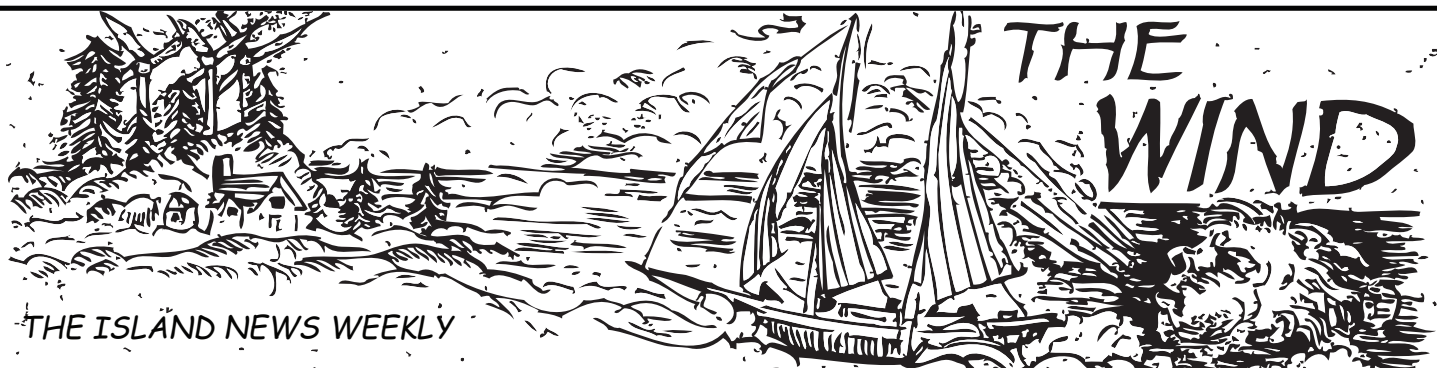


P.O. BOX 194, VINALHAVEN, ME 04863

ANNUAL SUBSCRIPTION: \$50



THE ISLAND NEWS WEEKLY

July 16 - July 22, 2020

E-MAIL: vinalhavenwind@gmail.com



FIEC Annual Meeting

FIEC's annual meeting will be held virtually via Zoom video conference on Monday, July 27, 2020 at 7pm. Pre-register for the meeting by sending an email to CustomerService@FoxIslands.net. Members who do not have access to a computer may register to attend the meeting in-person at an FIEC facility by contacting FIEC to reserve a seat at 863-4636. Please note that space is limited due to social distancing requirements.

SECOND HAND PROSE CLEARANCE SALE!

We missed our July 4 book sale, so we're doing an ongoing clearance sale

Check the Clearance Cart
in the back of the shop

25 cents each

New books added daily

OPEN MON-SAT 10-2



Happy birthday to Vinalhaven's
angel in heaven, Betsy Bates,
July 17. From all who love you!

WIND UPDATE

We are now 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, ME 04863

We will continue this offer as long as needed. Please be patient as we work out the wrinkles.

Thank you!

Trivia Questions

1. What is a sentence containing every letter of the alphabet known as?
2. What does zip in zip code stand for?
3. What fan base cheered so loudly that it registered on a seismograph?

Maine Trivia

What number star was placed on the flag when Maine became a state?

Community Calendar

Email events to:
windnonprofitads@gmail.com

Town of Vinalhaven Information

www.townofvinalhaven.org

Meetings

Committee meetings have been postponed or are being held virtually. The Select Board meets regularly online. 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 – Select Board, Tuesday, July 21, 5:30pm. For information contact Andrew Dorr, Town Manager, townmanager@townofvinalhaven.org

Virtual Meeting – Vinalhaven Water District, Tuesday, July 21, 10am. For information and Zoom access, please contact Pam Alley palley@townofvinalhaven.org

Virtual Meeting – Sewer Commissioners, Tuesday, July 21, 1pm. For information and Zoom access, please contact Pam Alley palley@townofvinalhaven.org

Annual Town Meeting – Wednesday, July 22, 7pm at Smith Hokanson Memorial Hall (School Auditorium) For details and safety protocol information, call the Town Office or visit the Town website.

Notices

Property Taxes The Select Board voted to extend the May 1, 2020 Property Tax payment to July 1, 2020. Interest is now accruing on unpaid balances. Contact the Town Office for amount due. (207) 863-4471 or 863-4343

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 correct, but due to Covid-19, the Town Office is closed to the public so the hours listed may be inaccurate. All services are 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

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

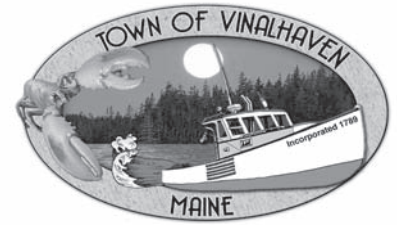
Ambulance Service – Kerry McKee – Emergency 911; Non-Emergency 863-2119 or kmckee@townofvinalhaven.org

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

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

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

Deputy Harbor Master – Peter Gasperini – 542-1992



Annual Town Meeting

Wednesday, July 22, 7pm
Smith Hokanson Memorial
Hall (School Auditorium)

For details and safety protocol information, call the Town Office or visit the Town website (more info will be posted soon!)



Job Opportunity

*Are you looking for steady,
reliable work?*

*Interested in doing work that
you will see the results of at the
end of the day?*

The Town of Vinalhaven is
looking for a F/T, year-round
Driver/Laborer to join our
Public Works Department.

