

March 19-25, 2020

E-MAIL: vinalhavenwind@gmail.com

Community Lunch Box

Union Church will be looking at the best options for lunch box going forward. We will not have our sit down lunch at the church for the next couple of weeks.

We will contact our regular guests and ask them to send out the word when we will be preparing and delivering to make sure no one is excluded from their meal. If you have any questions, please contact Candi at 2001



TIME TO READ

Effective 3/16/2020,
Town Buildings are
closed to the public until
further notice. But you
can currently still Borrow
Books from the Library!

View what we have on
our online catalogue
vinalhavenpubliclibrary.org
and call in your book
request so we can figure
out a pick-up time or
have it delivered:
863-4401

Community Calendar

Email events to:
windnonprofitads@gmail.com

Things to Remember....

During this time, information and recommendations are changing rapidly and things may feel uncertain. But we are a strong and resilient community. We ask that you be responsible, compassionate, and kind with each other. This is not a time to assign blame or spread fear. We should come together as a community to support one another. **Let's remember to follow the recommendations of our local leaders, care for everyone in our community, look out for friends and neighbors, and reach out in safe and responsible ways out to those who need a hand.**

Up-to-date Covid-19 Information:
townofvinalhaven.org – Link to Covid-19 page from Homepage (click image), including Maine and US Centers for Disease Control and Prevention and other helpful resources.

BINGO

March 29th Bingo Postponed
until further notice. Prizes
collected will be used when
Bingo Resumes.

Vinalhaven Taxi

(207) 720 – 0056

Tours, Ferry/Airstrip Connections, Here and
There on Vinalhaven, Maine

By Reservation....or by Chance Jeanne Bineau-Ames

Trivia

1. What is the largest National Park in the U.S.?
2. What did the first telegram say?
3. What is the term used when all seven tiles are used in Scrabble?

Town of Vinalhaven Information

www.townofvinalhaven.org

Meetings

Effective 3/16/2020, Town Buildings will be closed to the public until further notice. All events and programs have been cancelled until further notice. The Town Office is closed. All committee meetings, other than Select Board meetings, have been postponed or will be held virtually. The Select Board will be meeting* regularly to discuss any necessary responses to COVID-19.

*Based on the recommendation from the President of the United States, we will be limiting our meeting size to 10 or less. Unfortunately, and we hope you respect this decision, this means public will not be able to attend in person. However, we will deliver meetings to you virtually from our Facebook page:

[facebook.com/townofvinalhaven](https://www.facebook.com/townofvinalhaven) and a recording will be posted to the Town website. Please visit the Town website and Facebook page for the most up-to-date information about viewing Select Board Meetings online.

Notices

Let's keep as much out of the waste stream as possible in case we are not able to haul off as much trash as usual. PLEASE RECYCLE! PLEASE COMPOST! This cuts down on the amount of trash we generate!

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 at the Town Office and townofvinalhaven.org. Free Composting Pails available at the Town Office and Transfer Station.

Hours of Operation & Contact Information*

*The numbers below are accurate, but due to the Covid-19 virus, the Town Office is closed to the public so the hours listed may be inaccurate. Services are still available over the phone—please see further information in the column to the right.

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

Town Clerk – **Darlene M. Candage** – 863-4343; townclerk@townofvinalhaven.org

Deputy Town Clerk – **Tanya Robishaw** – 863-4343; deputyclerk@townofvinalhaven.org

Assessor – **Wes Robinson** – Hours vary, contact 863-2168 or
vinalhavenassessor@gmail.com to set up an appointment

Code Enforcement Officer / Local Plumbing Inspector – **Faye Grant** – Hours vary, contact 863-2168 or vhceo@townofvinalhaven.org to set up an appointment

Planning and Community Development – **Gabe McPhail** – Hours vary, contact 863-2168 or 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

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

Ambulance Service – **Kerry McKee** – Emergency 911; Non-Emergency 863-2119 or kmckee@townofvinalhaven.org

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

Animal Control Officer – **James Knowlton** – 756-0209

Harbor Master – **James Knowlton** – 756-0209

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



COVID-19 INFORMATION

For the latest updates, visit our website townofvinalhaven.org. There is a link directly on the homepage to all Covid-19 information and resources. You can also check our Facebook page for regular updates

[facebook.com/townofvinalhaven](https://www.facebook.com/townofvinalhaven)

During this time of uncertainty, information and recommendations are changing rapidly. Throughout the coming days, we will look to keep you informed the best we can. We ask that you be compassionate towards each other and to those who have traveled. This is not a time to assign blame or spread fear. We should come together as a community to support one another. Let's remember to care for everyone in our community, to look out for friends and neighbors, and to reach out to those who may need a hand.

