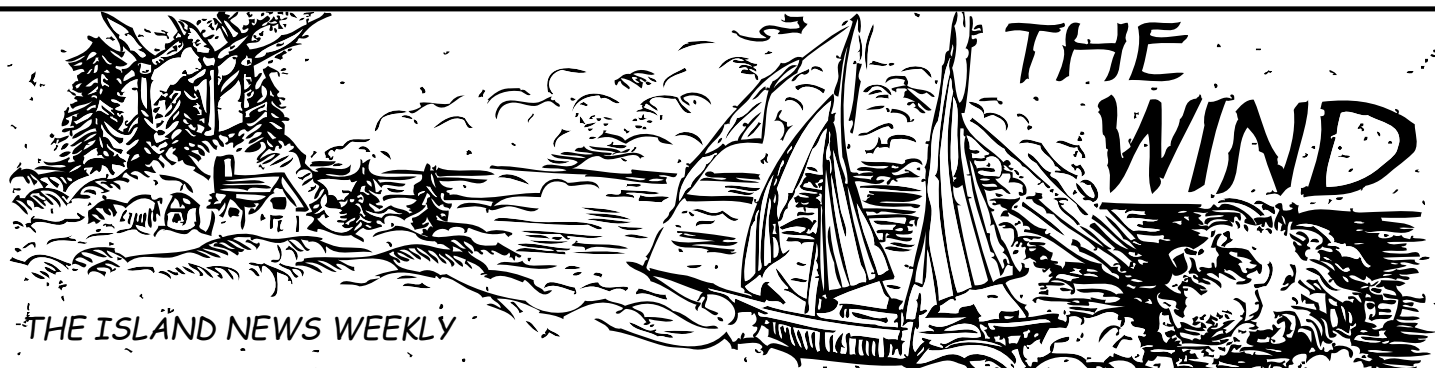


P.O. BOX 194, VINALHAVEN, ME 04863

ANNUAL SUBSCRIPTION: \$50



May 28 - June 3, 2020

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

## 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](mailto:bbarroso@vinalhavenschool.org))

Thank you!

\*Bianca

### Cards Welcome

Phil Roberts (Libby House) has broken his femur and is recently out of the hospital. He probably won't make it to the island this summer. To help cheer him up, please send a card to: PO Box 306, 93 Nelson Rd., Harrisville, NH 03450

### Community Calendar

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

Thank you.

We are a 501 (c) 3 organization

### COVID-19 INFORMATION

For the latest Town updates, visit [www.townofvinalhaven.org](http://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.

## Town of Vinalhaven Information

[www.townofvinalhaven.org](http://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](https://facebook.com/townofvinalhaven) and recordings are posted to the Town's YouTube Channel – **Town of Vinalhaven**

**Virtual Meeting – Sea Level Rise**, Tuesday, June 2, 4:30–5:30pm. For information and Zoom access, please contact Gabe McPhail, [gmcphail@townofvinalhaven.org](mailto:gmcphail@townofvinalhaven.org)

**Virtual Meeting – Pre-Planning Board**, Wednesday, June 3, 7pm. For information and Zoom access, please contact Robb Warren, [rwarren@vinalhavenschool.org](mailto: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. 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](http://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](mailto:townmanager@townofvinalhaven.org)

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

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

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

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

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

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

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

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

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

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

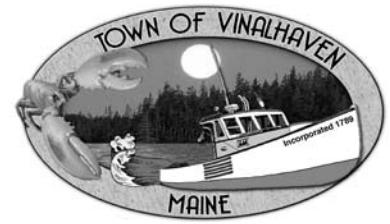
**Ambulance Service** – **Kerry McKee** – Emergency 911; Non-Emergency 863-2119 or [kmckee@townofvinalhaven.org](mailto:kmckee@townofvinalhaven.org)

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

**Animal Control Officer** – **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 Vinalhaven Town Office**

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

To minimize interaction with others during this public health pandemic (COVID-19), **voters are encouraged to cast an absentee ballot instead of voting in person**. Casting an absentee ballot is convenient and secure.