This is a position with diverse
tasks, health and dental plan
valued at over \$12k,
retirement plan, and OT.

**For more details, please visit
our website or contact
Andrew Dorr at
(207) 863-2042**

Town of Vinalhaven
Election Results for July 14th, 2020
Total Voters: 398

Town Ballot

Selectman - Vote for 2

Poole, Donald W.	<u>350</u>
Thompson, Jacob	<u>319</u>
Write-ins	<u>23</u>
Blanks	<u>104</u>

MSAD # 8 - Director - Vote for 1

Hoose, Alonzo	<u>134</u>
McKee, Kerry	<u>219</u>
Write-ins	<u>8</u>
Blank	<u>37</u>

Water District Ballot
Total Voters: 206

Trustee - Vote for 1

Alley, Pamela Conway	<u>193</u>
Write-ins	<u>2</u>
Blank	<u>11</u>

MSAD 8 Budget Referendum

Question 1: School Budget

Yes	<u>292</u>
No	<u>101</u>
Blank	<u>6</u>

Question 2: Cost Center Transfers

Yes	<u>236</u>
No	<u>80</u>
Blank	<u>83</u>

Question 3: District Nutrition Program

Yes	<u>266</u>
No	<u>52</u>
Blank	<u>81</u>

Question 4: District Adult Ed Program

Yes	<u>249</u>
No	<u>67</u>
Blank	<u>83</u>

Question 5: CTE Region Budget

Yes	<u>259</u>
No	<u>57</u>
Blank	<u>83</u>

Question 6: CTE Region Adult Ed Budget

Yes	<u>243</u>
No	<u>72</u>
Blank	<u>84</u>

**Town of Vinalhaven - Knox County
Election Results for July 14th, 2020**

**2020 Republican Primary Election
Total Voters - 57**

U.S. Senator

Collins, Susan Margaret	<u>48</u>
Colter, Amy (Declared Write-In)	<u>1</u>
Blanks/ Undeclared write-ins	<u>8</u>

Representative to Congress, District 1

Allen, Jay T.	<u>46</u>
Blanks/ Undeclared write-ins	<u>11</u>

State Senator - District 12

Page, Gordon V., Sr.	<u>47</u>
Blanks/ Undeclared write-ins	<u>10</u>

Register of Probate

Hallett, Elaine Dostie	<u>51</u>
Blanks/ Undeclared write-ins	<u>6</u>

**Special State Referendum
Total Voters - 398**

Question 1: Bond Issue -

Yes	<u>315</u>
No	<u>75</u>
Blank	<u>8</u>

Question 2: Bond Issue

Yes	<u>334</u>
No	<u>58</u>
Blank	<u>6</u>

**2020 Democratic Primary Election
Total Voters - 253**

U.S. Senator

Gideon, Sara I.	<u>156</u>
Kidman, Bre	<u>14</u>
Sweet, Elizabeth A.	<u>60</u>
Blanks/ Undeclared write-ins	<u>23</u>

Representative to Congress, District 1

Pingree, Chellie M.	<u>235</u>
Blanks/ Undeclared write-ins	<u>18</u>

State Senator - District 12

Miramant, David R.	<u>213</u>
Blanks/ Undeclared write-ins	<u>40</u>

Representative to the Legislature, District 134

Eaton, Julie M.	<u>72</u>
McDonald, Genevieve L.	<u>160</u>
Blanks/ Undeclared write-ins	<u>21</u>

County Commissioner, Knox District 3

Pohlman, Sharyn L.	<u>189</u>
Blanks/ Undeclared write-ins	<u>64</u>

FREE FOOD DISTRIBUTION

Friday July 24 10:00am – 2:00pm

Oceanside High School (Parking Lot)

400 Broadway, Rockland

Provided by **Salvation Army of Rockland Maine** in partnership with
Knox County EMA & The Maine Farmer's Exchange*



FREE for ALL – Each Box Contains:

- 5lb bag whole potatoes
- 6lb bag refrigerated mashed potatoes
- 2.5lb block cheddar cheese
- 1/2 gallon 2% milk

first come first served while supplies last

Drive-through distribution

- Stay in your vehicle, follow the signs, drive through the pickup line, and a volunteer (with a mask & gloves on) will put the box in your trunk or backseat

EVERYONE IS WELCOME. There are no prerequisites, no sign ups required, and no paperwork to fill out for participation in this event.

* These are being provided Free to All thanks to a grant awarded to Maine Farmers Exchange.



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.



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: July 15,16,22,23,24,29,30

Hygienist: July 13,16,17,20,23,24,27,30,31

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 July 24,31

Women's Health

To schedule an appointment,
please call 863-4341.

Cathy Colman, ANP: July 17

**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).

Stressed out by COVID-19 and the recent tragedy in town? Don't know who to turn to?

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

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

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 Dan or Jeff directly.

If you have any questions or concerns, please contact Dinah
Moyer at dmoyer@icmsvh.org or **207-863-4109**.



Islands Community
Medical Services

Our Medical Center

JOB OPENINGS

Outreach Patient Navigator 32-40 hours/week

Revised Job Posting

ICMS is looking for an inventive, creative and innovative employee who looks
for unique ways to improve the overall health of our patients.

This position will work with patients, healthcare providers, and community
resources to remove challenges of obtaining cancer screenings and referral
coordination. The Navigator will work with patients to identify resources
that would remove any barriers to care, such as identifying financial
assistance programs, transportation, and social support.

This position is a telecommuting position that will not require onsite work.

