



June 4 - June 10, 2020

E-MAIL: vinalhavenwind@gmail.com

Vinalhaven Community Outreach

We need your help and we're here to help you

We have set up a COVID-19 fund to help islanders who have been directly, financially affected by this virus.

Donations may be mailed to VCO, PO Box 15, Vinalhaven.

Please mark Covid-19 in the memo

If you need help, and fit our criteria, please contact us by email

vhcommunityoutreach@gmail.com

Thank you.

We are a 501 (c) 3 organization

WIND UPDATE

Starting this week, we will be printing paper copies of the WIND for all our subscribers. We want to make sure that anyone who wants a copy is able to get one. (The WIND will continue to be online, as well). The average cost of one paper, including printing and postage is \$1.70. If you would be interested in a 3 month subscription, please send \$15.00 to: The WIND, PO Box 194, Vinalhaven, Maine 04863. We will continue this offer as long as needed. Please be patient as we work out the wrinkles. Thank you.



Vinalhaven Wildflowers

Lots of wildflowers are blooming right now, and more to come! Flowers can be seen all over the island: on trails, in your own yard and woods, and along the roadsides.

Marcuse Wetlands Preserve has a great variety of wildflowers blooming, including pink lady slippers, strawberries, wild iris, bluets, several species of violets, wild apple, shadbush, starflower, Jack-in-the-pulpit, sheep laurel, Labrador tea, dewberry, blackberry, lowbush blueberry, wild raisin, bush honeysuckle, and more!

Directions to Marcuse Wetlands: Dive on North Haven Road for about 4.3 miles. Parking for the Marcuse Wetland Preserve is on the left, at the foot of a steep hill just beyond the windmills.

vinalhavenlandtrust.org

Trivia Questions

1. The Hope diamond was donated to the Smithsonian by what company?
2. How many electoral college votes does a U.S. president need to get elected?
3. Who was the youngest first lady to be married to a president?

Maine Trivia

What is Maine's State Motto?

COVID-19 INFORMATION

For the latest Town updates, visit www.townofvinalhaven.org There is a link on the homepage to all Covid-19 information and resources.

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

If you have Covid-19-related questions or concerns contact **207-863-2168** or VHEOC@townofvinalhaven.org

Subscribe to receive Town Covid-19 Updates automatically in your inbox. Go to **Subscribe** on the Town's website and subscribe to "Town Alerts". Also subscribe to **CivicReady® Emergency Notifications** to receive text and phone alerts.

Community Calendar

Email events to:

windnonprofitads@gmail.com

Town of Vinalhaven Information

www.townofvinalhaven.org

Meetings

Town Buildings are closed to the public until further notice. All events and programs have been cancelled until further notice. Committee meetings have been postponed or are being held virtually. The Select Board meets regularly online only. Meetings are delivered virtually from our Facebook page: facebook.com/townofvinalhaven and recordings are posted to the Town's YouTube Channel – **Town of Vinalhaven**

Virtual Meeting – Planning Board, Wednesday, June 10, 7pm. For information and Zoom access, please contact Robb Warren, rwarren@vinalhavenschool.org

Notices

Revised Property Tax Deadline Due to COVID-19 and to relieve what may be a financial burden at this time, the Select Board voted to extend the May 1, 2020 Property Tax payment to July 1, 2020. While we encourage those that can pay to please do so, there will be no penalty for those who are unable to pay until July 1. Interest will still accrue on the unpaid November 1, 2019 balances. Any balance owed on June 30, 2020 will be listed in the next Town Report with a note on the change in the due date. If you have any questions, please contact the Town Office.

Annual Town Meeting originally scheduled for May 13, 2020 has been postponed. New date TBD.

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

Hours of Operation & Contact Information*

***The phone 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@vhaven.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



State and Local Elections For Tuesday, July 14, 2020

For Vinalhaven, in-person voting will take place on July 14 at the Town Office, 19 Washington School Road. This location will be open from 8am until 8pm.

Voters may cast an absentee ballot instead of voting in person.

To minimize interaction with others during this public health pandemic (COVID-19), some voters may prefer voting by absentee ballot. Casting an absentee ballot is convenient and secure.

Absentee ballots may be requested in writing, by phone, online, or in person up to and including the day of the election, without specifying a reason. However, if you are asking to receive your ballot by mail, please request it early enough to allow for postal mail delivery time—both to receive it and return it (2-5 days each way).

