



Welcome to Star Arts!



New Shoalers Guide

STARTING FROM SCRATCH: A BRIEF GUIDE FOR NEW SHOALERS

Welcome. We are so happy that you've decided to join us. Star can be a magical place, and we encourage you to spend your week here in any way you'd like.

You'll discover a of myriad activities scheduled from 7:00 AM to 10:00 PM daily. But don't feel compelled to do all, or any of them. Find your own pace, which just might include sitting in one of the very comfortable rocking chairs on the front porch of the hotel, where you can gaze at the mainland or across the harbor, basking in Star's very splendid solitude.

Solitude is one of Star's greatest gifts—but it is definitely also an endangered species with all the many activities and events happening everyday. So, even if you are an online-wired-wireless-mobile-connected-broadbanded-WIFI'ed-tweetified-facebooked-podcasted-accessible-and-available-24/7-type-person for the other 51 weeks of the year...let this week be different.

Read through this guide at your leisure. Print it out or save it on your phone for reference when you're on Star!

Part 1: Packing and Planning

Part 2: Getting to the Island

Part 3: Sunday: Arrival, Events, Accommodations

Part 4: Morning Activities and Workshop (Mon-Sat)

Part 5: Afternoon and Evening Activities



USEFUL LOCATIONS (Check Map for these and others)

Oceanic Hotel: Large main building up the walk from the Dock. Inside the Lobby, you'll find: the Main Desk (pay bills, charge phones, get help), Gift Shop, Bookstore, Lobby Store, Dining Hall entrance. Room accommodations are upstairs. Showers are in the basement.

Stone Chapel: Where services are held (up the hill behind Oceanic, highest point on Island)

Flagpole: Where to gather in case of a Fire Drill (beyond the baseball field in front of Oceanic)



USEFUL TERMS

New Shoaler: A person attending a conference for the first time. This year, that's you!

Shoalmate: Old Shoaler who helps you learn the ropes

Old Shoaler: You're only a New Shoaler once, then you're an Old Shoaler...

Pelicans (Pels): (Mostly) college age staff whose work on the island as a summer job. They cook and serve our food, wash the dishes, make our beds, clean everything, set up conference events, maintain the buildings, run the salt water waste treatment plant, generally beat the Arts Softball Team, as well as perform in the weekly Pel Show put on for each conference (lots of talent, lots of enthusiasm). Clearly, we can't live without them!

Chamber: Pelicans who make your bed and clean your room.

Waitrae: Pelicans who work in the dining hall. Waitrae = Latin neutral plural for Waiter.

Kitchie: Pelican who cooks your food

Dishie: Pelican who cleans up the dishes.

Truckie: Pelican who transports luggage, supplies, trash and other items around the Island.

Dockie: Pelican Life Guard.

Deskie: Pelican who works Front Desk of the Hotel. (By now, you get the idea...)

PART 1: PLANNING AND PACKING

So, you've signed up for an adventure on an island in the middle of the ocean! What should you bring? Great question! Some years, the weather is cool with highs in the 60s and lows in the 40's at night. Other years are warmer with highs in the 80s and lows in the 60s. We might bask in luminous sunshine or splash in rain puddles. In other words, flexibility is key! Here are some tips to help you plan and pack for the week:

- **Limit your luggage:** For ease of traveling and transport, each person can bring:
 - **1 Checked bag of 40 lbs. OR 2 Checked bags of 25 lbs.** (Soft-sided duffel bags are preferred but not required. Put your name on the bags and close them securely.)
 - **1 small carry-on** (backpack or zippered tote) for carrying project supplies, your camera, and a water bottle during the day. Whether you're a photographer, a painter or a poet, you'll want to keep your tools nearby to capture the beauty that surrounds you.
 - **1 specialty item** such as an easel, musical instrument, etc.
- **Bring a variety of clothes!** In addition to warm weather clothes, bring a windproof jacket, waterproof gear (umbrella if you like), and lightweight cold-weather clothing—then layer as needed. Socks and warm pajamas are good for chilly nights. For sunny days, bring sunblock, sunglasses, and a sun hat. The other *essentials*: **flip flops** for the shower and **sturdy, comfy shoes and/or sandals**—the Island is basically a pile of rocks with beautiful old buildings, and few smooth paths.
- Although **dress is casual**, some folks like to dress-up a bit for our last night dinner (your choice, as always). And, if you need a **special outfit or costume for the talent show**, don't forget to pack that, too. There's almost always an opportunity for silliness.