Thank you.

Town Services

Available Remotely

The Town Office is currently closed to the public due to Covid-19. However, many services are still available by calling **863-4471 or 864-4343**

Please read our Services Memo at townofvinalhaven.org. If you have any questions, call the Town Office.

Nomination Papers Available for June 9th, 2020 Elections

Two – 3-year terms for Selectman
One – 3-year term for MSAD #8 Director (School Board)
One – 3-year term for Water District Trustee

Interested candidates should contact Darlene at the Town Office for more information. The current deadline for submitting nomination papers back to the Town is Friday, April 10th, 2020.

Vinalhaven School News, by Superintendent/Principal Tonya Arnold



Oh my, how the world has changed. The silver-lining to any crisis is that Mainers are innovative, creative, independent, strong survivors. This is when we shine, and that is especially true for Vinalhaven.

Our staff deserve great praise! Absolutely amazing teamwork in the past three days brought our school community from the uncertainty of Friday evening to clear plans to support student learning, social emotional connections, and a system to check on family needs in a whole new world.

This week families and staff connect. Moving from the world of learning we knew last week, to remote learning and virtual daily communications. The work included consideration for some routine to support student and parents, but honor flexibility necessary for parents with double duty.



With materials delivered to homes and every staff member trained to conduct live face-to-face conversations using zoom, I can't wait to share with you some of the exciting and innovative ways staff are planning to engage students, from dance class to publishing writing, read aloud groups and the many well rehearsed ways that students and staff were already using google classroom.



Facilities: We recognize what a positive role the school facility has played in helping community members of all ages socialize and exercise. It was a very difficult decision to close down due to sanitation needs to prevent the spread of illness and do our part to ensure the public gathering limit of less than 10 is honored.

Closing the school will not have been worth the effort IF families were to choose to travel while school is closed or IF groups of children and/or adults continue to gather. The immediate purpose is to slow the spread of illness, especially COVID19, to relieve the demands on our health care system by "flattening the curve" of new cases. While research is not yet certain, some evolving medical studies predict that carriers without symptoms could be shedding the virus in a way that may affect elderly and those with underlying conditions.

Childcare needs and socialization must be navigated in a way that reduces risk, but still allows our economy to carry on and be emotionally supported. Please think creatively with other families with whom you are connected to support one another. The CDC is recommending not using public playgrounds as the virus can live on the equipment for 48 hrs. Thank you to those who are reaching out to help or volunteer to clean the playground for example. We are making a list and will be connecting people to tasks through the Town's new Volunteer Coordinator position. Once we get a routine established, someone will reach out in ways help can be used and shared in support of our families.

Board Meetings: Based on the public gathering limits, we will be finding a virtual tool to share the next budget workshop on Wed 3/25/20 at 6:00 pm. The Board and I thank you all for your support.

ICMS MEMO

March 18, 2020

To the Community of Vinalhaven,

The situation with Covid-19 is rapidly changing. ICMS is working with local emergency services and reviewing guidance from the Maine CDC and federal guidelines.

Some things to note:

The most important thing to do is to wash your hands frequently with soap and water for at least 20 seconds and stay home if you are sick. Try not to touch your face. Please practice social distancing and take advantage of the delivery services offered.

1. Per CDC guidelines as of March 15th this week, the Medical Center is cancelling all behavioral health, physical therapy and dental visits in person. You will be hearing from our staff. We are working on setting up telehealth for behavioral health visits and will put out more information as it is available.
2. If you are sick, please call the office at 207-863-4341 and you will be triaged by the nurse or medical provider. Please do not use social media or text the providers.
3. Patients are being screened by the nurse or medical provider when they call for testing for the coronavirus. If you are going to be tested, it will likely be in your vehicle outside. We are working to reduce exposure.
4. If you are tested for coronavirus, you will be asked to self quarantine for at least 14 days. That means staying home and not interacting with others outside from your household. You can go for a ride or a walk with members of your household but please do not interact with others. This will limit the spread of the virus to others and help keep our community safe. No trips to the grocery store, Fisherman's Friend, or anywhere else.

Continued on next page...