You can request an absentee ballot by calling your Municipal Clerk's office at **207-863-4343**

You can request an absentee ballot online or by mail from the Secretary of State's website:
www1.maine.gov/cgi-bin/online/AbsenteeBallot/online-form.pl

Absentee ballot requests are being accepted right now. Printed ballots will be available by mid-June, and we will issue your ballot as soon as possible after that date.

Ballots must be returned to the municipal clerk no later than 8pm on Election Day.

For additional information go to:
www.maine.gov/sos/cec/elec/voter-info/absenteeguide.html

Vehicle Registrations

Effective May 26th, 2020 per Governor Mills Executive Order 53-a FY 19-20

ALL Vehicle Registrations need to be registered within 30 Days.

This includes ALL Motor Vehicles, ATV's, Watercraft, Snowmobiles and Trailers

Please call **863-4471** or **863-4343** for amounts due

How to Register a Vehicle

Re-registering a vehicle previously registered in Vinalhaven

Provide **current proof of insurance** on the vehicle (not past or future cards—it has to be effective on the date of registration), and **current mileage** of the vehicle. Please call for amount due.



Re-registering a vehicle that has been registered in Maine, but never registered in Vinalhaven:

Provide a **copy of the most recent registration, current proof of insurance** (as listed above) and **current mileage** of the vehicle. Please call for amount due.

Registering a new (or used) vehicle from a dealership:

Provide **proof of insurance** (as listed above), **current mileage** of the vehicle, a **sales invoice** that shows sales tax was paid, and the **blue title application** are needed. Please call for amount due.

Registering a new (or used) vehicle from a private sale:

Provide **current proof of insurance** (as listed above), **current mileage** of the vehicle, a **bill of sale**, and the **original title signed over to you** (if the vehicle is 1995 or newer). *Please Note* You CANNOT sell a vehicle that is 1995 or newer until you have received a title for it in YOUR NAME. You do not need to register the vehicle, but you do need to get the new title. Please call for amount due.

If you need to file a SR-22:

Please call for amount due for Excise Tax only. Forms will need to be taken to a Maine Bureau of Motor Vehicle Branch Office to complete your registration and receive your stickers.

****If you need to send proof of insurance, you can send via fax to 207-863-4393.**

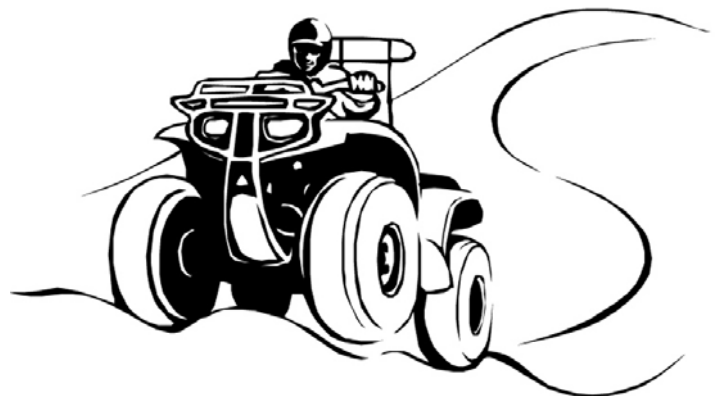
How to Register Your Boat, Snowmobile or ATV

Re-registering a vehicle previously registered in Vinalhaven:

Provide the **registration number** (5 letters/numbers) and **vehicle information** for boat, snowmobile or ATV you wish to re-register. Please call for amount due.

Registering a New Boat, Snowmobile or ATV:

Provide **proof that sales tax was paid or bill of sale listing sales price**, hull or vehicle **serial number**, and **vehicle information** (horsepower, length of boat, make, and model). Please call for amount due.



