



The Newsletter of The Carpenter's Boat Shop

Fall 2008

BALANCE

One of the basic tenets in the Benedictine tradition is to keep one's life in balance. It is the hope that mind, body, and spirit might always be in peace and harmony with one self, one's neighbor, and God.

In sailing there are various forces working on the rig and hull of a boat that keep it in balance so that the vessel might be safe and swift. Its balance is based on two factors, the center of effort or CE, and the center of lateral resistance or CLR. The CE is that single point on a sail where all the forces of the wind come together to drive the boat. The CLR is the horizontal line on a boat's underwater profile that keep it tracking forward

with minimal leeway. When the vessel is in balance the Center of Effort driving the boat, and the Center of Lateral Resistance, the keel preventing it from slipping sideways work in harmony allowing the boat to make headway.

At the Carpenter's Boat Shop we try to encourage our apprentices to stay well balanced as they make headway through the calendar year

and the years to come. As each apprentice provides effort in the building of boats and furniture, meal preparation, gardening, and sharing in community service, it is our hope that each will move forward to gain a deeper knowledge of self, a clearer vision of life goals, and a stronger commitment to loving service in the world at large.

This year we have an exciting group of apprentices who come from Washington State to Bremen, Maine; from Reykjavik, Iceland to Iona, Scotland. The apprentices range in age from 20 to 60 and are a thoughtful and enthusiastic crew.

And so as we begin our 30th year at the Boat Shop, we would like to express our deepest thanks to you who read this newsletter for your continued support,

encouragement, and love. We are off to a wonderful start, and look forward to an exciting new decade ahead. Blessings on you all, and may we stay "in balance" as we move forward on life's journey.



Greg Schundler working on a Monhegan Skiff

•Bob Ives



*David McDonald, Rohan Glendenning, David Stebbins, Jim Austin, Greg Schundler, Julie Bondor, David West, Ethan Lavendier, Bill Grogan
Kenneth, Conrad & Angela Kortemeier, Twister & Kim McClain, Ailin Rafferty, Rick Eble, Darin & Serafina Carlucci, Bob Ives
Not pictured: Will Reser*

2008-2009 CREW

Julie Bondor

Originally from Hunterdon County, New Jersey, Julie has spent more recent years in Syracuse, New York obtaining a degree in religious studies. Interested in arts and craft, Julie is finding her time at the Boat Shop rewarding. Thank you to all who make this possible.

Kim McClain

I started this life in Santa Monica, California, and inherited a love of tools and their possibilities from both of my grandfathers. My first building project was a doll crib that monopolized the tools and used up the entire dowel supply on the first grade carpentry cart. Since then I have lived and studied, worked and played in many places and I'm grateful for the adventure that has been my life so far. I helped raise a son, former apprentice Zack Reidman, in Connecticut before I moved to Maine in 2000. My most recent passion has been my 7-year-old gingerbread cookie business, on hiatus for the duration of my apprenticeship. Here at the Carpenter's Boat Shop, among the many many lessons, I am learning to share the tools and make enough dowels (and food) for everyone.

Ethan Lavendier

Born in Connecticut, graduated from Umaine in '07. Most recently I traveled around the country selling fresh squeezed juices and fruit smoothies powered by solar. I feel incredibly lucky to be here in the community eating fresh local food.

Ailin Rafferty

Weight: 150 Lbs; Height: 6'1; Eye Color: Brown; Hair Color: Brown; DOB: 2/20/84

THIS YEAR'S CREW CONT...

Will Reser

Just some guy doin' some stuff you know? I mean honestly, what do you say?

Greg Schundler

Greg Schundler first came to the Boat Shop with the Basking Ridge Presbyterian Church Workcamp. He studied ecology and evolutionary biology and neuroscience at Princeton University graduating in 2004. After traveling in California, Montana, and Europe he went on to work for Energy Capital Partners, a private equity company, investor in energy infrastructure. Greg enjoys being outdoors, playing guitar and watching documentaries. He hopes to follow his passion for the environment by pursuing a PhD in restoration ecology or natural resources.

David Stebbins

David grew up in Portland, Maine. He has been worked in the past doing window washing and restoration. He enjoys swimming, camping, sailing and playing wallyball. He hopes to start his own window business.

David West

I was born and raised in Bellingham, WA. After high school I went to WSU, changing my mind about what I wished to do on more then one occasion. It was during one of these transition periods that I decided that collage was not right for me. I began to look, somewhat casually, into other options and took some suggestions from my family. I heard about a wonderful program in Maine that seemed like it would appeal to my sense of quality, and after visiting I decided that this group of people would be perfect for me. I ended up not attending the year following my visit, working instead for a printing company. I am very grateful that I am able to come here this year, it has been a wonderful experience so far.

