



January 28 - February 3, 2021

E-MAIL: [vinalhavenwind@gmail.com](mailto:vinalhavenwind@gmail.com)

A wonderful and loving soul. Dot Webster has left us. She always had a smile and a laugh. She will be missed by all who knew her .

*"I wondered if a memory is something you have or something you've lost."*  
- Woody Allen

*"Don't cry because it's over, smile because it happened."*  
- Theodor Seuss Geisel

Thank you, Sophie, for reminding our beautiful mess of a Family of this perfect Dr. Seuss quote.



At the culmination of Reunion 2015, after all the speeches and harmony throughout the family, it was time to say adieu. After I told Uncle Noel, Uncle Tom, and Aunt Maryann, how much they were loved, I walked up to Aunt Dot. As I hugged her a flood of uncon-

trolled tears ran down my face. Without missing a beat, without asking a question she responded: "Rich, they're waiting for me upstairs, to cook dinner" (cooking isn't her forte ), and with an Aunt Dot laugh she walked off to be cherished by other family members. And since the 2021 reunion is coming up in August, it would have probably happened again... 97, and we know she's in Heaven.

Richard Flagg



### To Our Advertisers:

As you are aware, the WIND has not charged for ads since the end of February 2020. We will begin billing at the beginning of March 2021 for ads run in February. If we must enlarge your ad for space reasons, will charge you for the smaller ad size you requested. If your ad is printed on a smaller scale (not likely to happen), you will be charged for the smaller size. Thanks for your continued support.

### Community Calendar

Email events to:  
[windnonprofitads@gmail.com](mailto:windnonprofitads@gmail.com)

### The Mainland Fairy

Need someone to pick up groceries, Chinese food, prescriptions and send them across? Need a ride to doctors appointment?

Call Chuck 207-303-7787

## Town of Vinalhaven Information

[www.townofvinalhaven.org](http://www.townofvinalhaven.org)

### Meetings

Committee meetings are being held virtually, or are hybrid with both in-person and zoom attendance. The Select Board meets every two weeks. Meetings are delivered virtually from our Facebook page: [facebook.com/townofvinalhaven](https://facebook.com/townofvinalhaven) and recordings are posted to the Town's YouTube Channel – **Town of Vinalhaven**.

**Sea Level Rise Committee Meeting – Virtual, Tuesday, February 2, 4:30pm** Contact Gabe McPhail, for Zoom information [gmcphail@townofvinalhaven.org](mailto:gmcphail@townofvinalhaven.org)

**Select Board – Virtual Meeting, Tuesday, February 2, 5:30pm** Contact Andrew Dorr, Town Manager for Zoom information [townmanager@townofvinalhaven.org](mailto:townmanager@townofvinalhaven.org)

**WasteWatchers Meeting – Virtual, Wednesday, February 3, 5pm** Contact Gabe McPhail, for Zoom information [gmcphail@townofvinalhaven.org](mailto:gmcphail@townofvinalhaven.org)

**Pre-Planning Board – Virtual Meeting, Wednesday, February 3, 7pm**, Contact Faye Grant, CEO/LPI for Zoom login info [vhceo@townofvinalhaven.org](mailto:vhceo@townofvinalhaven.org)

### Notices

**Property Taxes** 2020-2021 Property Taxes are due on November 2nd, 2020 and May 3rd, 2021. Interest began on November 3rd, 2020 for the November payment. Please call the Town Office for an interest figure before mailing payment (207) 863-4471

**CEO/LPI** Faye Grant is in the office most days 9am-12pm. The town office is not open to walk-ins so contact 863-2168 or [vhceo@townofvinalhaven.org](mailto:vhceo@townofvinalhaven.org) to schedule an appointment.

**Single-Stream Recycling** #1-7 rigid plastics, tin, aluminum, glass, paper, cardboard. \$10 Recycling Totes available at the Town Office.

**Food Scrap Composting** collection bin located near the household trash container at the Transfer Station. How-To Brochures available at [townofvinalhaven.org](http://townofvinalhaven.org). Free Composting Pails available at the Town Office and Transfer Station.

### Hours of Operation & Contact Information\*

\*The Town Office is open to the public. Limit one person in the office, two in the waiting area. Please wear a mask. All services are also available over the phone, by email, or online—please contact the Town Office for further information.

**Town Office** – Mon–Fri 7:30am-5pm – 863-4471 or 863-4343; Fax: 863-4393

\*Please note that the Town Office now has a physical mailing address in place of the PO Box: Vinalhaven Town Office, 19 Washington School Rd., Vinalhaven, ME 04863

**Town Manager – Andrew J. Dorr** – 863-2042; 266-7806;  
[townmanager@townofvinalhaven.org](mailto:townmanager@townofvinalhaven.org)

**Town Clerk – Darlene M. Candage** – 863-4343; [townclerk@townofvinalhaven.org](mailto:townclerk@townofvinalhaven.org)

**Deputy Town Clerk – Tanya Robishaw** – 863-4343; [deputyclerk@townofvinalhaven.org](mailto:deputyclerk@townofvinalhaven.org)

**Assessor – Wes Robinson** – Hours vary, contact 863-2168 or [vinalhavenassessor@gmail.com](mailto:vinalhavenassessor@gmail.com) to set up an appointment

**Code Enforcement Officer / Local Plumbing Inspector – Faye Grant** – M-F, 9am-12pm contact 863-2168 or [vhceo@townofvinalhaven.org](mailto:vhceo@townofvinalhaven.org) to set up an appointment

**Planning and Community Development – Gabe McPhail** – Hours vary, contact 863-2168 or [gmcphail@townofvinalhaven.org](mailto:gmcphail@townofvinalhaven.org) to set up an appointment