PLANNING AND PACKING (cont.)

- Speaking of silliness, if you like to swim in the cold North Atlantic bring a **bathing suit**. The daily **Polar Bear Dip** is one of our most revered activities (although many choose to revere it from a distance). If that's you, feel free to join our Polarette cheerleaders on the dock.
- What else? Your **art supplies**, a **flashlight** for navigating at night, **batteries and chargers** for cameras and electronic devices, **bug spray**, **cosmetics**, **face masks**, **hand sanitizer**, **medications** (**9-10 day supply or more**), and an **extra pair of glasses**. **TO REPEAT: No drugs, camera batteries or art supplies are sold on island. Be sure to bring your own!**
- Finally, don't forget to bring a bit of **cash (+\$100)** for **Snack Bar** and other small purchases and a **checkbook/credit card** to pay your bill and end-of-week Gift Shop tab!



TWO IMPORTANT TIPS:

- Consider **packing your stuff in plastic trash bags inside your regular luggage**. Things have been known to get very wet, especially if it's raining out. Also, baggage is moved by hand onto and off the ferry, over the water. Not always gently. To be safe, **carry your medications, valuables, and delicate items with you in your carry-on luggage**.
- We also suggest that you **take your raingear on the ferry!** Whether traveling to or from Star Island, the weather can do a quick turnaround mid-trip. It's not unheard of to leave the Island in brilliant sun and arrive at the Portsmouth dock in a downpour.




ONE FINAL PACKING REQUEST:

- If you'd like (we hope you will), bring **something to donate to the Star Arts Auction** (see details later). The more donations we get, the more we'll raise for our Scholarship Fund!



PART 2: GETTING TO THE ISLAND

Now that you're prepared, be sure to leave plenty of time to get to Portsmouth. The travel info's on the right. 

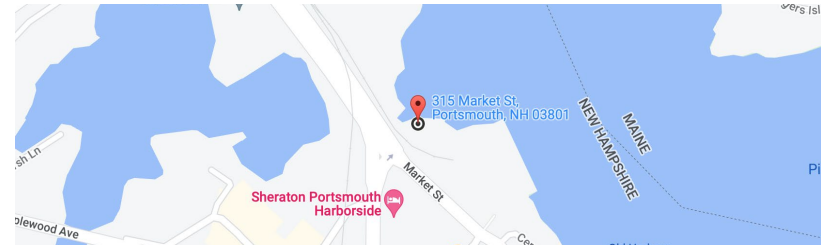
If you have a long trip, you might decide to come Saturday, stay overnight, and head to the dock on Sunday. If you're arriving on Sunday, it's fun to get to Portsmouth early, park in the Ferry lot, and then eat lunch before heading back to the dock for boarding.

At the Ferry

When you arrive at the ferry lot, you will be directed to **luggage drop-off and parking**. Pelicans at the drop-off desk will help **tag your bag** (which will magically re-appear on Island when you arrive on the hotel porch—or in your room, if you have made a special request), and an Arts Committee member will give you a badge with your name and hometown.

Please put on your badge as soon as you get it, and wear it at all times during the week. It will make it easier for you to connect with your **Shoalmate** and make new friends. We all wear them for the same reason!

Note: As a New Shoaler, you'll have a star on your badge.



Dock Address
315 Market Street
Portsmouth, NH 03801
Isles of Shoals Steamship Company

Star Arts Retreat
Sunday June 16th to Sunday June 23rd, 2024
June 16th: Check in between 11am and 1pm
(Boat leaves at 2:20pm Sharp!)
June 23rd: Leave Star approximately 8:50am. Arrive approximately 10:00am in Portsmouth

Important Link
Walking, Driving, Bus, Trolley, and Airport Information:
<https://starisland.org/2015/04/your-guide-to-getting-to-the-dock/>

Alternative Arrive/Depart
Please inform the Arts Registrars if you plan to arrive or depart on any other day besides June 16th or 23rd.