Medical Assistant Thursdays & Fridays, 12 hours per wk

Join our team 2 days each week in the Medical Center and provide clinical
support for medical practitioners, triage patient calls, and follow up with tests
results. Manage patient records and act as a liaison between patient, hospital,
and other providers. May perform phlebotomy work and injections.

Patient Services Rep Fridays and Per Diem

The first person patients meet when they call and visit the Medical Center,
you'll schedule appointments; verify patient information; inform them of
preparations for appointments/tests and costs; and collect fees. Input data
and balance financials.

For these positions, experience in a medical setting preferred. We need
great team players with excellent patient service skills who will protect
patient information. Computer skills and excellent communication skills
needed. On-the-job training provided.

For more information, visit our website at www.icmsvh.org. To apply,
send your resume to: Humanresources@icmsvh.org.



The CDC has issued new protocols for outside visits at The Homestead.

Outdoor Visitation: Facilities may allow in-person visitation in a designated outdoor visitation space, provided the facility implements all of the following safety, care, and infection prevention and control measures. There must be no new COVID-19 cases that originated within the facility, including those involving residents or staff, within the last 14 days

Measures: • Visits Specifics:

- o Must take place in a designated outdoor space and are dependent upon permissible weather conditions, availability of outdoor space, and sufficient staffing at the facility to meet resident care needs, and the health and well-being of the resident.
- o Visitations must be scheduled in advance for all designated outdoor spaces
- o Facilities may limit the length of any visit, the days on which visits will be permitted, the hours during a day when visits will be permitted, and the number of times during a day or week a resident may be visited.
- o No meals/snacks are permitted during the visit as this would require the removal of the face mask/face covering.
- o Facilities will post signage or provide a handout for visitors on signs and symptoms associated with COVID-19.
- o Prior to the visit the facility will provide the visitor instructions and requirements for visitation and where to go upon arrival.
- o 6 feet of physical distance must be maintained during the visit.**
- o Residents must wear a cloth face covering. Visitors must wear a face covering or mask for the duration of the visit.**

Visitors: o Visitors must be limited to no more than two individuals per visit

- o The facility must screen the visitor for fever or respiratory symptoms. Any individuals with symptoms of COVID-19 infection¹ will not be permitted to visit.
- o Hand hygiene will be performed before and after the visit.
- o All visitors must remain at least 6 feet from the resident and any attending staff member(s) at all times during the visit.
- o Children must be supervised at all times, maintain social distancing, and wear a face covering when age appropriate
- . • Staff: o A staff member(s) trained in patient safety and infection prevention and control measures must be present to monitor the outdoor designated space(s).
- o Monitoring of visitation is required. Facility should assess the number of staff necessary to ensure appropriate masking and social distancing are followed.**
- o Staff must wear a surgical face mask.**

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 computer/device
2. Create an email message addressed 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 mentioned 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.



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.***

WOULD YOU LOVE SOME SOCIAL CLOSENESS RIGHT NOW ?

!!! YOUR 2021 ICMS CALENDAR HAS IT !!!

Grag a bunch For Yourself, Family, Friends
At the Flea, Island's Closet, the Tidewater, ICMS

MAIL ORDER 2021 CALENDARS

PHONE 207-863-4109

OR EMAIL: dmoyer@icmsvh.org.

\$20 For One Includes Handling & Shipping.

Two Or More Are \$15 Each, Postpaid: Our Gift To You.

\$20 Each For Any Sent On Your Behalf As A Gift.

Recovery

After trauma I fall
after a death, a divorce
an accident, a major startling
loss of any kind, I fall
but it's where I land that's
important and where
like a child learning to walk
I get back on up and try again

I don't like change anymore
used to, but that's gone in age
still, "I'm old but I'm happy"
like recovery has happened
my youth has come knocking
and I've opened the door

We're in a new world now
so instead of doubt
taking us into fear
we can learn to trust our hearts
as if all the Pinocchios we have
inside us met our Dorothys
with rainbows and dancing
to an incomparable threesome
calling the beat and found
that even in the midst of chaos
we can learn to sing and
don't have to go very far to find
'home' . . . learn that when we
slip and fall or stumble and
crawl
there are always hands to lift or
lean on, that courage comes
when we ask for it whether it be
from me myself & I, family and
friends, the Universe or God
Almighty we find the help to get
back up and running! again!

So why wait for tragedy to strike
before allowing myself to rest in
hands that are always there for
me always have been, always
will be Amen
& Alleluia!

Paddy Noble

Does your Organization or Business need Hand Sanitizer? ICMS can help!

Email Dinah.dmoyer@icmsvh.org

GO FISH

JULY
NEW HOURS
11:00 AM - 4:00 PM
MONDAY - SATURDAY
CLOSED SUNDAYS

HERE ARE OUR GUIDELINES
TO FOLLOW TO KEEP US ALL
HEALTHY AND AT EASE:
★ 2 CUSTOMERS AT A TIME IN
THE STORE OR IN YOUR
SMALL FAMILY GROUP
★ MASKS ARE A MUST FOR
YOUR VISIT. PLEASE REFRAIN
FROM TOUCHING IT.
★ USE THE HAND SANITIZER
PROVIDED AT THE ENTRANCE
SO THAT YOU CAN TOUCH THE
MERCHANDISE.