5. For those patients who need INR or injections, we are scheduling those visits for 9:00 to 10:00 am on Wednesday mornings. To limit exposure, we will ask you to call before you arrive and the staff will come out to the car.
6. If you need groceries or other supplies, ICMS is paying the delivery fee. Please call Vinalhaven Taxi at 207-720-0056 to schedule a delivery. You must prepay for your supplies.
7. If you would like someone to call you to check on you, please let us know.

If you have any questions or concerns, you can reach Dinah Moyer at 207-837-4038 or Sarah McDonald, RN, at 207-863-4341, extension 1118.

Thank you for your cooperation and understanding.



Dinah B. Moyer
Executive Director



Jen Desmond, FNP
Clinical Director



Islands Community
Medical Services

Our Medical Center

Medical Center Information

www.icmsvh.org

Medical Services: 863-4341

Dental Services: 863-2533

Counseling: 863-9959

Billing: 863-4348

Hours of Operation

Medical Services

**Mon, Wed, Fri: 8 am – 12 noon,
1 pm – 5 pm**

Tues: 1 pm – 5 pm

Thurs: 8 am – 12 noon

Closed Tues. AM and Thurs. PM

Dental Services

NO Dental Services this Week.

Office: Mon – Fri. 8 am-noon and
1 pm-5 pm

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

Women's Health

To schedule an appointment,
please call 863-4341.

**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.**

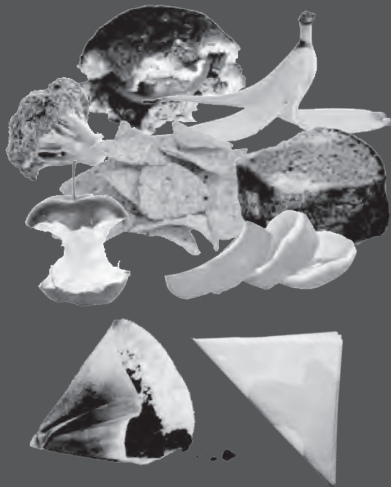
Like us on Facebook

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).

HOW-TO GUIDE for Food Scrap COMPOSTING



Vinalhaven Community Compost at the Transfer Station



Yes ✓

FOOD SCRAPS

vegetables, fruit, peels, grains, coffee grounds
eggshells, fish, spoiled and leftover foods

UNCOATED FOOD PAPERS

tea bags, coffee filters, soiled napkins



No ✗

MEAT, BONES, DAIRY

no meats and dairy, no large quantities of oil

COMPOSTABLE “PLASTICS”

no bags/pail liners, no cups, no cutlery

PRODUCE STICKERS

remove produce stickers

How VH Community Compost Works

1. Collect food scraps at home and at work
2. Dump food scraps into the collection bin at the Transfer Station
3. We mix all the food scraps into an active manure pile
4. The pile cures until it becomes nutrient-rich compost
5. Our community uses the compost to enrich garden soils

FMI about VH Community Compost visit the **WasteWatchers** page at www.townofvinalhaven.org

WINDHORSE ARTS

LARGEST SALE of the YEAR

The many ways to shop
while practicing Social Distancing

Call 207/863-2262 or 207/449-6285

Email alisonthibault@gmail.com

or visit www.WindHorseArts.com

code March2020

30% OFF IN STOCK JEWELRY

Dr. Caron's
Veterinary Clinic

is Postponed until
Further Notice.

For more information,
please call **594-5850**

*"It is fun being in the same
decade with you." -*

Franklin Delano Roosevelt in a
letter to Winston Churchill, 1942



FOR SALE

1999 Pursuit 28' center
console twin 225 Yamaha 2
stroke fishing pleasure boat

\$29,500. Gorgeous boat!!! Very good condition. 28+'. Runs and looks great. 5 year old Garmin, GPS, radar, depth finder. Too many options to list. With aluminum bunk trailer. Reupholstered cushions. Turn key ready for summer fun and fishing!
Call Drew 860-490-3001 or Dkeir@cox.net