**Welfare Program** – Call 863-2042 or 266-7806 to set up an appointment

**Public Works / Town Garage** – 863-2063

**Library – Scott Candage** – Tues & Thurs 1-5pm; Wed & Fri 9am-12pm, 1-5pm; Sat 9am-4pm; Sun & Mon Closed – 863-4401 or [vpl@vinalhaven.lib.me.us](mailto:vpl@vinalhaven.lib.me.us)

**Transfer Station – Kenny Martin** – Sun, Mon, Wed & Thurs – 7:30am-4pm – 863-4306

**Fire Department – Marc Candage** – Emergency 911; Non-Emergency 863-4604 or [mcandage@townofvinalhaven.org](mailto:mcandage@townofvinalhaven.org)

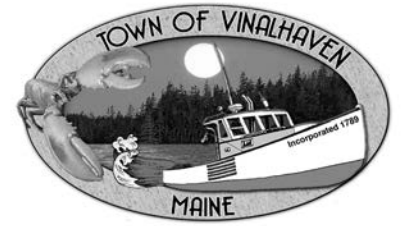
**Ambulance Service – Kerry McKee** – Emergency 911; Non-Emergency 863-2119 or [kmckee@townofvinalhaven.org](mailto:kmckee@townofvinalhaven.org)

**Knox County Deputy** – Emergency 911; Non-Emergency 593-9132

**Animal Control Officer/Harbor Master – James Knowlton** – 756-0209

**Public Health Officer – Jen Desmond** – Contact the Town Office – 863-2042

**Deputy Harbor Master – Peter Gasnerini** – 542-1992



## REPORT ALL LOOSE DOGS TO THE ANIMAL CONTROL OFFICER

There have been several loose dog incidents recently where dogs have caused harm to pets and livestock on other people's property. **DOG OWNERS – the Town follows the State's Leash Law: It is unlawful for any dog to run at large except when it is used for hunting. \*At large means off the premises of the owner and not under the control of any person**

If you witness a dog at large, **please TAKE PICTURES of the loose animal(s) and report the incident immediately to Animal Control Officer James Knowlton (207) 756-0209** If you are unable to reach him, please contact Knox County Dispatch **(207) 593-9132**

Posting incidents on Facebook is not an effective way to resolve this growing problem. *#doyourpartvh*

## REMINDER: 2021 Dog Registrations Due January 31, 2021

\$6 for altered dogs

\$11 for unaltered dogs

Rabies immunization must be current on the date license is issued. If our records show immunization is not current, you must provide proof of current immunization before a license can be issued.

**\$25 late fee starts February 1st, 2021**

**Call or stop by the Town Office (207) 863-4343**





[www.vinalhavenschool.org](http://www.vinalhavenschool.org)



– Doctor Ibrahim by John Knittel



We are looking for stories, **anecdotes**, recipes, **images**, Shout Outs, etc. to include in the WIND. If you have something to share we would love to include it in future WINDs. Please send to: [vinalhavenwind@gmail.com](mailto:vinalhavenwind@gmail.com)

We want **YOU** to take the **PoG Survey!**  
**[www.surveymonkey.com/r/VHPoG](http://www.surveymonkey.com/r/VHPoG)**

*Who should take :  
this Survey  
and Why??*

***That's Super Easy –  
EVERYONE SHOULD!***

You don't need to be a Vinalhaven grad, student, or even have lived that long on Vinalhaven to take this survey. If you are a resident, seasonal or part-time, and if you care about our School and Community (we know you do!), then your opinions are valuable to this process. ***Share your input!  
Take the Survey TODAY!***

*What is PoG?*

**Portrait of a Graduate is a School and Community process** undertaken by the School and Vinalhaven residents supported by the Island Institute and Rural Aspirations to define the skills and knowledge that we want our students to have to be successful in life, college, work, and as future citizens of our local and global community.

The first part of the process involves gathering information (doing research, conducting focus groups and interviews, and administering **THIS Community-wide Survey**). The second part involves creating an action plan that will enable our School and Community to take what we've learned and apply it to learning in the classroom and the wider world.



**VINALHAVEN PORTRAIT OF A GRADUATE**

*a shared vision of success for our community and school*

*Learn more.* Contact Yvonne **[ythomas@islandinstitute.org](mailto:ythomas@islandinstitute.org)** or Val **[val@ruralaspirations.org](mailto:val@ruralaspirations.org)**

## KINDERGARTEN KIDS: Class of 2032



**What is your name?** Mazey

**How old are you?** 6

**When is your birthday**  
December 9<sup>th</sup>

**Who is in your family?** My  
sisters, Mom and Dad.

**Where do you live?** Around the  
Island.

**Name some of your friends.**  
Faith, Jayda, Avery.

**Do you have any pets? Tell us  
about them.** 2 cats and 1 dog.  
They love treats.

**Name three of your favorite  
foods.** Bananas, chocolate chip  
cookie dough, and bacon.

**What is/are your favorite  
color (s)?** Blue

**What do you like best about  
kindergarten?** Playing with  
Play-Doh.

**What do you like to do after  
school?** Have a play date.

**What do your parents do for  
work?** I have no clue.

**Tell us something special about  
you.** I'm friendly.

**What do you want to be when  
you are grown up?** Just a mom.

### Trivia Questions

1. In tv, what two words are blended to make a sitcom?
2. What was the first antibiotic?
3. What part of the plant is broccoli?