Nicola Lugosch

Nicola is from Texas, though she is coming to us now from Iceland where she is working on her masters degree in medieval icelandic studies. She enjoys singing (including opera), knitting, reading and writing letters.

STORM WINDOWS

Twenty - four years ago, Ruth and two other women began a program called the Community Housing Improvement Program or CHIP. CHIP's mission was to assure that everyone on the Pemaquid peninsula was "warm, safe and dry." It was a modest mission, but it has had enormous results in assisting thousands of people, and has grown to include more of Lincoln county.

This Fall, Mariellen Whelan and Matt Filler, two Friends of the Boat Shop, have organized a remarkable cadre of volunteers to make insulated storm windows for over 40 families in the community. With predictions of high oil costs and lower temperatures, this thoughtful and generous crew are helping neighbors in need by helping with witerization of their homes. With a design from Guy Marsden of Woolwich, and materials purchased through the generosity of the Reny family, Pooles Lumber and Hancock Lumber, over a 100 windows have already been made with hopes of building over 300. We are deeply grateful to Mariellen and Matt for kindly coordinating this effort of neighbors helping neighbors.



Matt & Mariellen building storm windows

GREETINGS FROM THE KITCHEN!

First, I would like to offer many, many thanks for the generous, beautiful and useful gifts of high-quality pots, pans and knives which we received after the last newsletter was sent out to you. I had the sense that there are some fans of the Boat Shop who are very enthusiastic and knowledgeable cooks offering gifts which they were excited about too! The apprentice cooks and I feel grateful all day long as we dice and chop and saute with top-rate tools; they make our tasks much more enjoyable and efficient.

It has been a very busy fall for all of us here. I have been especially busy since this is my first time around as the house manager at this time of the year. I am unable to count how often I think of Ruth as I try to fill her shoes. Her tremendous spirit of service (and her recipes!) are constant guides for me, and it's inspiring and mind-boggling to know first hand how much she accomplished every day. She truly was a super-woman.

I am happy to report that the household is running very smoothly, thanks to the enthusiasm, help and willingness to learn evident in each of our apprentices and long-term guests. I would suggest that the task of learning how to produce a whole day of meals for often up to 20 individuals is one of the most challenging (and for many of them the most daunting) tasks which we require of them. But they seem to have sprouted wings recently in their roles as DE's (that stands for Domestic Engineer), and I feel proud, well-fed and grateful to have a bit more time outside of the kitchen lately.

In my efforts to help the apprentices cook, I've been creating menus and offering well-tested recipes that are nutritious, fairly quick to make and based on whole (as opposed to prepared) foods. We buy much of our food in bulk in order to trim our grocery bills and I make an effort to buy as much food locally as possible. This winter again we have signed up for two full shares of vegetables with our friends Jeff and Amy Burchstead at Buckwheat Blossom Farm. They offer root vegetables, greens, frozen vegetables, onions, garlic and herbs through their winter pantry CSA. Our two shares feed us a huge variety of vegetables from mid-November until April. They will also supply us with half a cow, a dozen chickens and occasional eggs.

We have received some wonderful donations of food this fall. Occasionally local restaurants closing for the winter season will offer their perishables to the Boat Shop, and this was the case with Grace Goldberg's High Tide Snack Bar at Pemaquid Beach. The Second Congregational Church in Newcastle very often offers us excellent food as well. There are several angels who regularly bring plates of cookies or tea time

treats, we're always pleased to see them coming. We are also grateful for the annual generosity of our friends at Biscay and Clark's Cove apple orchards, who make our yearly cider pressing possible. The efforts we have been making here at the Crooked Farm and in our kitchen are extremely exciting to report. We eat the best and freshest foods at the lowest cost when we grow them in our garden and process them ourselves.

We've been making our own yoghurt and have plans for sauerkraut soon. Bill Grogan's update will tell you more specifics, such as Hib Harris' efforts at canning and preserving and the root cellar which Randy Domina is finishing as I write this. If you're unfamiliar with root cellars, they are a very low-tech, old idea which almost disappeared when dirt-floored, leaky basements went out of style. Randy has done his best to reproduce the temperature, humidity and ventilation of an old cellar in a corner of the new workshop's basement, so we will now be able to effectively store large amounts of fruits and vegetables through the winter. We are looking forward to increasing our garden output in order to fill it with our own produce next fall - it offers us a remarkable amount of self-sufficiency and big savings for the future.

If you're curious about these efforts of ours, issues of food production or "food security", check out "The Omnivore's Dilemma" by Michael Pollan. There's also an interview with him on NPR's "Fresh Air" - www.npr.org/templates/story/story.php?storyId=5336252.