Vinalhaven School News, by Superintendent/Principal Tonya Arnold



Open positions for 20-21:

- PE/Health Teacher
- SE Teacher (1 year) and 3rd Grade Teacher (1 year)
- Ed Tech 3 (90 college credits required for this certification) – Special Ed K-12
- Ed Tech 2 (60 college credits required for this certification) – Special Ed K-12
- Math Teacher (7-12 certification)
- SS Teacher (7-12 certification & dual certification with ELA or K-8 preferred)
- Superintendent (Part-time 2 days/wk)

Important Dates:

June 8 – 26 and July 6 – 24 (T-W-TH) AM Special Ed Extended School Year Services (via remote)

June 12th – Last day for school meal deliveries

Food help - <https://www.townofvinalhaven.org/home/pages/help-food-and-finances>

June 13th – Graduation (For families of graduates only due to social distancing) followed by a car parade for the community to help celebrate from their own yard

June 15th – Last day for school staff to work

June 17th – Regular Board Meeting via zoom – contact Amanda for link

June 23rd - District Budget Meeting vote (tentative if social distancing rules allow)

July 14th – Budget Validation Referendum Vote and State Election Day (if social distancing rules allow)

The 20-21 School Budget Approved: At the April 29th regular School Board meeting there was a vote to approve next year's school budget:

\$397,377.03 a 9.12% increase - See details published in the last issue of the WIND.

- 100,000.00 - a 2.29% carry forward offset bringing us down to 6.82% increase [anticipated]

- 141,655.06 - a 3.25% increase in DOE funding [estimated]

\$155,721.97 3.57% net increase

A full newsletter and a brochure will be created to allow various formats for the town to review the budget details.

Assessment 20-21:

General Fund Budget	\$4, 750,974.56
Adult Education Budget	\$ 2,176.13
MCST Vocational Adult Ed \$	2,259.40
Revenue Lunch	\$ - 30,000.00
Revenue Lunch Claim Reimb	\$ - 25,000.00
Revenue Special Ed Allocation	\$ -314,631.08
Revenue Debt Service	\$ -419,834.65
Local – Projected Fund Balance \$	-100,000.00
20-21 Assessment	\$3,865,944.45

School staff have been working very hard all year. Changing our world to remote learning creates more demand on staff time due to the need to plan alternatives, plan new logistics, learn new tools and rework lessons and assignments into forms that meet the needs of students and families and allow for more independent exploration or practice of content. Please show your support school staff by supporting the school budget. Look for the budget flier and budget newsletter that will be distributed soon.

VINALHAVEN SCHOOL BOARD MEETING
June 11, 2020
VIRTUAL VIA ZOOM LINK
(contact Amanda, School Secretary, for link and password)
Special Meeting 6:00 PM

1. Call to order by Chair Renee Jones
2. Executive Session (1 MRSA, Sec 405(6)(A))
3. Update of job descriptions (if any)
4. Appointment of Personnel (if any)
5. Adjournment

community advice for the class of 2020

Even though the Class of 2020 cannot gather with their extended family and friends, we are still working hard to incorporate as many traditions as possible!
One of which is the gathering of community advice!

If you have any words of wisdom or advice that you would like to gift to the Class of 2020 - please send them to Bianca by **June 5th, 2020.**

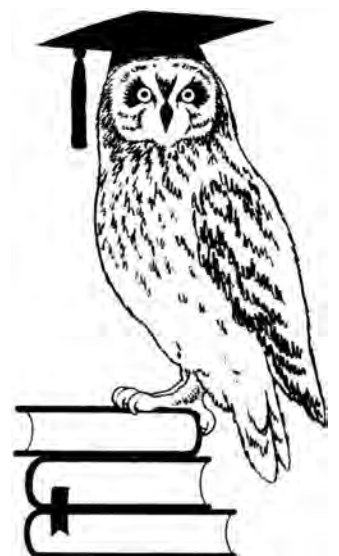
by email (bbarroso@vinalhavenschool.org)

Thank you!

*Bianca

Don't let the noise of others' opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition.

—Steve Jobs





VINALHAVEN HIGH SCHOOL GRADUATION EVENTS

with the current Covid-19 crisis in mind, the graduation committee, with help from the class of 2020 & their families, members of the EOC, and school admin, have planned the following events:

grand march

DELAYED UNTIL FURTHER NOTICE

We know that this event is not possible without our community's involvement. We found that in trying to comply with the multitude of restrictions, the spirit of the event was lost and therefore we have delayed.

graduation JUNE 13TH 1PM

VINALHAVEN SCHOOL AUDITORIUM

This is a private event for the seniors and a very small number of family members. Many, many restrictions need to be observed, one of which is a 50 person limit.

We are planning to record and/or live stream this ceremony to distribute to the community as well as seniors and their families.

We will miss having our amazing community members there!

car parade

JUNE 13TH 3PM

COMMUNITY EVENT

Immediately following the Graduation Ceremony the seniors and their families will travel around the island on a pre-planned route. Community members are encouraged to stand at the end of their driveways along the route to wave, hold up signs of congratulations, just simply show their support for the class. If you do not live along the route there will be designated spots where you may park your car. You will be required to remain in your vehicle at all times and use a cloth face mask if your windows are rolled down.

