

Friday, August 19, 2016

CRAIGVILLE CHRONICLE

Weekly News from the Village

◆ For All People ◆

◆ In All Seasons ◆



Dear Craigville family and friends,

Throughout the summer, we get to know the critters of the village. Cardinals and mourning doves sing from the trees, and rabbits and geese play on the Ball Field. Just the other day, Kate and I were sitting on the Bluff when a large skunk walked by as though on his way to enjoy the sunset. Some animals are more shocking to see than others, but it's nice to know that, in their own way, they too are enjoying this place of grace by the sea.

-Edward Dunar, Chronicle Editor

THIS WEEK IN CRAIGVILLE

Friday, August 19, 4pm: Ice Cream on the Bluff (Bluff)

Saturday, August 20, 5pm: Catholic Mass (Tabernacle)

Saturday, August 20-Sunday, August 21: Parent/Child Tennis Tournament

Sunday, August 21, 9:45am: Sunday Worship (Tabernacle)

Sunday, August 21, 5pm: Tennis Awards (rain location: Tabernacle)

Monday, August 22, 5pm: Joyful Worship Service (Craigville Beach), led by Rev. Dr. Bruce Epperly and Polka Doodle

Tuesday, August 23, 7:30am: Morning Prayer (Tabernacle)

Sunday, August 28, 9:45am: Final Sunday Worship of Season (Tabernacle)

Sunday, August 28, 5pm: CCOA Meeting (Tabernacle)

CRAIGVILLE FAMILY AND FRIENDS

MISSING: BIKE LOCK

A black coil combination bike lock was left on the Green in front of Boston Cottage on Saturday, August 13 for a few hours. If found, please contact Joanne Hartunian (joanehartunian@gmail.com).

Photograph: Queen Anne's Lace. Credit: Sally Buffington.



TO OUR DEAREST CRAIGVILLE NEIGHBORS

Sam and I wanted to take this time to express our deepest gratitude to each and every one of you. We are truly humbled by the grace bestowed on us.

Many of you may not even be aware of your positive influence or the incredible impact of your random acts of kindness. Perhaps you offered a kind word of encouragement, a gentle word of instruction, a quick smile, or a simple hello to our sweet 6-year-old grandnephew Garrett. Your children and grandchildren welcomed him on the tennis court, at the beach, and on the playground. Please believe me when I say Garrett not only noticed but treasured your acceptance. He truly felt part of this special place. He belonged.

Sadly, heroin has hold of his mother. Her addiction has taken away much of the innocent childhood that Garrett deserved. Craigville gave it back to him.

Our family has been blessed to have spent the last 23 summers here. However, it was seeing and experiencing the Craigville magic through the eyes of this child that touched our hearts deeply, strengthened our faith in his future, and opened our eyes more fully to the beauty that surrounds us here in our slice of paradise.

So thank you from the bottom of our hearts for helping us to give Garrett a true "Craigville summer." We know the impact has only just begun to bloom. The seeds of kindness and acceptance shall hopefully continue to guide his heart and ours for years to come.

In closing, I'd like to offer you the wisdom this 6-year-old offered frequently during our dinner-time grace: "Thank you God for giving me another day in this special place." Amen! God bless you all.

-Sharon O'Shea
Carpenter

CRAIGVILLE NEWS

FRIDAY: ICE CREAM ON THE BLUFF

Gus Riley, a longtime friend of Craigville, will be on the Bluff on Friday, August 19 at 4pm with a COMM fire engine and ice cream treats, donated by the Trulls. All are welcome. Come explore the fire engine and cool off after the beach. It will be a great start to the weekend!

-Dick and Ann Trull

BAB-TAB CLOSED SATURDAY

Because of a visiting group's use of the Tabernacle, the BAB-TAB will be closed on Saturday, August 20.

