



Hello volunteers-

The September-October SEC Newsletter will cover a *host* of topics, but the overall theme will be localism, in both our volunteer activities and our food choices. Speaking of which, it was good to see some of the volunteers at some of the many venues for last week's **Cape Cod CLASH** celebration.

In keeping with the theme of the recent CLASH celebration, the **Marstons Mills Public Library** is hosting the program "*Sustainable Cape Cod: Home and Local Farming*". Join the panel of guests, which include **Ian Ives**, Director of *Long Pasture Wildlife Sanctuary*, and **Elsbeth Pierson**, creator of WCAI radio's "Local Food Report", and **Scott Linnell**, Master Gardener Programs of the *Cape Cod Cooperative Extension*, on Saturday, October 10<sup>th</sup> at 10 AM.

The program will be held at **Liberty Hall**, which is next door to the Marstons Mills Library on Main Street. The program is free and open to the public. For further information, or to RSVP, please call 508-428-5175.



**Cape Cod Museum of Natural History** continues with its series of educational programs this fall. On Saturday, October 10<sup>th</sup>, the Museum will join with the *Barnstable County Beekeepers Association* in presenting the 4<sup>th</sup> Annual Honeybee Jamboree!

Meet members of the BCBA (of which I am one) and view the 'observation hive' at the Museum, as well as learn about these incredible creatures. It has been said many times, for every third bite of food you take, *thank a bee!*

On Friday, October 23<sup>rd</sup>, join **Don Lewis**, Chief Operating Officer of the *National Marine Life Center*, for a program on the **Stranded Marine Animal Hospital** which opens this fall. This facility will be the only facility in our region to accept small whales and dolphins. The NMLM's mission is to treat, rehabilitate, and release marine mammals back into the wild.



For further information or to register for these programs, please contact **Pam Fearn** at 508-896-3867.



### News from Arthur Neill, Fieldwork Coordinator for the Upper Cape:

Hi folks,

*I want to share with you some tips from the EPA on how to reduce water usage and dollars at the same time. Most of these suggestions are not new ideas, but I thought the daily household consumption of water would interest you and that you might take action to limit use.*

#### EPA Offers Tips to Save Water and Money

August is peak water use season and with a few simple tips from EPA's WaterSense program homeowners can save water and as much as \$110 annually on their water bills. "Peak water use can be expensive, taxes local water systems, and threatens future water supply and quality," said Peter S. Silva, EPA's assistant administrator for water. "A few simple changes can help consumers reduce their water bills, and in turn, save them money."

On average, an American household uses about 260 gallons per day, but this amount climbs to around 1,000 gallons per day during peak water use season with some households using as much as 3,000 gallons a day.



Here are some tips to help reduce water use:

- \* Water yards only when needed.
- \* Consider using WaterSense-labeled toilets, faucets and faucet accessories, which use at least 20 percent less water and can save \$60 per year.
- \* Water landscapes only when needed. Watering in the very early morning or evening is best.
- \* Wash only full loads of laundry and dishes, and scrape dishes instead of rinsing when loading the dishwasher.
- \* For a summer refreshment, keep a pitcher of water in the fridge instead of running the tap until it is cold.
- \* Put your favorite handy person to work fixing leaks around the home, which can waste about 200 gallons per week. Fixing leaks can add up to about \$50 in utility bill savings annually.

In 2008 alone, WaterSense-labeled toilets, faucets, and faucet accessories helped Americans save more than 9.3 billion gallons of water and realize more than \$55 million in savings on water and sewer bills. That is enough water to supply 100,000 average households for a year.