***please be on the lookout for further details for this event!**

lobster boat celebration

JUNE 14TH 1PM

The families will be gathering via lobster boats to celebrate in a way that is truly unique to Vinalhaven. This is a private celebration for the seniors and their families. The graduation committee recognized that not only are these seniors missing out of so many important aspects of what make a "vinalhaven graduation" so special, they are also losing the chance to gather their extended family and friends to celebrate. This gives the class one more chance to "gather" as a group and celebrate!

any questions, please contact Bianca Barroso
(bbarroso@vinalhavenschool.org)



Islands Community
Medical Services

Our Medical Center

WE ARE HERE TO HELP

The economy presents many challenges to us these days.
One of them shouldn't be your health care.

**ICMS has many programs available to help with your medical
and dental care costs.**

1. We offer a **sliding fee scale** for those who qualify based on income. The sliding scale offers discounts on medical, behavioral health, physical therapy and dental care.
2. We have a **pharmacy program** with Kennebec Pharmacy which offers discounted prescriptions for those without prescription coverage. Savings can be significant.
3. We can also assist patients without drug coverage in applying for **free medications or discount cards**. Some manufacturers also offer a free 30-day trial even if you do have drug coverage.
4. We can also help you with **applications for Mainecare** or other federal programs. In addition, Pen Bay Medical Center has a **program to help with medical bills**.

Please reach out to **Leslie Dyer** at lesliedyer@icmsvh.org or **207-863-4341, ext 1114** or **Carter Stanley** at **207-863-4348** or ecstanley@icmsvh.org for more information or with any questions.



Vinalhaven Eldercare Services

Carver's Harbor Market has been extremely helpful during all of this stay at home period. As you know Vinalhaven Eldercare Services is not going to be able to do our large fund-raising events this summer. **Carvers Harbor Market has graciously agreed to let Vinalhaven Eldercare Services have the round up this summer.**

I am asking that those of you who do curb side pickup when you place your order to ask them to round up for VES or add a small amount to your order to help support us and if you go to the store shopping that you please ask the cashier to round up for us.

This is going to be a very different summer for us, and we really need your support. ***Thank you for your help keeping our Homestead and all of our programs going.***

Vinalhaven Eldercare Services NEEDS YOUR HELP

During this critical time, VES is grateful to have a dedicated staff of caregivers who are going above and beyond and making personal sacrifices to ensure that the residents of the Calderwood Homestead remain healthy and safe during these scary times. We need each one of them to ensure adequate staffing at the Homestead.

However, there is currently one staff member who needs temporary housing on the island to continue working at the Homestead.

If you or anyone you know might have housing available for a few months over the summer, please let Linda Lynch know at
863-9343.
Thanks for your help.



Islands Community
Medical Services

Our Medical Center

UPDATE ON DENTAL SERVICES:

Starting May 20th, in accordance with the recommendations of the Maine CDC, ICMS Dental will begin to phase in routine and preventative dental care. Our dental hygiene visits will resume after June 1st. Office staff will contact you to reschedule appointments that were postponed during this pandemic. To protect our patients and staff, ICMS Dental is instituting new protocols to ensure that treatment is completed safely. Please be patient and allow extra time for your visit; staff will go into detail when your appointment is scheduled. If you were not previously scheduled and need a dental appointment please contact Brooke, our Dental Office Manager at (207) 863-2533 so she can setup an appointment for you. Again, thank you for your patience through this pandemic and in the future as we assist you in meeting your dental health needs.

★
**THE GO FISH!
CANDY COUNTER
IS ONLINE!**

[HTTP://GOFISHVH.SQUARE.SITE/](http://gofishvh.square.site/)

IT IS TIME TO TREAT YOURSELF
OR SURPRISE YOUR HARD
WORKING KIDS TO A FUN,
INTERACTIVE TRIP TO...GO FISH!

YOU MAY PLACE YOUR ORDERS
AT ANY TIME

★ **CURBSIDE PICK UP** ★

MONDAY - SATURDAY 3:00 - 5:00
YOU WILL RECEIVE A MESSAGE
WHEN YOUR ORDER IS READY!