SADLY THE CANDY
COUNTER WILL ONLY BE
AVAILABLE ONLINE SO
PLEASE PLACE YOUR
ORDER BEFORE YOU
MAKE THE TRIP IN!
gofishvh.com

MORE AND MORE ITEMS
BEING ADDED TO THE SITE
DAILY WITH CURBSIDE
AND SHIPPING OPTIONS
 BOTH AVAILABLE.
BE KIND, PATIENT AND
THOUGHTFUL, WE ARE ALL
IN THIS TOGETHER!

BE WELL, STAY WELL

MRSGOFISH@GMAIL.COM
(207) 863-4193


Poor People's Campaign

Please consider joining us
in sending resources to

**Poor People's
Campaign, Maine:**
uniting people across the
state to challenge the evils
of systemic racism, poverty,
and ecological devastation.

To get involved email:
Maine@poorpeoplescampaign.org



Empathy is seeing with the eyes of
another, listening with the ears of
another, and feeling with the heart
of another.

—Anonymous

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**, Town Manager, 207-
863-2042 [townmanager@
townofvinalhaven.org](mailto: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
com

Thank God for Carvers!!!!!!

And I don't mean the Harbor although that's pretty sweet as well!

I mean Carvers Harbor Market! And for that matter the Closet as well!!! I have been coming here with family for over 40 years (I was of course a swaddling baby), NOT! A bit older and as a college student at UMA Amherst during pretty active, some might say crazy times I had had been out in the pioneer valley, or the valley of the 5 colleges.

But lest I digress...

Always self-employed, I told dad & mom, I'm going to semi retire and move my business up there by age fifty. Well that didn't happen. I came up in the summer of 2015 to help dad, now entering his eighties with a leak he discovered.

I waved goodbye at the terminal from my too long delayed heartland home. Cause, this is where the heart as long been, and heading back to the family's place shaking my head, or maybe rattling my brain I did beat myself up a bit for taking so long to make the move to my forever home! As grateful as the critter in the pound that finds his or hers.

So here I am occasionally still pinching myself to be sure it's real.

Enough ancient history, here's the point!

Since year one I have occasionally overheard and was sometimes confronted directly by the, albeit rare complaining people, some clients, some just talking to the ☞ wind. Not this exceptional, indispensable little publication. The real wind with their own hot air! And yes they were from Away where their corporate giant grocery store had everything! And there were establishments for anything they needed in their Away community. Except I'm quite sure the depth & sincerity of compassionate community that is here.

Complain about Carvers Market? Are you daft?

No huge stores with endless aisles of stuff that you don't need, while you walk a marathon to find the essentials & maybe if you're lucky a token organic selection to necessarily address that Market.

There's a small Trader Joe's in Hanover MA, just off rte 3 that was my favorite store. Why? Because you could find anything you needed and much of it organic or at least minimally processed. And quite frequently some healthy item I had not been aware of, or seen anywhere since I left the co-ops of the valley. The staff at a Trader Joe's always seemed anxious to help and proud of their store as a healthy & organic provider for the community.

And then I really came to appreciate, staying here full time, that great little market in the center of town that was no bigger than my Trader Joe's! What's more it had a lot of local & organic produce. There are organic's from co-op's and small farm country locally, or on North Haven, or from places like Northern California. A favorite is Dave's Killer Sprouted Grain organic breads.

What's more and better! I mean mo-better, than even that Trader Joe's is the effort Carvers makes to offer many of the same things you'd find at that T J's or my fondly remembered valley co-ops!!

And the topper!!!! I can ask Karen for any number of healthy items I find elsewhere & if they're available, the next order or two they're there!!

Now a pause to point out to those who might miss their big box stores and Walmart's that have EVERYTHING. Well, who needs them. We have our BIGGEST little box store in the magical land of the Fox Islands, The Closet! And it's certainly not an unfriendly big box!

Talk about packing everything you need in a friendly compact store! And, again, if you don't see it the community involved and committed owners will make every effort to get it for you. I know because I regularly have had my wish list fulfilled.

We don't need corporate Big Stores here. These two pretty much have you covered in a low stress and very gratifying way!!

And additionally, and especially there are all those great little eclectic, &/or artistic shops often with artist owners & an ample and varied culinary offering in dining!

When Kim & her husband, owners of Carvers, stopped by while walking at a downtown worksite we chatted about a number of things as I repeatedly praised the store. At one point I said to Kim, the only item I can't find among the Bob's Mill products is whey protein powder for my smoothies. Kim quickly replied, we'll take care of that.

Sure enough, a short time later I found a half dozen bags of Bobs Mill Whey Protein powder right at eye level at the check outs!

Now, we are in crazy times and away people were a little slower to return with Covid 19. But I now see the wide array of license plates from all over America. People walking on mass, and biking in family groups. Same ole' same ole' for this time of year, saving the masks, but something different I noticed. Not a complaint to be heard from anyone! Could it be because it's dangerous out there in America? Might it be that this year no one dares complain, appreciating more than ever that they are in Vinalhaven with everything they need here!

Now to be very honest and fair, most of our summer visitors have no complaints at all, only euphoria of one degree or another. This is especially, even dare I say religiously true, of the long-time summer residents. Some of whom split their time even Steven with their away home. These are the people that roll up their sleeves and emerge themselves in community service; asking not what Vinalhaven can do for them, but what they can do for Vinalhaven! Oompah wasn't a similar line uttered by a too short lived POTUS to be proud of in the also too short-lived days of "Camelot"?

Could it be that even those few pampered, entitled, or just unenlightened that might have been one of those rare, but annoying complainers are rethinking their reality, for, rare reality? I think that dare I hear a complaint here in these crazy times I might lose my Island cool!