### **How do I request an absentee ballot?**

1. **In writing**
2. **Phone** – call your Municipal Clerk's office at **207-863-4343**
3. **Online** – from the Secretary of State's website:  
**[www1.maine.gov/cgi-bin/online/AbsenteeBallot/online-form.pl](http://www1.maine.gov/cgi-bin/online/AbsenteeBallot/online-form.pl)**
4. **In person** – up to and including the day of the election

Please allow for 2-5 days to receive and send your ballot.

**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](http://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 with 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.**

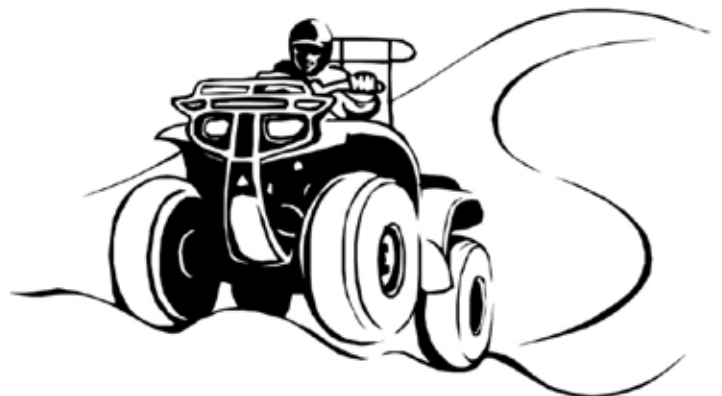
## How to Register Your Boat, Snowmobile or ATV

### **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.



# **The Star of Hope Foundation**

*The Star of Hope Foundation offers its congratulations  
to the Class of 2020.*

*Your commitment in completing this part of life's journey is extremely  
special and you deserve huge applause for your hard work  
and achievement.*

*The Board wishes you the best of luck in your future endeavors!*



*The Class of 2020*

*Photo credit: William Trevaskis*

**[www.starofhopefoundation.org](http://www.starofhopefoundation.org)**

***The Mission of the Star of Hope Foundation is to promote education of the visual arts through various means including exhibitions, a museum, artist-in-residence programs and other outreach endeavors.***

## Senior Plans

### Benjamin Burgess

Son Of: Stephen and Patti Burgess

Senior Plan: University of Maine, Machias- Wildlife Biology

### Jackson Day

Son Of: Kenneth and Megan Day

Senior Plan: University of Maine, Orono- Explorations

### Hannah Dyer

Daughter Of: Leslie Dyer

Senior Plan: Husson University- Nursing

### Timothy Farrelly

Son Of: Peter and Jessica Farrelly

Senior Plan: American University- International Studies

### Megan Grant

Daughter Of: Miles and Faye Grant

Senior Plan: University of Maine, Machias- Psychology

### Joseph Hopkins

Son Of: James Hopkins & Shannon Young and Angela Holmquist & Doug Littlefield

Senior Plan: Gap Year

### Corey Lazaro

Daughter Of: Alan and Penny Lazaro

Senior Plan: University of Maine, Orono- Education

### Richelle Walker

Daughter Of: Ricky Walker and Michelle Coombs

Senior Plan: Mid Coast School of Technology- CRMA Certification

### Madison Young

Daughter Of: Robert and Kristie Young

Senior Plan: Spa Tech Institute- Aesthetics



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](mailto:lesliedyer@icmsvh.org) or **207-863-4341, ext 1114** or **Carter Stanley** at **207-863-4348** or [ecstanley@icmsvh.org](mailto: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 20<sup>th</sup>, 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 1<sup>st</sup>. 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.SQUARESITE/](http://GOFISHVH.SQUARESITE/)

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.



"You can cut all the flowers but you  
cannot keep spring from coming."

—Pablo Neruda

**Trivia Questions**

1. How many spikes are in the Statue of Liberty's crown?
2. What is the oldest city in Canada?
3. Which presidents' heads are carved on Mt. Rushmore?
- 4.

**Maine Trivia**

How many Maine counties border the Atlantic Ocean?