★ **SHIPPING** ★

TO REDUCE TRAFFIC TO THE POST
OFFICE, ORDERS WILL BE SHIPPED ON
TUESDAYS AND THURSDAYS ONLY.

WE WILL BE ADDING MORE TO
THE SITE IN THE WEEKS AHEAD
TO TRY TO STAY CONNECTED TO
ALL OF YOU MISSING YOUR
VINALHAVEN HOME.



**Field moving and other light
duty tractor work.
Call Tim 863-4672**

WANTED

**Trailer for 15 foot skiff
just needs to roll 863-4888**

Urgent!

Looking for a rent or looking to
rent to own. Great references. I
work at Eldercare and my fiancé
is a lobsterman. We have a child
who loves school here. Please!
Any leads would be helpful! We
are desperate! Thank you.

nrussell94@gmail.com or
207-213-7490

Submit to the Wind!

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

Reading Online Wind on a Kindle

Norbert Leser shared his steps for
converting the online Wind into a more
easily readable version on a Kindle.

1. Download the wind to your com-
puter/device
2. Create an email message ad-
dressed to your Kindle account
3. Subject of the email is the word
"Convert"
4. Attach the wind PDF to the email
body (no other text)
5. Send email
6. After a short while open your Kindle
app and synchronize - the Wind
should appear in your library!

To find the Kindle email account men-
tioned above, you need to open the
Kindle app and go to 'App Settings' in
your menu at Kindle's home page. It lists
'Send to Kindle Email Address' - copy/
paste that address and you're all set.

**SCHOOL LIBRARY
BOOK SWAP**

During this time of remote learning
one of the things **missing** from many
of our students' lives is **access to
books** -- actual hands-on, physical
books. In non-Covid times, the
school library has annually held the
very popular book swap where
students bring books in and swap
them with books donated by other
students. All students get at least
one book, regardless if they are
unable to bring any in.

I am working on making the book
swap happen, with a safe twist
especially for these pandemic times!

**Students, parents, and other
community members**, if you have
books you no longer want or need at
your home please consider donating
them to our book swap. Of greatest
need are children's books, but
others are welcome as well.

**For any of you who have books to
donate**, I will be leaving a box or milk
crate on the bench outside the
school entrance, marked Book Swap
Donations each school day morning
until noon for the remainder of May.
For your safety, please place your
books in the box without touching
any other books that may already be
inside. All items collected will then
be quarantined until the swap.

I'm planning for the book swap to
take place before the middle of
June.

Thanks in advance for your help!

Susie Warren Pitts
School Librarian

Life is an improvisation.
You have no idea what's going
to happen next and you are
mostly just making things up as
you go along.
-Stephen Colbert

Obituary

Cora Jean (MacDonald) Webster passed away on June 1, 2020 at EMMC in Bangor, Maine. She was predeceased by her parents Herbert and Charlotte MacDonald, her husband Curtis Webster, her sister Betsy Alley, and two beloved nephews Glenn and Cracker Alley. She is survived by daughters Laurie Hutchinson and Phyllis Webster, 5 grandchildren, 2 great grandchildren, and many nieces and nephews. She was born and raised on Vinalhaven where she married Curtis Webster, raised two kids, and helped run her husband's plumbing business. Even though she moved away from Vinalhaven, she spoke fondly of the island and her life there. She always called it home.

Cards and correspondences to her family can be sent to Laurie Hutchinson, 61 Far Meadow Lane, Cushing, Maine 04563 and/or Phyllis Webster, 44 Boyd Street, apt 7, Bangor, Maine 0440.



Helping Friends In Need *supporting those who support others*

Community Lunchbox

Union Church, attn:
Lunchbox
PO Box 249
Checks payable to Union
Church
Memo line: Lunchbox

Meals on Wheels

Vinalhaven Eldercare
Services
attn: Meals on Wheels, PO
Box 624 Checks payable
to VES
Memo Line: Meals on
Wheels

Open Bible Baptist Church Corona Virus Relief Fund (CVRF)

Open Bible Baptist Church
attn: CVRF
PO Box 465, Checks
payable to Open Bible
Baptist Church
Memo line: CVRF

Vinalhaven Community Outreach

PO Box 15, Checks
payable to VCO, Memo
line: Covid-19

Vinalhaven Fuel Fund

Sue Radley, attn: Vinalhaven
Fuel Fund
14 Lawson's Quarry
Rd, Checks payable to
Vinalhaven Fuel Fund

The Brown Door at the Union Church

Union Church, attn: Food
Pantry
PO Box 249
Checks payable to Union
Church, Memo line: Food
Pantry

All addresses = Vinalhaven,
ME 04863



Vinalhaven Cleaning Services, LLC

We don't cut corners, we clean them!