THIS WEEK'S GUESTS

Join us in welcoming the following guests to the retreat center this week:

- Boston College Appalachia Council Retreat (Manor, Inn, and Lodge)
- Boston College CURA Leaders Retreat (Manor, Groves and Marshview)
- Living Hope Women's Retreat (Manor)
- Jehlen Family (Andover)
- Saccardi Family (Union)

-Cynthia Diggs

(Craigville@uccr.org)

CRC Director

-Cathy Carpenter

(cathy@uccr.org)

CRC Office

Craigville Chronicle, August 19, 2016

TENNIS UPDATES

The singles tournament was held last weekend, and great tennis was played by all. Congratulations to Colman Schofield for winning the 14+ bracket and to Michael Freking and Conrad Schofield for making it to the finals in the under-14 bracket. After some fantastic tennis, Michael Freking came out on top to win the bracket. The following events are coming soon:

- **Parent/Child Tournament.** This Saturday and Sunday (August 20 and 21) is the parent/child tournament. You must have signed up by Thursday to participate. Brackets will be posted at the shack on Friday morning. Finals will be played at 4pm on Sunday prior to the celebration.
- **Tennis Celebration.** The annual Tennis celebration is this Sunday at 5pm. If it rains, we will meet in the Tabernacle.
- **Clinics.** Clinics will continue next week. The last day for clinics is 8/26, with a junior match at Hyannisport.

We are looking forward to seeing everyone this weekend.

-The Tennis Committee

CCOA UPDATE

Please mark your calendars for the CCOA end-of-summer meeting on Sunday, August 28 at 5pm. This is a good time for us to evaluate this summer's events and to discuss what we would like to see next summer.

I hope to see you there.
-Lee Williams
CCOA President

CRAIGVILLE BOOKIES

Our last book of this season will be *The Storied Life of A.J. Fikry* by Gabrielle Zevin. We will be meeting on Thursday, September 15th at 9:30am at Lee Williams's home at 26 Prospect Ave.
-Nancy Hansen

OLD CRAIGVILLE POST OFFICE

Just a reminder that the Old Craigville Post Office gift shop will be closing on Saturday, September 3, which leaves only two weeks to do that Labor Day weekend shopping. Don't forget those stocking stuffers as well. The large tie-dye shirts are in stock now.

-Debbie Almy

RLPP DINNER AND AUCTION WAS A SUCCESS

It was hot and humid, but a little breeze came up right before the party was set to begin Saturday night. We had a good turnout of about 85-90 people for the silent auction and cocktail party on the Green and 71 for dinner. Everyone had a good time, and we earned some money for the Red Lily Pond Project once again.

A long list of people to thank begins with Ellen Cardarelli, who was in charge of the auctions. Even though a family illness took her to England and she missed being here with us, she worked very hard before she left, getting everything organized and storing all the auction items on her porch. Her husband Paddy took over for her and helped transport everything to the Green on the day of the event. Ann and Dick Trull were wonderful workers, setting the tables in the dining room and helping to set up the silent auction. Kathleen Brady helped to set up the silent auction, and her husband Michael Lyons helped transport items to the Green with Jim and Scott Lane and Roger Hansen. It was quite hot, but we had lots of help with the work we had to do. Nancy Vester, Myra Gooding and, Ellen's friend from England, Barbara, helped set up the auction too. And, of course, Millie Delaney was our fantastic closer, breaking

down the silent auction and checking everyone out at the end of the night. She was assisted by Dana Haseotes and Kathleen Brady. They all did a fabulous job.

Susan Connelly created and printed our bid sheets. She and Kim Coughlin made fliers and donation forms to distribute at houses and at the beach. We welcomed their creative and innovative input. Carole D'Alessandro and her daughter Dana Haseotes were invaluable at coming up with ideas for baskets and auction items of all sorts. And Georgeann Oates gets the prize for being the greatest bidder at the live auction!

Paddy Cardarelli was our excellent auctioneer, as was his able assistant Peter Gooding. Martin Traywick provided the wine for the cocktail hour, and his son Sam did a great job as our bartender. Billy McKemey, UCCR Assistant Site Supervisor, did a fantastic job setting up tables and moving and lugging everything around the Green for me. Not only did he do the job well, but he did it with a cheerful attitude.

