



The Summer News Weekly

For All People...



# Craigville Chronicle

In All Seasons



Craigville Village, Massachusetts  
August 4-10, 2012

## Community Calendar

- |                                  |           |  |
|----------------------------------|-----------|--|
| Saturday, August 4 <sup>th</sup> | 9:30 AM   | Craigville Painters Meet – Village Green |
|                                  | 5:00 PM   | Catholic Mass – Tabernacle               |
|                                  | 1-3:00 PM | Race Day – CBA Beach                     |
| Sunday, August 5 <sup>th</sup>   | 6:30 PM   | “Endless August” Social – CBA Beach      |
|                                  | 9:45 AM   | Worship in the Tabernacle                |
| Tuesday, August 7 <sup>th</sup>  | 7:30 PM   | Hyannis Sound Concert – Tabernacle       |
| Friday, August 10 <sup>th</sup>  | 9:00 AM   | Music & African Drumming – Tabernacle    |
|                                  | 7:00 PM   | Doo Wop Night – Tabernacle               |

## Looking Ahead

Saturday, August 11<sup>th</sup> 5:30 PM Red Lily Pond Dinner & Auction (Green)

### Arts Abound in the Village

The Craigville Painters are meeting next on August 4<sup>th</sup>, 9:30 AM to 12:00 PM on the Village Green. We've had several lovely oil and watercolor paintings of Craigville donated for the Red Lily Pond Project auction... more coming, too. All kinds of painters welcome.

-Avis Strong Parke... #508-771-8298

### A Musical Week is Definitely Ahead....

Valerie Peterson is returning to Craigville for Music and African Drumming on Tuesday, August 7<sup>th</sup> at 9:00 AM in the Tabernacle. Audience participation is cordially invited for all ages! Valerie, a former Music Educator in the Marblehead Public Schools, is Music Director at Tabernacle Congregational Church, UCC in Salem, MA. She is also a Founder and Director of Calla Lily, a women's chorus in Marblehead, MA, Music Director for Threshold Singers in Swampscott, MA, and a Mezzo soprano soloist *who studied with Susan Robbins*. Rev. Nevin Kirk was Valerie's and her husband, Bob's, minister in Springfield, MA and he introduced them to Craigville where they have been vacationing every August for over 30 years now. The oldest of their 3 children was married here 3 years ago.

This presentation is made possible by the Elizabeth H. Kirk Memorial Music Fund.

### WELCOME YOUNG AND OLD AND IN-BETWEENS!!!

On Friday, August 10<sup>th</sup> at 7:00 PM in the Tabernacle, Ed Deyton and friends will lead a Doo-Wop and Old Folkies Sing Along! It is sure to be a fun evening. Come on down!! A festive gathering for all is planned with some surprises and guest appearances!

-Joanne Hartunian, Meghan Lahey, and Ellen Carderelli, Events Committee, CCOA

## **It's Family Camp Week**

**Bible Study: Revelations August 6-9:** Rev. Ed Deyton will lead a Bible Study for the Family Camp adults Monday, August 6<sup>th</sup> through Thursday, August 9<sup>th</sup> in the Tabernacle from 10:30-11:30 AM. All welcome. No experience needed.

**A for ART and AVIS:** Avis Parke will lead additional adult art sessions from Monday, August 6<sup>th</sup> through Friday, August 10<sup>th</sup>. Meet at the Inn at 12:30 PM. She has devised an excellent curriculum. Responsible serious students also welcome. ALL WELCOME. Bring art supplies if you have any.

-Rev. Joanne Hartunian, Family Camp Dean

Celebrating 29 years!

## **ServCorps Founder to Preach in the Tabernacle**

This Sunday, the Craigville community welcomes with much appreciation to lead us in worship the Rev. Richard Grobe, a Missions Consultant at Asylum Hill Congregational Church in Hartford, CT.

In the fall of 2009, Mary Woodbury introduced Jim Lane to Rich and Ruth Grobe, who were vacationing in Craigville and staying in Union Cottage. Rich and Ruth together founded ServCorps, a non-profit organization that offers construction services for storm-damaged homes throughout the nation, and has been refurbishing derelict homes in Hartford, CT and converting them into affordable houses.