Emergency Numbers
Star Island Front Desk (Main number): 603-601-0832
Star Arts Registrars Cell Phone Number: 781-520-3786
Star Arts Registrars Email: stararts.registrar@gmail.com
Please make sure that your emergency contact information is up-to-date. Any changes please let the registrars know.

Changes to Boat Schedule
Times are subject to change, and we will inform you of any change as soon as we can.

Other Boat Schedule
If you plan on taking another boat, you still need to let us know! To check the alternative boat schedules go here:
<https://islesofshoals.com>

Cancellation Policy
Star Island and Conferences offer a full refund of program fee and deposit up to 4 weeks prior to the start of the conference, after which time, both the program fee and deposit become non-refundable. There is also a Star Island Length of Stay (Proration) Adjustments Policy, which is also up to 4 weeks prior to the start of the conference. There is a process for exceptions in the case of extenuating circumstances and this is determined by the Island Registrar.

You can read more here:
<https://starisland.org/faq-category/important-info/#cancellation-policy>

Questions
Contact the Arts Registrars:
Anne Nowelski and Mary Ann Young



Entrance to the Isles of Shoals Dock



THE FERRY RIDE

Let's talk about the ferry ride! For some travelers, one essential is a supply of ginger candies in case the seas are rough—they really work and taste delicious. If you bring enough to share, you might even make friends on the trip. If you save a few for the return trip, you might even make more friends!

And don't forget your raingear, in case raindrops begin to fall!



Once you've boarded the ferry, stow your carry-on bag and make yourself comfortable. Inside or outside seating—it's your choice! If you tend to get a little queasy, go for an outdoor seat. You can relax, feel the breeze, and always have the shoreline in sight. If you prefer staying inside, grab a window seat. The ferry ride is about an hour, and whether it's sunny or stormy, the ride over is a wonderful opportunity to meet people (especially if you've got that ginger candy). When you pull into the dock at Star, you'll hear the Star Cheer from welcome party on the pier:



***“S-T-A-R, S-T-A-R, Oceanic, Oceanic, Rah, Rah, Rah!
You did come back. You did come back. You did come back!”***

Proper Island etiquette then demands that you join the chorus on the ferry to answer:

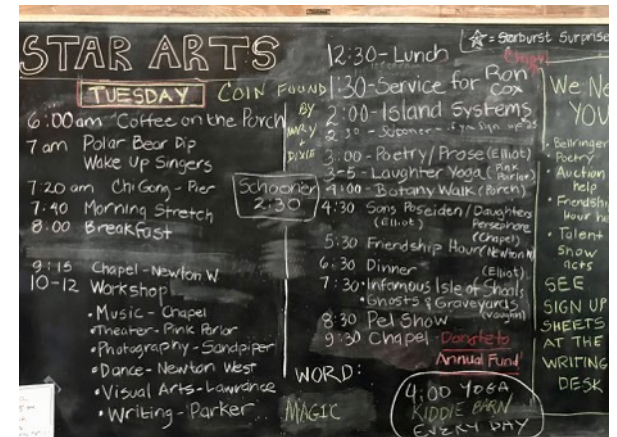
***“S-T-A-R, S-T-A-R, Oceanic, Oceanic, Rah, Rah, Rah!
We did come back. We did come back. We did come back!”***

PART 3: SUNDAY ON STAR ISLAND!

First Steps: After you've been cheered ashore, get off the ferry and **head up the path to the Oceanic Hotel.** Go up the stairs or take the walking path on the left to reach the porch (where you'll find some snacks to tide you over). **As soon as everyone is assembled, a mandatory orientation will take place. This is called, "Fire and Water" and will last about 45 minutes. (See more information on page).**

Once orientation is over, **mosey into the Lobby** through the double doors.

- The **Main Desk will be on your left** and is staffed 24 hours a day. Stop there to **pick up your information packet** with a printout of the week's schedule, your room assignment, and a conference address list.
- **The main island telephone is also at the Desk.** Any message for you will be posted on the board behind the desk.
- **On the left, beyond the Main Desk, you'll find a small sign-up desk.** Head here to sign up for our poetry reading, storytelling, talent show, and other events during the week.
- **Diagonally across from the Main Desk, on the right side of the Lobby, you'll see the oft-mentioned Chalkboard, the the heart of our Star Arts communication system.** This giant board lists all scheduled Arts activities, changes, and important notices. Info is updated often, so be sure to **CHECK THE CHALKBOARD SEVERAL TIMES EACH DAY!**
- Star Island's few opportunities for **shopping therapy** (the "*cash-only*" **Snack Bar, the Gift Shop, the Book Store, and Lobby Store**) are also in or near the Lobby.



