



The Summer News Weekly



For All People...



# Craigville Chronicle

In All Seasons



Craigville Village, Massachusetts

August 11-17, 2012

## Community Calendar

Friday,	August 10 <sup>th</sup>	7:00 PM	Doo-Wop Night – Tabernacle
Saturday,	August 11 <sup>th</sup>	5:30 PM	Red Lily Pond Dinner & Auction – (Green)
Sunday,	August 12 <sup>th</sup>	9:45 AM	Worship in the Tabernacle

## Looking Ahead

Saturday, August 18<sup>th</sup> 9:30 AM Craigville Painters Meet – Behind the Tab.

### Those Oldies but Goodies

Friday, August 10<sup>th</sup> at 7:00 PM in the Tabernacle will be time for the Doo-wop and Old Folkie Sing Along. Come and sing the songs of the 50's and 60's. Ed Deyton and friends from Craigville and Osterville (vocalists plus 4 guitars and a drummer) will lead in singing some of your favorite songs from the period. By coincidence, August this year has a "Blue Moon." Uncertain about your singing? "Don't Think Twice, It's Alright". We won't be singing until "The Still of the Night;" as we'll be done by 9. We Want You. We Need You. We Love You.

-Ed Deyton [Stand By Him!]

### RED LILY POND PROJECT FUNDRAISER DINNER AND AUCTION

Don't forget! Tomorrow night, Saturday, August 11<sup>th</sup>, is the annual dinner and auction for the Red Lily Pond Project Association: 5:30 cocktail hour, on the Green if the weather is good, in the Inn Living Room, if not, and 7:00 PM dinner in the Inn Dining Room on the pond. Some of the auction items include jewelry made by an artist, gift certificates for a facial and massage, haircut and pedicure, paintings by the Craigville Painters, and many, many more items. It's going to be a great night!

-Valerie Lane, RLPP Fundraising Chair

### Tabernacle Preacher Values Expression in Community

This Sunday, the Craigville community welcomes the Rev. Dayan Johnson, Evangelist/Founder and current Pastor of The Lighthouse of Faith in Christ Jesus, A City Mission, Inc., in Brockton, MA., Rev. Johnson holds degrees in Theatre/Education and Organizational Psychology, and is also Adjunct Professor of Communications and Theatre at Massasoit Community College. She works with organizations that provide community support, believes in the kinship of humankind, and is an advocate of "hands-on" ministry. Her sermon title is, "The Living Word".

The Rev. Bette Ann Crowell, president of the Cape Cod Council of Churches, will provide our morning worship music once again this week. All are welcome at the 9:45 AM service.

## **Red Lily Pond Project: Mosquitoes and Great White Sharks**

There are lots more mosquitoes in Craigville than in past summers, so I spoke with the helpful staff at Mosquito Control (a State Agency) to learn why. The short answer is we don't know for sure. The longer answer is "change in habitat." Habitat is the combination of all the complex factors that make a particular place attractive for plants and animals of all sizes and shapes, from bacteria to whales, moss to sequoias. Historically, Cape Cod has drawn people here - especially in the summer - because the air is cooler than in the sweltering cities, and the ocean water is warmer than Maine but not as warm as Florida.

All habitats are delicately balanced, and when this balance is changed even slightly, the habitat becomes better for some species; worse for others. The Cape Cod habitat changed slightly this year, maybe due to weather (a warm winter, a hot spring, a drought in the early summer followed by torrential downpours in July). Perhaps the high water in the ocean, the Centerville River, the marsh, and herring run during the recent full moon contributed. Perhaps a combination of all these: a "perfect storm" for mosquitoes to thrive. Some combination of factors improved the mosquito's habitat, and now, these mosquitoes are invading more and more of our human habitat. Ouch!

As a human, I want to win this battle. Mosquito control strategies fall into three categories (public health experts call these "primary, secondary and tertiary prevention").

Primary prevention efforts are very broad, including efforts to assist the species that prey on mosquitoes (fish!) by keeping water flowing and maintaining streams so fish can feast on the mosquitoes. Also, eliminating standing water in puddles by improving drainage and diverting runoff. Primary prevention strategies also seek to eliminate existing mosquitoes over broad areas by spraying insecticide, which is taking place in several off-Cape towns. Primary prevention efforts are almost always undertaken by governmental entities—local, regional, state, and national—because they are very expensive and labor intensive. Individuals can help these efforts by paying taxes, advocating with elected and appointed officials, and staying involved in governmental decision-making at all these levels.