ServCorps' first mission in Craigville was in the spring of 2010 when volunteers re-roofed Union Cottage and installed new flooring in the living room and dining room there. An unused, undersized door was removed and insulation and beadboard were added. A sliding door and new picture window were also installed in the kitchen, and the first floor bathroom was completely remodeled.

In the spring of 2011, ServCorps installed laminated flooring in the entire second floor of Union Cottage. The rear porch of Yale cottage was demolished and rebuilt to code. The rear of the Inn dining room was re-shingled, and Minnie's Seaside Rest received a new kitchen. The front steps of the Inn were repaired and painted.

This past June of 2012, ServCorps rebuilt the front porches on Andover, Yale and Boston Cottages. They also installed a new kitchen in Groves House and strengthened a bedroom floor, then installed laminate flooring there. Railings on the Gazebo behind the Inn were replaced. A new half bath was installed on the first floor of Boston Cottage. The porches on Minnie's Seaside Rest were covered with durable composite deck flooring and the balusters were replaced.

The Retreat Center provides housing and meals for the volunteers and the CCMA purchases the needed materials. We receive high quality free labor and good fellowship with the ServCorps volunteers. ServCorps has committed to return to Craigville in 2013, and it is always a pleasure to have them in the Village. In the meantime, Roger Hansen, Mary Woodbury, and Jim Lane will be listing future worthwhile projects for the CCMA's old buildings.

The Rev. Bette Ann Crowell will provide our morning worship music this week. Current president of the Cape Cod Council of Churches, she has served on the Board for World Ministries, Office of Church and Society and Justice Witness Ministries directorates of the United Church of Christ. On the Cape, she directs Women's Song and the Dennis Union Church Singers. Special music to inspire us will be provided by Tom Goux, highly-regarded local musician and co-founder of the Greater Falmouth Mostly All-Male Men's Chorus, for serious musicians who also wanted "to have fun".

-Jim Lane, CCMA President

## **Craigville Bookies Make a Selection**

We met on Thursday, July 26<sup>th</sup> at Nancy Vester's home, and discussed The Namesake, by Jhumpa Lahiri. Barri Aeschliman was able to join us at Book Group on Thursday morning, after she arrived home from the Pavilion only on Wednesday. Hooray!

We will meet in August on Tuesday, August 28<sup>th</sup> at 9:30 AM at Linda McKinney's house, 327 Lake Elizabeth Drive. We will be reading Jane Eyre by Charlotte Brontë. Please join us!

-Nancy Hansen, Book Group Coordinator

## **RED LILY POND DINNER AND AUCTION: Saturday, August 11<sup>th</sup>!**

It's only a week away! Call 508-778-0507 or pick-up your reservation form at the Craigville Post Office, 8:30 to 12:30 PM weekdays and Saturdays, and deliver it to Valerie. We have some great auction items and the food is going to be outstanding; lobster casserole, chicken braised in its own juices with onions, celery, and spinach, stuffed Portobello mushrooms, lots of fresh grilled summer vegetables, salad, couscous and more! Strawberry shortcake for dessert! Wine and hors d'oeuvres and silent auction on the Green at 5:30, dinner at 6:45 in the Inn dining room. Martin Traywick will again be our fabulous bartender and Dave Mitchell our fabulous chef. And all for the benefit of the Red Lily Pond Project to help with the next items on the horizon: a new herring run culvert and bridge on the walkway from the 40 Steps to the beach, and a large culvert beneath Lake Elizabeth Drive, also on the herring run. We are taking memberships now as well, so if you haven't yet joined, please do so. Those forms are also at the post office. **Come along and have a ball!**

-Valerie Lane, RLPP Fundraising Chair

## **Cottages Glowed and Music Flowed**

Many thanks to Ellen Cardarelli and her crew for a wonderful Illumination night. The band was wonderful, the village beautiful, and the general atmosphere was friendly. Congratulations for a job well done.

-Lee Williams, CCOA President

## **Centerville Old Home Week Has Lots Planned**

Centerville Old Home Week is fast approaching! Starting on August 5<sup>th</sup> through August 12<sup>th</sup>, join in on a variety of events taking place in honor of the Old Home Week's 108<sup>th</sup> Anniversary. This Sunday, August 5<sup>th</sup>, Hyannis Sound, the male singing group described as "the best in a cappella music," will perform in the Craigville Tabernacle at 7:30 PM.

