

The Recreational Reader

Truro Recreation & Beach Department

April 2020

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"We must live together as brothers or perish together as fools."

"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy." -Martin Luther King Jr.

It Takes a Village

There are so many things and thoughts going on in heads, in our communities, in our world. I couldn't just choose one quote for this month's issue. Martin Luther King Jr. had several quotes that would've fit here today. We must come together. It does take a village. As a part of the Truro community, I see the village working together often. A lot of times families jump in to help get other children to practices, games, and events. We have families, coaches, and volunteers, showing up with food for our Recreation Youth Sports Teams, showing up with another set of clothes, or just showing up to cheer on someone else's child.

I consider myself very lucky to witness all of these things.

Spring Sports

At this time, our regular Softball season has been cancelled. We are planning to go ahead with Tee Ball and looking into other options for our grade 2 through grade 6 children. We do have any definite plans, as all operations, including schools, are still on hold. When the kids come back to school, and it is deemed safe to hold outdoor activities for them, we will have a plan a place.

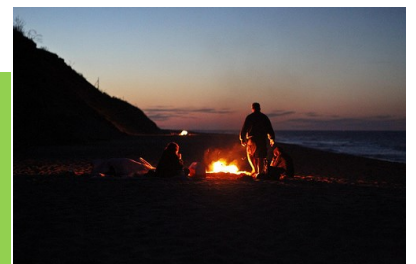
We know how important it is to hold organized team sports.

These programs allow for children to get fresh air, build confidence and self esteem, improve physical dexterity, improve social skills, and maintain and promote healthy lifestyles.

For now, check out our **Virtual Recreation Page** by clicking [HERE](#).

The page offers some ideas for families to stay active during these times.

FROM LABOR DAY TO THE 2ND SATURDAY IN JUNE
FOR ALL BEACH FIRE PERMITS & QUESTIONS PLEASE
CALL THE FIRE DEPARTMENT. 508-487-7548

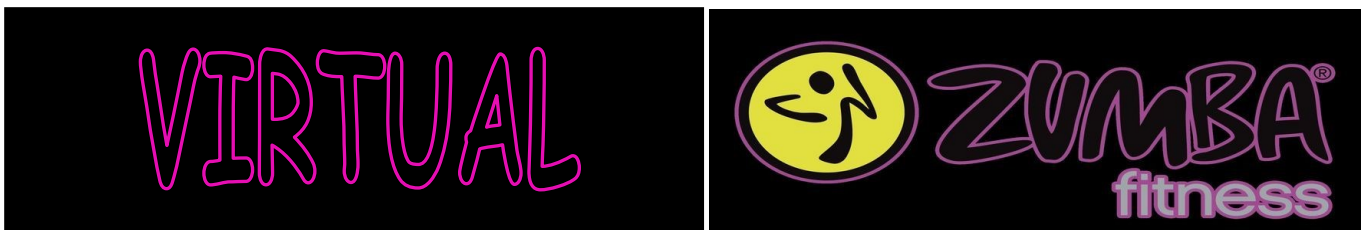


Truro Community Center

There are a lot of things happening that are beyond our control in the community right now. Although there are always uncertainties and changes in life, it seems that all of us are experiencing the reality and gravity of this uncertainty as we navigate our day to day lives more than ever. It is important that we stay connected to ourselves, our families, our friends, our neighbors and our community as we social distance physically.

Reaching out over the phone or a video chat could really change someone's day, even your own. Taking the time to appreciate the way Mother Nature is still operating without any interference is priceless. The waters are still flowing, the rain falls, the sun peeks out, the wind blows, the signs of Spring are showing up, all without any resistance or hesitation. The woodpeckers seem to bang a little louder than usual and the robins make more noise while foraging for their worms, the coyote even looked a bit more healthy as it retreated back into its' wooded home. Getting outside while practicing safe social distancing can be a great way to stay healthy and upbeat.

There are lot of local trails, click [HERE](#) to check out the National Park Service.



Some of our favorite Zumba instructors have opened Virtual Studios so that they can continue to serve you. Please check out the links below and enjoy the dance party. Share the information with your friends and anyone who could use the information. It is so important that we remain physically distanced, but socially connected.

Let us know at the Truro Recreation Department how it goes!

Click [HERE](#) for more information for Virtual Zumba with Naya

Check out Virtual Zumba with Erin. Click [HERE](#) for more information.



