



Dear Volunteers:

This edition will start off with the “**Martha’s Vineyard Update**”, highlighting ongoing volunteer activities on the island and ongoing opportunities. A small but dedicated group of RSVP and SEC volunteers have been making a contribution to the Island and its highly sensitive environment.



SEC volunteers conducted radon tests on Martha’s Vineyard during the fall and winter. **Radon** test results are being evaluated by Mr. Bill Bell of the Commonwealth’s Radiation Control Program. These results will be shared with you after they are released.

This fall, SEC Members will again spread out across the Cape and Martha’s Vineyard to help homeowners identify where mitigation is needed.

Volunteers at the **Felix Neck Wildlife Sanctuary**, Massachusetts Audubon, participated in the Commonwealth wide horseshoe crab census in late spring.



Vineyard Village at Home is a non-profit whose mission is to assist seniors living on the Vineyard to retain their independence by providing them a number of services, including transportation.

Senior Service Corp Volunteers provide transportation to and from medical appointments, voting, senior centers, and just about anywhere a senior with transportation issues could want to go.



Elder Services of Cape Cod and the Islands has a number of programs designed with senior citizens in mind. One of the most important is the **Long Term Care Ombudsman Program**.

The program is currently accepting applications for its three day certification training this October 22nd, 23rd, and 30th at the Elder’s Services of Cape Cod and Island’s office in Dennis.

Join a team of committed volunteers who advocate for quality care in nursing and rest homes, protect resident’s rights, and serve as a voice for nursing and rest home residents. Long Term Care Ombudsman Volunteers are people just like you who have an hour or two a week to spare. To learn more: contact Cheryl Gayle, Program Director, Long Term Care Ombudsman Program @ 1-800-244 4630, x 501 or email cheryl.gayle@esci.org.

Barnstable Senior Dining is desperate for a volunteer to help in the kitchen. If you can pitch in, contact Debbie Machon at 508-394-4630 X530.

Volunteers in the **Money Management Program** provide assistance to income eligible seniors aged sixty and older who may be at risk of losing their independence due to their failure to pay rent, utility or other basic bills on time. If you would like to support this important program, contact Martha Waldo at X510.



We have all been made aware of a new and dangerous strain of **swine flu** that is spreading around the world. In light of the potential dangers associated with it, I'd like to share an Email I received from President Obama's **Advisor on Homeland Security**:

Fellow Americans,

This spring we were confronted with an outbreak of a troubling flu virus called 2009-H1N1. As the fall flu season approaches, it is critical that we reinvigorate our preparedness efforts across the country in order to mitigate the effects of this virus on our communities.

Today, we are holding an H1N1 Influenza Preparedness Summit in conjunction with the White House to discuss our Nation's preparedness. We are working together to monitor the spread of 2009-H1N1 and to prepare to initiate a voluntary fall vaccination program against the 2009-H1N1 flu virus, assuming we have a safe vaccine and do not see changes in the virus that would render the vaccine ineffective.

But the most critical steps to mitigating the effects of 2009-H1N1 won't take place in Washington — they will take place in your homes, schools and community businesses.

Taking precautions for this fall's flu season is a responsibility we all share. [Visit Flu.gov to make sure you are ready and learn how you can help promote public awareness.](#)

We are making every effort to have a safe and effective vaccine available for distribution as soon as possible, but our current estimate is that it won't be ready before mid-October. This makes individual prevention even more critical. Wash your hands regularly. Take the necessary precautions to stay healthy and if you do get sick, stay home from work or school.

We are doing everything possible to prepare for the fall flu season and encourage all Americans to do the same — this is a shared responsibility and now is the time to prepare. [Please visit Flu.gov to learn what steps you can take to prepare and do your part to mitigate the effects of H1N1.](#)

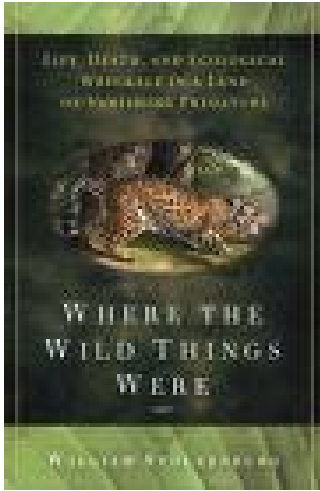
Take Care,
Kathleen, Janet and Arne

(Kathleen Sebelius, Secretary of Health and Human Services, Janet Napolitano, Secretary of Homeland Security, and Arne Duncan, Secretary of Education)

(These links are available in the Email cover letter).



New Feature: Book Review: At the urging of some SEC members, this edition will include a book review. **Where the wild things were: life, death, and ecological wreckage in a land of vanishing predators**, by William Stolzenberg, was chosen because of its relevance to the environment.



The premise of the book is that removal of top level predators from an ecological system completely alters the dynamic which eventually destroys a delicately balanced system.

Citing studies from the removal of starfish from a small tidal pool and comparing the resultant change to a 'control' pool which was untouched, to studying the impact of the reintroduction of wolves in Yellowstone on the elk population, the book takes the reader on a journey of exploration through

the complexity of life.