That's it from the household. Thank you so much for your interest and support. I hope we'll see you for tea some time, any weekday at 10 AM.

•Angela Kortemeier, House Manager



Serafina, Katherine and Darin making pies.

LIFE IN THE SHOP



David, Kim, Julie and Kenneth with bar stools and a child's chair they built

I feel blessed and encouraged everyday to be working in our beautiful new Workshop. It was very heartening for me to be settled into the workshop before the start of this year. Being able to focus completely on teaching apprentices was a welcome treat. I felt grateful to be done with installing Dust-collection systems and helping create a functioning machine shop. I think we have all experienced an increase in ease and efficiency because of the new building. Additionally, we are reaping the benefits of hard work spent last year building drawers and storage equipment. The natural light has made a significant difference in the apprentices ability to see the subtle facets of the boat and chair parts they are shaping. The light has also helped with apprentices ability to enjoy sunsets and mitigate effects of the shortened days on our moods as winter approaches.

At the start of each year there is a busy and full two weeks spent in orientation. One of the weeks was spent making bent wood fire wood carriers and the other week was spent building tool boxes and mallets. These orientation projects were completed in the afternoon work periods while the mornings were spent listening to lectures and presentations given by the staff. These

offerings were an opportunity to learn important information needed to live at the Boat Shop. Some of the topics covered included; hand tools skills, how to work efficiently in the kitchen, boat nomenclature, wood technology and the safe use and care of power tools.

Afterwards, the group began a two week period of skiff building. All apprentices worked together on two Monhegan Skiffs, which had been ordered by fishermen on Monhegan and were sent out to the island right after their completion.

My work then shifted as I began work with four apprentices on Ladder-Back chairs. We had an order for four chairs to be made from a single ash tree. The family who ordered the chairs brought us an ash log from their land. We were excited to produce their chairs based on their distinctive and very personalized request. We had the opportunity to design and build a rocker and a child's size chair, so now we have increased the variety of styles of chairs we can produce by these two. While these chairs were coming together, the other apprentices were busy making two more Monhegan skiffs and completing various projects in the Restoration Department.

•Kenneth Kortemeier

OUT O' THE GARDEN

Even as we put the garden to bed for the winter, there is still a lot happening. Garlic has been planted for next season, leeks were transplanted into two beds to be ready for spring. We've had a full year now with the 12' x 20' greenhouse. This summer was our first for growing tomatoes, peppers, eggplant, and basil. It couldn't have worked any better (ok, maybe a little better). The tomatoes were great, the largest I think I've ever grown. After the greenhouse was harvested, we transplanted spinach and kale from the garden into coldframes which had been placed in the greenhouse. They will over winter, then continue to grow come Mar./Apr.

For the most part we had a productive gardening season. Early spring was dry, which was helpful, but the cold rainy days of spring became a challenge, especially with the winter squash (they like the soil to be warmer). The asparagus is more productive as it becomes established, and late June brought the best strawberries ever! You can believe this or not, but I thought the black fly and mosquito season was short and not so bad, as well as with our usual insect damage. I feel that crop rotation and companion planting has helped in that realm.

Summer was very busy planting fall crops and tending to the spring planting. The first week in July we had the return of the youth group from Basking Ridge, NJ. They were a tremendous help in the garden, as well as out in the community working on CHIP housing projects. From about early July through late Oct. has been harvest time, starting with peas, green beans, garlic, potatoes and onions. Even now in mid-Nov we're eating kale, carrots, parsnips, and beets directly from the garden. Hib Harris, who worked in the garden this season, did a great job "putting by" much of the harvest. Beside our standard dilly beans, dill pickles, and pesto, she also canned: sweet pickle chips, beet relish, green cherry tomato pickles, green tomato chutney, green tomato ketchup, pears, apple-pear sauce w/cranberries, and ginger applesauce. In the freezer we have: pesto, peas, green beans, chard, and celery. We've also been drying herbs.

Fall is the season we play "catch-up" for all the time consuming projects you just never have enough time for. It is also the time for apple pressing, which is tons of

work, but also tons of fun. This year we pressed almost 80 gallons, the cider is frozen, and pies have been made. The cider apples we pick at Biscay Orchard, and the eating apples were picked at Clarks Cove Farm. Some of our other fall jobs include, mowing the fields, pruning and harvesting trees, chipped brush and shredded leaves are stored for composting next spring and summer, collecting seaweed from the shoreline, as well as building new compost bins.

