



Aboard the *Sunbeam*

Aboard the *Sunbeam*, Mission programs often take center stage. Yet crew members always have fascinating stories and interesting reflections to share. This month, we plumbed the minds of Captain Mike Johnson and Steward Jillian for some of their ruminations on life and work aboard our beloved *Sunbeam*.

From the pilothouse with Captain Mike Johnson

In extreme weather, the *Sunbeam* is occasionally asked to break sea ice in protected harbors. This can be as simple as helping a single lobster boat out of an icebound shipyard, or as major as freeing the Isle au Haut Thoroughfare to allow the ferry to continue her runs. The Maine Seacoast Mission has a long history of this

service. Beginning with Sunbeam III in 1939, the design of the hull was adapted to include sheathing to protect the wooden hull from ice damage. The decision to switch to a steel hull on Sunbeam IV and V was undoubtedly influenced by the need to operate in ice...

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From the galley with Steward Jillian

Although familiar with cookie baking, I had little experience of being on water and using nautical terminology when I applied. I prepared for my job interview with Captain Mike by studying a simple illustration of a ship's anatomy. Starting at the basics—port, starboard, bow, stern. I said these words along with a handful of others to myself while driving to the beloved Sunbeam for the first time. Bathrooms on a boat are called heads and a kitchen aboard is a galley, it was all new to me. And after eight years it is still new. It has been fun hearing and learning the language of mariners, the words and expressions said in proximity to water...

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Exceptional Housing Rehab volunteers protect a Downeast home from Maine's harsh weather

Volunteers Prepare to Rehab Downeast Homes

Western Washington County is known for its rugged coastline, lobster boats, wild blueberry barrens, farms, and small-town living. As with any small town, Downeast communities have their share of older homes in need of repair. This summer, the Mission's Housing Rehabilitation program returns to normal, full operations.

It couldn't be better timing for Downeast. Since 2009, the program has ensured youth, families, and seniors have warm, safe homes. Improvements vary from installing storm windows to rebuilding rooftops. However, the pandemic forced the program to make some modifications. To protect volunteers and Downeast residents, the Mission supplied materials to locals who could manage their own home repairs. Despite the adaptation, the program maintained a high level of impact. In 2021, 11 homes across 10 Washington County towns were repaired...



Improving Health with Technology

From scheduling and coordinating care, lab draws, and flu vaccines to meeting with the eldercare partner network and holding her own patient appointments, connecting virtually is essential. "It allows for a wide range of health services, including primary care, medical specialties, behavioral health, and substance abuse," she says.

While regions of Maine struggle for reliable internet connectivity, islands tend to fare better. "I think that's why islanders responded so positively and quickly to telemedicine. It's hard to get off the island for services," remarked Sharon. "It's not just a one-hour session with a provider. Islanders must factor in water crossings by mail boats or ferries as well as additional commuting by vehicle. During this time of year, weather affects boat schedules, which in turn means canceling and rescheduling health appointments." With a decrease in staffing at many provider sites, it takes more time to rebook those appointments...

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Director of Island Outreach Reflects on Mindfulness

From the desk of Douglas Cornman, MA, BC-DMT, Director of Island Outreach

A few years ago, someone dear to my heart, introduced me to a creative way of measuring emotional energy. I had never heard of this particular method for gauging how a person is feeling, but, once I did, it dramatically helped me understand where their emotional barometer was at any given moment. They measured their daily allotment of energy with “spoons” much in the same way a baker measures dry ingredients for a cake. In response to my asking, “How was your day?” They might answer, “Today was rough. It took most of my spoons. I am not in the mood to talk about anything of consequence at the moment.” Conversely, doing something they enjoyed, replenished spoons. “I spent the morning painting,” they once told me. “My drawer is filled with spoons. I’m so glad that I made some time to do that.” Spoons work in both directions. We use them, but we can also get them back...

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Edith P. Drury - Enthusiasm for Mission Work

NORTHEAST HARBOR, ME - Edith P. Drury was 20 years a Maine Seacoast Mission staffer. The Mission archives include some of Ms. Drury's "God's Tugboat" newspaper columns written over many decades for *Maine Coast Fisherman* and *National Fisherman*. Through her columns, Edith left us her first-hand account of the Mission's work (circa 1950-1960) among people and places on the mainland, along the coast, and on islands.

"When the *Sunbeam* starts out on a trip tomorrow to deliver Christmas gifts, we will be thankful for the gallant little oil burner, pushing heat into the radiators, warming the cabins and offering a chance to thaw icy mittens," wrote Drury in January 1959...

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Terri Rodick with the family lobster boat (left) and a view in Eastport (right)

People & Places - Terri Rodick

My name is Terri and I have gratefully worked with the Mission for 22 years. Learning from many amazing individuals, I recently took on the challenge of serving as the Mission's new Marketing and Events Coordinator.

Living on Mount Desert Island, I'm surrounded by the ocean everywhere I look. However, the one place I absolutely fall in love with each time I visit is Eastport. It's one of the easternmost points in the United States that the new day's sunlight first touches. You can look across the ocean all the way to Canada. Best of all, Eastport is home to "Old Sow," the second largest whirlpool in the world, and the only whirlpool in the Western Hemisphere.

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