When I finished reading the book, I realized that my thinking tends toward linear, but in the 'real world', life is actually a highly complicated three dimensional web of interaction. As we go about our volunteer activities, we may not see the immediate impact of our efforts, but this book helps present a long range view of how things work as a system over time.

The book is somewhat like a biology text book full of numerous case studies spanning both decades and continents. It is an excellent read and very informative.



Cape Cod is steeped in unique nautical history. On November 5, 1816, **Race Point Light** (Provincetown) was first lighted. Almost two hundred years later, Race Point Light is still an active navigational aid operated by the U. S. Coast Guard. The lighthouse grounds and structures, however, are maintained by our service partner, the **American Lighthouse Foundation**.

The Foundation conducts tours of the Race Point Lighthouse on the first and third Saturdays from June through September. Due to endangered birds nesting in the immediate area, there has been limited access but all signs are that lighthouse tours will resume shortly.



To find out more about this incredible piece of history or to learn about volunteering as a tour guide, either contact SEC member **Clay Beless** at 508-362-9304 or visit their website: racepointlighthouse.net



In discussions with SEC members over the past few months, a number of folks expressed interest in becoming more 'local' in their lifestyle.



According to Wikipedia.org, on **World Environment Day** in 2005, Jessica Prentice came up with the term "*locavore*". The generally accepted definition of a locavore is someone that eats food grown within a given radius (this figure varies widely, but 100 miles is a commonly accepted figure).

There are numerous sources of information on eating and living more locally.

Links to the following will be included in the body of the Email cover letter:



Elsbeth Pierson, who also sits on the **Wellfleet Recycling Commission**, is the creator of "*The Local Food Report*". A dedicated locavore, Elsbeth had a daily blog and her "Local Food Report" is featured piece on WCAI radio at 7:30 and 4:30 Thursdays.

To find out what farmer's markets are in your area as well as their operating hours, the **Cape Cod Conservation District** as well as the **Cape Cod Extension Service** have compiled this information on their website.



SEMAP, Massachusetts Agricultural Partnership (SEMAP) is a nonprofit organization whose mission is to help agricultural enterprises in southeastern Massachusetts achieve economic success.

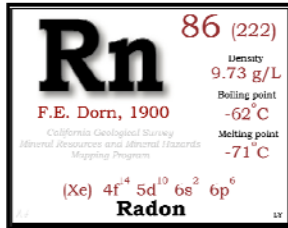
In 2002, *Edible Communities, Inc.*, was founded to publish a local food magazine focusing on the distinctly culinary signatures of various regions. Five years ago, Edible Cape Cod was created and has flourished by promoting local food, restaurants, farms, and activities.

While you can subscribe to this quarterly publication, it is available free at a number of outlets.

Edible Cape Cod is supporting the "Cape Land And Sea Harvest", **CLASH**. In its' third year, CLASH is a celebration of Cape Cod's local bounty.



Cape Land and Sea Harvest



Radon is known to be a carcinogen, and second leading cause of lung cancer deaths in the United States.

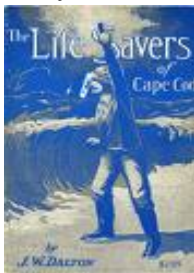
This spring, SEC members received training from the Commonwealth's Radiation Unit in installation of home radon tests. This service was provided at minimal cost to residents of Martha's Vineyard and Cape Cod.

Results are still being analyzed by the Commonwealth, but SEC is already looking forward to continuing the radon testing program in the fall. Plans are underway to provide *additional training* to SEC volunteers in home energy assessment in conjunction with Chris Powicki of Cape & Islands Renewable Energy Collaborative.



The **Cape Cod National Seashore** continues with its "Tuesday Evening Series" at the **Salt Pond Visitor Center** in Eastham.

At 7 PM on August 11th, **Lieutenant Matthew Hunt** of Coast Guard Air Station Cape Cod will give a presentation on modern sea rescue. With their mission "*Always Ready! First to Fly!*", the Coast Guard is ready 24/7 to conduct rescue operations, regardless of the weather.



On August 18th, local author and Cape Cod Times columnist **Jim Coogan** will give a one hour presentation on sea captains, lighthouses, and life savers. Mr. Coogan will share stories about the "Graveyard of the Atlantic".

These programs are free. For further information on these and other programs at the Seashore, call 508-255-3421.

Cape and Islands Self-Reliance, a non-profit founded in 1980 helps to educate the public about sound environmental practices that protect our environment. Senior Service Corps is working up an MOU to provide volunteer support for the Junior Solar Sprint (JSS) program. In its sixth year, JSS focusses on getting middle-school students excited about solar energy by building and racing a solar powered car of their design.



Volunteers will work closely with their student through the competition scheduled for June 2010. Volunteers should have a strong interest in science and good communication skills.

Kevin
Kevin Minnigerode
Senior Environment Corps, Fieldwork Coordinator