207.863.2073

Vinalhaven Cleaning Services is open for business!

At this time, we have decided that we do not feel comfortable flipping weekly rentals until things move in a different direction. We WILL, however, open houses for those coming to the island who plan on staying for the summer or for more than the 14-day quarantine. We will be more than happy to come back & clean for you again once you have satisfied the quarantine requirement. We will also be more than happy to clean for any local island residents and/or businesses. We are fully insured and can provide proof of insurance as requested.

We have all of our own cleaning supplies and equipment, facial coverings, gloves, foot coverings, ozone generators (more info on those as requested), etc and look forward to talking to each of you on your personal needs & requirements for your home or business!

Please be patient with us as we work out the kinks with our new venture in this new world we are navigating thru! We hope to be able to provide a wonderful service to everyone & to the community.

Angelina Turner & Maggie Beckman 😊

Email contact:

angelina@vinalhavencleaningservices.com

Disclaimer: we reserve the right to accept or deny any business & your safety & ours is our top priority!!

I have learned over the years that when one's mind is made up, this diminishes fear; knowing what must be done does away with fear. —Rosa Parks





Effective May 21, 2020:

The Maine State Ferry Service will return to the regular Summer Schedule between Rockland and Vinalhaven.

Please note that the Governor Curtis is scheduled to fill in for the Thompson while it is in the shipyard for maintenance starting 5/21.

Please remember that only 5 people are permitted in the cabins at one time and to practice safe social distancing.



Announcement by the Maine State Ferry Service:

The current Standby System at the Vinalhaven Ferry Terminal will no longer be in effect as of Monday, June 1, 2020.

From that date forward, the Vinalhaven Terminal will operate the same as other MSFS terminals for standby status:

Vehicles may line up 1 hour before the first departure of the day, and for all other departures, vehicles may line up once the previous boat has departed.

When vehicles get in line, they must plan to depart on the next boat.

Vehicles will be directed to board the ferry on a first come, first serve basis.

Standby numbers attached to Line Numbers are also no longer in effect from June 1, 2020.

The First Come, First Serve Standby starting point will remain the same, and will continue down to the end of the guardrail/entrance of the upper parking lot.

The beginning and end of the standby line will be clearly marked, and all vehicles lined up must fit completely within the lines.



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: 8:00 am – 12 noon,

1 pm – 5 pm

Tues: 1 pm – 5 pm

Thurs: 8:00 am – 12 noon

Closed Tues. AM and Thurs. PM

Dental Services

Dentist: June 3, 4, 10, 11, 17, 18, 19, 24, 25

Hygienist: June 1, 4, 5, 8, 10, 12, 15, 18, 19, 22, 25, 26, 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

Women's Health

To schedule an appointment,
please call 863-4341.

Cathy Colman, ANP: May 5th

**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.

CMS 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 223(a)(1).

Our greatness comes when
we appreciate each other's
strengths, when we learn from
each other, when we lean on
each other.

—Michelle Obama

COVID-19 (Coronavirus)

It is okay

To feel stressed, afraid or anxious



It is okay

To reach out



It is okay

To ask for help



You are not in this alone

Get the Help You Need

ICMS offers behavioral
health services. Contact Dan
Keniston at ICMS at
1-207-863-9959, Option 3

Maine Statewide Crisis

Hotline 24/7 for immediate
crisis-oriented help
1-888-568-1112

Maine Warm Line 24/7 for
connecting with someone
if you need mental and
emotional support
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Online Anonymous Peer
Recovery Programs:

Narcotics Anonymous –
namaine.org

Alcoholics Anonymous –
csoaamaine.org

Nar-Anon – nar-anon.org

Al-Anon – maineafg.org



Write to Our Friends

*We are sure these folks would love to
hear from islanders /friends during the
coronavirus pandemic*