The oft-mentioned chalkboard is the best way to stay up to date with events and activities at Star Arts.

After visiting the Lobby, you may want to **check out your room.** If you need help finding it, ask someone at the **Main Desk** or any of us. We've all been newbies and are happy to help whenever we can. The **Map** at the end of this Guide can also help you get your bearings.

ACCOMMODATIONS: ROOMS & SHOWERS

Settling into your Room

No matter where you sleep on Star—the hotel, cottages, or motel units—everything’s a bit on the Spartan side—except for the views. A dresser, mirror, twin beds, clothes hooks, table, water pitcher, and wash basin are the standard Island décor. As for bathrooms, think “down the hall”! Cottages A-E have one shared bathroom per floor, and the Hotel also has shared baths. Motel units have private baths, twin beds, and paper thin walls. Embrace the simplicity!

The Scoop about Showers

Sponge baths in the morning? Showers every other day? Yup, the rumor is true. Water is scarce on Star. In fact, our shower water is literally “shower” water—rain collected in cisterns. To conserve resources, we ask you to limit showers to every-other-day (sign up on the sheet in the Lobby). On non-shower days, be adventurous—discover the pure joy of sponge baths!

Showers are open daily from 6:30 a.m. to 8:00 p.m. (and closed for midday cleaning). Both the **men’s and women’s shower rooms are in the basement of the Hotel.** **Gender-neutral and 1st floor accessible showers** are available for those who can’t use the main showers. There is also a shower at the **end of the pier** for rinsing off after a swim. Fresh towels and soap are available outside the shower rooms. We suggest bringing a robe or cover-up and flipflops to wear when going between the showers and your room.

P.S. When it comes to sponge baths, the wash basin and pitcher in your room are lifesavers. Whether you’re an evening or morning bather, head down to the Dining Hall and fill your pitcher with steaming hot water (from the sink around the corner as you enter on the right)!



SUNDAY ORIENTATION EVENTS

On Sunday, after we arrive, there are three orientation sessions to introduce you to the Island. The first, **Fire & Water**, is scheduled immediately after we arrive on Star..

Fire & Water (3:40 PM, Front Lawn) **MANDATORY FOR ALL SHOALERS**

The **Fire & Water** talk, held on the Front Lawn in front of the Hotel, is presented by the Island Staff. In addition to learning about Star Island's iron-clad safety rules, you'll meet Joe Watts, the Island Manager and CEO, who will explain important information about aspects of life on Star introduce key Island staff members.

New Shoaler Orientation Walk (5:00 PM, Meet on the Front Porch)

At 5:00 PM, head to the front porch for the **New Shoaler Orientation Walk**. This brief tour around the Island is designed just for YOU! Guided by an "Old Shoaler" from Arts, you'll explore the Island paths, discover where workshop and other buildings are located, and get to ask questions—no doubt, you'll have a few! Be sure to bring your map to take notes.



Star Arts Orientation (7:30 PM, **Check the Blackboard for Location. This is a don't-miss meeting!**)

Finally, at 7:30 PM, there's one more **essential** orientation session – OURS! At the Star Arts Orientation, you'll learn more about the upcoming week of activities and events and the leadership team and activity leads. Most importantly, you'll meet and hear from our workshop leaders. This meet-up will definitely help you get a sense of how your week will go!

SUNDAY EVENING: SOCIAL HOUR, DINNER & CHAPEL

Social Hour (5:30 – 6:30 PM, **Check the Blackboard for Location**)

Every day before dinner, many of us gather at social hour to chat and enjoy light snacks and refreshments. Sometimes, we're even lucky enough to have musical accompaniment. We hope you'll join us! (**NOTE:** Both alcoholic and non-alcoholic beverages are served. If you snack and chat, the suggested donation is \$5 per night.)