**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!

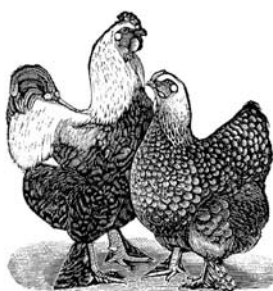
**Students, parents, and other community members**, if you have books you no longer want or need at your home please consider donating them to our book swap. Of greatest need are children's books, but others are welcome as well.

**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



**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

**HOW CAN I PROTECT  
MYSELF FROM COVID-19?**

**PRACTICE GOOD HEALTH HABITS**



WASH YOUR  
HANDS OFTEN



COVER COUGHS  
+ SNEEZES



DON'T TOUCH  
EYES/NOSE/MOUTH



CLEAN SURFACES  
FREQUENTLY



STAY HOME  
WHEN SICK



AVOID SICK  
PEOPLE

**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.





## Self Guided Warbler Walk

It's that time of year again, the woods are coming alive with returning songbirds. Every year John Drury takes us into the woods to help us spot these beautiful birds. This year, take the time to go out on your own and listen. There are many bird apps to help identify the songs.

Look to the trees: cherry, poplar, and birches. Armbrust Hill has been a good place to see returning birds.

John has seen these warblers so far: black-throated green, black-throated blue, black and white, parula, myrtle, and blue-headed vireo.

*Happy Birding!*



### Flowers and Grandsons

When my grandson, Myles was 4 years old, he and I took a walk on the wooded road between his house and mine. It was a beautiful late spring day and there were dozens of lady slippers on each side of the road. I told him they were called lady slippers and we counted them as we walked to my house. The following year, I had the same opportunity to go walking with him. We soon came to a cluster of lady slippers and, beaming (because that's what grandmothers do), I asked him what the pink flowers were called. His response? "Lady flip flops?)"

S.R.



## Lady Slippers on Huber Preserve

These very special orchids will start blooming very soon. They can be found in many places on the island, but MCHT's Huber Preserve has an impressive growth of lady slippers.

Once blooming, lady slippers are not hard to find. The large pink, slipper-like bloom is beautiful and unique. Because they take so long to grow into mature plants, picking or digging them is not allowed. Enjoy them while they are out!

To get to Huber Preserve from the ferry, go left on Sands Road for .4 miles, then right on Old Harbor Road for .3 miles, then bearing slightly left onto North Haven Road for 1.7 miles, turn right onto Round the Island Road. The parking area is on the left in 1.6 miles.

## 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



We don't inherit the earth  
from our ancestors,  
we borrow it from our children.

*—Native American proverb*



### **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.**

## Star of Hope Update



Our effort to stabilize the Star of Hope building was halted in mid-March and therefore, the scaffolding is still on the building. While this work was on-hold, we were able to achieve some other important business in preparation of our strategic planning effort.

We are pleased to announce that the construction crew will be returning to Vinalhaven on June 1<sup>st</sup> to continue their work, strictly following the COVID-19 guidelines of the CDC and State. We are committed to ensuring the safety of our workers and the residents of Vinalhaven. We will:

- Use our own transportation to and from the island
- Arrive and depart each day we are at work, rather than stay overnight
- Bring our own supplies and provisions
- Maintain proper distances and wear masks
- Keep the community updated on our progress

Please reach out to us with any questions [starofhope@starofhopefoundation.org](mailto:starofhope@starofhopefoundation.org) or visit our website: [www.starofhopefoundation.org](http://www.starofhopefoundation.org)

***The Mission of the Star of Hope Foundation is to promote education of the visual arts through various means including exhibitions, a museum, artist-in-residence programs and other outreach endeavors.***



Islands Community  
Medical Services

*Our Medical Center*

### **Medical Center Information**

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

Medical Services: 863-4341

Dental Services: 863-2533

Counseling: 863-9959

Billing: 863-4348

**Hours of Operation**

**Medical Services**

Mon, Wed, Fri: 8:30 am – 12 noon,

1 pm – 4 pm

Tues: 1 pm – 4 pm

Thurs: 8:30 am – 12 noon

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

**Dental Services**

Dentist: May 27, 28, 29

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.

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(a)-(n).

