property owners who

are most affected.

Since midges depend on fresh water to survive, and since Pilgrim Lake used to be a saltwater harbor, the



Katie Gusmano is truly a wonder.
*disclaimer:

Steering Committee is working to restore the body to a saltwater environment. By improving tidal flushing not only will they be able to prevent midges, they will also be able to restore native fish and aquatic plant populations. This is where AmeriCorps~Cape Cod member Katie Gusmano comes in.

In order to monitor the progress of

the project, the salinity and other water quality levels need to be strictly monitored. Thus, weekly and regardless of wind, rain, snow, ice or other untimely acts of god, Katie Gusmano has been out there with her fingerless gloves collecting data. During the winter she used a pulaski to chop through the several inches of ice to get down to the water to test it. Now that's impressive.

The work that Gusmano does provides crucial support for the Steering Committee's progress. Her data has provided a background for the committee to track salinity levels as compared with midge larvae in the lake sediment. As suspected, with the increase of salinity to 66%, midge levels have decreased from 5000 to a few hundred per square meter. While Katie Gusmano is not solely responsible for the decrease in midges, she certainly is an important part of the solution to the problem that bugs so many people in Truro.

A NOTE FROM MARGARET SONG, Wellfleet House Editor

First, I would like for everyone to notice that the page and layout are brought to you by Tony Gill (look for his note on the next page).

As for my comments this month, I would like to offer a poem by Marianne Moore and it's commentary from an anthology, "Americans' Favorite Poems" as collected by Robert Pinsky, former Poet Laureate of the US and Maggie Dietz, who collected hundreds of thousands of poems and the impressions that people received from those poems.

I May, I Might, I Must

*If you will tell me why the fen
appears impassable, I then
will tell you why I think that I
Can get across it if I try*

and the commentary by Douglas Shaffer, 35, Restaurant Manager, Des Moines, Iowa, says, "It took on a special meaning when my doctor was diagnosing my cancer and said, 'If it is what I think it is, I give you less than six months to live.' I went home, taped the poem to my bathroom mirror, and lived it every day of my treatment. That was twenty-eight months

ago."

As some of you may know, one of the reasons that I became interested in Cape Cod was that there is an extraordinary incidence of cancer on Cape Cod and its correlation to toxics, but this is true elsewhere. The difference is that there are people and organizations here that have made strides in this arena. Please remember the Swim or Walk! Against the Tide benefiting the Massachusetts Breast Cancer Coalition (with help from Silent Spring Institute) on August 16, 2003 at Nickerson State Park in Brewster.

Remo Velardo

Bourne House Supervisor

Hello there! I am pleased to be here on the Cape, a place of great beauty that has inspired me since my youth. I would like to take this opportunity to share with you a bit about myself since there is much you may not know. I was born and raised on the banks of the Hudson River in a small town called Croton-on-Hudson, NY. My grandparents first settled here as Italian immigrants back in the 1930's

after they passed through Ellis Island. It was the glorious Hudson and Croton's natural beauty that inspired my



family to make this fertile land their claim in the "New World." I was fortunate to spend my days basking in the sun on the banks of the Hudson, making rafts out of felled logs and fishing with just a stick and some catgut. My summers were spent here on Cape Cod with family in Eastham. The Cape Codders were a peculiar folk back then, different from the river folk back in New York. We spent our days lounging on the ocean beaches, jumping off docks into crisp clear water, and churning butter at the local windmill. It was everything a summer should be for a young lad. Ah yes, be-

tween then and now, much has certainly transpired. I found myself traveling out West to Oregon where I attended University. For a Yankee from the East it took a bit of time to adjust to the rustic ways of life in Oregon. I learned how to be a skilled trapper catching beavers with a mere stone and a curved twig, how to shear a llama with a slab of slate and the feather from a speckled grouse. I was able to read

the weather from a gust of wind and knew to watch out when an eagle circles thrice overhead. Those days of journey through the majestic mountains and the lush forests of Oregon were inspiring. After University, I joined the Peace Corps and headed to Panama. Nothing could have prepared me for those untamed jungles and wild places. I worked with subsistence farmers helping to build organic food systems in commu-

nities. A Panamanian farmer is a proud man; tough as nails, quick with a slingshot, and not too friendly towards any "gringo" coming from the North. In time the locals warmed up to me as they saw I was no threat. I learned the language and partook in the local customs. We ate wild boar on a spit and laughed in the moonlight while spinning tales of the days' events. I will never forget those days. Now I find myself here on the Cape once again. It has been a long journey and I have seen a great many things. It is a comfort to find the shores of Cape Cod as I remember, with the gentle waves lapping onto

the beach and the sea gulls gliding effortlessly in the breeze. How strange and powerful, the love of home and the places of our youth. With a deep breath I reflect upon return to the place I started from and the passages in between. Indeed, what a marvelous wonder it is, this experience of life.

A NOTE FROM TONY GILL the Bourne House Editor

Looking ahead to May, we have the particle of the month, being N3 Amide Dyes; used for making "metallo-organic" solar cells. What an interesting and noble thing for a month. But May is also Mental Health Month. Which I find very curious, since the month preceding it—April condones the fool and her behavior. There's something very supply and demand-ish going on here. It appears that even our months have been assimilated into the market.

In other goings-on; Melissa's Bottom Line for the month of May is "The birds need our help." Taken out of context this could make for a good argument as to why May is the Mental Health Month.

With the advent of May everyone should be used to that most ridiculous of ideas; Daylight Savings Time. Everyone that is except your very own co-editor. Hailing from Indiana; one of the last bastions of uninterrupted, continuous and unfettered space-time continuum zones on the map besides Hawaii and Arizona, this Hoosier has yet to figured out how to change the clock in his car. And despite, or perhaps in spite of, defying more than a few laws of nature by abracadabra'ing more daylight into our days, the question on everyone's mind is; has spring sprung? In the interested of mental health, I say wax your surfboards and bikini lines, lets skip spring and slip on a suntan lotion slick right into summer!

AmeriCorps Cape Cod



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● Getting Things Done

Celebrate Good Times (and the Environment)!

By Margaret Song

A mixed group of AmeriCorps members from both the Bourne and Wellfleet houses has been diligently planning the fourth annual Earth Celebration, which will take place at the Barnstable County Fairgrounds in Falmouth on May 17, 2003 from 10am to 3 pm.

Held in conjunction with the Master Gardener's Plant Sale, this fun-filled day will include activities such as: live music, farm animals, recycling art, environmental lectures and booths from local envi-

ronmental groups. In addition, there will be an opportunity to trade in your potentially hazardous, easily flammable halogen lamp for a new, FREE, safer, energy efficient torchiere, courtesy of Cape Light Compact, who will also offer rebates on Energy Star™ room air conditioners and clothes dryers.

With fun-filled activities for the whole family as well as food and entertainment for the day, this is the ideal way to spend the day in a free celebration of the Earth.

For additional information, call 508-375-0130 and ask for someone from the Earth Celebration committee.

AmeriCorps Advertisement

Please help us to make Earth Celebration a huge success. Tell everyone you know! In fact, bring everyone you know. This free event takes place on May 17, 2003 from 10am to 3pm at the Barnstable County Fairgrounds in Falmouth. There will be free food, live animals, a halogen torchiere turn-in with a new, safer, free replacement, live music, lectures, booths, and much more. Save the date!