

00:19 Yoga in the harbor of Rye

00:24 Surfboard manufacturers near York

00:30 Timber Industry in Brunswick

00:34 A diner on Highway One

00:29 Mail- and taxi service on the coast

00:44 Lobster fishing in Penobscot Bay

00:49 and canoe-building near the Canadian border.

00:54 In the north of the American East Coast some people have found their dream jobs.

01:12

In the far northeast of the USA, the landscape is vast and wild. In the New England states of New Hampshire and Maine the climate is continental – with warm, humid summers and cold, wet winters.

01:32

In the protected harbor of Rye, New Hampshire, a new form of yoga is offered: pancha yoga on paddleboards.

01:44

Shauna Fraser is showing her students how to use the equipment.

01:52 Shauna Fraser

Paddleboard yoga is this beautiful combination of coming out here, enjoying the environment, we just take in the, the scenery, and breathe the ocean air, and just enjoy this beautiful place where we live.

02:06

Paddleboard yoga is a combination of stand-up-paddling and yoga. It can be very intense.

02:22 Shauna Fraser

It's all this minor adjustments that we don't have to make when we're on a yoga mat, that we do have to make on the board. So using those smaller twitch muscles, ahm to keep you balanced in one place work really well, so it's quite a difference.

02:37 Shauna Fraser

One thing I love about yoga is that it, that it's about physical control as well as mental control. So for the first time in my life I have found something that I will do for the rest of my life, you know, and I will grow doing it, and my practice will grow, in the end be a better person.

03:03

There are only around 5,000 people living in Rye. The next bigger town is Portsmouth. It was the first capital of the former British colony of New Hampshire and an important trading place. Today Portsmouth lives mainly from fishing and tourism.

03:25

The Piscataqua River (pi-'ska-tə-'kwo) forms the border between New Hampshire and Maine. The Memorial Bridge connects Portsmouth to the neighboring state.

03:38

At the southern tip of Maine, 7 miles from the coastal town of York: A group of friends use an old farm for their business. They make surfboards – entirely from wood.

03:58

For years, boat-builder Mike LaVecchia had been looking for a modern technique to make boards without using synthetic materials.

04:08 Mike LaVecchia

For thousands of years people rode wooden surfboards and there was a period of time in the fifties where people were playing around with how to build wooden boards but make them lighter. And right when hollow wood boards were taking off, foams and resins and all this kind of modern materials became available. It just didn't make sense to work with wood anymore.

So we're trying to build a wooden board that is close to a foam board but is stronger, is gonna last a whole lot longer, is more beautiful and, and has a lot more to offer.

04:40

The secret lies in the distribution of hollow spaces inside the board. Mike has adapted this method from traditional boat-building.

04:52

What began as a hobby has developed into a thriving business. But for these craftsmen, this whole enterprise is not just about making money.

05:08 Mike LaVecchia

I love coming in here every day and having the guys at work here. You know, if I come in and nobody's here yet I actually get a little bummed, not because nobody is working but just cause it's this great group of people.

05:20

These surfboard designers consider themselves pioneers of a new, environmentally-friendly generation of surfers.

05:31 Mike LaVecchia

We really strive to use local material. We use Northern White Cedar, which is a wood that grows here in the state and that's hugely important to us.

05:40

Mike and his colleagues are well-known among surfers in Maine. They offer workshops teaching surfers how to build their own boards.

05:53

Whenever they can, Mike and his friends head out toward the sea which is only fifteen minutes away.

06:05 Mike LaVecchia

This is our favorite time of the year, the fall, there's, just the weather is beautiful, it's cool and crisp and we generally get great waves in the fall and there's nobody around, you know, it's all the locals.

06:28

For Mike his hobby has become the central part of his life.

06:35 Mike LaVecchia

Surfing to me is a lot more than actually the physical act. You know, being part of the community and yeah just kinda feeling like you belong to something I guess.

06:45

There are a lot of long sandy beaches in Maine and great waves. Surfing is a popular sport.

07:04

On the way north there are quiet bays and old seaside resorts. The Old Orchard Beach Pier has attracted tourists since 1898 with (its) restaurants and entertainment.