*Arthur*  
508-968-5125



In the 4<sup>th</sup> edition of the **Lower and Outer Cape Flyer**, there was a piece on the proposed **Bottle Bill** before the Commonwealth's Legislative bodies. A number of you have inquired as to the status. In the Boston Sunday Globe on September 27<sup>th</sup>, **Yvonne Abraham** had a piece titled "*Bottle bill bottled up*" (those of you getting this via Email will be given the link). According to Abraham, landfills take in enough plastic 'bottles' to fill **Fenway Park** every year! On **October 7<sup>th</sup>**, another proposal to expand the existing law (to include 'sport drinks' and water bottles) will be heard at the State House.



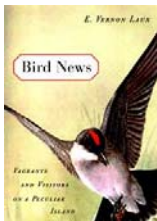
**Harwich Conservation Trust** has a number of upcoming programs as well as continuation of their free fall walks, including a full moon walk on Sunday, October 4<sup>th</sup>



HCT is also sponsoring a special event-an archaeological walk with **archaeologist Fred Dunford** (this walk limited to 30 people and registration is required-call HCT at 508-432-3997). The walk will be held at Bell's Neck Conservation Lands on Sunday, October 11<sup>th</sup>.



On Tuesday, October 20<sup>th</sup> at the Harwich Community Center, HCT is sponsoring the program "**Mission Wolf-Live Wolf Program**". Registration is required for this special program and there is a fee!



**SAVE A DATE:** On Sunday, November 1<sup>st</sup>, HCT will hold its' Annual Celebration and Member Meeting at the Wequassett Resort on Pleasant Bay.

The featured speaker is **Ornithologist Vernon Laux**, noted Cape Cod bird expert, frequent guest on WCAI radio's program "The Point", and author of *Bird News: Vagrants and Visitors on a Peculiar Island*.

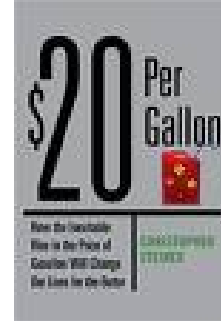
**The Corks for Conservation** program is in full swing! Drop off your used natural wine corks at my office in South Dennis or at the Meals on Wheels Sites in Chatham, Yarmouth, Barnstable, Harwich, Dennis, or Brewster!





**Book Review:** \$20 Per Gallon: How the Inevitable Rise in the Price of Gasoline Will Change Our Lives for the Better by Christopher Steiner.

What a book! The introduction states that as the US outsourced millions of manufacturing and information technology (I. T., i.e., computer jobs) jobs to China and India (and a few other smaller Asian nations), it created an ever growing middle class in those countries.



In attaining middle class, what do people want? To live in larger, warmer homes as well as trade their bicycles in for a car!



Tata Motors of India has come up with the Nano. ⇐ This little beauty retails for \$2499, new! Even though it gets over 45 mpg, think of the millions of vehicles it will put on the roads.

*“The United States has 750 cars for every 1,000 people. China, on the other hand, has 4 cars for every 1,000 people. If China gets to only half the ownership rate of the United States, it means an additional 400 million cars on the road, looking for gasoline.”*

*“Imagine if the Nano adds a mere 3 million new drivers to the roads across the world and each one of them drives an average of 15,000 miles a year. That creates demand for an additional 1 billion gallons of gasoline a year. And 3 million new drivers is a wildly conservative number, considering India and its neighbor China, with 2.4 billion people together, have more than an third of the worlds population, most of whom don’t yet drive cars.” Yikes!*

The book chapters are incremental increases in the price of a gallon of gas, going up to \$20. With each rise, another aspect of American life will be impacted starting with driving, then recreational air travel, and finally where we get our food. The higher price chapters foretell of a resurgence of ‘localism’ in our food choices.

While this book could have been a ‘gloom and doom’ prophecy, it was actually upbeat in the way it pointed out how, as Americans, we adapt and flourish. Steiner states that the continuous rise in gasoline prices will only help us make our lives better.

A good read and an interesting premise, it is worth a trip to the bookseller or library!



## JOIN THE OMBUDSMEN TEAM !

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.



In Massachusetts, there are 350 Ombudsmen visiting residents in nursing and rest homes on a regular basis striving to resolve issues about quality care and life of these citizens.