Dinner (6:30 – 7:30 PM, Hotel Dining Hall & Porch)

All meals on Star Island are served **buffet style**. There are endless food options including vegan, gluten-free, etc. (You indicated your choice when you registered). After filling your plate, you can sit with others at a family-size table in the Dining Hall or head for an outdoor table on the front porch. Many of us delight in eating our meals outside. It feels like a never-ending picnic—and the sunsets are amazing!

Evening Chapel (After Star Arts Orientation, **Check the Blackboard for Location**)

If Star has a most sacred place, it is the Chapel. At the high point of land, this lovely stone building with its imposing bell tower is the oldest building on the Island. In the days when Star was a fishing community, a lantern was lit in the steeple to help fishermen find their way home.

Following this tradition, on certain nights, many of us gather on the Front Porch where we get lanterns to light our way. Then, we walk in silence to the Chapel to share in a service led by our peers. Everyone is welcome. (P.S. If you don't have a lantern, bring a flashlight to light the path!) **NOTE: Since we share the Chapel with other conferences, some evening services may be elsewhere. Please check the Chalkboard to confirm the location each night.**



PART 4: DAILY ACTIVITIES (MORNINGS)

The real fun of Star Arts starts Monday morning—there’s so much to discover! Of course, there are workshops—see more about them on the next page. In addition to workshops, on **Monday and every morning there are many ways to start your day.** Here’s the morning schedule:

- **Options for Early Risers** (6:00 – 8:00 AM)

If singing’s your thing, join the ***Wake-Up Singers***, our trusty “Alarm Clock Singers” who get us out of bed starting at **7:00 AM** with silly songs, weather tips, and the food forecast. If you can’t wait to *go-go-go*, try a **run/walk around the perimeter road** OR dive into the bay for a **Polar Bear Plunge at 7:00 AM**. Or, to ease into your day, wake your mind and body with **Qigong on the pier at 7:20 AM** or **Morning Stretch on the porch at 7:40 AM**. Or, greet the morning with **coffee or tea on the front porch**. Whatever you choose, you’ll be off to a great start!

- **Breakfast** (8:00 – 9:00 AM, Hotel Dining Hall & Porch)

- **Morning Chapel** (9:15 AM, **Check the Blackboard for Location**)

Our Morning Chapel welcomes each new day of creativity. Morning Chapel is a bit informal; some people sit inside, while others prefer to sit outside with a view of the water. Together, led by our Minister-of-the-Week, we celebrate diversity, connection, and a shared sense of wonder. (Attendance is optional. We hope you’ll come.)

- **★ Star Arts Workshops** (10 AM – 12 PM, Mon–Sat)

Are you ready to get creative? Or, dare we say, more creative? For many, workshops are the focus of our week on Star (in addition to being together)! Read on to learn about this year’s workshops.



PART 4: MORNING WORKSHOPS

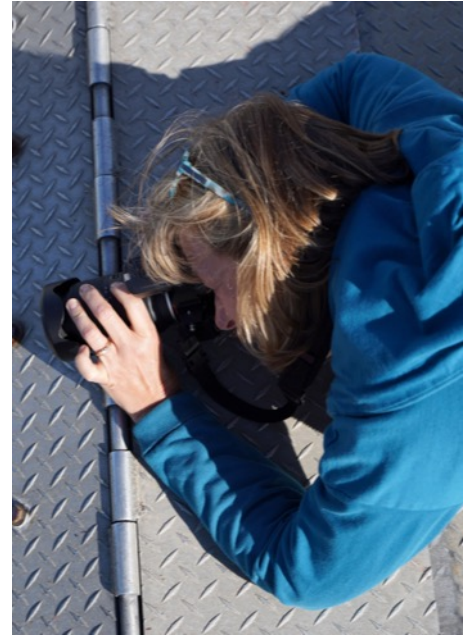
Monday – Saturday (10 AM – 12 PM) **(Check the Chalkboard for locations!)**

★ **Monday Morning: Taster’s Choice** (Three 30 minute sample sessions) ★

On Monday, workshop leaders offer **30 minute sessions** to give you a “taste” of each class. Take this chance to explore your faves before making a choice for the week. (**Note:** If you have materials at home to use in a favored workshop, be sure to bring them with you!)

★ **Tuesday – Saturday** (Full 2-hour workshops) ★

Off you go! Have fun, learn something new, create! We’ve found that staying with one workshop provides the richest experience. As always, up to you. (P.S. This is **your week!** Feel free not to do a workshop and, instead, take time to explore, create on your own, or sit on the porch and enjoy the view!)