### **Word of the Week** – otology –

*The medical specialty of the  
ear and its diseases.*



## **The Dropping of the Veils**

I walk through delicious  
low-tide mud calmly  
squelching me into itself, into  
its own world of clam-squirt  
rock-weed and whelk shell  
One by one my senses come  
uncovered and I am available  
no fear in my breathing  
no hitch in my faltering step

I lean toward the ocean's soft  
lip to hear her talking in that  
slow shushing voice she gets  
after the wind dies down  
after the spruce stop their  
sighing, the gulls their crying  
Anything is possible now

She tells me that I am in the  
midst of becoming myself  
a human being  
exactly what I was meant  
to be, full of missteps and  
meanderings, full of love  
and misgivings, full of the  
noise of laughter and life  
and that I can be grateful  
all of the time, even for the  
solitude imposed by a small  
viral entity that swept the  
world when no one was  
looking, causing me to stop  
quiet myself, look at what I  
am doing, where I am going  
and who I am

The sea reminds me that  
it's really a daily thing, this  
slowing down enough to see  
what it is inside of me  
When my veils of dread  
confusion and fear disappear  
who is it that steps out of this  
chaos and dares to dance?!

– Paddy Noble



## Pleasant River Grange

would like to donate buckets of sand and salt to our island seniors.

If you or a loved one is interested, please call Sue Radley at 863-4822 and leave a message. We will deliver!



### Kids Trivia

1. How many queen bees does a hive have?
2. What is the capital of Delaware?
3. How many pounds are in a ton and a half?

### Island's Closet

The Island's Closet wants to help you and your sweetheart have a safe and happy Valentine's Day. We are offering a variety of baskets for delivery or pickup. We can make baskets with candy, candles, colognes or balloons, gift baskets for men, women or children. We have a new assortment of Yankee candles, Bath and Body, and Victoria Secrets products. We have a nice selection of new jackets, clothing, and toys. We have stuffed toys for the little ones and so much more. Come in or call and let us get it for you.

## KINDERGARTEN KIDS: Class of 2032



**Do you have any pets? Tell us about them.** Yes, I have goldfish and a male dog. His name is Tucker. He is cute and playful. I love him so much.

**Name three of your favorite foods.** Spaghetti and meatballs, fried fish, and ice cream.

**What is/are your favorite color (s)?** Blue, green, orange

**What do you like best about kindergarten?** I like my classmates and play with them on the playground.

**What is your name?** Michael James Perez Bickford

**How old are you?** I am 5 years old.

**When is your birthday** May 5, 2015

**Who is in your family?** Daddy, Mommy, Francisco Lavon.

**Where do you live?** I live on Sands Road, Vinalhaven.

**Name some of your friends.** Nolan, Stephen, Scotty, Jayce, Mazey, Davidson.

**What do you like to do after school?** I like to play with my Play-Doh and watch TV.

**What do your parents do for work?** My daddy goes lobstering. Mommy is taking care of me, my elder brother and my dad.

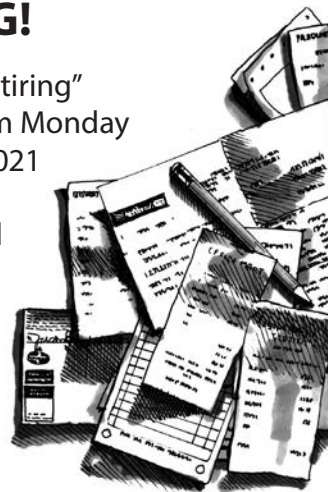
**Tell us something special about you.** I love to help my mommy do baking.

**What do you want to be when you are grown up?** I want to become a lobsterman.

## THE TAX MEN ARE ARRIVING!

Joe Kruk and Ron MacDonald (yes he's "unretiring" for one more year!) will be on the Island from Monday February 1, 2021 to Saturday, February 13, 2021 to service your tax needs and other matters.

**We will be staying at The Tidewater Motel again this year.** Please call John and Debbie Moreland at 863 - 2782 to schedule an appointment. New clients are welcome. We service all types of tax clients, businesses and tax matters.





Islands Community  
Medical Services

*Our Medical Center*

### **Medical Center Information**

[www.icmsvh.org](http://www.icmsvh.org)

Medical Services: 863-4341

Dental Services: 863-2533

Counseling: 863-9959

Billing: 863-4348

**Hours of Operation**

**Medical Services**

**Mon, Tues, Wed, Fri: 8:00 am –**

**12 noon, 1pm – 4pm**

**Thurs: 8:00 am – 12 noon**

**Closed Tues. AM and Thurs. PM**

**Dental Services**

Dentist: January 27, 28, & 29

Hygienist: January 28, 29

Office:

**Physical Therapy**

To schedule an appointment,  
please call 863-4341

**Counseling**

**Dan Keniston, LCSW**

**Jeff Wilber, LCSW**

To schedule an appointment,  
Please call 863-9959

**Osteopathic Manipulative Treatment &**

**Acupuncture**

To schedule an appointment, please call  
863-4341.

Stuart Damon, DO January 29

**Women's Health**

Kathleen Coleman Feb 5

To schedule an appointment,  
please call 863-4341.

Cathy Colman, ANP: December 4th

**To reach the provider on call dial 863-4341  
and your call will be forwarded to the  
answering services. They will take your call  
and page the provider on call for you.**

**Like us on Facebook**

ICMS receives HHS funding & has federal PHS  
deemed status with respect to certain health or  
health-related claims, including medical malpractice  
claims, for itself and covered individuals.

ICMS is a 501(c) 3 and contributions to ICMS are tax  
exempt. This health center is a Health Center  
Program grantee under 42 USC 254b, and a  
deemed Public Health Service employee under 42  
USC 233(g)-(n).



Islands Community  
Medical Services

*Our Medical Center*

Great news! You can now pay your ICMS bill  
online. You will need your account number, which  
is on your statement, name and email address. The  
address to make a payment is  
[pay.instamed.com/icmsvh](http://pay.instamed.com/icmsvh).

If you have any questions or concerns, please  
contact the Billing Department at 207-863-4348.

Thank you.



### **Having a hard time? Not sure who to talk to?**

Remember, the Medical Center is here for you with trained  
therapists available to help you through difficult times.