07:17

The Portland Head Light was commissioned by President George Washington. At the time, over 200 years ago, whale-oil-lamps were used. Today's metal halide lamp can be seen from a distance of 28 miles.

07:40

Almost all of the state of Maine is covered with woodland. It reaches right down to the coast. Maine is also known as the "Pine Tree State".

07:53

In the middle of the 19th century, this part of New England was the world's largest trading place for wood.

08:01

Today, about 20,000 people are employed in Maine's timber industry. The wood is mainly used to produce paper.

08:12

Allen Higgins manages several areas of forest land near Brunswick. He runs his own sawmill and sells the timber.

08:22 Allen Higgins

The work that we do in the woods it's, it's tough, there's no doubt about it. If I'm not working on the job side I'm working on some piece of equipment or something to keep it running. But, I like hard work. I don't have any trouble sleeping at night, don't have to go to the gym, get my exercise during the day. So yeah, I like what I do

08:43

Almost all of Maine's woodland is privately owned. For sustainable forestry, trees should not be harvested faster than they can grow back.

08:56 Allen Higgins

I like the woods in Maine. I mean Maine is the most heavily forested state in the United States. So it makes it kind of special in that if you practice good forests management you don't really have to plant any trees. I mean it regenerates itself.

09:11

After logging a section of his forest, Allen will leave it alone for at least 15 years to give it time to recover.

09:20

This truck dates back to 1985.

09:26 Allen Higgins

We had all old tractors and Model A trucks and cars and things and I learned how to work on those before I worked on anything modern. So I'm not crazy about the new stuff. I'm, I don't get fits where I have to have a shiny new pickup, I'm just, I'm good with the old ones, you know, it's much simpler to work on, simpler to keep going.

09:47

On the land that his family once used for farming, Allen built this sawmill 20 years ago. Builders from the area come here to get their lumber cut.

10:03

Allen uses mostly pine and spruce.

He slices the logs with an ancient circular saw. It is almost a hundred years old.

10:27

Allen's sister, his wife and his step-daughter also work in the family business.

10:36

After operating the saw, Allen relaxes – and works on old cars.

10:47 Allen Higgins

My mother wanted me to be a doctor I think. I turned out to be a doctor of machinery instead. Take two trucks and make one and you know put it right back into service. I guess I get the mechanical gene.

11:03

But Allen's greatest passion is music.

11:06 Allen Higgins

The music, yeah, the music. ... She is the evil mistress that I fell in love with at a young age. I have given her lots of time and lots of effort and lots of money and she does not love me back. That's about how I can sum up the music part of it. I love music, I love writing.

12:24

35 miles further down US Route 1. This highway runs from Florida to the Canadian border.

At Waldboro the Moody family built a small motel in 1927. It was soon followed by a restaurant: Moody's Diner.

12:52

Judy Beck has worked here for 40 years. When her shift begins at eight a.m. business is already in full swing.

13:07

Judy spent her childhood at the restaurant.

She's one of the nine children of the founders Percy & Bertha Moody.

13:18 Judy Beck

I started when I was 12 years old washing dishes, and the summer that I was 13... my Dad had hired somebody, a waitress, and this woman never showed up. So he said to me: do you think you can waitress? And you never told my Dad no. So ok (lachen) So that's when I started waitressing

and I probably wasn't very good at it. I stamped my feet: "I hate this place, I hate this place. And the other cook looked at him and said: "She'll be alright" .

13:59

Judy managed Moody's Diner for nearly 20 years. After that she planned to retire. But the diner has a hold on her. In the meantime, her son Dan has started running the place – at least officially.

14:15

In sparsely populated Maine, Moody's is an institution

14:19 altes Ehepaar

The food is good.

The pies are good.

Pies are excellent! And you always meet somebody you don't see somewhere else!

14:38

To ensure that the burgers are juicy, they are both fried and char-grilled.

14:45

Some customers drive almost a hundred miles for a hot turkey sandwich or a half pound burger

14:59

Any changes to the menu or the diner's furnishing are sensitive issues.

15:08 Judy Beck

We have remodeled about 17 times and adding a little here and a little there, but this counter, we were not allowed to change this counter because of all the marks on the counter. They say this is where all the arms are, So people would say to us: don't change the counter. And our booth they did not want those changed. Now they're not real comfortable but we had to make more booths just like these.