Jaquelyn Ames
c/o Goodwill-Kendall
Lane House
Freeport, Maine 04032

Lucy Wadsworth
30 Community Drive
Camden, Maine 04843

Joan Mitchell
Assisted Living Floor
Quarry Hill
Camden, Maine 04843

Carlene Michael
Boardman Cottage
Islesboro, Maine 04848

Charles M. Miller
1725 Honore Avenue
Sarasota, FL 34232

Gladys Walls
(new address)
PO Box 702
Newcastle, Maine 04553

Herb Conway
Nans Case
Barb Davis
Priscilla Rosen
Leonard "Buddy" Skoog
Pat Nick
Virginia Olney
Marguerite Mills
Calderwood Homestead
18 Beaver Dam Road
Vinalhaven, Maine 04863

Ora "Buddy" Warren
Harbor Hill Center
2 Footbridge Road
Cape Rosier Unit Rm. 3
Belfast, Maine 04915

Ann Anthony
Caroline Morton
Dottie Knowlton
Bruce Kelwick
Windward Gardens
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Rosemary Anthony
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Owls Head, Maine 04854

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I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.
-Maya Angelou

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help you sleep at night.

—Marian Wright Edelman



Clefs, Showing Position of Middle C, as indicated by each.

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We Will Miss You!

We wanted to say "Thank You" to the Vinalhaven community for making us feel welcome this last year. Due to the pandemic our family has made the decision to be closer to our extended family and are moving to the Philadelphia area. We plan to be back for a visit as soon as it is allowed and hope to see all our island friends then. You all will always be welcome in our home and should feel free to contact us any time.

Thank you again for everything!

Luke, Brittany, Calliope, Viola, Fiona, and
Thea Price

Price.LukePrice@gmail.com

Price.Brittany@gmail.com

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The future belongs to those who
believe in the beauty of their dreams.

—Eleanor Roosevelt

There is a Hunger

When power in the hands
of angry men or women
consumes right thinking
it's all death n destruction
a fire out of control
a train wreck
no one can withstand

Where once a life was lived
a hand was held
a mother hugged
there is now an emptiness
a hollow shell of
madness at the helm
forgiveness forgotten
buried under fear so great
as to put out any light

There is a hunger in the world
raw and uneasy
it will feed on
anything or anyone
and not be satisfied
not be sated
with food or words
and so a virus comes
and it doesn't discern
between you or me
doesn't care about good
or bad, strong or weak

it survives to devour
until the inside looks
like the outside
and we take nothing
for granted

But after every storm
there is a calm
a soft breeze blowing
a change a coming
a light of healing
takes hold of a being
and hope climbs forth
from all the graves
of our desires

The bent trees straighten
bird's nests are reclaimed
and burrows unsealed
life totters on
shaking its head with wonder
that we are still here
hungry for compassion
flinging arms open
to breathe again
the sweet rare air
of God's love.

Paddy Noble



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—JSDavisPlumheat@aol.com—

If an elephant has its foot on
the tail of a mouse, and you say
that you are neutral,
the mouse will not appreciate
your neutrality.
—Desmond Tutu



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Trivia Answers

1. Harry Winston. The gifted 45.62 carat blue diamond was discovered in the 1600s.
2. 270
3. Frances Folsom Cleveland She was the first and only first lady to be married in the White House. She was 21, and her husband was 28 years older.

Maine Trivia

Dirigo (1 lead)



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knitwitmaine@gmail.com or Gabe

gabemcphail@gmail.com

COMPOST REMINDERS:

Transfer Station Composting does not allow for the composting of certain items. *Please...*

NO (SHELLFISH) SHELLS

NO BONES

NO MEAT

NO DAIRY

NO YARD WASTE

**NO COMPOSTABLE
PRODUCTS**

NO PRODUCE STICKERS

Thank you for Composting!

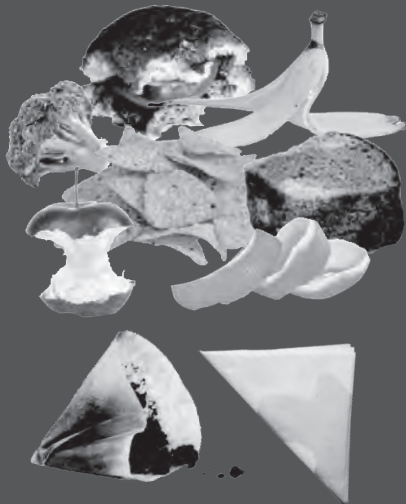
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HOW-TO GUIDE for Food Scrap **COMPOSTING**



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



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COVID-19 FINANCIAL HELP

Unemployment Benefit for Self-employed People

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

General Assistance (GA)

A program to help cover costs for basic needs like food, housing, and utilities. Contact **Andrew Dorr**, Town Manager **207-863-2042 townmanager@townofvinalhaven.org**

Vinalhaven Community Outreach

(VCO) VCO has a COVID-19 fund to help islanders who have been directly, financially affected by COVID-19. Contact **vhcommunityoutreach@gmail.com**



Looking for babysitting jobs. **Call Ava 867-5600**

The greatest gift is not being afraid to question. *—Ruby Dee*

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Ashlyn Littlefield: (207) 863-4552



Ocean View

This week has been amazing.