Secondary prevention efforts are the middle ground, and address areas where mosquitoes appear to be particularly concentrated, like Craigville. In the early days of the Red Lily Pond Project, the Town dug two mosquito ditches to help the old bogs function well—one behind the Tabernacle; the second, across Old Craigville Road. Word from the Town is that these mosquito ditches are being repaired, and my conversation with Mosquito Control confirmed that they have cleaned out their access to the herring run.

Cape Cod is honeycombed with old cranberry bogs—for example, between the bluff and the beach parking lot, or between Ocean and Vine Avenues and the Centerville River. Thousand of acres of old bog and marsh are part of what makes Cape Cod quaint, but they have their downside. Closer to home, secondary prevention efforts involve emptying birdbaths or making sure lawn water doesn't have a chance to pool.

Tertiary prevention targets the specific problem where it occurs—the surface of our skin. We wear long-sleeved shirts and long pants, socks, hats, and put on EPA-approved insect repellent, as recommended by the CDC. We avoid outdoor activities in the morning and evening. These sorts of activities change our habitat, and change is hard.

A combination of all these strategies might reduce both the annoyance of getting stung by mosquitoes and the chance of catching a mosquito-borne disease. Fortunately, from Mosquito Control we have learned that the pesky insects that are bothering us are not the same species that carries the worst diseases--West Nile Virus and Eastern Equine Encephalitis. Over the long run, though, it's a fair bet that Cape Cod's habitats will continue to change in ways that make it a better habitat for some species, like mosquitoes and other species that thrive in warmer, wetter climates, such as jellyfish, seals, and even great white sharks.

Like every other species, we too must adapt. Fortunately, history documents that when the chips are down, we humans are very good at adapting!

-Steve Brown, President, RLPP

### **IT TOOK A VILLAGE**

Sincere appreciation to the following persons who helped make the Parent And Child Experience, formerly known as Family Camp, a big success: Avis Strong Parke and her daughter Alison; Rev. Dr. Ed Deyton; Meghan Lahey, Ginny Henderson; Kendra Henderson, Tom Kirk; Valerie Peterson; the Craigville Office and Maintenance Staff and Dining Staff.

Thank you!!

-Rev. Joanne Hartunian

## **Painters Feature “Branding” and Explore Techniques**

The Family Camp [Parent and Child Experience] Art Workshop completed its weeklong exploration of painting techniques – from Sumi-e [East Asian Brush Painting], to acrylic, to pen and colored pencils - by creating a personal art journal. We also painted found objects: wood scraps, rocks, large shells, leaves; and we sent painted Haiku cards to special people at home. This next year, we expect to see these budding artists, from ages 8 to 84 years, emerge into the art world.

-Avis Strong Parke – “focalizer”

## **Gardener's Helpers Needed**

The Lilies at the Tabernacle are absolutely beautiful and have flourished over the years since they were planted. Unfortunately they need to be watered every few days during the summer and dead-headed and trimmed when through blooming so they will continue to look good and not look messy. The new flower box at the bulletin board has lovely flowers in it but it also needs dead-heading and watering frequently to keep it looking good. Are there any gardeners in the village who could join forces to take a week each to be responsible for these flowers next year? The Lilies have grown so much that it is too much for one person to take on for the summer. If you are interested in signing up for a week of care, please email Valerie at <[capecodwoman43@gmail.com](mailto:capecodwoman43@gmail.com)>. If we all share the load it will be very manageable. Thanks!

## **CBA Beach Activities Popular**

Race day was a rousing success this year with many participants and winners. Our Supper and Game Nights have been fun, and our lifeguards have done a great job with both events. Our swim lesson celebration will take place at 1:00 PM on Friday, August 17<sup>th</sup>. All participants and parents are welcome to come and celebrate the season at CBA. Our “Endless Summer” social on August 4<sup>th</sup> was well-attended and a good time was had by all.

-Dom Botolino, CBA Beach Manager

## **Craigville Retreat Center: Let's Not Feed Wild Animals**

The Lighthouse of Faith from Brockton will be in the Manor, led by Rev Dayan Johnson, also the guest preacher at the Tabernacle on Sunday, August 12<sup>th</sup>. Many of her church members drive down to Craigville to attend this service.

Cottage guests are the following families: The Boscós, Prices, Ackles, O'Donnells, Baumers, Petersons, Clarks, Worthers, Bowmans, and Forciers. The Red Lily Pond Dinner is Saturday, August 11<sup>th</sup> in the Inn dining room.

We have a few rooms to rent in the Manor if anyone is in need of extra sleeping space. Please call the office at 508-775-1265 for details.