FULL SERVICE RENTAL MANAGEMENT

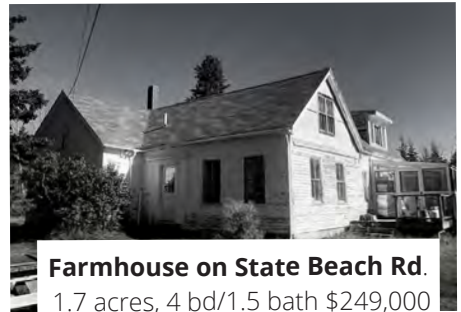
**VINALHAVEN
VACATION
RENTALS**

CHECK OUT OUR INVENTORY!
AUGUST IS ALMOST **FULL**


WWW.VINALHAVENVACATIONRENTALS.COM
207-401-8242



In Town Family Home!-
3br/2 bath, 2.6 acres \$199,000



Farmhouse on State Beach Rd.
1.7 acres, 4 bd/1.5 bath \$249,000



East Side Woods
5 wooded lots, 2-4 acres
\$22,000-\$35,000



Gateway to the Basin
1.5 acres, oceanfront, well & septic
\$165,000

TRIVIA ANSWERS

1. Wrangler – St. Elias, Alaska. Six times the size of Yellowstone
2. What Hath God Wrought?
3. Bingo

Let us help you find your dream home.

We're *everyone's* realtor! www.vinalhavenrealty.com

Lorraine Walker

Designated Broker

lorraine@vinalhavenrealty.com

207 249 5379

Claire Jackson

Sales Agent

claire@vinalhavenrealty.com

207 401 8242

Bumiller & Co.
CARETAKING & CONTRACTING

**Mainland
Caretakers**

We're here, when you're not.



207-596-6146
bumillercompany.com

JOHNNY S. DAVIS



**Plumbing
and Heating**

- Licensed Master Plumber
- Licensed Master Oil Burner
- Repair Service Available
- Solar Hot Water


P.O. Box 69
Vinalhaven, ME 04863
207/863-2030
JSDavisPlumheat@aol.com

"Retired Property Manager"
Frank W. Demmons
863-4364

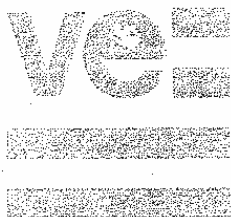
Handy-man work, Hard-scape & Landscape, Mechanic; small engine & heavy equipment. Mudding & painting (inside only), Professional tiling (any design you want)

*"Most of our future lies ahead."
-Denny Crum,
Louisville Basketball Coach*

Pregnant?
Get answers about
your pregnancy
options
594-1616



carenetofockland.org **CARE NET**
Hotline: 1.800.712.4357 Pregnancy Center of Rockland



vinalenergy.com

36 West Main St. (207) 613-7460

Fuel oil, Kerosene, Diesel & Propane

Factory Authorized Toyotomi and Monitor service and sales

Please call & ask for our prices!



ISLAND TICKS

pest control

Ticks, Ants, Spiders, Mice, and More

They are going to start enjoying this
early spring too!!

Doing estimates now.

Treatments start early April.

Give us a call.

Carlie and Erica Simpson

207-837-7011

Free Estimates • Fully Insured • 17 Years Experience • RRP Lead Certified

HALL PAINTING

INTERIOR & EXTERIOR

PAINTING

Sheetrock and Plaster Repair

No job too big or small. Set prices, no surprises.

All material & Labor with no extras.

Noah Hall VH: 863-5024 Cell: 299-8633

Hall357@gmail.com

Cleaning Services Available

Experience cleaning both

business and residential

Access to AWD vehicle

Scheduled cleaning available

Please email at:

Sarina.Alley@gmail.com

Or call **863-2287** ask for Sarina

for more information

PENOBSCOT ISLAND AIR



P.O. Box 273, SOUTH THOMASTON, ME 04858

TERMINAL LANE, OWLS HEAD, ME 04854

(207) 596-7500 • WWW.PENOBSCOTISLANDAIR.NET

Irish Hands

When words are not enough
the power of wind stirs me
fight or flight is still
engrained and both come easy

My ancestors had powerful
hands, hands that grew tired
of digging dead earth or
brawling in pubs and packed
their belongings for distant
shores, hands that once
fingered fine threads for lace
the thick cow-licked hair of boys
hands red and raw from lye soap
torn by wind cold enough to
freeze the nappies hanging next
to long-johns pegged like soldiers
in line for a meal

Those hands tucked n patted
corners of wool into cardboard
suitcases, under beds of horsehair
mattressed for thousands
aboard ships that headed for
the land of plenty or even
just a future

And all of these motions
lived in my mother's hands
the way she comforted
nine children, reached for the
money jar on the top shelf
her grasp on pots and pans
medicines, she nursed the
sick in her day job, tamed us
at night with love that came
with a kiss and a blow
her hands did the same old
quiet telling of beads
darning of socks, braiding of
hair and always the incessant
drying of tears