Our most exciting new project this fall is a root cellar being constructed under the new work shop. Randy Domina, a former apprentice, is visiting us and is doing a great job on the construction, worthy I'd say, of a magazine article in say "Organic Gardening" or "Mother Earth News". The root cellar will be a huge benefit toward our efforts to produce as much food as possible from our Crooked Farm gardens. This fall has been exceptionally mild, but the recent cold and windy days lets us know that winter is coming soon!

•Bill Grogan

RENOVATIONS

Everyone who lives in the White Farmhouse Dorm appreciates the renovated bathroom. We now have a walk in shower tiled floor to ceiling and the tile continues to window height throughout the rest of the room. New fixtures, sink, john and lighting complete the job. The bathroom is now easy to clean, watertight and quite lovely.

The main office on the garage building is being opened into an office annex, staff and meeting room. This meeting space is being converted from the old apartment with new ceiling, insulation and cosmetics. New construction of a root cellar in the basement of the workshop will provide space for our anticipated garden harvests. Designed by Bill Grogan it will be a welcome addition for food storage.

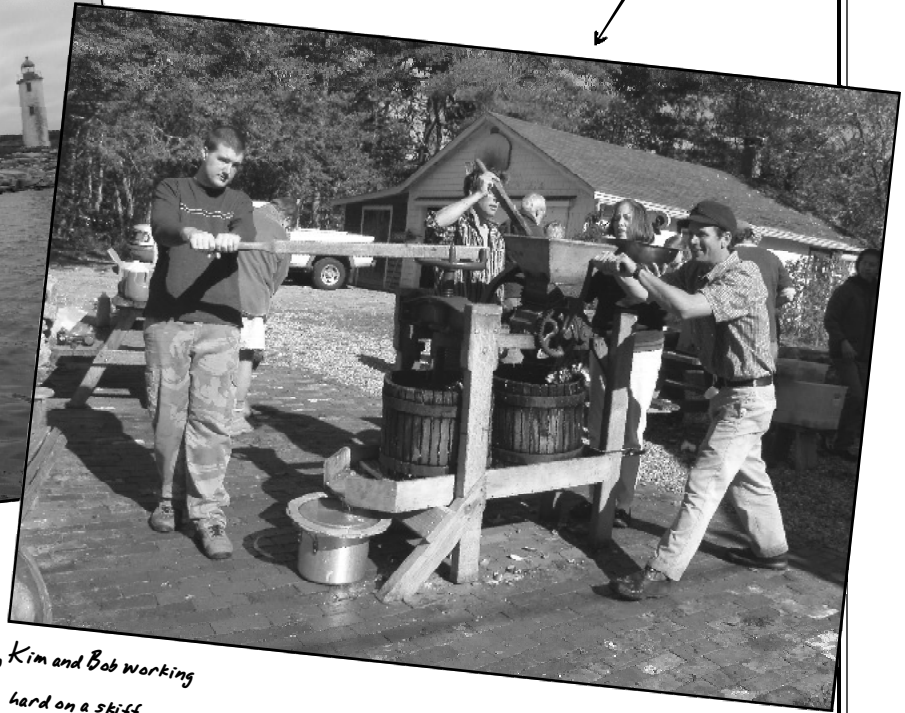
All of the above have passed through the capable hands of former apprentice and friend of the Boat Shop, Randy Domina. Randy has been aided by visitors, staff and other Friends of the Boat Shop. Special thanks to his wife, Natasha, for loaning him for weeks on end from their home in Connecticut.

•Jim Austin

Kenneth, Julie and David
sailing in Muscongus Bay



Apple pressing day!



Will, Kim and Bob working
hard on a skiff



Darin, Serafina, Arlin
and Greg on our fall
sailing trip



The Carpenter's Boat Shop

440 Old County Road

Pemaquid, ME 04558

WISH LIST

Any boat donations for refurbishing or resale
Hydrometer for the root cellar
Boat building or carpentry books for our library
New or used Delta band saw
4"-6" C-Clamps or 6"-12" F clamps
50 padded folding chairs
CSA (Community Supported Agriculture) share
One-way woodworking lathe
Tormek sharpening system
Produce scale - hanging style

We are very grateful for the excellent response to our wish list. As a reminder, consumer grade tools and equipment do not hold up well to the extended use that Boat Shop equipment receives. Heavy duty, commercial grade, or contractor grade tools are more reliable and have a much longer life span at the Boat Shop.

FOR SALE

Catspaw dinghy -with sail and oars	\$7600
Maine Coast peapod -with oars	\$5400
Monehegan skiffs	
various configurations w/oars	\$1300-\$1650
Ladder back chairs	\$350
Foot Stools	\$150
Single Adirondack chairs	\$175
Double Adirondack chairs	\$350
Shaker Boxes - various sizes	\$28 - \$80
Log Carriers	\$50

Please call to place an order or to see what we might have ready.



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