2024 Workshop Options:

- **Movement** (Nancy Schulz): Dance and Movement Potpourri
- **Music** (Karen Rege): Soul “Play”: Improvisation as a Spiritual Practice
- **Photography/Video** (Bruce Petshek): Video Production
- **Theater** (Robin Fawcett): Shakespeare on the Rocks
- **Fine Art** (Jeneane Lunn): Painting Landscape in Oils, Acrylics, Soft Pastels or Gouache
- **Paper Arts** (Mary Banach): Basket Making
- **Writing** (Eric Hyett): Japanese Poetic Forms for Everyone



PART 5: AFTERNOON ACTIVITIES

The afternoon beckons... what to do? If your inner artist calls, dive back into **your workshop** or join an **informal music** or **art/crafts session** on the porch. If you're into sports: go for a **swim**, paddle a **kayak**, or swing away at **tennis** or **pickle ball**. Or... if you just want to relax, visit the **Marine Lab**, scope out the **Gift Shop**, or rock on the porch to your heart's content.



Scheduled Activities

(Check the Chalkboard daily for activity times and locations!)

- **Morning Updates** (8:45 AM, Daily)
Frequent changes happen during the week. Gather for morning announcements and updates on the front steps of Oceanic.
- **Singing Groups** (Daily)
Sons of Poseidon, a men's chorus led by Joe Williams. We will also be looking for people to join the daily wake-up singers.
- **Social Hour** (5:30 – 6:30 PM, Daily)
Every night before dinner, retreaters gather at social hour to chat and enjoy snacks. We hope you'll join us. (Alcoholic and non-alcoholic beverages are available.)
- **Appledore Island Tour**
Take a boat ride across the bay to learn about the Shoals Marine Lab, visit Celia Thaxter's Garden, and most likely, discover a few nesting seagulls. (Additional fee.)
- **Poetry Reading**
Come to listen and/or share your poetic perambulations at our cozy gathering.
- **Mens' Gathering**
A two-hour conversation among men on Star Island
- **Juneteenth Celebration**
June 19 celebration.
- **Solstice Celebration**
The Summer Solstice punctuates our week. Join the celebration on the Front Lawn.

PART 5: EVENING ACTIVITIES

Check the Chalkboard daily for activity times and locations!

Sunset Cruise

Hop on board, ride the waves, and get a dolphin's eye-view of Star! (Additional fee.)

Storytelling

Join us for an evening of 5 minute, ad-libbed, totally-true stories (think NPR Moth Radio Hour).

Ghost Tour

Do you believe in ghosts? Take this tour to hear tales of Island premonitions and apparitions!

Dance Party

DJ-led dance party.

Lobster Dinner

The island offers a lobster dinner one night during the week. (Addl. fee)

Workshop Leader Showcase and Collaboration

We are lucky to have stellar and talented workshop leaders. This evening program is an opportunity for them to show their work and share their talents with Star Arts attendees.

Talent Show

Our week-ending Talent Show includes a potpourri of skits, musical and other performance, and many hilarious moments. Everyone is welcome, so sign up and show us your unique skills! (A sign-up sheet will be available in the Main Lobby.)

Star Arts Auction (Silent & Live)

The auction showcases paintings, crafts, photographs, jewelry, cards, and other artwork created and donated by members of all conferences. All proceeds from Star Arts donated goods benefit the Star Arts Scholarship Fund. We hope you'll donate your work -- and shop for treasures, too! This year we will be accepting cash, checks and cards for payment.

Evening Chapel (Daily)

Our evening gatherings, led by fellow retreaters, are a long-standing tradition on Star.

Late Night

Still have energy? Head to the Lobby or Snack Bar to play games and share stories of the day!