REQUEST FROM THE CRAIGVILLE RETREAT CENTER: PLEASE DO NOT LEAVE YOUR TRASH IN FRONT OF THE RETREAT CENTER'S DUMPSTERS. WILD ANIMALS TEAR IT APART AND LITTER THE WHOLE VILLAGE WITH IT. THE DUMPSTERS ARE FOR THE RETREAT CENTER'S USE ONLY. YOU MUST MAKE ARRANGMENTS WITH A LOCAL TRASH PICKUP COMPANY FOR YOUR OWN RENTER'S TRASH.

-Mary A Woodbury, Director, Craigville Retreat Center

## **Craigville Post Office Features Pretty Bench and Gifts**

Three more weeks to go before we close on Labor Day! Do come in to look at our one-of-a-kind mini bench, a real conversation piece, and a great addition to your garden. The caps have been re-ordered and will be in soon. Please come by and shop for a houseguest gift or the Christmas stocking stuffers.

-Debbie Almy, Chairman

## **Around the Town**

**The Craigville Painters** meet on Saturday, August 18<sup>th</sup> behind the Tabernacle in the Chapel-in-the-Pines at 9:30 AM (rain date: Tuesday, August 21<sup>st</sup>). All welcome; some art supplies are provided, or bring your choice of materials. For more information, please call Avis Parke or Alison Melavalin (508-771-8298).

**Craigville Bookies** will meet again on Tuesday, August 28<sup>th</sup> at 9:30 AM at Linda McKinney's house, 327 Lake Elizabeth Drive, to discuss Jane Eyre by Charlotte Brontë. Perhaps you read it years ago, or maybe even missed or would like to re-visit that English class when it was discussed?

## In the Area

**Centerville Old Home Week** features a big yard sale on Saturday, August 11<sup>th</sup>, at the Centerville Historical Museum (9-3:00 PM), a Main Street Walking Tour (10:00 & 11:30 AM), and an evening band concert and bonfire at Craigville Beach (public beach) featuring the Moonlighters, at 7:00 PM. Sunday's Ice Cream Social and Music with Four Seas Ice Cream at the Centerville Library is always popular (6:30 PM).

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

*Spiritual maturity begins when we realize that we are God's guests in this world. We are not householders, but pilgrims; not landlords, but tenants; not owners, but guests.*

*-C. Willard Fetter (1914-2002), American minister*

## **FEATHER / FUN FACTS: BALANCE**

By Debbie Almy

While watching the recent Olympics, one cannot help but wonder how the athletes maintain their balance throughout their various tortuous routines on the balance beam, the floor routine, flying over the vault, and the rings, where pure strength is tested. What actually controls the "balance" ability in our bodies?

The balance beam, all of 4 inches wide, is by far the most difficult in terms of balance, and only female athletes do this, for females have a stronger sense of balance in general. Why do men not attempt the beam? A simple answer is the center of gravity of the female's body is located around the naval area, while a man's is located in the chest area. The muscle structure of females is far more flexible than males, allowing women to be much more elastic in their routines, seemingly without any bones in their bodies. Women do not participate on the rings apparatus, for they do not have the upper body muscular strength that males do; therefore, females would not be able to do the required maneuvers on any strength apparatuses. Where does the balance control exist for all of the athletes, both male and female?

Balance is the result of a number of body systems working together: the eyes for visual orientation, the inner ear, and the body's sense of where it is in space; ideally all need to be intact. The eyes keep objects in focus when the head is moving, turning or bobbing about. Visual signals sent to the brain about the body's position in relation to its surroundings are processed by the brain, as is the information from the inner ear.

The major structure of balance is within the inner ear, which is purposely tucked deep inside the skull for maximum protection. The outer ear, meaning the lobe and the ear canal, are the visible parts of the ear, but the inner ear, which does a far more important job, must be buried within the skull to keep the balance mechanism safe from any external blow. The semicircular canals, a labyrinth, are one of the major parts of the inner ear. The three looped canals, located approximately under your eye socket area, contain fluid, which keeps you "on the level." To see how these canals work, fill a screw top bottle half full of water. Looking at the water as the bottle sits on a table, the water is on the level. Pick up the bottle and turn it as if it was lying down, and the water is still on the level. Upside down, the water is still on the level. So if the bottle of water represents a human, you can see how the semicircular canals work inside your head allowing you to stand up without falling over. If you spin the bottle and the water swirls about, you can see why you would get dizzy after whirling about on an amusement ride. The nerves connected to the canals would be sending mixed messages to the brain, making you feel queasy.

Some animals have better equilibrium than humans. For example, a cat uses its inner ear and tail to walk on a thin fence. The tail would act as a balance rod used by tightrope walkers to help with their weight distribution.

So through years of training the athletes manage to keep their balance, a true marvel to observe.

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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**