My blood carries memories
of generations of survivors
I am the reflex action that
protects and distracts a mind
that doesn't have the time that

money buys, I am the driven
one with the impoverished
spirit like a curse in the blood
I own all the machines that
erase the drudgery, I have
the computer, the fax
the cell-phone to communicate
my all-important messages
at the speed of an old one
downing a pint

I use my head instead of
my hands and wonder if that
machine is holding up
for I worry as much as ever
my mother did or hers
or hers before her
I have come so far in the
wrong direction, still fight
the system, fly to far away
places to free myself
for time to think
as if that would cure this
dis-ease of being trapped
in a body of need

My fears and longing lie
hidden in the wind
I would snatch them
from its power tie them down
and face them, perhaps find
that all I really am is the in
and out of my own breathing
the simple tucking and patting
of wool around bodies I love

Ah, and if I'm lucky at all
I shall see the humor
release the pain
kiss my lover and hug me
husband, let my grown children
support me so I can return to
Ireland to taste the malt
and burn the bog again.

—Paddy Noble



**The Vinalhaven Chamber
of Commerce
is delighted to welcome
Brittany Price
as our new
Administrative Assistant!
WELCOME BRITTANY!**



www.vinalhaven.org



Maine Trivia

1. How many counties are in Maine?
2. What is the largest county in Maine?
3. What is the smallest county in Maine?



Pleasant River Chapel

Sunday, March 22nd

The Chapel will not be having our breakfast and service this Sunday in response to the Town's requests concerning the Covid-19 virus.

We are grateful to those who are taking care of so many. Let us all love our neighbors and be kind.

For pastoral care call:
Rosanne Wallace 863-4846
Vannesa Henneke 863-4834

**Al-Anon Meetings
and
Peer Support Group
Meetings:**

Postponed for now

Please contact Vannesa Henneke at 207-863-4834 with any questions

Union Church

Partnering with the Maine Seacoast Mission and the United Church of Christ
~ Welcomes You ~

**Union Church
is temporarily NOT
holding services at the
church.**

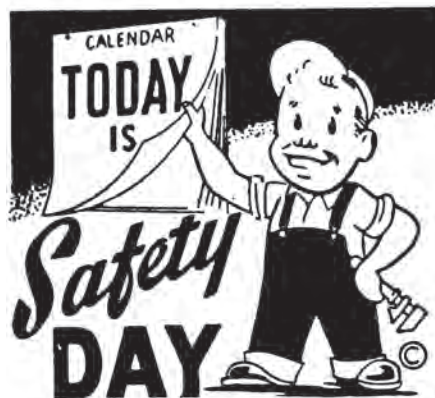
**We will have audio
services on our FB page.**

**If you need pastoral care,
please continue to contact**

**John Potter
729-7024**

or

**Ruthie Philbrook
863-4507**



AA

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

VinalhavenAA@gmail.com

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 or call 207-952-1817
Help is also available from Maine Al-Anon maineafg.org and World Al-Anon al-anon.org
We are here for you! Newcomers welcome!



Sunday Service Also on Facebook

SUNDAY

9:30—Sunday School
Adults in Church
Ages 4—12 in Parsonage

10:30—Fellowship Time
(coffee & refreshments)

11:00—Worship Service

WEDNESDAY

**6 PM—Bible Study and
Prayer Time**

ALL ARE WELCOME!

20 Fellowship Drive
863-9944
www.obbc-vinalhaven.org

Maine Trivia ANSWERS

1. 16
2. Aroostook
3. Sagadahoc

SKÅL!

A Vinalhaven Speakeasy
6 Bodwell Lane

*In respect for the wellbeing of our community
and the recommendation for social distancing,
Skål will be closed until further notice.*

Updates will be posted on the website

863-4882
www.islandspeakeasy.com



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

Our Hours:

**TUESDAY
thru
SATURDAY
11-5**

32 Main Street
863.2192



SECOND HAND PROSE

CORONAVIRUS PRECAUTION

CLOSED UNTIL FURTHER NOTICE

To help protect our
volunteers, customers, and
community, we will be
closed until further notice.

Unfortunately we cannot
accept any book donations.
Please do not leave them
on the porch.

Thank you for
understanding:)

Let's all do what we can
to stay healthy!

RESTAURANT FOR RENT

64 MAIN STREET (SALT)
MASTERBAR@AOL.COM



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

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