MAP OF STAR ISLAND

Star Island Isle of Shoals, NH

- Within Oceanic**
- Main Lobby (Front Desk)
 - Lobby Store
 - Pink Parlor
 - Writing Room
 - Dining Room
 - Snack Bar
 - Book Store
 - Gift Shop
 - Showers (downstairs)

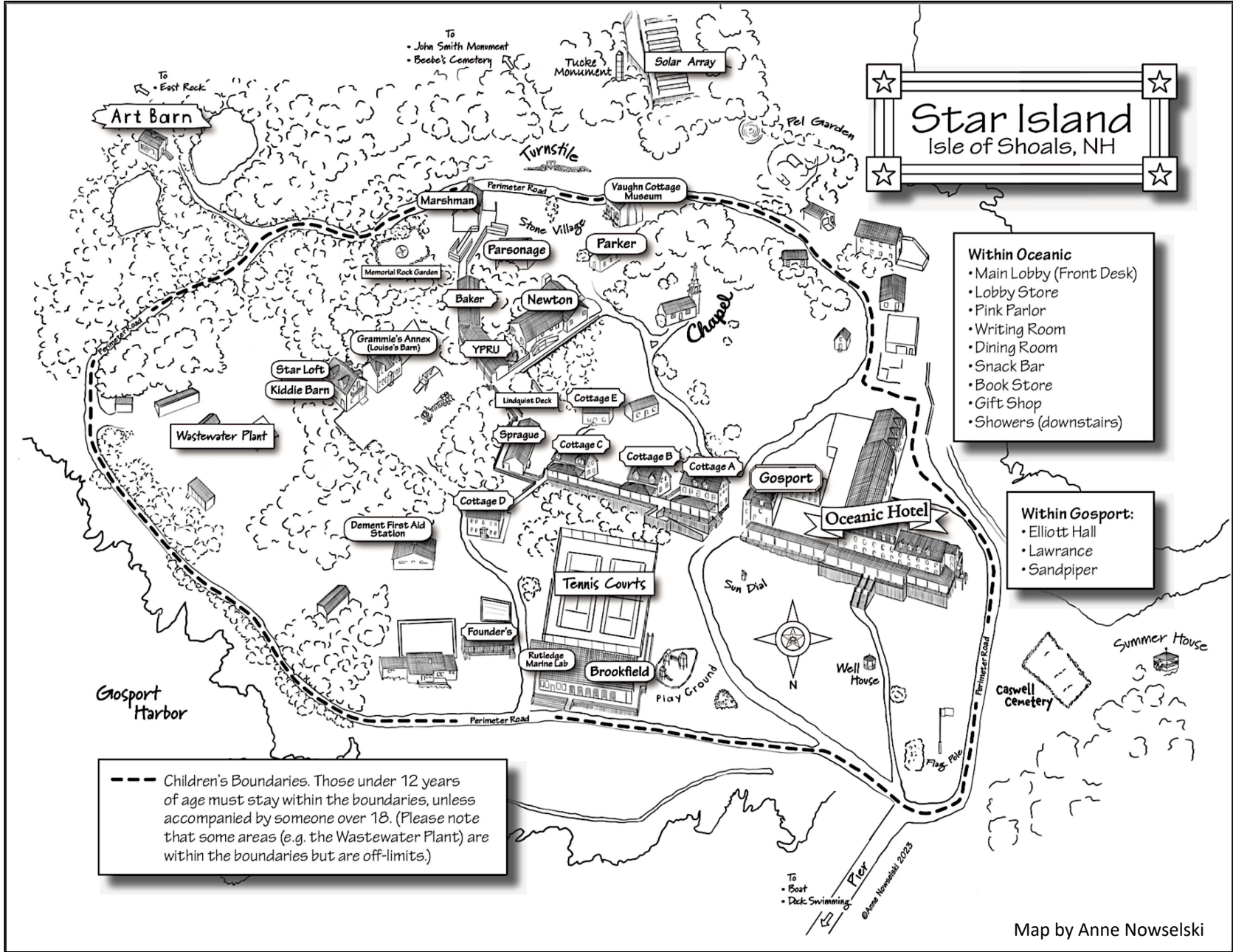
- Within Gosport:**
- Elliott Hall
 - Lawrance
 - Sandpiper

--- Children's Boundaries. Those under 12 years of age must stay within the boundaries, unless accompanied by someone over 18. (Please note that some areas (e.g. the Wastewater Plant) are within the boundaries but are off-limits.)

To
• Boat
• Deck Swimming

Pier
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Map by Anne Nowelski





Compiled by Sandy Damashek with many thanks to those who contributed their thoughts, words, and images.