Adult Programs

All of our programs are temporarily suspended until further notice.

Please stay connected and active.

Reach out to us at the Community Center for discussion and ideas. Email me at enunes@truro-ma.gov

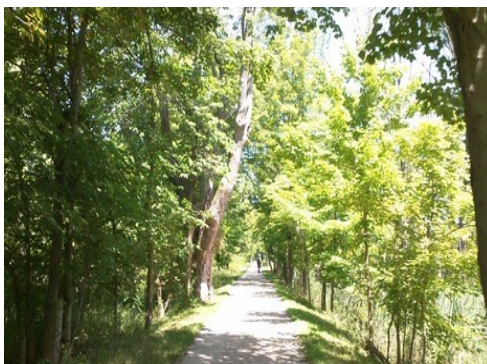
**Adult Coed
Indoor Soccer**

Community Pickleball

Community Volleyball

One of our Coordinators shared a recipe for Irish Soda Bread. [Click the arrow.](#)

Truro Walking Club



Our Truro Walking Club, led by our Program Coordinator, Bob Lowe, will likely resume in the late Spring. Many things are unknown and we are operating on a day to day basis, sometimes, hour to hour here in the town of Truro. Bob and I were in contact recently. Every year, Bob heads over to the mountains in Mexico to recharge. He is there now and has been for months. They are practicing social distancing there as well and he is currently in a safe place and has all he needs. He wants you all to know that once things are safe, he will return to Cape Cod and will lead walks through the beautiful trails here in Truro. Over the last few years, Bob and I have uncovered that we have a lot in common, we even share a birthday, we enjoy the outdoors, exercise, dancing, and experiencing new things. In these times we are experiencing, it felt rejuvenating to connect with my friend Bob. I'm always saying that I will meet him in Mexico one Winter. What am I waiting for? For now, get outside. Take in fresh air, the sun, the Spring rains. Please do not gather in groups and practice social distancing. For now, trails are open, according to the [National Park Services](#), however any amenities and their facilities are closed.

“The sea-shore is a sort of neutral ground, a most advantageous point from which to contemplate this world.”
— Henry David Thoreau, Cape Cod

Schedule subject to change. Check online for updates.
www.truro-ma.gov/recreation-beach-department



RECREATION & BEACH DEPARTMENT

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Visit us on the web!
www.truro-ma.gov/recreation-beach-department

“Committed to Community”



Suggestions

If you have any suggestions or are looking for ideas of activities and things to do at home please feel free to reach out to Assistant Director, Erica Nunes, and the Recreation and Beach Department of Truro. We would love to connect and help in any way possible.

enunes@truro-ma.gov

Volunteer Coaches and Coordinators

A Special Thank You to all the Volunteer Coaches, Program Coordinators, and parents who help our department to provide the community of Truro with services. Without our Coaches and Coordinators, we would not be able to make these programs happen. As a department of two, we rely on the support of these folks. Thank you to all the parents who threw in a hand to help roll in and out benches during basketball season. Thank you to all the parents and guardians who help other parents and guardians to get their children to events. Thank you all for showing up and lending a hand.

Locals Share Recipes

(Almost) no knead, no yeast. The day it's made it's great with anything. After that it's excellent toasted, with butter and honey, or peanut butter, etc.

IRISH BROWN BREAD (1 loaf)

- 2-1/2 cups whole wheat flour
- 1-1/4 c white flour
- 1-1/4 teaspoon salt
- 2 t baking soda
- 1-1/2 t baking powder
- 1/3 c mix molasses and honey to your taste
- 1/2 stick(4-5 Tablespoons) melted butter or 1/4 cup oil (sunflower etc)
- 1-3/4 c buttermilk or kefir or yogurt/milk or milk soured with 1/2 t vinegar

options

- 2 T vital wheat gluten (better rise)
- 1/2 c wheat bran or cornmeal (robust texture and fiber)
- handful of raisins or currants

to make

Preheat oven to 350f (190c). Butter a pie dish or smaller iron skillet etc.

Mix dry ingredients well. Add melted butter, honey/molasses, 1+ cups of buttermilk, and mix by hand. Add more buttermilk as needed to make soft but not wet dough.

Turn onto well-floured board or cookie sheet and knead gently into a 2-inch-thick (5 cm) disc. Place in pan and cut an “X” in top, 1/4” inch deep/

Bake 45-50 minutes (45-50 minutes); an inserted toothpick will come out dry.