WE CAN HELP

LAND FOR SALE

OCEANFRONT- 12 ACRES, PRIVATE ISLANDS, &
SANDY BEACH OVER LOOKING SMITH HARBOR



*Have you been
waiting to sell your
home or property ?*

Contact us today or visit
at our downtown
location. 28 Main St.
207 863 5151
www.vinalhavenrealty.com

COVID-19 INFORMATION

For 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.

Write to 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
Windward Gardens
105 Mechanic Street
Camden, Maine 04843

Rosemary Anthony
7 North Shore Drive
Owls Head, Maine 04854

Vinalhaven Eldercare Services

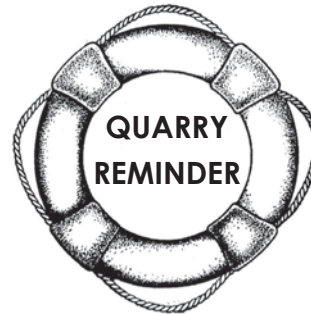
NEEDS YOUR HELP

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.

Looking for
babysitting jobs
Call Ava 867-5600



Life Rings at the quarries
are for LIFE SAVING. They
are NOT WATER TOYS
and should not be used
as such.

Thank you – Vinalhaven
Parks Commission



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!!



Great news!

The VH Chamber of Commerce has installed a new bulletin board in the grassy area in front of the post office where the previous board stood for twenty years. As before, all are invited to make use of it.

The three doors are operated with a key.

Please return to the locked position

after opening and closing.

Please be respectful of other notices and avoid posting anything that might be viewed as offensive.

The Chamber will monitor it for current and appropriate content and will remove anything that is deemed inappropriate.

Thank you!

Vinalhaven Historical Society

Open for the Season

NEW HOURS

Monday-Thursday, 9-3:30

Other times by appointment. Email
vhhissoc@myfairpoint.net or call
863-4410

Masks are required while inside the building. Please limit groups to 5.

WINDHORSE ARTS

Open by appointment for a
personal shopping experience!

Call 207/449-6285

and always available on my
website www.WindHorseArts.com

Email alisonthibault@gmail.com

Visit www.WindHorseArts.com

Like WindHorse Arts on Facebook

Follow @alisonthibault on Instagram

Write PO Box 45 Vinalhaven, ME 04863



Your home is your sanctuary.
Heat Pumps clean and filter the air in
your home while giving you energy
efficient heating & cooling.

We are practicing social distancing &
offering remote estimates

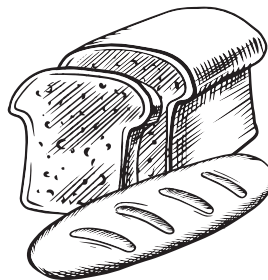
Call or e-mail to learn more

lunarockvh@gmail.com

207 863 5048

Fresh Bread

Selling Portuguese sweet
bread at the flea market
this Sat. at 9 AM. Feel
free to reserve a loaf:
bread@ezisland.org



Window Cleaning Services

Call

Ashlyn: (207) 863-4552

Terry: (207) 863-8007

Amber: (207) 863-4455



BOTTLE BRIGADE
CONTINUES WITH
YOUR HELP, THANKS!



It is working! Following CDC guidelines, we are collecting
returnable bottles and cans in the town parking lot

(not yet at the dump) to benefit Vinalhaven Eldercare Services.

Please deposit clean returnables (no milk jugs) in the totes or
bring bags of mixed returnables to the bin on the right.

Please do not deliver directly to the Homestead as we need to keep items
"quarantined" for three days before sorting on Sundays and Wednesdays.

For more information, contact Bill Alcorn 863-2246 or Peter Richards 863-5055

New Era Gallery
60 Main Street



E.A. Crossman "Little Island"

Midsummer
featuring
Elaine Crossman
Cristy West

View the show on-line!
[neweragallery.com/
midsummer-2020](http://neweragallery.com/midsummer-2020)

Thursday & Friday 10:00 – 4:00
Saturday 10:00 – 2:00

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

If you judge people,
you have no time to love them.
—Mother Teresa

Gardening Help Wanted

Island Groundworks, LLC

Contact: Kristel Moore

207-863-4868

Millstream Cottage



All seasons
waterfront rental
by day, week, or month

Two bedroom, two bath
full kitchen and laundry
Easy walk to ferry and all in-
town activities
Great bird watching!

Contact

Phil Crossman

207-592-1865

philcrossman.vh@gmail.com



Island Explorers Virtual Summer Camp

This virtual camp will be a simple version of Island Explorers that will focus on off-screen activities that foster a love for the outdoors. Additionally, there may be a social component where campers can say, "hi" to each other virtually, share their nature discoveries, and ask questions.

Dates are:

July 21-23 and July 28-30

On these days, nature activities and information will be sent out to campers and families who have signed up. The activities do not have to be done the day that they're sent out and can be saved for another time!

Activities and information will be geared towards children grades K-4, but will be appropriate for older kids as well. Younger children (K-2) may need help with some of the activities.

Email Sarah to register:

vltislandexplorers@gmail.com

Visit our website for more info:
vinalhavenlandtrust.org

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



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Terminal Lane, Owls Head, ME 04854
(207) 596-7500 • www.penobscotislandair.net

To know how much there is to know
is the beginning of learning to live.