I heard a knock on my sliding door. My grandson and his wife were standing there holding a baby mallard. They had chased him down with the help of neighbors and didn't know what to do with him. His mother and siblings went one way into the road and he went the other. They put him back in the water and later I saw his mother and the babies swimming. I let everyone know he was safe.

Friday I had my eyes glued to the birch tree. There were parula and black and white warblers flitting all around. The parulas were eating at the end of the little branches where the leaves were just starting to open and the black and whites were on the trunk and branches. I was so surprised because I had a parula come and eat suet. I had some Myrtle warblers a while ago and saw them on the suet, too. Never seen them do that before.

Saturday I saw an oriole and put oranges out where my feeders are here on the deck and what a show. I had one male and three females who were here all day. I also had a rose breasted grosbeak, both male and female. So wonderful to watch them.

The female orioles were here on Sunday, but only in the morning. What a treat to have them so close.

Every day I go to feed the baby ducks and there is another one gone. It's so disheartening as at this point there only two left. When I went down tonight I called and only saw the mother first and then two babies came along, one less than yesterday.

We've thought a cat had been getting them. The cat will hide and then strike and we've seen it happen. However, tonight sitting at the kitchen table we saw a fishhawk sitting in the dead tree in the middle. He's been around a lot diving on something and we wondered if he was desperate enough to eat a baby duck.

We were using the binoculars and I could see something in the water, just the head, and it looked like a seal. Suddenly it sprang up on the grass at the back of the swamp and ran across the grass trying to catch a duck. We got a great look and it was an otter. Some of the ducks flew and the rest were very nervous. A blue heron came in and landed by the ducks, but he didn't stay. Then we could see a wake in the water. We didn't see the otter again, but it's amazing to see him at all.

My neighbor stopped the other day when I was in the garden and told me he saw one of the turtles on an island in the middle. I got the binoculars and looked for a long time, but couldn't see him. So I decided to feed the ducks. As I stood there I could see something shining and got the binoculars and sure enough it was a turtle. He was bigger than I thought he would be, maybe six or eight inches across.

I'm beginning to wonder what's there that we haven't seen.

The otter was back last night. You can see his wake as he swims around. He sticks close to the little islands most of the time as we think he's looking for frogs, a delicious treat! But every so often he will be near the back and then suddenly leaps out of the water and chases the ducks who fly away. Last night we saw the mother duck fly away and hope the two babies are still there. they have no defense.

We've watched the wildlife in the swamp for years and this is the first otter we've seen.



Pleasant River Chapel

Sunday, June 7

Communion Sunday

Join us for a virtual service at
8:50 AM

If you would like to join in via
internet or phone, contact
Carol Thompson at 863-4110
or email pleasantriverchapel@gmail.com for log-on
information

We are grateful to those who
are taking care of so many.

For pastoral care call:
Rosanne Wallace 863-4846



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~ Welcomes You ~

Union Church
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holding services at the
church.

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**If you need pastoral care,
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**John Potter
729-7024**

**or
Ruthie Philbrook
863-4507**

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!

It's really a wonder that I
haven't dropped all my ideals,
because they seem so absurd
and impossible to carry out. Yet
I keep them, because in spite of
everything, I still believe that
people are really good at heart.

—Anne Frank



SUNDAY

Worship Service Live Feed
Streaming at 11:15 @ Open Bible Baptist
live on Facebook

Open Bible Baptist Church Corona
Virus Relief Fund (CVRF) will purchase
and deliver food for anyone in need.
Donations for the Corona Virus Relief
Fund can be made out to Open Bible
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FMI Contact Cathy 286-2550
Kate 409-2969 or Maggie 863-2185

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Our meetings have
temporarily gone online,
for URL and times
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Saturday, June 6

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is while you're waiting for
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-Julia Child

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