### **Ocean View**

All the regulars are here. Purple and gold finches, chicks, nuthatches, cardinals, and blue jays. I saw a creeper on the birch tree.

The pair of geese were here again and the female merganser appears to be nesting in one of the duck houses. We think the wood ducks are gone as we haven't seen the males for a while.

I had a flicker on the suet and one of the female orioles went on it, too.

I've also seen red wing black birds which I haven't seen here for a long time.

There is a robin's nest right outside my kitchen window. I can see her in the nest and the male sits in the tree not to far away and keeps guard.

We've also had a pair of cat birds. Saw one of them eating orange

What a wonderful week it's been.

CD

### ***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  
**1-866-771-9276**

Online Anonymous Peer Recovery Programs:

**Narcotics Anonymous –**  
**[namaine.org](http://namaine.org)**

**Alcoholics Anonymous –**  
**[csoaamaine.org](http://csoaamaine.org)**

**Nar-Anon – [nar-anon.org](http://nar-anon.org)**

**Al-Anon – [maineafg.org](http://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  
105 Mechanic Street  
Camden, Maine 04843

Rosemary Anthony  
7 North Shore Drive  
Owls Head, Maine 04854

We must accept finite disappointment, but never lose infinite hope.

—Martin Luther King Jr



## BOTTLE BRIGADE RETURNS!!!



On a trial basis, following CDC guidelines, we will again collect 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

**RE/MAX** THE ISLAND GROUP  
Jaret & Cohn real estate WESLEY REED 207-863-2554  
Serving the Islands for 30 years



**NEW LISTING!**

ESTABLISHED BUILDING LOT ON THE NORTH HAVEN ROAD. MOSTLY OPEN AND GRASSY, BUT A FEW TREES OIN THE BACK. SEPTIC DESIGNED FOR 4 BEDROOM HOME OR 2 TWO BEDROOM HOUSES. OLD LILACS. **\$39,000.**

wreed@jaretcohn.com  
32 WEST MAIN STREET, VINALHAVEN

**RE/MAX** THE ISLAND GROUP  
Jaret & Cohn real estate WESLEY REED 207-863-2554  
Serving the Islands for 30 years

**\$279,000. NEW PRICE!**



**GREAT INTOWN DUPLEX HOME**

2 Unit Home on large corner lot, each with multiple bedrooms. Spacious rooms, much originality intact: Cypress woodwork, pocket doors, dining room china cabinet with leaded glass doors. Glimpse of the water. **\$279,000.**

wreed@jaretcohn.com  
32 WEST MAIN STREET, VINALHAVEN



**FULL SERVICE RENTAL MANAGEMENT**

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RENTALS**

CHECK OUT OUR INVENTORY!

AUGUST IS ALMOST FULL

[WWW.VINALHAVENVACATIONRENTALS.COM](http://WWW.VINALHAVENVACATIONRENTALS.COM)

207-401-8242

**"Retired Property Manager"**

Frank W. Demmons

863-4364

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

**Pregnant?**

Get answers about  
your pregnancy  
options

594-1616

[carenetofrockland.org](http://carenetofrockland.org) **CARENET**  
Hotline: 1.800.712.4357 Pregnancy Center of Rockland

**1999 Pursuit for Sale**



**FOR SALE**

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

\$29,500. Gorgeous boat!!! Very good condition. 28+'. Runs and looks great. 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](mailto:Dkeir@cox.net).

**Davidson Realty  
Vacation Rental Management**

Full-service rental management with a local touch from the leading agency on the Fox Islands

*Call for information about renting your property or finding the perfect vacation spot!*



**Alex Young, Rental Manager**  
[rentals@davidson-realty.com](mailto:rentals@davidson-realty.com)

**207.863.2275**

[maineislandliving.com](http://maineislandliving.com)

***Gardening Help Wanted***

*Island Groundworks, LLC*

*Contact: Kristel Moore*

*207-863-4868*

Most of the important things  
in the world  
have been accomplished  
by people who have kept  
on trying when there seemed  
to be no hope at all.