—Dorothy West

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Access to AWD vehicle

Scheduled cleaning available

Please email at:

Sarina.Alley@gmail.com

Or call 863-2287 ask for Sarina
for more information

1999 Pursuit for Sale



\$29,500. Gorgeous boat!!! Very
good condition. 28+'. Runs and
looks great. Garmin GPS, radar,
depth finder. With aluminum
bunk trailer. Reupholstered
cushions. Ready for summer fun
and fishing! Call Drew 860-490-
3001 or Dkeir@cox.net.

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22' fast, stable, ocean kayak, w/3
cargo holds and rudder; includes
2 paddles w/leashes, 2 skirts & a
bilge pump. Perfect for local day
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hopping along the coast. This is a
sister ship to the one that
supported the Gulf of Maine
Expedition, May to September,
2002; from Provincetown, MA to
Cape Sable Island, Nova
Scotia...by kayak. So, no
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6668 or Lmacyak@gmail.com

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Hall357@gmail.com

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Frank W. Demmons
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& heavy equipment. Mudding &
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tiling (any design you want)



Crisp Zucchini Blossoms Stuffed with Goat Cheese

- ✓ 1 tbsp ground sumac
- ✓ Boiling water
- ✓ 1/4 cup ricotta
- ✓ 3 tbsps soft goat cheese
- ✓ 1 tsp finely chopped oregano
- ✓ 2 tbsps chopped walnuts
- ✓ 1 lemon finely grated to get one tbsp lemon zest, then cut into wedges
- ✓ Salt and pepper
- ✓ 8 zucchini blossoms
- ✓ Enough sunflower or other vegetable oil to come half way up the sides of a frying pan
- ✓ 1/8 tsp baking soda
- ✓ ice cold sparkling water

1. Prepare the blossoms. Wash inside and out with cold water. Open each blossom to be able to peer inside it to make sure there are no ants, bees or other creatures remaining inside. Dry gently.

2. In a medium bowl, cover 3/4 tbsp of the sumac with 1 tbsp of boiling water and leave to infuse for 5 minutes. Add both types of cheese, oregano, walnuts, lemon zest and salt.

3. Fill the flowers by gently opening them and filling with either a small spoon or your fingers, pushing the filling all the way to the bottom of each blossom but not filling them too much. Gently twist the tips of the petals to secure the filling inside.

4. Put in the oil in a frying pan and turn on the heat to medium high.

5. Meanwhile, mix the flour and baking soda together in a small bowl. Slowly pour in the sparkling water, whisking continuously to form a thick, smooth batter.

6. Test the heat of the oil by dropping some batter into the oil; if it sizzles, you are ready.

7. Lower a zucchini blossom into the batter, turning to coat it completely, before carefully placing it in the hot oil. Repeat, cooking a few blossoms at a time until they are firm and crisp on all sides. Use a slotted spoon to transfer them to a paper towel-lined plate and then sprinkle with salt and the remaining 1/4 tbsp sumac (if you are using sumac). Serve with lemon wedges.

Note: This recipe calls for ground sumac. It's a middle eastern spice. You can either order it from a specialty store, or harvest it, in August, directly from red-berried sumac plants growing on Vinalhaven--a little late, alas, for this year's zucchini blossoms, but ready, once dried and stored, for next year's zucchini blossoms. For more on sumac, see the Hungry Ghost website: [Gathering and Processing Wild Sumac](#). Make sure it's the kind of sumac with red berries and not white, for the white are poisonous. For this summer, you can follow the recipe, omitting the sumac: it still holds up.

NORTH HAVEN * VINALHAVEN



LIGHTHOUSE COVE, VINALHAVEN: Well-built, beautifully designed Contemporary on 20 private acres with plenty of room for family and friends. 5 bedrooms, 3 baths, separate guest quarters in boathouse. Granite fireplaces, water-side porches. Deep-water dock, large hangar/garage. Splendid sunset views! MLS #1373724 **\$1,995,00**



VINALHAVEN: Dyer Island Retreat. A quaint shingled Cape with granite remains of a deep-water dock. Access over a causeway from the main island to this well-maintained getaway in a private setting at the end of the road. Island living at its finest, with spectacular sunsets. Offered at **\$875,000**



CITY POINT, VINALHAVEN: 7 acres with 1,000' deep water on Vinalhaven's Westside. Two-bedroom year-round cottage with separate garage/ workshop. Sunset views. MLS #1347431 **\$850,000**



VINAL COVE, VINALHAVEN: 8 acres of nicely elevated waterfront land. 500' on the water, with deep water. 2 soil tests for septic. Nice variety of trees. **\$495,000**



THE PRIVILEGE, VINALHAVEN: Cabin at the water's edge on private cove off Winter Harbor near Starboard Rock. Six plus acres with driveway to cabin. **\$395,000**



VINAL COVE, VINALHAVEN: 7 acres with 700' tidal waterfront looking East at Conservation land. Two soil tests for septic. Easy road frontage, driveway started. **\$289,000**



VINALHAVEN VILLAGE DUPLEX HOME: 2-unit, year-round home with separate garage. On large corner lot. Many great architectural features including Cypress woodwork, pocket doors and built-in China cabinet. 2 recent furnaces. **\$279,000**



WINTER HARBOR, VINALHAVEN: 2-bedroom Contemporary home on 2 acres, 200 feet tidal frontage with deep-water mooring. Walk-in basement/ workshop with 200-amp electric. Southern exposure, sunny spot. **\$249,000**