You can reach **Jeff Wilber, LCSW** at **(207) 449-9448**  
or **Dan Keniston, LCSW, (207) 837-4057**

We have appointments available by telemedicine through  
Zoom. We are offering a **free visit** for anyone who is  
struggling during these challenging times.

You can call Jeff or Dan directly.

If you have any questions or concerns,  
please contact Dinah Moyer at  
**[dmoyer@icmsvh.org](mailto:dmoyer@icmsvh.org) or (207) 863-4109**

# VINALHAVEN CAMPAIGN FOR COMMUNITY BROADBAND

*The Town of Vinalhaven's Fox Islands Broadband Task Force is hosting virtual activities and events to build community consensus on how to bring high speed internet to every home on the island. Join us!*

Check out our  
**NEW Broadband  
Glossary!**  
Go to  
[www.townofvinalhaven.org](http://www.townofvinalhaven.org)  
click on "Join the Vinalhaven  
Broadband Conversation"  
on the homepage

*Here's how you can get involved*

## 1. Take the Broadband Speed Test

A Maine Broadband Coalition project, the broadband speed test is a simple way to register your internet speed by location. The data collected is used to map an accurate picture of current internet access in Maine.

[www.mainebroadbandcoalition.org/speed-test-info](http://www.mainebroadbandcoalition.org/speed-test-info)

## 2. Share Your Stories.

What are your internet challenges? How would having fast reliable internet be a game changer for you?

Let Janann Sherman know. [janannsherman@gmail.com](mailto:janannsherman@gmail.com)

## 3. Be a Broadband Champion.

Read the **2020 Broadband Report!** Available at [www.townofvinalhaven.org](http://www.townofvinalhaven.org) – click on "Join the Vinalhaven Broadband Conversation" on the homepage. Talk to friends and family who may not support broadband; listen and learn why. Share what you know and why you believe broadband is critical.

*Want to learn more?* Contact Janann [janannsherman@gmail.com](mailto:janannsherman@gmail.com) or Gabe [gmcpmail@townofvinalhaven.org](mailto:gmcpmail@townofvinalhaven.org)

*Save these  
Dates....*

## Upcoming EVENTS

Live on Zoom  
and Facebook

More details coming  
soon, but mark  
these dates on your  
Calendar!

The Community  
Broadband  
Conversation  
Continues...

**6pm Wednesday  
February 17**

**6pm Wednesday  
February 24**

**6pm Wednesday  
March 17**

To join on Zoom,  
contact **Gabe  
McPhail**  
[gmcpmail@  
townofvinalhaven.org](mailto:gmcpmail@townofvinalhaven.org)  
(207) 952-1817





## Round Up for the Grange

**The Grange is a family and community organization with its roots in agriculture established in Vinalhaven in 1908.**

**The Grange provides agriculturally related programs, community events and dances for the pleasure of the community.**

**The Grange needs funds to repair the building, for heat, landscaping, and potable water.**

**Please contribute to our efforts and join us!**

**Round Up for the Grange will begin Monday, November 2 at Carver's Harbor Market.**

**Special thanks to Carver's Harbor Market and to all who round up to benefit the Grange!**

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### ***Pleasant River Grange #492***

We would like to thank those who are rounding up for the Grange at Carver's Harbor Market. It will go towards many necessary maintenance and improvement projects. We sincerely appreciate the help you have given so far, and we hope some of you may be able to give a little more.

We are in the process of upgrading the heating system, getting water from the hand dug well into the building, and are also dealing with large outdoor projects. Unfortunately, our coffers are in no way able to deal with even one of these projects. We are, therefore, asking our friends for additional help. If you could, please send your donation (any amount will be greatly appreciated) to:

**Pleasant River Grange #492  
C/o Penelope Lord, Treasurer  
PO Box 669  
Vinalhaven, Maine 04863**

*The Grange members sincerely thank you!*

Hello Vinalhaven Viking Families! We are inviting you to participate in a second contest to get to know the teachers at Vinalhaven School. Match the Vinalhaven teacher and the stated fact to win a Free Large Pizza from the Pizza Pitt.

Entries can be dropped off at the school office or mailed to the school. Vinalhaven School, 22 Arcola Lane, Vinalhaven, ME 04863.

All entries that have correctly matched the teachers with the facts will be added to a drawing and one family will win a certificate for one large pizza from the Pizza Pitt. Entries must include your name and be returned to the school office by email or dropped off by February 5, 2021. Good Luck!

Name \_\_\_\_\_

Phone # \_\_\_\_\_

Match the name of the teacher below with the fact listed.

#### Interesting Tidbits

1. \_\_\_\_ I am vegetarian.
2. \_\_\_\_ I volunteered at the Ronald McDonald House in Bangor.
3. \_\_\_\_ I performed music several times with a former keyboard player for Elvis.
4. \_\_\_\_ As a high school student I played flute in the school marching band, played on the varsity field hockey team, and was in the spanish language club.
5. \_\_\_\_ I raced BMX bikes as a middle schooler.
6. \_\_\_\_ I am an avid Army football fan who has attended 34 Army/Navy games.
7. \_\_\_\_ I have cleaned aquarium tanks from the inside!
8. \_\_\_\_ My first day EVER on Vinalhaven was the day my parents moved my family here from Massachusetts when I was 16.
9. \_\_\_\_ My first encounter with the law was when I rode my bicycle across an active runway - I was 12 years old.
10. \_\_\_\_ In 25 years of teaching at Vinalhaven School, I have been in a variety of teaching positions, including long term sub in Kindergarten and Grade 2, Special Ed, Title 1, Middle School Math and Science, High School English (one class), Kindergarten and Pre-K.