Later in the week on Thursday, August 9<sup>th</sup>, Old Home Week will host a 3-mile road race and walk. Sign-up will be at Covell's Beach at 5:00 PM, with the race beginning at 6:00 PM. Then on Saturday, August 11<sup>th</sup>, Craigville Beach will fill with the sound of music, courtesy of the band Moonlighters, who will perform songs from a variety of genres, such as rock and R&B at 7:00 PM.

There are additional details and activities, including a yard sale and auction, available on the calendar posted in the Craigville Retreat Center office bulletin board and the one near the Craigville Post Office. It is sure to be an exciting week of fun with Centerville Old Home Week! We hope to see you there!

## **Race to CBA Beach**

Saturday, August 4<sup>th</sup> is Race Day at CBA! From 1:00-3:00 PM, there are water races and beach races for the youth – those who are included in the swimming program, and any others, too - and even one for the adults. Then, in the evening from 6:30-9:00 PM, the "Endless August" CBA Adult Social will feature hors d'oeuvres and a bring-your-own-beverage evening with music by High Attitude. Something for everyone in the family!

## **Fishermen Take Notice**

Fishing lessons anyone? The osprey have been entertaining the beach crowd with their fishing skills. It is amazing to watch the birds fly out into the ocean and come back with some of the biggest fish we have ever seen. They carry them back to the nest in their talons and the feast starts. It must be getting very crowded in the nest as the adults are bringing back more sticks and twigs and the nest is getting higher. Small heads that are getting bigger keep popping up and lots of flapping wings are seen as the "little ones" are getting ready for flight. Everyone is very anxious to see the first flight and we are hoping to catch that amazing sight. Once the offspring get pushed out of the nest, we are curious to see if they know enough to return to the nest or if they are really on their own. With the torrential rain we had this week, we watched as the adults stood for hours at the top of the nest and wondered how they could stand there without getting blown out. For those of you who are bird watchers there are some amazing websites for "osprey watching" Just google OSPREYS and many sites come up. There is a webcam focused on a nest in Montana that shows what is actually going on inside of an osprey nest. Signing off now with the sounds of our "neighbors" tweeting in the background.

-Maxine Shortman, Osprey Watcher

## Red Lily Pond Project: All About Herring

Last Saturday was our Annual Meeting! Many thanks to Alice Brown and Valerie Lane for double duty—preparing the Secretary’s and Treasurer’s Reports, and also the delicious refreshments, and to the community for gathering to conduct our business meeting and elect officers.

We welcomed Captain Raymond Kane of the Cape Cod Hook Fisherman’s Association ([www.ccchfa.org](http://www.ccchfa.org)) as our Keynote Speaker. His specialty is Atlantic Herring, one of 200 herring-like species in the family *Clupeidae* – close cousins being the alewife and Blueback herring (both river herring species), American shad, and Atlantic menhaden.

Here are some highlights from Captain Kane’s presentation:

Herring are an essential link in the ocean food chain. According to Capt. Kane, in addition to being a source of food for humans and a bait source for many fisheries like lobster and tuna, herring serve a crucial role in the marine food chain by being a meal for many ocean creatures. And these tasty little fish are eaten-up by the ton. Virtually every predator in the waters off New England eats herring. Based on recent study, consumption of herring by predators was estimated to be 3 times the commercial catch with the major predator groups being fish (cod, haddock, dogfish, tuna, stripers), marine mammals, and seabirds. Other important consumers: humans and New England’s lobster fishery, which consumes about 60% of the herring catch as a source of bait each year.

**Here is a serious concern:** herring are being literally vacuumed from the sea by giant midwater trawlers, working in pairs in the north Atlantic, including just off the east coast of Cape Cod. These vessel are as long as 165 feet, and tow at speeds of 8 knots, which assures that everything caught in their net—herring, stripers, dolphins, whales—drowns before the nets are full. They are capable of catching 100,000 pounds of fish in a paired tow. Nothing escapes. Capt. Kane used the analogy of mowing your lawn on your motorized lawn-boy: every blade of grass is cut, as is every species of fish, marine mammal and sea birds when in the path of this net. When 3 or 4 pairs tow in a particular area they deplete an area of all living creatures, hence the phrase localized depletion. Of even more concern—no one has been able to find out exactly who owns these huge ships—the “money trail” leads back to Europe, even though some of the ships fly American flags.