Ombudsmen offer residents a way to voice their concerns and have their issues addressed. Volunteers participate in three day certification training and receive ongoing support and training. Our next training is scheduled for **October 22nd,**

**23<sup>rd</sup>, and 30<sup>th</sup>**. To learn more: contact Cheryl Gayle, Program Director, Long Term Care Ombudsman Program @ 1-800-244 4630, x 501 or email [cheryl.gayle@escci.org](mailto:cheryl.gayle@escci.org).

The **Association to Preserve Cape Cod**, APCC, has a number of initiatives and programs this fall. In legislative initiatives, APCC is concerned about House Bill 4167, fearing it could limit the Commonwealth's Natural Heritage and Endangered Species Program to protect plants and animals. Visit their website for additional information.



APCC is working hand in hand with officials and community leaders in the **Town of Brewster** to develop an innovative approach to water resource protections!

Finally, on a lighter note, the APCC 2009 Annual Meeting will feature **Joel Salatin!** Many of you will recognize Joel's name from Michael Pollan's bestseller, The Omnivore's Dilemma as well as his appearance in the new hit movie, *Food, Inc.*

Known as the "High Priest of Pasture", Joel is the author of six books, including Everything I want to Do is Illegal. The meeting will be in the Tilden Performing Arts Center at the Cape Cod Community College, starting at 5 PM on Wednesday, October 7<sup>th</sup>. *Non-member tickets are \$20 per person.*

To volunteer, get further information, or to make reservations for the Annual Meeting, contact APCC at 508-362-4226.



**Raw Oysters?!** I vividly remember the first time I tried one-it was during a two week Air National Guard summer training camp in Savannah, Georgia. A bunch of us headed down to the waterfront for dinner, but first we stopped at a pub.



I think that it was a couple of cold ones that helped get me over the initial “Euuuuuuuu!” reaction to a plate of raw oysters on the half shell. After the *first* one, with a bit of cocktail sauce and Tobasco<sup>®</sup>, the rest, as they say, ‘is history’!

**SAVE THE DATES:** Saturday and Sunday, October 17<sup>th</sup> and 18<sup>th</sup>, are the dates for the **9<sup>th</sup> Annual Wellfleet Oysterfest!** The festival is a two day event celebrating Wellfleet’s longstanding shellfishing traditions. Town streets are closed off and participants enjoy numerous food tastings, craft works and live music.

From the website: *“The ‘Fest is made possible through collaboration with the Town of Wellfleet, the support of many generous area businesses and shellfishermen, a wonderful group of volunteers and, most importantly, the weekend’s dedicated revelers”.*

Senior Environment Corps is partnered with **SPAT**, *Shellfish Promotion and Tasting*, to provide volunteer support for their recycling efforts. If you would like the opportunity to participate in a street party, eat exciting and delicious cuisine from the sea, and donate two hours to the festival, then contact Lydia (508-349-6619) or Carole (508-349-0876). In addition to a complimentary tee shirt and drink ‘chit’, SEC members receive mileage reimbursement for their program (just have Lydia or Carole sign your timesheet). I hope to see you there!

One of Elder Services’ most important programs, Meals on Wheels, delivers nutritious meals to seniors 60 years old and older. In addition to often times being the only contact a senior will have during the course of the day, drivers also provide a wellness check.



The **Wellfleet Meals on Wheels** site is in dire need of two drivers. Wellfleet serves both Wellfleet and Truro. If you can pitch in, even on a short term basis, please contact **Beth** at 508-349-0313.



nature's splendor, including barrier beaches, meadows, and ponds, with all the associated wildlife!

The SEC is partnered with a number of **Mass Audubon Wildlife Sanctuaries**. One of these special places is on Martha's Vineyard at **Felix Neck**. The Sanctuary has four miles of hiking trails with spectacular views of a variety of



Don't miss the Nature Center and Discovery Room where you can view barn owls through their 'owl cam'!