The delicious meal was cooked and served by the UCCR staff, including Cynthia and John Diggs, director of the CRC and chef at the Inn, Michael Giammetti, Melissa McKenna, Rachel Druckenmiller, Bob Zeigler, Kelly Fitzpatrick, and Luanne Coleman. Thank you to all for a most scrumptious dinner and for working so hard under such hot circumstances in an un-air-conditioned kitchen. I think this was the most delicious meal that we have ever had here. The stuffed mushrooms were out of this world.

Our very excellent waiters and waitresses were: Gage Picullel, son of Kim and Patrick Coughlin, Kyle Trull, grandson of Dick and Ann Trull, David Pinto, son of Julie and Greg Pinto, Will Croteau, son of the Croteaus of Lake Elizabeth Drive, Caroline Harvey and Michael Frecking, friends of Kyle Trull and fellow tennis players and CBA members, and Gabriella and Kaila Plonowski, daughters of Kate and Jeff Plonowski on the Midway and great-granddaughters of the late Mrs. Blois. They all did an outstanding job, full of enthusiasm, energy and efficiency. And they all looked really sharp.

Thank you to Jim Lane for filling in as our emcee beginning the night. A huge thank you to everyone who donated items, without which we would not have an auction. Thank you especially to everyone who came to the dinner. It was a lot of fun and you all made the night possible. Thank you all.

-Valerie Lane

TABERNACLE NEWS AND EVENTS

Catholic Mass in the Craigville Tabernacle



**Saturday, August 20
at 5pm**

The Craigville Tabernacle is pleased to continue our long-time tradition of hosting Roman Catholic Mass twice each summer. Our special Craigville Children's Choir will provide music, with Kendra Henderson at the piano.

Special thanks to Fran Lahey, Lee Williams, and the staff at Our Lady of Victory Parish for making this Mass possible.

Sunday Worship



**"Worship the King"
Sunday, August 21 at 9:45am**

**Sermon from
Rev. Jon Betts Fields
Harvard University
InterVarsity Chaplain**

**Music from
Rev. Dr. Dianne
Carpenter and
Kate McKey-Dunar**

**Reader: Dede Underwood
Ushers: Rick and Barbara
Ireland**

**Readings:
Daniel 3:26-28
John 4:23**

FUN READS

WHAT DOES IT MEAN?:

UP TO SNUFF

MEANING: Somebody who is sharp, not easily fooled, and meets a certain standard of sufficiency.
ORIGIN: It dates back to the 19th century. Snuff is a powdered tobacco, usually inhaled through the nose. Snuff has been in use since tobacco was first cultivated. It was popular in Europe and America from the 16th through the 19th centuries. Snuff was mostly a habit of adult men of comfortable means, for it wasn't cheap. "Up to snuff," then, referred to the sort of person who appreciates and uses snuff, who would of course be a worldly man meeting certain standards. The use of "up to snuff" to mean "meeting a common standard" arose later in the 19th century.

UP TO PAR

MEANING: Meeting the expected standard.
ORIGIN: "Up to par" didn't have anything to do with golf originally. "Par" is from the Latin "par," meaning equal. At the end of the 16th century, it was originally a term in economics. By the mid-18th century, "par" had taken on the broader meaning of an average or expected amount, which gave us such idioms as "above par" and "under par." By the late 19th century, "up to par" meant meeting the expected standard. The same period saw the first use of "par" to mean the maximum number of strokes a good golf player should need for a particular hole or the entire course. Of course, given the rules of golf, the whole point is to avoid finding yourself "up to par."



Illuminated Cottage. Credit: Sally Buffington.