*-Dale Carnegie*

**OVER 30 YEARS EXPERIENCE REPRESENTING BUYERS & SELLERS!**



**IN TOWN LAND**  
**\$21,500**



**BUILDABLE WOODED LOTS**  
**\$22,500-\$35,000**



**OCEANFRONT LAND**  
**\$169,500**

**COME SEE US AT OUR NEW LOCATION DOWNTOWN JUNE 1!**



**Lorraine Walker**

Designated Broker

207 863 5141

[lorraine@vinalhavenrealty.com](mailto:lorraine@vinalhavenrealty.com)

**Claire Jackson**

Sales Agent

207 401 8242

[claire@vinalhavenrealty.com](mailto:claire@vinalhavenrealty.com)



**HISTORIC FARM**  
**\$249,500**



**FARMLAND IN WASHINGTON**  
**\$65,000**



**IN TOWN HOUSE**  
**\$199,000**

**[WWW.VINALHAVENREALTY.COM](http://WWW.VINALHAVENREALTY.COM) 207 863 5151**

## FOX ISLAND DIVING

37 Years, Still Kicking!

Not Retiring Yet!

Wheel cleanings

Mooring inspections  
and cleanings

863-4837

or text 542-1992



## ISLAND TICKS

pest control

Organic Sprays for Ticks  
and Mosquitoes.

Also treatments for:

Ants  
Spiders  
Wasps  
Mice and More

"If you have a pest...we  
have a Solution!"  
Charlie and Erica Simpson

### Cleaning Services Available

Experience cleaning both  
business and residential

Access to AWD vehicle

Scheduled cleaning available

Please email at:

[Sarina.Alley@gmail.com](mailto:Sarina.Alley@gmail.com)

Or call 863-2287 ask for Sarina  
for more information

## PENOBSCOT ISLAND AIR



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

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All material & Labor with no extras.

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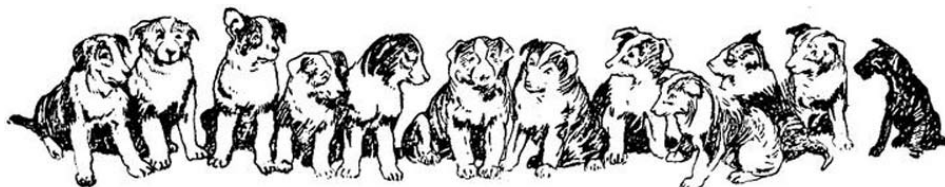
Hall357@gmail.com

## Help Wanted

Bean Maine Lobster has an opening for a full time position. Duties include buying/shipping lobster, working in the bait areas. Forklift experience helpful. Paid sick/personal days, paid holidays, and health insurance. Apply at the first lobster buying facility near the ferry terminal, or call 863-2082

"Those who contemplate  
the beauty of the earth find  
reserves of strength that will  
endure as long as life lasts."

—Rachel Carson



RESERVE YOUR COPY OF VINALHAVEN SCHOOL'S 2020 YEARBOOK



# THE EXILE Today!

Only \$25 each. Make checks payable to VINALHAVEN SCHOOL and send to 22 Arcola Lane. Write to Bill Trevaskis at [wtrevaskis@vinalhavenschool.org](mailto:wtrevaskis@vinalhavenschool.org) with any questions



*"Every dog must have his day."  
-Jonathan Swift*



**Elin Elisofon - Realtor**  
Buyers and Sellers Agent  
207-867-4866 • 207-450-1937  
[elin@islandheritagehomes.com](mailto:elin@islandheritagehomes.com)  
[www.islandheritagehomes.com](http://www.islandheritagehomes.com)

## PLEASANT RIVER WOODLAND Vinalhaven



**Offered at \$158,000.**

23 Acres of mixed woodland 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 and many possibilities.

We have **SOLD** many properties acting as a Buyers Agent. The advantage of using a Buyers Agent is you have someone representing your interests above all others.