#### Teachers

- a. Missy Andrews
- b. Ellen Brochu
- c. Cherie Doughty
- d. Bryan Feezor
- e. Jenn Feezor
- f. Dan Ganoza
- g. MaryAnn Hopkins
- h. Dave McKechnie
- i. Monte Selby
- j. Bill Trevaskis

**Looking for  
a small bit of land  
on Vinalhaven.**

Looking to put in a driveway  
and temporarily park  
my RV on when there.

Just need road access,  
some sort of view and will  
probably put in power and  
possibly water supply.

If you have any or know of  
any, please contact me at  
dbsutton@gmail.com

*Water Main ~ 1910*



*join in!*

**#DEARVH**

**LET'S ALL GET  
READING!**



**#DEARVH**

**Drop Everything And Read**  
at the Vinalhaven School!

Just start reading  
20 minutes  
2 times/week  
*it's as simple as that!*

We value reading at the Vinalhaven School & we're making it a priority to set aside special time each week for all of us to read, for the simple sake of reading! Everyone in the whole school is participating, & you can join in too!

- Follow along with the school schedule.
- Take a selfie of yourself reading
- Post to social media using the hashtag **#DEARVH** to show your support

February dates/times

<b>Wed. 2/3</b>	<b>Fri 2/5</b>	<b>Wed. 2/10</b>	<b>Fri. 2/12</b>	<b>Wed. 2/17</b>	<b>Fri 2/19</b>	<b>Wed. 2/24</b>	<b>Fri. 2/26</b>
@10am	@11am	@1pm	@2pm	@10am	@11am	@1pm	@2pm



# Sheep Island

## *Joe and I go exploring.*

Off the coast of Maine, there are some 2,600 Islands of various sizes. When wool was very high and profitable, sheep were taken to many of these atolls and released. They were left to fend for themselves without shelter or food. Through the fringed cold of winter and the sun-drenched heat of the summer they endured. The sheep would eat the short Island grass and oceans seaweed. The dew quenched their thirst in the summer, the ice in the winter. It was said that the sheep developed much denser and finer wool. Which in turn made it a more sought after and valuable product. In a 1900 New York Times article the plight of the sheep was reported. This came to the attention of Maine's "Prevention of the Cruelty of Animals" but nothing would be done.

The nightlife on Vinalhaven is unhurried at best. The early evening is filled with card games, board games, reading and most of all family. Summering there was an untainted and heartfelt time of life. Every now and again "a Parent" would oversee a gathering of "the Children". This round table discussion would be called "Farts and Craps". At this time the young could vent unfiltered anger, concerns, and troubles that were on their mind. Nothing was banned from these hour-long summits. Congress should incorporate this process into their by-laws.

We would rise at 7 am to the rapture of the Morning Dove and savory smell of bacon drifting up the stairs. We dressed and made the bed, as there would be an inspection by a parent after break-

fast. Our day was a simple one. We would do our chores and tasks till the towns 12 o'clock whistle blew, then the rest of the day was ours to do as we pleased. There were so many cousins, the parents would break us into small crews of 5 or 6. We worked side by side together in painting, tree removal, house repair, gardening and any other project the seniors had in mind. Our parent's mantra was "the summer vacation is short the winter is long, there is work to be done." Every morning as I stood on our porch I witnessed the splendour of Sheep Island, The Island stood centre sight about one and one-half miles out from shore.



### **"Our Sheep Island Adventure"**

One afternoon after the town whistle blew Joey and I had an epiphany. Let's row out to Sheep Island and explore. I was a junior in high school, Joe was much (but not that much) younger. We ran down to the beach grabbed the oars and shoved off to Sea in Madre's punt the No-No. With a stiff wind at our back and the sun overhead our adventure began. Buoys to the right of us buoy to the left as we rowed hard we sang songs and marching chants to pace our progress. About halfway to our destination, I asked Joe, "How'd

the Senators do last night"? The mere mention of the loss of Joe's favourite team made him blush in anger, it would eventually send him in a tirade. As I rowed I said no more "the hook was set" I watched him squirm and sweat like a teapot. Steam was escaping from his ears; his neck muscles were bulging. It wouldn't be long now and then came the eruption. Joe screamed and yelled, questioned and answered himself in an uncontrollable baseball frenzy. Then it was over, no more lava, the boy was spent. Joey regained his sanity and his bearings and pointed to a place to land our craft.

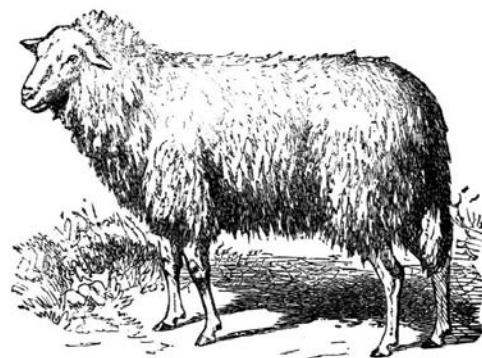
Sheep Island is an unforgiving place about ½ mile long by 200 yards wide. The Island is covered in scrub brush and thorny bushes with no paths and no mercy. And like normal we prepared for our adventure with nothing but shorts and tee's, we also neglected to tell anyone about our trip. Years of washed-up debris and driftwood littered the shoreline we landed the No-No, and off we went. As Joey and I ascended to the summit of the Island a war cry must have been sounded, "Fresh Meat!" As a horde of piranha-like mosquitoes descended upon us, all looking for a thimble's worth of life. We persevered as any good explorer would. Onward and upward as the Island is only about 40 meters high. Our arms were swinging in a deranged pattern trying to reduce the mosquito population When I stopped mid-step "What's that!" I hollered! Staring at us from under a thorny bush was a large ball of matted hair on four legs. -Feet don't fail me now-, we screamed and ran one way, it baaed and ran the other. "It's a Maneater Joe!" I yelled. Like a breeze, Joe was

*(continued on next pg.)*

passed me scurrying to the top, I was right behind. As we stood mid-centre on the plateau, all that was behind us was forgotten. We felt the wind driving hard on our faces, new vantage point of the sea. Words were not exchanged; we were both immersed in the Island's newfound elegance. On the windward side of the island stood a lone leafless tree. Nature is both wondrous and amazing.

