

THE UNIQUE  AUTHENTIC

IF  
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FOND OF  
SANDDUNES  
& SALTY  
AIR

# CRAIGVILLE CHRONICLE

IF  
YOU LIKE  
THE TASTE  
OF A  
LOBSTER  
STEW

Summer News Weekly  
August 8 – August 14, 2009

## COMMUNITY CALENDAR

|  |                |   |
|--|----------------|---|
| <b>Saturday, August 8<sup>th</sup></b>   | <b>12-2 PM</b> | <b>Race Day – CBA Beach</b>                       |
|  | <b>5:00 PM</b> | <b>Catholic Mass – Tabernacle</b>                 |
| <b>Sunday, August 9<sup>th</sup></b>     | <b>9:45 AM</b> | <b>Tabernacle Worship Service</b>                 |
|  |                | <b>Preacher: Rev. Dayan E.M. Johnson</b>          |
|  | <b>7:30 PM</b> | <b>Jim Ellis + The Hyannis Sound – Tabernacle</b> |
| <b>Wednesday, August 12<sup>th</sup></b> | <b>7:00 PM</b> | <b>Family Movie Night – Tabernacle</b>            |
| <b>Thursday, August 13<sup>th</sup></b>  | <b>5:30 PM</b> | <b>Supper and Game Night – CBA Beach</b>          |
| <b>Friday, August 14<sup>th</sup></b>    | <b>6:00 PM</b> | <b>Awareness Movie – Tabernacle</b>               |

## Looking ahead:

|   |                |   |
|---|----------------|---|
| <b>Sunday, August 16<sup>th</sup></b>               | <b>5:00 PM</b> | <b>CCMA Worship Service – CBA Beach</b>   |
| <b>Week of Aug. 15<sup>th</sup>-21<sup>st</sup></b> |                | <b>Cape Cod Writers Center Conference</b> |

## **Centerville Days March Into Craigville**

**Centerville Old Home Week** continues into this weekend with many activities planned for **Saturday, August 8<sup>th</sup>**, as follows: the Annual Yard Sale at the Centerville Historical Museum, 513 Main St. (9:00 AM to 4:00 PM), the Centerville Main Street Walking Tour (10:00 AM & 11:30 AM, beginning at the Museum), Fire Department Demonstration for the kids (6:30 PM at Craigville Public Beach) and the Band Concert and Bonfire with "The Moonlighters", playing the best in Rock, R&B, Funk, Soul, Classics and Blues, to be followed by the traditional bonfire (7:00 PM at the Craigville Public Beach).

On **Sunday, August 9<sup>th</sup>** at 7:30 PM, familiar Craigville entertainer Jim Ellis, brother of Kathy Ellis, Craigville Conference Center Head of Housekeeping, will open the evening's entertainment with guitar music and a sing-along. The Hyannis Sound, popular men's acappella singers featuring music from yesteryear, today and tomorrow, will follow. Always a festive evening that celebrates our larger community, we hope to see you there!

## **THE TABERNACLE AND WORSHIP-ON-THE-BEACH**

By Dianne Carpenter

This Sunday we welcome The Rev. Dayan M. Johnson to our pulpit. Dayan is Pastor of The Lighthouse of Faith in Christ Jesus, a city mission in Brockton, where her husband Everton serves as first Deacon. They have 6 adult children and 8 grandchildren between them. Rev. Johnson holds an MA from Columbia University and completed post-graduate studies in Theology at Gordon-Conwell Theological Seminary.

Sarah Fachada is our vocalist.

If you are looking for an informal beach service, about 1/2 hour, bring your own beach chair or blanket and mark **August 16<sup>th</sup>** on your calendar. The CCMA will hold worship at 5:00 PM at the Craigville Beach Association waterfront. Family-friendly and faithful. Any questions? Call 774 212-0520.