15:39

For dessert at Moody's, there's 12 kinds of pie.

15:48 Judy Beck

So much of my life is in this... restaurant, I mean, it's a great heritage our parents left us. Mom and Dad were very hard workers and all nine of us grew up to be hard workers. Sometimes a little bit to our detriment, because we didn't take time to play, we worked too much. But this place just means a lot to me. Our little saying is: Moody's is a place where old friends meet. And we see that happening all the time.

16:21

A half hour drive from Moodys is Penobscot Bay with Knox County Regional Airport.

16:30

It's six thirty in the morning. Tomás Sowles (*TomAs Sauls*) is loading the day's mail into his Cessna 207. The 24 year old pilot is not new to the business.

16:44 Tomás Sowles

I started flying when I was 18, my father is a pilot, grandfather was a pilot, flying has always been something I knew I wanted to do, you know, playing with toys as when I was younger

16:58

Seven days a week, Tomás flies to the remote island communities of Penobscot Bay.

The flying time rarely exceeds half an hour.

17:13 Tomás Sowles

This area in particular of the state is incredibly pretty, we're right on the coast, we've got, we've got some really pretty hills right next to the coast and the islands, it's just spectacular. You start to bring your eyes down and start to really enjoy, ah, you know, the environment you're flying in, and the lighting.

17:39

The (day's) first touchdown is in Vinalhaven. There is only a dirt landing strip in the forest.

18:00

About 1000 people live on the island, depending on the season. Their letters and packages are collected from the aircraft for further delivery.

18:18 Tomás Sowles

This is a unique service on the east coast specifically, you know, outside of Alaska you gonna be hard pressed to find a place where you're flying such small aircraft economically to different communities.

18:31

Today there's no time for the usual island gossip. On a normal workday in summer, Tomás works nonstop from sunrise to sunset.

18:54 Tomás Sowles

We're able to operate like a taxi, we fly dogs, we fly, you know, building supplies, we fly chainsaws, we got working class people going back and forth. Whatever needs to get out there to do a job we're able to fly.

19:15

For most islanders, using the plane is like catching a train elsewhere in the world – and it's not more expensive.

19:33

Landing on Matinicus Island (*Ma-tə-nni-cəs*) is a challenge each time.

19:38 Tomás Sowles

As we get closer to the runway and closer to the height of the trees, we start to experience these bumps, we're now experiencing. As we get closer to the trees the wind kind of works as mechanical turbulence.

20:16

A few minutes later, Tomas is back up in the air.

20:25

Sometimes the Cessna transports one passenger, sometimes more. Some of them are surprised to meet such a young pilot.

20:37 Tomás Sowles

When you're standing in the office and dispatch will say to the customers "Okay, so you're flying with Tomás ", and they don't think that I'm the pilot, and so when I introduce them "Hi, I'm

Tomás" and shake their hand, you know, you can definitely say they're kind of taken aback you know, "are you sure?". So I just put them in the plane, I try to be as courteous and professional, and then I try to give them the best flight they've ever had.

21:02

Flying over Penobscot Bay, Tomás is aware of the responsibility he has.

21:10 Tomás Sowles

One of the things I got to constantly on mind myself is that you know, it's not just my life that I have up there, you know I have other people. Aviation is inherently dangerous, you are up in the sky, somewhere up there, defying gravity. The other part of it is, knowing your limitations and being able to say "no"

21:28

Penobscot bay is famous for lobsters.

The rocky seabed and moderate water temperature provide an ideal habitat.

Almost the entire village of Stonington lives from lobsters.

21:50

Lobsters are lured into traps which have been placed on the seabed. They go for the bait.

21:56

Genevieve Kurilec-McDonald (*Kuhrieleck*) has been in the business for ten years. During the summer, she is out at sea every day except Sundays, when lobster fishing is forbidden.

22:09

Every other day the traps are hauled up.

22:15

Lobsters reproduce abundantly in the waters around Stonington. To keep it that way, fishing is strictly regulated.