As we came to our senses Joey said, "Ritchie, it's getting late" With that, we both turned West to see the sun setting over Vinalhaven. We turned and hurried through the bramble and mosquitoes to the No-No and shoved off. As I pulled on the oars with all my strength I realized we were not making any headway towards home. The wind was blowing hard from the west and the tide was going out. This wasn't gonna be fun! The best we could do was go sideways, Joe sat at my side and we both took an oar to see if that would help, it didn't. We were heading out to Sea. Let's see, no life preservers, no one knows we are here, the sun is going down, white caps are slapping we're screwed!!! Joe quickly grabbed a lobster buoy and pulled it into the bow of the boat, and then another until the lobster pots snagged the rocky bottom as an anchor would.

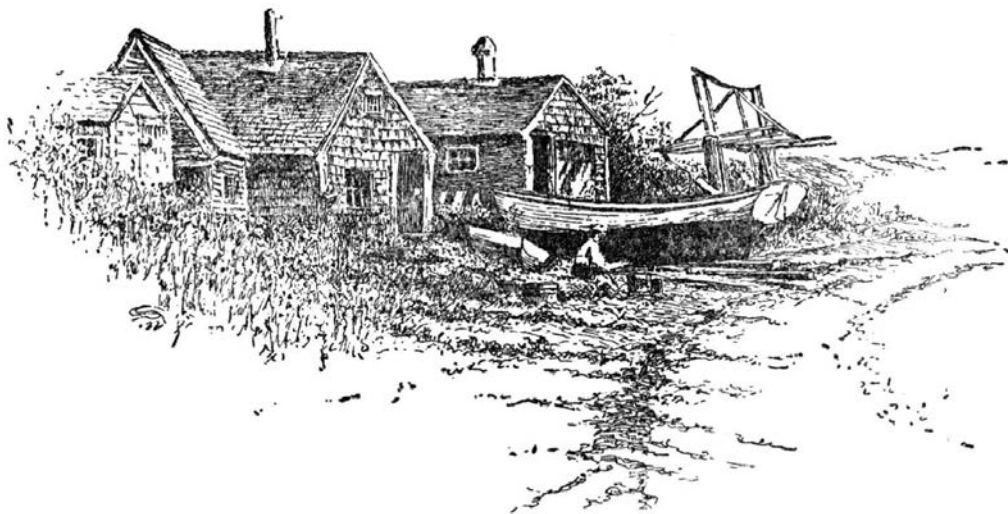
Though we were not being swept out anymore we were sitting mid-channel between two Islands Narrows and Sheep. Panic started to engulf us as we pondered our next move. While we lamented, seals began popping their heads out of the water to stare at us. I'm sure I saw one shaking his head at us in disdain. We rowed sideways to Narrows Island and this was done slowly and with great effort. Suffice to say the shore was not an easy place to land as the rocks and the ledges were abundant and massive. There was no spot to safely manoeuvre too. A plan quickly developed, "Joe, I'll get as close to the shore as possible, and you hop over the side and climb up to safety, and go for help." He did, but slipped on the slimy rocks and cut his leg badly. Adrenalin pumping Joe finally made it up the rocks and quickly ran to the Vinalhaven side of the Island to wave for help. I stood in the water on a ledge and held the boat off the granite. Being Madre's No-No we were worried that if we totaled her punt, we would probably be dis-embowed. Such things swirl in the minds of young bucks. As time slowed to a trickle Dad miraculously rounded the corner of the Narrows in his powerboat. To Joe and I, he was "A Knight in shining armour." After



a profound tongue lashing, he tied the bow of the No-No to the stern of his boat and started powering us home. As we were underway his engine sputtered and quit. Now we had two boats drifting away and being battered by the waves. The Bear (Dad) never learned how to swim. I being a lifeguard started thinking "Who do I save when we go in?" We began checking the gas line and battery, pulled the cover off the engine to see if we could see anything (the fact that no one had any idea what we were looking at was irrelevant). We then tilted the engine up and saw that the propeller was fouled in trap rope. Free of all encumbrances the engine-started right up and our rescuer continued his rescue. We made shore and slid the No-No to its shoreline berth.

As we entered the house Joe and I figured an "onshore berating" was imminent. We would have to endure any and all tortures coming to us. But as we cleaned up for dinner, we slowly realized that it was not to be. Dad said nothing more about it, but he gave us both "the stink eye." With no one, the wiser all was forgotten. Joe, "pass the potatoes" the adventure was over.

