

Community Notes

By **Wendy Lopata**
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Local heroes

The American Red Cross, Cape Cod and Islands Chapter, is taking nominations for local heroes on Cape Cod and the Islands.

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Nominees are individuals who have displayed acts of courage in saving someone's life or in coming to the rescue of someone in need between Dec. 26, 2008, and Dec. 21, 2009. They may also be individuals who devote time to a special cause.

Nomination forms and the list of award categories are available at www.capecodandislandsredcross.org. Forms may also be obtained at area libraries, fire and police stations, and other community centers; or by calling the chapter toll free at 508-775-1540 or 866-762-1928. Nomination deadline is Dec. 22.

This year's selected honorees will be recognized at the eighth annual Heroes Breakfast on March 4 at the Resort and Conference Center in Hyannis.

A 'green' salute

Environmental activist Susan Nickerson will be honored this week with the Founders' Award from the Barnstable Land Trust. The presentation will be made during the trust's 26th annual meeting, 5 to 7 p.m. Friday at St. Peter's Episcopal Church, 421 Wianno Ave., Osterville.

This award is presented annually by the trust to "an individual, organization, business or governmental agency for having the vision to empower the people of Barnstable to preserve the essence of Cape Cod — and its open spaces and natural resources, wetlands, woodlands and wildlife."

Nickerson has spent her entire career promoting efforts to protect, preserve and sustain Cape Cod's environment. She serves as executive director of the Cape Cod Commercial Hook Fishermen's Association and was formerly executive director of the Alliance to Protect Nantucket Sound and the Association to Protect Cape Cod.

To RSVP to the meeting, call 508-771-2585.

Lunchtime talk

The Rev. Edmund Robinson, minister of the Unitarian Universalist Meeting House in Chatham, will be the featured speaker at the next gathering of the Science First Friday Harwich series at Brooks Free Library. This open brown-bag lunch discussion of all things scientific will meet noon to 1 p.m. Friday at the library, 739 Main St., Harwich.

Robinson, a member of the Institute for Religion in an Age of Science, will address the theory of "Emergence" — understanding how things work by looking at how they behave when put together, rather than taken apart.

Tree tops

The Buzzards Bay Beautification Group is accepting artificial tabletop themed-decorated trees for its upcoming Festival of Trees Silent Auction Nov. 20 to 27 at Bourne Memorial Community Building, Main Street, Buzzards Bay.

For an application, call 508-759-6123 or 508-472-5600.

The auction is a fundraiser for the Polar Express children's train ride on Nov. 21 from Buzzards Bay Park.

New members welcome

Cape Cod Hospital Auxiliary is hosting a Bring-A-Friend Day to introduce members' friends and neighbors to the group, beginning at 10:45 a.m. Tuesday at the Church of the Holy Spirit, Monument Road and Route 28, Orleans.

This meeting will feature the chance to meet and hear a talk by Junk-Ho Pak, artistic director and conductor of the Cape Cod Symphony Orchestra.

The auxiliary, one of the Cape Cod Hospital's largest donors, has contributed nearly \$7 million for state-of-the-art equipment. It meets the first Tuesday of each month at the church, and new members are welcome.

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For more information, call Betty Ouellette at 508-240-7672 or Ellie Murray at 508-385-4696.

The Sandwich Newcomers club will meet at 6:30 p.m. Wednesday at the Sandwich Glass Museum, 129 Main St.

Sandwich historian William Daley will be speaking on how religion and glass making changed the town during the 1800s.

Anyone interested in learning more about this social organization that welcomes both new and established community residents is welcome to attend.

For more information on the club, go to www.sandwichnewcomers.org.

Bourne Women's Club will hold a luncheon meeting beginning at noon Wednesday in Crain Hall, Sandwich Road, Bourne. New members are welcome.

For more information on joining the group, call Betsy Kiebalá at 508-563-6583, or Mary LaFarge at 508-759-8218.