22:27 Genevieve Kurilec-McDonald

Every lobster in Maine has between 3 1/4 and 5 inches, it goes from the eye socket to the back of the body. This one's legal. You wanna check, see if it's a female or a male. If it's a girl an has a v notch you have to throw it back. It's our conservation measure. It ensures that we always have a stock for the future.

22:47

The lobsters must be kept alive so they stay fresh until they are prepared in the kitchen.

22:54

Genevieve uses about four hundred traps simultaneously. Eight hundred is the upper limit.

Lobstering is a male-dominated industry

23:07 Genevieve Kurilec-McDonald

When I first started fishing there weren't that many other women fishermen but through the years you've seen more people start to take their daughters, their wives, their girlfriends. And I think women have just gotten more interested in the water. I mean we're not quite as male dominated society as we once were. And so by result now there's a lot more women captains...I think lobsters like women better!

23:32

Genevieve's working day at sea lasts about twelve hours. Even longer if the weather is bad.
She is never sure where she'll find the most lobsters in her traps.

23:53

Despite increasing stocks, many lobstermen are giving up their profession. The more lobsters there are, the more the prices go down.

A pound of lobster fetches less than three dollars. The fact that the lobsters are reproducing so well could turn out to be a problem for the industry.

Genevieve is thinking about job alternatives

24:17 Genevieve Kurilec-McDonald

I'm also a college student, I go to the University of Maine and I'm pursuing a degree in Marine Studies and so if lobstering does collapse that's my backup plan.

24:27

After Genevieve has delivered her catch to the wholesaler, she often works for the Maine Lobstermen's Association to ensure the future of the traditional lobster industry.

24:42

A hundred miles further to the East ships are often caught in the dangerous fogs of the Lubec Channel.

It is situated between the easternmost point of the United States and Canada.

24:58

The land on both sides of the Channel is home to the Passamaquoddy people.

About 2,500 members of this Indian tribe live here today.

25:10

David Moses Bridges has brought one the ancient crafts back to life.

25:18 David Moses Bridges

I became a canoe maker because I've been fascinated with them my whole life. My great grandfather was the last of the old time canoe makers. It was a 3500 year old tradition that was about to become extinct.

The thing to me that makes the canoe so special is that it's, it's just a natural marriage of materials and that all come from this landscape, all locally gathered, very close by. And all of the materials are hand worked, there's no specialized tools required.

This is my most modern tool I guess in my process of canoe building, this is it. I don't have to use sand paper or carbonate scrapers or anything like that to smooth it because the knife finish leaves it perfect. You can see just how nicely it does it right, just like that. It also works very well on edge, cuts right through that cedar quite nice.

26:27

To obtain the rounded ribs that hold the canoe together, the wood has to be boiled.

There are over one hundred production steps. David has discovered them by studying the records of his ancestors.

26:49

In order for the canoe to be seaworthy, the hull must be made waterproof. To do this, David uses pine sap and lard.

27:06 David Moses Bridges

Traditionally bear fat was used, but in this case we just use regular lard, any type of animal fat will do, but bear fat is harder to come by these days. So I just add that, and that just gives us a little bit of insurance so that the water won't come through. This is a routine part of the maintenance here.

After spending so much time with them, building them, there's is 500 hours in construction and a couple hundred hours in gathering, so I develop a fondness for them after all that time spent together.

27:52

David mostly sells his canoes to museums. There he demonstrates himself how the Passamaquoddy lived and worked thousands of years ago.

28:04

The canoe was vital for the Passamaquoddy tribe. Thanks to David, this part of the tribe's history is kept alive.

28:16 David Moses Bridges

I travel to Canada, you know, I cross the bay here over to the Canadian side and I have family over in St. Andrews, it's about 7 miles away. So I pick the tide, I let make sure the wind's behind me and I don't try to fight it and I go with the flow.

The US-Canadian border doesn't mean anything to me. It's an invisible line that somebody created and it might matter to a lot of people but this is all Wabanaki territory, all of this. This is "Kadakhmeev", this is the earth, this is our land and that's all I need to know. So I travel over there, I don't take any papers with me. I don't need any papers, you know. I ask the creator's permission, I asked my Mum's permission, that's all.

29:04

In the northeast of the USA, the "Indian summer" has set in. Dry and sunny autumn days and occasional night frost give the leaves their extraordinary colors.