## **Nemo Swims Into Craigville for Family Movie Night**

Craigville is certainly taking on a nautical theme this summer. Neptune stands watch over the Vester cottage, adorned in lights for Illumination Night. Now, Nemo, the cute and loveable clownfish, will take the spotlight for the second Family Movie Night of the summer. Join us in the Tabernacle on **Wednesday, August 12<sup>th</sup>** at 7:00 PM for the "splash hit", *Finding Nemo*. In this animated film (rated G), "Nemo, an adventurous young clownfish, is unexpectedly taken to a dentist's office aquarium. It's up to Marlin (Albert Brooks), his worrisome father, and Dory (Ellen DeGeneres), a friendly but forgetful regal blue tang fish, to make the epic journey to bring Nemo home. Their adventure brings them face-to-face with vegetarian sharks, surfer dude turtles, hypnotic jellyfish, hungry seagulls, and more. Marlin discovers a bravery he never knew, but will he be able to find his son?" Join us on Wednesday, August 12th to see if Nemo finds his way home! Bring your favorite friend and favorite "fish food" for the last Family Movie Night of the season!

-The CCOA Special Events Committee

## **THE OLD CRAIGVILLE POST OFFICE: Denim Shirts New This Week**

By Debbie Almy

Brooke, our new post person, has stepped in nicely and is handling the job with ease. Please do stop to say "Hi" to her as she manages the home stretch of the post office shop. The denim shirts, which you requested, are in stock now, so come and get them while your size is still there. Those poor little teddy bears still need loving homes, and they would be just perfect for any children under the Christmas tree. Don't forget to offer your suggestions for items you would like to see in the shop next year and we will do our best to fulfill your wishes. Closing date is Sept. 4th.

## **CBA Beach: Races, Games and a Dance**

By Dom Botolino

Don't forget **RACE DAY on Saturday, August 8<sup>th</sup>**, 2009 (12-2), and our traditional **GAME AND SUPPER NIGHT on Thursday, August 13<sup>th</sup>**, 2009.

Supper will be served at our Snack Bar from 5:30-6:15. Games will begin at 6:15.

Plus These August Activities:

- Every Monday at C.B.A Yoga with Colleen Britton in our second floor lounge (Ping Pong Room). The cost is \$10.00. Come and get your week off to a great start.
- Mondays at 1:15 "Lunch with a Lifeguard". We will pick one child to enjoy their lunch with a guard.
- Tuesday and Thursday: Arts and Crafts with Liz!! at 1:15 (Until 8/23)
- Monday and Wednesday: Story Times at 2:15 (3-6 years old) and at 2:45 (6 and up).
- Monday, Wednesday, Friday at 1:15: Water Activities

Due to popular demand, we will be having a Dance at CBA on **Thursday, August 20<sup>th</sup>** from 6:00 – 8:00 PM. We will be hearing music from D.J. Jay whom you might know from the Rock Nights at the rink. Although the dance will be geared to our young teenage members, all members and ages are welcome to come and listen and dance to the current hits and maybe some oldies and goodies. As a family beach, this event will be fun for the whole family. Jay takes requests, so if you have a song you would like to hear, let us know in the office and we will get it to him.

This event is for members and their guests. If you bring a guest, please sign in at the office the evening of the dance. There will be no charge for guests. (Parents: Please do not drop off your child and leave. Parents are asked to make sure there is a responsible party present and responsible for your child.)

This is an opportunity to get together and have some fun towards the end of the summer.

Our lifeguards are currently working on some dance moves to inspire the masses!

If you have any questions please let me know.

Sincerely, Domenic Botolino, C.B.A. Manager (508-775-9695)

## Red Lily Pond Project: “The Color Purple”

By Steve Brown

The Red Lily Pond project is a member of the Massachusetts Congress of Lake and Pond Associations ([www.macolap.org](http://www.macolap.org)). This organization provides a wealth of research data on pond preservation and restoration, and reminds us we are not alone in our quest to protect fresh water in the Commonwealth.

Their Summer 2009 newsletter has an interesting and informative article on the invasive species “Lythrum Virgatum,” commonly known as purple loosestrife. You may have noticed this purple flower sprouting along the banks of Lake Elizabeth and Red Lily Pond. Unfortunately, purple loosestrife is a “Trojan Horse” which appears harmless, but is actually threatening waterways throughout Massachusetts and the Northeast. It is an invasive species that produces between 2 and 3 million seeds on each stalk. It can rapidly take over an entire wetland.