23 SCHOOL STREET, VINALHAVEN: Circa 1880 Maine Farmhouse style year-round home with slate roof with recent copper valleys, recent high end heating system. Convenient location. **\$169,900**



CLAM SHELL ALLEY: Step back in time in this 1890s restored Victorian with views into Carvers Harbor. Double front porches, wonderful wallpaper, tin ceiling in kitchen. Slate roof. Great location. MLS #1315183 **\$299,000**



RE/MAX Jaret & Cohn

THE ISLAND GROUP

Box 168, Vinalhaven, ME 04863-0168

WESLEY REED 207-863-2554

wreed@jaretcohn.com

Historical Notes
from the
Vinalhaven Historical Society

The Vinalhaven Echo, November 17, 1887

The longest line of drill holes ever drilled in one line can be seen at the Sands Quarry. The line is one hundred and fifty feet long with over 400 drill holes. There are 172 one-foot holes in the line.

The Vinalhaven Echo, January 5, 1888

Recently Henry Duncan and Willard Carver of North Haven were carrying lumber across the thoroughfare, loaded upon two boats connected by the lumber reaching across each. The boats were so overloaded that they filled and sunk, leaving the two men upon the little pile of lumber out in the middle of the waters of the thoroughfare and no way to reach the shore. After hours of weary waiting, while they were drifting helpless and alone, a boat happened their way and relieved them from their uncontrollable craft and assisted them to tow it to the shore.

The Vinalhaven Echo, Friday, October 7, 1887

Hurricane Island, our little neighbor, is a bee-hive town now. Several new buildings are under construction, boarding houses being repaired, and preparations being made for livery business for some time to come. The Hurricane Granite Co., at present are at work on the north wing of the Boston Court House, and as they are the lowest bidders on the main building are expecting to be awarded the contract for the complete structure. The coming industry on the island is a feature that has largely developed the island to its present prosperity. Mr. Tilden, the superintendent of this department, informs us that the season's work in total will reach one half million cans of herring and lobsters. Their daily average being from five to seven thousand cans. They employ an average of 50 people.

Vinalhaven Taxi

(207) 720-0056

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Jeanne Bineau-Ames

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rentals@davidson-realty.com
207.863.2275
maineislandliving.com

Reach Out for Help

ICMS offers behavioral health services. Contact **Dan Keniston, LCSW** at **207-837-4057** or **Jeff Wilber, LCSW** at **207-449-9448**

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 **1-866-771-9276**

Online Anonymous Recovery Programs:
Narcotics Anonymous – namaine.org
Alcoholics Anonymous – csoaamaine.org
Nar-Anon – nar-anon.org
Al-Anon – maineafg.org



Downstreet Market
Thursday - Monday
8 AM - 8 PM
Bakery-Café-Espresso Bar
863 - 5218

New Hours! New Menu!
ARTISAN PIZZA
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SALADS - SOUP - CHOWDER
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Retail Wine & Craft Beer to Pair with your Pizza

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Elin Elisofon - Realtor
Buyers and Sellers Agent
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 elin@islandheritagehomes.com
 islandheritagehomes.com



We have SOLD properties as the Buyers Agent on The Basin, Long Cove, and Washington School Road. The advantage of using a buyers agent is you have someone looking out for you.

WINTER HARBOR FARMHOUSE
Vinalhaven



Beautifully cared for, year-round 1840's farmhouse, with dock and deep water mooring. Secluded and private location in Winter Harbor. Open fields to the shore with mature apple, cherry and plum trees. A rare opportunity on Vinalhaven. **\$685,000**

PULPIT HARBOR BARN HOME
North Haven



Spacious Barn Style home, with 1.5 story Carriage House and lofted woodshed, provides a peaceful, four-season retreat, with abundant wildlife and ever changing natural beauty! Overlooking Fresh Pond and Upper Pulpit Harbor. **\$789,000**

PLEASANT RIVER WOODLAND
Vinalhaven



19 acres of mixed woodland plus 9 acres of salt marsh habitat with frontage on the southern end of Vinal Cove. Close to town, existing woods road, driveway and soil test for a 3 bedroom home. A wonderful property with various habitats. **\$158,000**

Serving the islands of Vinalhaven, North Haven, and Islesboro

Healing begins
 where the wound was made.

—Alice Walker

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

COMPOST NOW!



@ Home or the Transfer Station

FMI please contact Anna
 knitwitmaine@gmail.com or Gabe
 gabemcpmail@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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Smith Cove. Lovely 14 +/- acre property including meadow, woods and trails to waterfront. Private & special! Modest conservation easement. **SOLD!**



Kingfisher Point. Charming antique cottage w/ 20 acres at the tip of Long Cove. 2 boathouses, guest house, deep-water dock. One of a kind! **\$599,000**



Saltwater Farm. Stunning homestead on Coombs Neck. Renovated farmhouse, guesthouse, barn. 7 acres, HOA for 20 acres & dock. Very special! **\$1,695,000**



Roberts Harbor. Well-maintained 4 bdrm waterfront home w/ 3 bdrm guest apartment. Buy alone or invest w/ another family. Great value! **\$595,000**



Roberts Harbor Views. Contemporary cottage w/ big views on the SE side. Wood flrs, first flr. bdrm., spacious covered porch. Impeccable! **\$439,900**



Building Lot on Coombs Neck. 3+ acres with extraordinary elevated views of E. Penobscot Bay. HOA dock, common land and road. Fabulous! **\$495,000**