— Richard Flagg







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### Trivia Answers

1. Situation comedy
2. Penicillin
3. Flower

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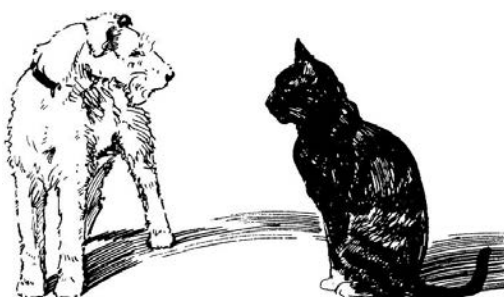
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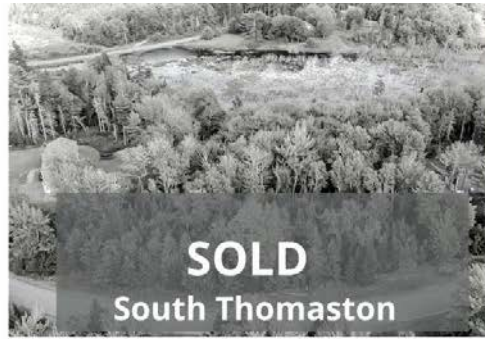
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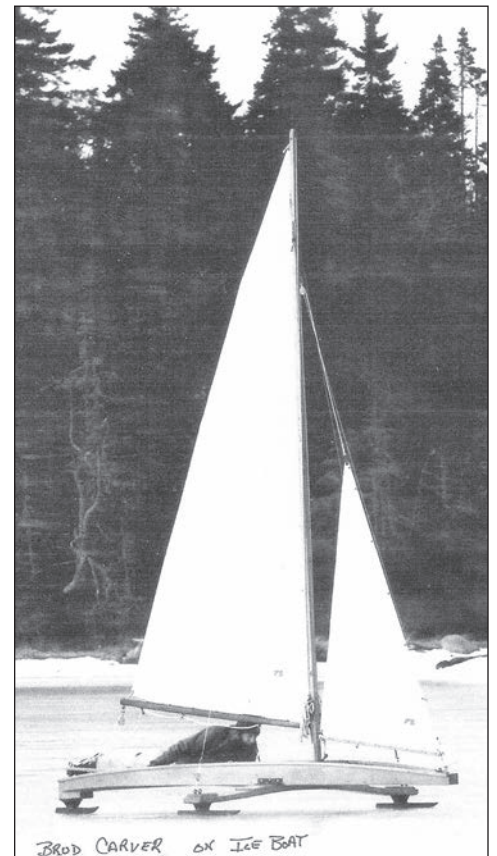
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# For Men: How To Tell if She's Really Into You

*Hint: The answer is a lot closer than you think.*

Stereotypically, women pay more attention than men to how things are going in their relationships. Men stereotypically don't worry as much about how their relationships are going, and if they do, there is a lot of social pressure not to admit it. Men typically acknowledge insecurity about their relationships only when their girlfriend/partners withdraw in some way that finally gets their attention, which can range from not showing as much interest in what he is talking about, to losing interest in sex, or threatening to leave.

Once a man believes abandonment is a possibility he typically goes from zero to sixty in a heartbeat, becoming obsessively interested in how the relationship is going—buying gifts, taking his girlfriend/partner out for dinner, wanting to hear about her day, buying self-help books and suggesting they read them together, or even proposing the previously dreaded couples therapy.

Contrary to popular opinion, men are just as anxious as women about whether they are liked and accepted or at risk of being abandoned. It makes good sense to watch carefully and worry about any part of your life that so profoundly influences so much of your happiness. In reading this article you've taken the first step in acknowledging that you, just like every other man, have some anxiety about whether or not the woman you're involved with approves of you.

When a man is interested in figuring out how his relationship is going, he may ask his girlfriend/partner for reassurance. Of course, he will ask indirectly in a code that both of them understand perfectly well, because he is loath to acknowledge any insecurity directly to her. So, he'll ask, "Are you Ok?" or "Is everything OK?"

Because he is feeling anxious and insecure, his girlfriend/partner's answers are never more than briefly satisfying, so he may escalate the frequency of his requests for reassurance to a maddening pace. Because no amount of reassurance ever soothed anyone's insecurity more than briefly, he doesn't really believe her answers, and concocts a whole series of credulity straining explanations for why she might be lying to him, like "She just a nice person and doesn't want to

hurt my feelings."

Since none of her answers are ever convincing, he may decide that the only way to know her true, hidden feelings is to be like a detective and start looking for hidden evidence of how she really feels. He starts watching his girlfriend/partner carefully, hanging on the significance of any word spoken or not spoken, any action taken or not taken, searching for any sign of unhappiness or lack of interest. She hasn't mentioned where she wants to go on summer vacation this year, maybe she's not planning to be here? I notice she's starting to wear a ratty old tee shirt to bed at night, maybe she doesn't care if I find her attractive anymore? She's not asking as much about the big deal I've got going on at work, maybe she's losing interest in me?

Sadly, people generally find whatever they are looking for in another person.

---

*Contrary to popular opinion, men are just as anxious as women about whether they are liked and accepted or at risk of being abandoned.*

---

If you go looking for evidence that your girlfriend/partner doesn't really like you, chances are you'll find it. You may even end up creating something that didn't previously exist, because approaching a relationship from a suspicious place inevitably creates more distance in the relationship.

I would like to suggest two steps to understanding how things are going in your relationship, each of which is a lot easier than playing detective and a lot more satisfying. The first step is to start by paying attention to your own experience rather than trying to figure out what's going on with your girlfriend/partner. Let yourself know what you know. It's not really much help to know if things are going well for her if they're not going well for you.

- How do you feel when you are with her?
- Do you enjoy yourself?
- Do you feel relaxed, comfortable being yourself, or more on edge, and worrying about pleasing her?

Once you figure out how you feel, then you can start making this a two-person equation.

No matter how hard you try, you are never going to be able to figure out what's going on in a relationship

*(continued on next pg.)*

## How To Tell if She's Really Into You *(continued)*

by yourself. You only have half the data; all you can do is extrapolate from the information you do have and your conclusions will mostly be off base, sometimes wildly so.

Relationships are mutual.

If things are working well for you, chances are it they're going pretty well for her too. On the other hand, if there are parts of the relationship that are not going well, then perhaps you could have a conversation about that.

It's surprising how often it doesn't even occur to people to have a mutual conversation about their relationship, or if it does occur to them, how intimidating the idea is. This is different from asking your partner for reassurance. I'm suggesting initiating a mutual conversation with your partner about how you each are feeling about the relationship. Questions like:

- "How are we doing?" rather than "Are you OK?"
- "Are you getting what you want and need from this relationship?"

- "Are there ways that I can be a better partner to you?"
- "How are you thinking about our relationship? Do you think we have a future?"