**VINAL ENERGY**  
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[vinalenergy@gmail.com](mailto:vinalenergy@gmail.com)

Fuel oil, Kerosene, Diesel & Propane  
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**Fuel prices are low - think about  
pre-buying for next season!**

**We are open and here to help you  
during this period of social  
distancing. Stay well all!**





Representing Buyers and Sellers on the Fox Islands  
207.863.2200 ~ [info@davidson-realty.com](mailto:info@davidson-realty.com)  
Kris Davidson, Broker ~ Lisa Shields, Associate Broker  
[www.maineislandliving.com](http://www.maineislandliving.com)

## VINALHAVEN STRONG!



### New Listing!

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



### New Price!

**Hurricane Sound.** Custom-built home with wonderful ocean views & beach. Open concept design, lovely covered porch. 6+ acres, dock access. **\$585,000**



### New Price!

**Spacious Log Home.** Many possibilities for this 6500 sq.ft. bldg. Currently main residence w/ 2 rentals. Updated, well-maintained. Good value! **\$310,000**



**Post and Beam on Roberts Harbor.** Stunning custom-built home. Quality construction, loft bedroom, expansive ocean views, shared dock. **\$629,000**



**Spectacular Views.** Shingled home perched above Robert's Harbor. First flr ensuite master w/ 2 bdrms and bath above. Garage. Ocean access. **\$625,000**



**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**



**Ten Acre Building Lot Near Village.** Lovely lot adjacent to a VLT preserve. 3 bdrm soil test, 30' ROW has been partially cleared. Great value! **\$84,000**

## COVID-19 FINANCIAL HELP

### Unemployment Benefits 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](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](mailto:vhcommunityoutreach@gmail.com)

FMI Contact Gabe McPhail, [gmcphail@townofvinalhaven.org](mailto:gmcphail@townofvinalhaven.org)



"Life is never easy.  
There is work to be done  
and obligations to be  
met—obligations to truth,  
to justice, and to liberty."

—John F. Kennedy

### Trivia Answers

1. 7
2. St. John's,  
Newfoundland 1497
3. George Washington,  
Thomas Jefferson, Teddy  
Roosevelt, Abraham  
Lincoln

### Maine Trivia

8-York, Cumberland, Sagadahoc,  
Lincoln, Knox, Waldo, Hancock  
and Washington.

## New Hours: Noon-4pm Wed-Thur and Sat-Sunday

sorry we've had to reduce our hours  
due to health issues. If these hours do  
not work for you, please call and let's  
see what we can do!

Please wear a mask and practice  
social distancing!

Check (preferred) or cash

No Credit Cards

**WE HAVE  
SEEDS!**

Starter Seedlings of all kinds,  
veggies, herbs, perennials, flowers,  
including

Everything you need to create your  
own window boxes and hanging baskets

Supplies of all kinds, including  
pea netting, potting soil, stakes, fish  
emulsion, gift certificates and more!



So many  
Reasons  
To visit  
Peaceful  
Harbor  
Farm's  
Greenh  
ouse

Greenhouse Hours:  
Wed-Thurs and Sat-Sunday Noon -  
4pm

closed Mon and Tues and Friday

Dushane Road, 863-9381

Just off the Pequot Road

Support Local Economies



## Fox Islands APIARIES

Fox Islands Apiaries harvests  
their honey from hives right  
here on the islands!

**support  
local bees**

foxislandsapiaries@gmail.com

available at: Carver's Harbor Market,  
Creelman Farm Store, Island Spirits, &  
North Haven Grocery



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

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

# 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!*

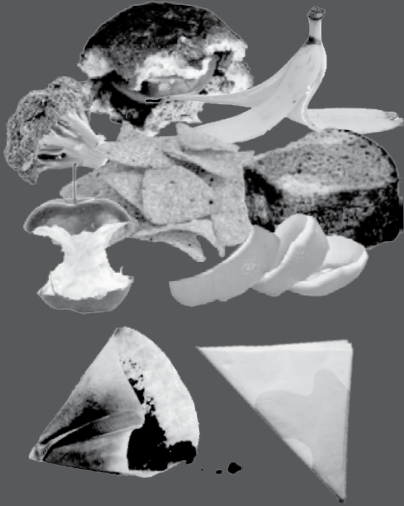
## FOR SALE: Double Sea Kayak

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  
tripping or extended island  
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  
problems going anywhere.  
\$1,600 complete, or \$1,300 w/o  
gear. Larry McIntosh, (207) 703-  
6668 or Lmacyak@gmail.com

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



# GOOD FOOD. ISLAND GROWN.

New! Flower, herb, & vegetable starts.  
Available first week of June.  
Order now to reserve, or purchase later.