This is a problem for three reasons. First, it smothers pollen-producing native plants, eliminating the diversity of pollens, which honeybees depend upon to survive. You may have seen recent articles about the steep decline of honeybees on Cape Cod; a threat to commercial apiaries and private beekeepers as well. The loss of honeybees is a result of a variety of environmental factors; most out of our control: controlling loosestrife may be one which we can accomplish. Secondly, loosestrife spreads rapidly, choking waterways and depleting the oxygen upon which fish depend. Third, it creates a monoculture in ponds, eliminating waterfowl habitat.

While its root system may provide habitat for muskrats, amphibians, like bullfrogs, are at risk. All in all, despite its beauty, it's a plant we'd rather not see cover the Ponds. Over the next three years, the Red Lily Pond Embankment Restoration Project has slated to remove the Lythrum Virgatum from the pond embankment where we can, and we encourage pond abutters to avoid this popular ornamental, lest it escape gardens and retaining walls and sneak in where the elusive Red Lilies once grew.

### MOVIE REVEALS LESSONS AROUND ILLNESS

On **Friday, August 14<sup>th</sup>** at 6:00 PM, there will be a showing of "Darius Goes West" at the Tabernacle. The film is about a 15-year-old boy with Duchenne Muscular Dystrophy and eleven of his friends traveling across the country. It is filled with adventure, humor and proves to people of all ages that life, even when imperfect, is always worth the ride! Come learn how Duchenne is touching the Craigville community on a personal level and have some laughs with friends. Presented by “JB's Keys to Duchenne”.

For more information visit [dariusgoeswest.org](http://dariusgoeswest.org) or contact Beth Woelfel Harvey at 617-365-6060.

### Craigville Conference Center: Along the River

We will be welcoming Bishop Feehan High School and The New England Particle Physicist Student Retreat to Craigville this week.

Jacci in Reservations resumes her role on the Cape Cod Mystery Train this Saturday night.

The Staff is gearing-up for a busy week hosting the Cape Cod Writers Center Conference.

Is anyone willing to offer their driveway for parking during the Writers Conference, August 15<sup>th</sup>-August 21<sup>st</sup>?

If so, please call the Conference Center Office at (508) 775-1265.

### Around the Town

Valerie Lane is busy with preparations for the **Red Lily Pond Project's Annual Dinner and Auction Evening on Saturday, August 22<sup>nd</sup>** beginning at 5:30 PM on the Craigville Green. A delicious Italian dinner in the Craigville Inn Dining Room is planned, preceded by wine and cheese on the Green and a silent auction. Attached is your reservation form. Please complete and return it early so that you don't have to worry about it later on. Proceeds help to support efforts to preserve and maintain our lovely, scenic ponds.

**Quotation of the week: “Governments ought not to be judged by whether they tax and spend, but on how they tax and on what they spend.”** -John Pierre Ameer, Associate Professor, Clark University

**SEEM LIKE YOU'RE ALWAYS EITHER TOO HOT OR TOO COLD?**

BY DOPPLER DEBBIE (ALMY)

How does the human body adjust to extreme weather temperatures?

First, let's understand how the body's automatic cooling system works. Humans perspire all the time - 24/7 - which we normally are not aware of. Evaporation causes cooling, which is why after a dip in the pool or ocean, you feel cool, for the water on your body is evaporating, thus lowering your body's temperature. When the air is saturated with water, meaning the humidity level is high, your perspiration sits on your skin, unable to be absorbed by the air. The air, like a wet sponge, cannot hold any more water, so that sitting perspiration makes you feel sticky and uncomfortable. When the body becomes overheated, heat stroke may occur. This is a life-threatening situation when the brain can actually start to cook, causing life-long damage. Fast action to lower the temperature is critical: this may be done by putting ice or very cold water on the person and then seek professional help immediately.