Many men, perhaps you too, have insecurities, and are anxious about being liked and approved of. Rather than trying to manage those insecurities by looking for answers outside of themselves, they could find that far more satisfying answers are a lot closer than they think; in themselves.

Avrum Weiss is a psychologist consultant for the Islands Community Medical Center.

This article originally appeared on [www.thegoodmen-project.com](http://www.thegoodmen-project.com) and was excerpted from *Living and Loving Mutually: How to Break Free from Hurtful Relationship Patterns* published by Lasting Impact Press, an imprint of Connection Victory Publishing Company.



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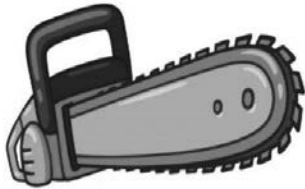


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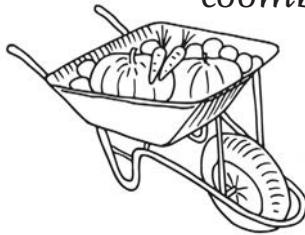
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[vinalhavenlandtrust.org/vlt-merchandise](http://vinalhavenlandtrust.org/vlt-merchandise)

## AL-ANON MEETING CHANGE

**Until further notice,  
Al-Anon meetings will  
be held virtually.**

To join the meeting by internet  
OR phone, please email  
[vinalhavenalanon@gmail.com](mailto:vinalhavenalanon@gmail.com)  
or call 207-952-1817

Help is also available from Maine  
Al-Anon [maineafg.org](http://maineafg.org)  
and World Al-Anon [al-anon.org](http://al-anon.org)

*We are here for you! Newcomers welcome!*



Our meetings have  
temporarily gone online, for  
URL and times  
please email

[VinalhavenAA@gmail.com](mailto:VinalhavenAA@gmail.com)

**Does your Organization or Business need  
Hand Sanitizer? Masks?**

**ICMS can help!**

Email Dinah [dmoyer@icmsvh.org](mailto:dmoyer@icmsvh.org)



At one point, Ben Franklin undertook what he called "the bold and arduous project of arriving at moral perfection." From his reading and studies, he developed a list of 13 virtues he considered necessary to a moral life: temperance, silence, order, resolution, frugality, industry, sincerity, justice, moderation, cleanliness, tranquility, chastity, and humility.

He then devised a plan to become faultless in each of these areas but, he wrote, "soon found I had undertaken a task of more difficulty than I had imagined." He created a small ledger with columns for each day of the week and a row for each virtue, placing a black mark in the book every time he violated one of them. Examining himself at the end of every day, Ben reported, "I was surprised to find myself so much fuller of faults than I had imagined."

Toward the end of his life, Ben admitted that he fell far short of achieving his goal of perfection, but he believed that he was "a better and a happier man than I otherwise should have been if I had not attempted it."

"Let them vices die before thee."  
– Ben Franklin

#### **SURFSIDE**

**DAILY 4:00ish-10:30 AM.  
LIMITED INSIDE/OUTSIDE  
SEATING; STILL TAKING  
CURBSIDE ORDERS.  
PLEASE FOLLOW STATE  
PROTOCOL.  
863-2767**

#### **COVID-19 FINANCIAL HELP**

##### **Unemployment Benefit for Self-employed People**

Go to the Maine Department of Labor Bureau of Unemployment Compensation webpage to apply.

**[www.maine.gov/unemployment](http://www.maine.gov/unemployment)**

##### **General Assistance (GA)**

A program to help cover costs for basic needs like food, housing, and utilities.

Contact **Andrew Dorr, 207-863-2042**  
**[townmanager@townofvinalhaven.org](mailto:townmanager@townofvinalhaven.org)**

#### **The Sand Bar**

863-4500 \* Dine-In or Take-Out  
Open for Lunch, Dinner & Cocktails  
11 am – 8pm (9pm Friday & Saturday)  
Closed Mondays

#### **Frequently Asked Questions**

##### **Q: Are you open?**

**A:** YES! We are open for dine-in, take-out and touchless curbside togo

##### **Q: How do I eat & drink with a mask on?**

**A:** You only need to wear your mask when you are standing. This includes coming in, using the restroom and leaving. When seated you can remove your mask.

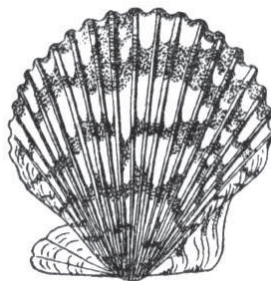
##### **Q: How many people can I have dinner and drinks with?**

**A:** Per state requirements, up to 8 people can be seated at one table.

##### **Q: Can I take my drink to go?**

**A:** Yes and no. You **cannot** take the drink you are enjoying at the bar, but you **can** order drinks to go with your take-out food. We will package any drink for you, try our frozen booze slushies...they are amazing!

**Check our Facebook page for daily specials & slushie flavors**



#### **FRESH SCALLOPS**

\$15/lb., taking orders for contact-free pick up at the house.

**please call 863-4926**

#### **Fathom Seafood and Meats**

Offering free delivery of a variety of fresh meats from Wiggins Butcher shop. Call for free delivery and a full menu including steaks, ground chuck, sausage, pork chops, fresh chicken, fresh cooked lobsters, and much more!

Kelly and Lee Oxtan: 703-6720



**Hand-selected wines,  
artisanal cheeses, craft  
beers, Maine raised meats,  
locally roasted coffee,  
and more!**

***New Hours  
Effective  
Tuesday, 1/5/21!***

**OPEN  
TUESDAY  
thru  
SATURDAY  
Noon-5**

**32 Main Street  
863.2192**



**FIORE – The Freshest  
Olive Oil & Aged  
Balsamic from Italy**

**Find Us Every Day  
at Island Spirits  
as well as  
503 Main Street in  
Rockland**