Shop online, email, or call. Will contact to arrange pick-up time and payment.

**Farm Hours: Tues, Thurs, Sat: 2:00-5:00 pm**  
**Follow CDC guidelines for masks, social distancing**

If quarantined, we'll deliver.

  @ROBERTSHARBORFARM | RHFARMVH.COM | 207-863-4474

"If life were predictable it would cease to be life, and be without flavor."  
-Eleanor Roosevelt

## WINDHORSE ARTS

New Jewelry Colors  
Cairn Stones & Tapas Plates

Call 207/449-6285

Email [alisonthibault@gmail.com](mailto:alisonthibault@gmail.com)

Visit [www.WindHorseArts.com](http://www.WindHorseArts.com)

Like WindHorse Arts on Facebook

Follow @alisonthibault on Instagram

Write PO Box 45 Vinalhaven, ME 04863



### 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

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





## **Pleasant River Chapel**

**Sunday, May 31**

**Sharing Sunday**

**Join us for a virtual service at  
8:50 AM**

**Please share a song/  
message/poem that would be  
meaningful in our lives**

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

-----

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

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

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

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

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

**John Potter**

**729-7024**

**or**

**Ruthie Philbrook**

**863-4507**

“Watch your thoughts; they  
become words. Watch your  
words; they become actions.

Watch your actions; they  
become habits. Watch your  
habits; they become character.  
Watch your character; it  
becomes your destiny.”

—Lao-Tze

## **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**

## **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**

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  
Baptist Church with CVRF in the memo  
line. All financial or item donations will  
go directly to help those in need.

FMI Contact Cathy 286-2550  
Kate 409-2969 or Maggie 863-2185

**ALL ARE WELCOME!**

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



**AA**

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

**VinalhavenAA@gmail.com**

## **SURFSIDE**

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

## *THE Nightingale*

open for contact-free takeout  
**Friday, May 29th & Saturday,  
May 30th  
dinner only**

dinner/dessert/cocktails/  
beer & wine w/pickup at the  
window

new additions this week:

*VH halibut tacos  
steak frites w/braised leeks  
roasted half chicken w/ crispy  
brussels sprouts  
rhubarb margarita*

MENU & ORDER ONLINE  
**[www.nightingalevh.com](http://www.nightingalevh.com)**

our ordering system will assign  
you a time frame for your  
order to be ready. Please  
arrive at the beginning of this  
timeframe to ensure that your  
food is hot and fresh

we welcome pre-orders - plan  
ahead and order today to  
avoid waiting at the window!

“The shared meal elevates  
eating from a mechanical  
process of fueling the body  
to a ritual of family and  
community, from the mere  
animal biology to an act of  
culture.”

—Michael Pollan

# SKÅL!

Vinalhaven, Maine

## **SKÅL on the Go**

Take out service with curbside pick-up on **Main Street** in front of Davidson Realty  
*Call 863-4882 or order online*

**All your favorite cocktails and signature food**

### **Food and Cocktails to Go**

**Saturday, May 23 - 4:30-7:30**

### **Breakfast to Go**

**Sunday, May 24 - 8:30-11:30**

### ***Special!***

### **Picnics for Four**

*Feel free to enjoy our lovely pond-side location.*

*Bring a blanket or sit at our outdoor tables.*

*(Park on Main Street and walk behind Carver's Market)*

Full menu and online ordering at *[islandspeakeasy.com](http://islandspeakeasy.com)*

## Island Spirits

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

### ***Our Hours:***

**TUESDAY  
thru  
SATURDAY  
11-5**

**32 Main Street  
863.2192**

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



### **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 Oxton: 703-6720

**Vinalhaven Taxi  
(207) 720-0056**

**Free Deliveries of Essentials  
paid for by ICMS!**

Ferry/Airstrip Connections  
Here and There  
on Vinalhaven  
By Reservation or by Chance

***Jeanne Bineau-Ames***