Help for the holidays

Hospice & Palliative Care of Cape Cod will present "Preventing Teen Suicide: Workshop for Adults," 9:30 a.m. to 1 p.m. Saturday at its office, 765 Attucks Lane, Hyannis. The half-day program will offer an open discussion and training in adolescent development, risk factors and coping skills and will be facilitated by licensed child and adolescent mental health counselor Jane Beatty.

To RSVP by tomorrow or for more information, call 508-957-0256.

The Visiting Nurse Association of Cape Cod Hospice Bereavement Support program is introducing a new family bereavement program this week, called "Heart to Heart." This six-session program will meet 6 to 7:30 p.m. every other Monday beginning tomorrow at the Cultural Center of Cape Cod, 307 Old Main St., South Yarmouth.

Meetings are designed to offer education, information and support on grief and loss for children and families, and is particularly ideal for children ages 5 to 13. Meetings are held in groups divided by age, with a separate group for parents/adults.

Preregistration is required by calling Rick Bickford at 508-957-7716 or Nancy Higgins at 508-957-7715.

Beacon Hospice is offering three free eight-week support groups for those who are grieving the loss of a loved one this holiday season. Each will be facilitated by hospice bereavement counselor Jackie Powers and will meet according to the following schedule:

"Grief and the Holidays," 1 to 2:30 p.m. Tuesdays Nov. 10 to Jan. 5, Sandwich Public Library, 142 Main St.;

"Hope for the Holidays," 10 to 11:30 a.m. Tuesdays Nov. 10 to Jan. 5, Barnstable Senior Center, Route 28, Hyannis;

"Harbors of Hope," 10:30 a.m. to noon Thursdays Nov. 19 to Jan. 7, Eastham Senior Center, Nauset Road, North Eastham.

To register, call Powers at 508-778-1622 or e-mail jpowers@beaconhospice.com.

Fundraisers

An antiques appraisal session will be held 10 a.m. to 3 p.m. Saturday at Quashnet Elementary School, 150 Old Barnstable Road, Mashpee. Appraiser Stuart Whitehurst of Skinner, Inc., auction house will value your "treasures" (no jewelry, coins, stamps or musical instruments, please) for \$10 each or \$25 for three items. Proceeds will benefit the 1831 One Room Schoolhouse in Mashpee.

For reservations, call Jane Emery at Quashnet Elementary at 508-539-1550.

Boy Scout Troop 42, chartered by St. Anthony's Catholic Church of East Falmouth, is conducting its annual wreath sale to raise funds for troop equipment and activities.

Wreaths are available in various sizes, from 12-inch minis to 60-inch double-sided, and in prices ranging from \$14 to \$75. Theme-decorated motifs, including candy cane and kissing ball, swags and centerpieces including candles are also available.

Orders may be placed through Nov. 13 by calling Yvonne Boots-Faubert at 508-274-5871.

Historic Highfield, Inc. will host a holiday fashion show beginning at 5:30 p.m. next Sunday at Highfield Hall, 56 Highfield Drive, Falmouth. Doors open at 4:30 p.m.

Seasonal fashions will be provided by Rosie Cheeks and Puritan Cape Cod and will modeled by Falmouth "celebrities."

Wine and soft drinks will be served along with hors d'ouvres from Chef Roland.

Tickets are \$25 and may be purchased at the above mentioned stores, located on Main Street in Falmouth and Mashpee Commons; online at www.highfieldhall.org; or by calling 508-495-1878, ext. 308.

Proceeds will benefit the organization's mission to preserve and maintain the hall.

Veritas Academy, a K-8 Christian school located at Christ Chapel, will hold a Holiday Bazaar, 9 a.m. to 3 p.m. Saturday in the church gym, 1200 Old Stage Road, Centerville.

There will be local crafters and retailers of jewelry, home accessories and unique gift items, plus home-baked goodies and raffle prizes.

The Harwich Women's Club will present The Singing Trooper (Sgt. Daniel Clark), and his wife, Mary, in concert at 7 p.m. Nov. 13 at Cape Cod Regional Technical High School, 351 Pleasant Lake Ave., Harwich.

Tickets are \$15 and may purchased at the door or in advance by calling 508-432-4718.

Proceeds will benefit the club's scholarship fund.

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