These ships are allowed now to dump part of their catch without any accountability whatsoever. Not only do they dump other species but also herring, if they are spawning. (these fish will not store well, making them unmarketable). Hundreds of thousands of pounds of herring are dumped at sea unaccounted for, not to mention the other non-targeted fish, marine mammals and other ocean wildlife that drown in the huge nets.

We invite our readers to view Captain Kane’s presentation at the Red Lily Pond link on the [craigville.org](http://craigville.org) website. In addition, you can view two informative Youtube videos at these links.

[Video #1](#) – Catch Monitoring Loopholes

[Video #2](#) – Problems with Industrial Fishing for Herring

A local Hyannis fisherman has a great website for more information: [www.honestbycatch.com](http://www.honestbycatch.com).

What we all can do: Advocate for monitoring of these ships to identify their true “catch”—not just the fish that make it to market, but all the fish, dolphins, and whales that are killed and thrown away at sea as a byproduct. Our voice can be heard at the non-profit Atlantic States Marine Fisheries Commission (<http://www.asmfc.org/>), which manages Shad & River Herring under the Shad & River Herring Management Plan, through their Shad & River Herring Management Board. The ASMFC also has appointed a Shad & River Herring Advisory Panel made up of stakeholder representatives to provide advice on development of each plan. It takes a village to raise awareness!

-Steve Brown, President, RLPP

## CCMA Membership: Need a Reminder?

We have had a good response to our membership appeal. Reminders will go out next week. We’d love it if you would get your membership in now, if you have not joined yet, and save us the time and money of sending a reminder.

Thanks,

-Nancy Hansen (508-775-5667)

## *A Thought for the Week...submitted by E.L.*

*Tear down the walls! God made of one  
All men who live upon the earth;  
He is our Father, we his sons,  
Whatever be our human birth.*

*Tear down the walls that separate  
And breed estrangement, pride and hate;  
The poor, oppressed, the rich, the great  
Are brothers in one human state.*

*- Edgar Cooper Mason*

### **Tennis Juniors Prevail**

Yes!! The juniors won their first match of the season against Oyster Harbors. All reports from Lisa are that it was a great match and our juniors played beautifully. Congratulations to the team and best of luck in their last match against Hyannisport.

-Dana Haseotes, CTC Chair

### **Craigville Retreat Center**

This will be a very busy week at the Retreat Center! Craigville Retreat Centers visitors this week include Beth Yesha of Newton and New York, a Messianic Congregation led by Ed Kodinsky. The group of 60 are in the Sunset Lodge, Craigville Manor and Inn at Craigville, and are returning guests of the Craigville Retreat Center. They are here Friday, August 3<sup>rd</sup> to Sunday, August 5<sup>th</sup>.

Family Vacation Camp's "A Parent and Child-Centered Experience" theme is led by Craigville's own Rev. Joanne Hartunian. Campers are here from Sunday, August 5<sup>th</sup> to Saturday, August 11<sup>th</sup>. Many of the participants of this camp have been coming to Craigville for years; in fact, we watched Joanne and Nelson's daughter, Elizabeth, grow into a beautiful young woman, get married in Craigville, and now her daughter is here in Craigville for her Christening. Family Vacation Camp is in the Inn at Craigville and the Craigville Tabernacle.

St. John's Parish from Bridgewater Youth group will be in the Sunset Lodge beginning Sunday, August 5<sup>th</sup> until Saturday, August 11<sup>th</sup>. They have been coming to Craigville for many years. This is the junior and senior retreat, led by Rev. Wally Keymont.

Archbishop Williams High School from Braintree will be in the Craigville Manor from Monday, August 6<sup>th</sup> until Thursday, August 9<sup>th</sup>. They are led by Campus Minister Joe Ondus.