WEDDING FACT: RINGS

Whether this is a legitimate long-held tradition or not is subject to some debate, because it has been corrupted by commercialism. Some sources report that the Romans and Egyptians first used wedding rings. A pope in the 12th century decreed that weddings should be held in a church and that the brides were to receive rings. But those rings didn't have to have diamonds. There's no dispute that DeBeers (the huge diamond company) singlehandedly created the market for the diamond engagement ring with a simple sentiment in a 20th century ad campaign: A Diamond is Forever. As it turns out, the slogan might outlast the marriage.

FEATHER / FUN FACTS: PANCREAS

The pancreas is a glandular organ that lies in the upper left part of the abdomen, tucked in behind the stomach with the first part of the small intestine, the duodenum, wrapped around its head. It is oblong-shaped with a head, a middle section, and a tail about 6 inches in length. The pancreas is a secretory organ that contributes to both the digestive system and the endocrine system.

The first of the two major jobs of the pancreas involves regulating blood glucose levels. There are approximately 3 million cells in the pancreas made up of four types of cells that regulate the level of blood glucose (sugar). The cells secrete glucagon, which increases the level of glucose, and insulin, which decrease the level of glucose. As you know, all carbohydrates (starches) we put into our mouths turn into sugar starting right in the mouth. Considering the amount of starch that is consumed daily, along with sugar consumed on top of that, job number one in the pancreas is a very important

one. We all know what a sugar high is, if you just look at school children the day after Halloween when you can scrape them off the ceiling they are so hyperactive. A sugar low, on the other hand, can be life threatening, so the pancreas keeping that sugar balance in check is critical in the overall wellbeing of the human body.

For job number two, the pancreas plays an indispensable part in digesting food. It secretes enzyme filled fluid directly into the duodenum, the first part of the small intestine. That fluid further breaks down starch, proteins and fats. All of these actions are essential in establishing a liquefied food mass called chyme. In the small intestine, there are millions of tiny finger like protrusions called villi that line the intestine wall. I liken them to beach grass swaying in the breezes as the liquefied food floods around them. Within the villi, the chyme seeps through in a process similar to osmosis, and goes directly into the capillaries the tiny parts of the circulatory system. So now the blood circulating throughout the entire human body is carrying all the nutrients of your digested food. The blood is feeding every cell in your body, from head to toe. About 90% of digestion occurs in the 20 feet of the small intestine, but you made too much chyme so the left over trickles into the large intestine where it will be wrung out. The moisture, basically water, is reabsorbed into the body with the small solid remainder excreted from the body.

There are a number of things that can hurt the pancreas, including diabetes and a perforation. When one has diabetes, the immune system attacks the insulin excreting cells, thus resulting in an imbalance of sugar and insulin in the body. As long as insulin is replaced orally or by injection, the balance is brought back to normal and one can live with diabetes.

A perforation of the pancreas may lead to the secretion of digestive enzymes into the abdominal cavity, causing damage to organs within the abdomen, which generally requires prompt medical intervention. It is possible for one to live without a pancreas, provided that the person takes insulin for proper regulation of blood glucose concentration and pancreatic enzyme supplements to aid digestion.

If the pancreas becomes inflamed in pancreatitis (remember "itis" always means inflamed), the digestive fluids are released before there is food present and the fluids can attack the pancreas itself. The pancreas does not get much credit in discussions of body functions, but it is indeed a key cog in the human body machine.

-Debbie Almy

The Craigville Chronicle is sponsored by the Craigville Cottage Owners' Association (CCOA) and the Christian Camp Meeting Association (CCMA). It is produced weekly from the last week in June through the end of August and off-season during the fall (November), winter (February), and spring (May).

Article Submissions. We welcome articles involving news in Craigville Village, updates about members of our community, and reflections about life on the Cape. Each week, email your news to craigvillechronicle1872@gmail.com by Thursday at noon.

Photograph and Artwork Submissions. We welcome photographs and artwork related to life in the village. We include them in the Chronicle as space allows.

More information. You can find back issues, as well as general information about the village, at craigville.org. You can find information about the Craigville Retreat Center at craigvilleretreats.com. Information about the ministry of the RATC is available at craigvilletabernacle.org.