Pristine Waterfront. 13 acres w/ 400' shoreline on Winter Harbor. Elevated bldg. site w/ 3 bdrm soil test. Peaceful and stunning conserved area. **\$295,000**



Elevated Building Lot. 1.4 acres with sweeping views of the eastern bay. Soil tested with power nearby. Quiet location yet close to town. **\$185,900**

How You Can Help donate to local service groups

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



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Follow CDC guidelines for masks, social distancing

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Trivia Answers

1. Pangram
2. Zone improvement plan
3. Louisiana State University trailed 6-0 in the last few minutes of a game against Auburn, but a 74-yard touchdown drive cinched the win for LSU. This win became known as the Earthquake Game

Maine Trivia

23



Island's Closet

The Island's Closet is now your party source for fun and excitement! We have helium balloons, regular balloons, party hats and supplies for all occasions. Please give us your balloon needs a couple days in advance so we can have them ready for you. Coming soon we'll have pinatas and all the stuffing. You can register for your party and gift items with us. Have your child walk through the store and identify what they would like to get for their party. We will hold their list at the counter. This will help your invited guests pick up the presents your child desires without any duplication or omission. We also have lots of toys, puzzles and games, quarry toys and floats, outdoor family games and much more.

Come on down to see what fun things you might find hanging in 'the Closet!'

Peaceful Harbor Farm

Plan Ahead:

Closing for the
Season Sunday
July 19th

**THIS WEEK!
ALL ANNUALS
50% OFF:**

Colorful
Annual Flower Seedlings
Lisianthus (Lizzies!),
Margarites, Cannas,
Dahlias, Lantana, Sunpatiens
More!

House Plants:

Streptocarpus, Coleus,
Succulents

Perennial Herbs:

Lemon Grass, Mints, Chives,
Tarragon, Creeping Thyme

**Many Other
Perennials**

**After July 19th
call 863-9381 for
an appointment or
curbside delivery
or pickup**

**Greenhouse Hours
This Week:**

FRI, SAT noon-4pm
SUNDAY 10:30AM-2PM
closed Thursday

**Dushane Road, just off
the Pequot Road
863-9381**

Support Local Economies

Miracles happen all the time.

We're here, aren't we?

—Marilyn Nelson

Cleaning Services

Both house and/or yard!
We are experienced cleaners
available to start anytime -
willing to wear masks and
gloves.

Contact info:

Amber Shane: (207) 863-4455
Ashlyn Littlefield: (207) 863-4552

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AUGUST IS ALMOST FULL

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207-401-8242



Pleasant River Chapel

Sunday, July 12th

Music Sunday

Outdoor music service at the

Chapel, or Zoom at home

Join us for conversation at

**8:30; service begins
at 9:00 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

Vannesa Henneke 863-4834



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

VinalhavenAA@gmail.com

Union Church

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

**Sunday Service
at 11:00am**

**PLEASE WEAR
MASKS**

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

**John Potter
729-7024**

or

**Ruthie Philbrook
863-4507**

CATHOLIC MASS

**I need to know how many people
are here and will be attending.
Please call Marie at 863-4673.**

**Love is that enviable state that knows
no envy or vanity, only empathy and a
longing to be greater than oneself.**

—Anonymous

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

**9:30—Sunday School
Adults in Church**

10:30—Fellowship Time

11:00—Worship Service

WEDNESDAY

**6 PM—Bible Study and
Prayer Time**

ALL ARE WELCOME!

**20 Fellowship Drive
863-9944**

www.obbc-vinalhaven.org

Find Anonymous Peer Recovery Programs ONLINE

**Portland Recovery Center
portlandrecovery.org**

**Narcotics Anonymous
namaine.org**

**Alcoholics Anonymous
csoaamaine.org**

**Nar-Anon
nar-anon.org**

**Al-Anon
maineafg.org**

**Empathy is simply listening,
holding space, withholding
judgment, emotionally
connecting, and communicating
that incredibly healing message of
you're not alone.**

—Brene Brown

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

RESTAURANT FOR RENT

64 MAIN STREET (SALT)
MASTERBAR@AOL.COM

SECOND HAND PROSE REOPENING

For those of us who believe that books are ESSENTIAL, we're glad to finally reopen!

Let's all keep safe with the following protocols:

- 2 customers or 1 family group (same household) at a time
- face covering required
- gloves required (provided)
- 6' spacing between browsers

To minimize contact between volunteers and customers, we won't be giving cash change but will instead issue a credit slip. PLEASE BRING SMALL BILLS OR A CHECK or feel free to round up:)

BOOK DONATIONS

Like the library, we will be putting all incoming books in quarantine for 7 days. We have very little storage space, so we will need to strictly limit donations to 10 BOOKS PER HOUSEHOLD / DAY.
DROP-OFF DURING
OPEN HOURS ONLY.

Thank you for understanding:)

OPEN MON-SAT 10-2

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!

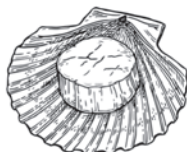
Q: Last summer it was so hot in the bar, is it still hot?

A: No! We now have AC, come in and cool off...enjoy a cold drink too!

Check our Facebook page for daily specials & slushie flavors

SURFSIDE

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



Scallops

ADAIR SCALLOPS at the flea market Sat. 9am. \$20. lb., also can call the house 863-4926 for contact free pick up. 412 North Haven rd.



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

NEW Hours:

**TUESDAY
thru
SATURDAY
10-5**

**32 Main Street
863.2192**

***Call for curbside
or home delivery!***



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

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