Lighthouse of Faith Church from Brockton, MA is in the Craigville Manor beginning Thursday August 9<sup>th</sup>. Rev. Dayan Johnson is their leader. More on this group in next Friday's *Chronicle*.

Craigville Retreat Centers cottage guests include the following families: the Boscós, Prices, O'Donnells, Clarkes, Baumers (they are having a family reunion in Seaside and lobster cookout here this year), Makaris, Grobes, Langs, Kouptsova, and Clarkes. All of these families have been coming to Craigville for their summer vacations for many years.

-Mary A Woodbury, Director, Craigville Retreat Center

### **Craigville Post Office Has Items Large and Small**

We have a one of a kind, hand decorated "mini" wooden bench, a perfect a decoration in the garden or porch. Butterflies and bees are hand painted onto the bench. It is a must see and a bargain to boot. This is the first week in August, which means we are half way through the summer, what a dismal thought; but don't let the time slip away! Do come into to shop and pick up those stocking-stuffers!

-Debbie Almy, Chairman

### **Around the Town**

**A reminder for pet owners** that dogs are not allowed on the Ball Field and the Village Green.

## FEATHER / FUN FACTS: THE HUMAN TONGUE

By Debbie Almy

When asked what is the strongest muscle in the human body, most people would say immediately the human heart is first, then possibly the pectoral or back muscles depending on which gender you are talking about. Women's back muscles are generally stronger to allow for carrying the extra weight of a growing baby in the uterus. Men usually have stronger pectoral muscles (in the chest area) to do the heavy lifting. So then what is the strongest muscle in the body?

There is no simple answer to this question, for we have to examine the muscles, their jobs, and put them into categories: Skeletal, smooth and cardiac. The largest skeletal muscles qualify as the strongest in terms of absolute strength. The external smooth muscles of the eye are small, but dynamic in strength and endurance. In one hour of reading, the eye makes about 10,000 movements, making the eyes one of the strongest in the human body. The heart or cardiac muscle displays dynamic strength by being the hardest working muscle in the body, pumping 2,500 gallons of blood a day with 2 oz. of blood pumped with every heartbeat. Now the strongest muscle based on weight is the masseter, which, working with all the muscles of the jaw, can close the teeth on an object with a force of 55 pounds on the incisors and 200 pounds on the molars, making a human bite pretty powerful.

The tongue is another example of a hardworking dynamically strong muscle. Comprised of groups of muscles, the tongue is always working. In addition to aiding in eating by pushing the food around in the mouth as you chew, it also contorts itself to form vocal sounds that make up speech, and its lingual tonsils filter germs from the body. Even when a person is sleeping, the tongue keeps working by continually pushing saliva down the person's throat, which answers the question of why do we not swallow when we sleep.

The tongue is covered with moist, pink tissue called mucosa. Tiny bumps called papillae give the tongue its rough texture. Thousands of taste buds cover the surfaces of the papillae. The carpet of taste buds are collections of nerve-like cells that connect to nerves running to the brain telling us immediately what we are tasting. The tongue is anchored to the mouth by webs of tough tissue and mucosa. The tether holding down the front of the tongue is called the frenum while in the back of the mouth, the tongue is anchored into the hyoid bone (a small bone located in the neck).

The four common tastes are sweet, sour, bitter, and salty, and a fifth taste, called umami, results from tasting glutamate (present in MSG). For years, the taste bud map was taught at length, but new information details that all parts of the tongue can detect the four common tastes. Therefore, the commonly described "taste map" of the tongue doesn't really exist at all.

If you have had the pleasure of having a cat lick your hand, you can feel the roughness of the tongue.

So the answer to the question of what is the strongest muscle? Obviously, there are many that are all doing their designated jobs perfectly within the human body.

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**The *Craigville Chronicle* weekly editions are produced now through Labor Day weekend. All news will be appreciated by noon each Wednesday for that Friday's publication. Remember, we are always on the web at [Craigville.org](http://Craigville.org) (postings to [info@Craigville.org](mailto:info@Craigville.org)). The *Craigville Chronicle* is sponsored by the Christian Camp Meeting Association and the Craigville Cottage Owners Association. Please e-mail your news to us at [aliceb@cape.com](mailto:aliceb@cape.com).**

**-Alice Brown & Cillea Houghton, editors**