There are also a number of volunteer opportunities at the Sanctuary. Currently, there are openings for welcoming visitors and assisting the staff with day to day operations. Help is also needed putting the butterfly garden to bed for the season. The **Fall Festival**, which takes place in late November, *needs 50 volunteers!* Please contact Suzan Bellincampi, Sanctuary Director, at 508-627-4850.

**Wellfleet Bay Wildlife Sanctuary** is looking for volunteers to help with their monitoring program for the new oyster reef as well as a number of beach clean ups. For more information or to sign up, contact **Cynthia Franklin at 508-349-2615**.

Join Bob Prescott for a [Sea Turtle Talk](#) on Saturday, October 10 at 10:30 AM to learn more about the biology of sea turtles and the theories behind why they strand. He will also discuss rescue efforts and provide information on how to become a volunteer to help locate stranded sea turtles. (Fee: \$7 NM, \$5 M; free for stranding volunteers. Registration required.)

**Save the Date! October 3 The next 50 Years...**Keynote speaker will be Dr. Eric Chivian, Founder and Director of Harvard Medical Center for Health and the Global Environment and co-author of "Sustaining Life; How Human Health Depends on Biodiversity". There will be a panel discussion on issues of climate change, restoration, and biodiversity.



In early September, Mass Audubon's **Long Pasture Wildlife Sanctuary** in Cummaquid hosted a volunteer appreciation 'Barbie' at their facility. Ian Ives, director, spoke in glowing terms about the contribution of the many **SEC volunteers** and how the programs and improvements at LPWS could not have happened in anywhere near the time without them!

Specifically, Ian thanked (listed in  $\alpha$  order by family name) **Maggie Delude, Lee Hawkins** (who is very active in the 3R's {tutoring} program as well), **Ruth Leon, Carl Olivier, Chris Meade, and Nancy Minnigerode**.



**Long Pasture Wildlife Sanctuary** has *two exciting programs* scheduled for October!

**Save the Date:** On Saturday, October 24<sup>th</sup>, from 10 AM till 4 PM, join in the festivities for the **2<sup>nd</sup> Annual Farm Day** at LPWS! Learn about organic farming, fishing, lobstering, beekeeping, raising chickens and much much more!



Meet local Cape Cod farmers and fishermen who sustainably produce food and other goods, watch the traditional method of making apple cider with a wooden cider press and observe 'weavers' as they use an old style spinning wheel!

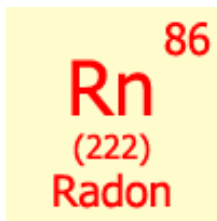


**Save the Date:** On Friday night, October 30<sup>th</sup>, the night before Halloween, come to ***The Enchanted Forest*** at Long Pasture! Starting at 6:30 PM, 'tours' will depart at 15 minute intervals and journey through the dark trails (using a flashlight) and meet some of the woodland or sea creatures that inhabit our peninsula!

How would you like to put on a costume and be a bat in the night? If you would like to volunteer to be one of the forest animals, or just help out with this event, contact **Jodie** at 508-362-7475.

A flyer for each event is attached.

**Ann Gallagher**, director of the tutoring program known as 3Rs, is recruiting volunteers for the 2009-2010 Academic Year. Anyone who can volunteer as little as two hours a week to help youngsters in elementary, middle, or high school with reading, creative writing, math and/or science, please give Ann a call at 508-394-4630 X521.



Last year's home radon testing program by the SEC was a complete success-so much so that SEC will continue this season as well!

This year, the Senior Environment Corps will be initiating "**Radon Plus**". As of this writing, the program details have yet to be worked out, but they will be incorporated into this year's training session. Look for details in upcoming releases!

*Kevin*

Kevin Minnigerode  
Senior Environment Corps, Fieldwork Coordinator  
508-394-4630 X523