Your skin's pores also change in hot or cold weather. In warm weather the pores open wide to allow body heat to escape; however, in cold temperatures, the pores close-up tightly to keep your body heat in. You can actually see this by checking how tight a ring on your finger fits during the summer; yet in the winter, the ring slips around freely. That shows how the skin's pores have shrunk when closed tight and expanded when opened-up. Now what does the body do during cold temperatures to try to keep you warm? You shiver! When you are feeling cold your body begins to shiver, which is a completely involuntary act, but that process generates heat. As the muscles twitch, heat is made to try to warm the whole body. Violent shivering, however, is also a danger sign of hypothermia a condition when the body's temperature has dropped to a dangerous level. This condition may cause vital organs to shut down, resulting in seizures, coma and possibly death. Normal body temperature is 98.6°, so any extreme deviation in either direction may create serious health issues. It is truly amazing how the human body's natural automatic cooling and heating system work so well in trying to maintain a normal internal temperature, especially when external temperatures may be so extreme!

FeatherFacts

**HOW DO BIRDS FLY?**

Recently, while standing still in traffic heading to Cape Cod, I watched a turkey vulture just hovering above a cranberry bog by the highway. There was little wind that day to be used for an updraft, yet he just swerved back and forth, almost stationary in place, never once flapping his wings. How did he do that? Only in the 20<sup>th</sup> century have people been able to build machines that can fly through the air (after carefully studying birds). The birds, however, do a better job in many ways than we do with our airplanes!

Birds are far more complicated than airplanes. An energy source is required to overcome the unavoidable drag and gravity of pushing through the air to lift the bird or airplane up to flying height. Airplanes use propellers or jet engines, while birds use strong muscles in their breasts to flap their wings. Birds have a lot of adaptations for flight as well, for their bones are hollow and light, but strong, and they have light feathers which catch the air. They also can fold-up their wings when they are not in use. In addition, bird wings are hinged, compared to airplane wings which are rigid and fixed. The bird uses its strong muscles to push its wings downwards, pushing air down, generating lift, and, if the wings are angled properly, also thrust the body in a forward movement. On this down stroke, the hinged wing is fully extended, offering its full surface area for pushing air downwards while on the upstroke, the wing folds up, presenting less area for the air to press against. It is a lot like rowing a boat. The oar pushes the water behind the boat on the power stroke, but must be removed from the water and, ideally, turned 90 degrees so it does not push air or water forwards on the return stroke. The stronger the pull of the oar, the faster the boat moves forward.

It is still a wonder to watch birds of all sizes, from hawks to sparrows, maneuver as they do with such speed, agility and grace.

**The *Craigville Chronicle* is sponsored by the Christian Camp Meeting Association and the Craigville Cottage Owners Association, and is produced weekly from the last week in June through Labor Day weekend. Please e-mail your news to [aliceb@cape.com](mailto:aliceb@cape.com) (hard copies to Craigville Conference Center Office or Craigville Post Office). We are always on the web at [Craigville.org](http://Craigville.org) (postings to [amelia@cape.com](mailto:amelia@cape.com)). News is due by noon on the Wednesday preceding Friday publication. We appreciate your contributions!**

# Red Lily Pond Project Association Dinner

**Saturday, August 22<sup>nd</sup>, 2009**

5:30-6:30pm - Wine and Cheese on the Green

6:45pm - Dinner in the Craigville Inn Dining Room

Silent Auction during cocktails and Live Basket Auction following dinner.

The annual Red Lily Pond Project Association fundraiser dinner featuring renowned Cape Cod caterer David from our own DiPrete family restaurant Jack's, is only a few weeks away. A delicious buffet dinner including Lasagna, Baked Eggplant, Broccoli, Meatballs, Salad, and Garlic Bread awaits you.

Please hurry to fill out the reservation form below and deliver it to Valerie Lane at 86 Summerbell Avenue **by Thursday, August 20<sup>th</sup>** at the latest (hopefully before) or call Valerie at 508-778-0507.

Thank you for your support to help save our beautiful ponds!

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I wish to attend the Red Lily Pond dinner on Saturday, August 22<sup>nd</sup>, 2009 in the Craigville Inn Dining Room on the pond.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

Number of Reservations at \$35.00 per person (Wine included): \_\_\_\_\_

Dues at \$10.00 per person: \_\_\_\_\_

Donation: \_\_\_\_\_

Total Amount Included: \_\_\_\_\_

Thank you!