

The Sand Bar

863-4500 * Dine-In or Take-Out
Open for Lunch, Dinner & Cocktails
11 am - 8pm
Closed Mondays

We are open with a few changes

- * A second table in dining room
- * Enter/Exit thru any door
- * Bar can stay open later (provided social distancing & masks on while standing)

This applies to everyone, regardless of vaccine. Thanks for helping us follow CDC guidelines.

Curbside available, let us know when you call.

Menu and online ordering have been delayed... fingers crossed for the first of May. Check our Facebook page for daily specials and updates.

Mudslides Togo!!!

Did You Know?

In 2006, a Coca-Cola employee offered to sell Coca-Cola secrets to Pepsi. Pepsi responded by notifying Coca-Cola.

Quotes

All things are possible, once enough human beings realize that everything is at stake.

Norman Cousins

Do you have a gift certificate for **The Nightingale** that you never got a chance to use? Text a photo of your unused gift certificate to 617-416-0839 with your full name, Venmo handle OR mailing address and we will refund the full amount.



Kids' Trivia Answers

1. Vanilla
2. \$84.48
3. Iditarod

Trivia Answers

1. Birds
2. A century ride
3. Andrew Wyeth

Island Spirits

Hand-selected wine, artisanal cheese, craft beer, Maine raised meats, locally roasted coffee, gluten free pasta & crackers, and more!

Our regular* hours are:

**TUESDAY
thru
SATURDAY
11-5**

***PLEASE
NOTE:**

**On Friday, 5/28
we will be open
from 11-2:00,
and then from
3:30-5:00**

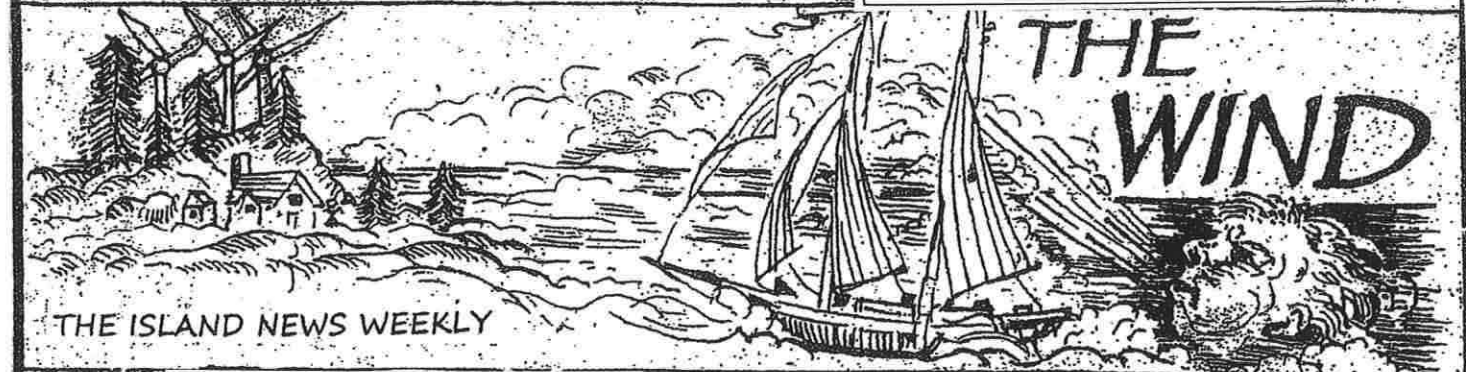
Thank you!

**32 Main Street
863.2192**



P.O. BOX 194, VINALHAVEN, ME 04863

\$50 ANNUAL SUBSCRIPTION



THE ISLAND NEWS WEEKLY

May 13 - May 19, 2021

E-MAIL: vinalhavenwind@gmail.com

East Main Street Road Closure and Water Main Shutdown

Thursday, May 13

East Main Street will be closed beginning approximately 8:30am between East Boston and Beaver Dam roads for a dig to repair the water main. We will work to keep the closure as short as possible.

This work may require a temporary shutdown of the water main in order to be completed. Please plan accordingly.

We apologize for any inconvenience this may cause and appreciate your patience while we complete the work. Thank you!

Vinalhaven Water District

Texas Sized BBQ with "Tiny" Sized Fun!

28 Main & VH Lions Club are sponsoring benefit BBQ for Tiny Arey on May 15, from 4PM @ Miller's Garage-Carver's Pond (just below Tiny's). Join us for good food, a "Tiny" roast and informal jam session. (all musicians welcome!) Many culinary treats from island chefs: Brisket, Pork Ribs, Sausage, Broccoli Slaws, Salads, Rice, Beans, Corn Bread, Sweets and more!!! Bring your own beverage. Pick Up available. Suggested donation \$15. More info on facebook-Rob Miller.

Suggested donation \$15
CHECK THE VH PUBLIC POSTER PAGE ON FB FOR UPDATED DETAILS!

David Arey is recuperating at his son's home and would love to hear from friends:

David Arey
c/o Robert Arey
39 Poplar St.
Old Orchard Beach, ME
04064-1169

Do you have any fun and interesting websites to recommend? Send them to vinalhavenwind@gmail.com. Here are some to try:

play.google.com
imbd.com

Correction

A reader has pointed out an error. Which legendary rock musician had hits including Purple Haze? The correct answer is Jimi Hendrix.



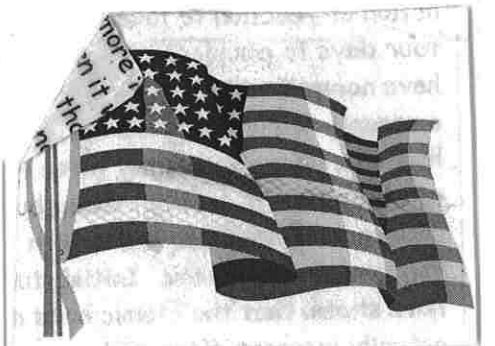
Place Mailing Label Here

Community Calendar

Email events to:
windnonprofitads@gmail.com



May 15th is Armed Forces Day



TO ALL OUR ADVERTISERS

Please welcome Torry Pratt as the new editor of *The WIND*. Any questions or concerns should be directed to her from now forward.

dot & millie's

restaurant · bar · catering

open 3 nights a week
beginning May 20
Thursday - Saturday
reservations ONLY
beginning at 5:15pm
207 · 863 · 2300

visit our facebook page
for COVID protocols

Town of Vinalhaven Information

www.townofvinalhaven.org

Calendar

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

Planning Commission – Virtual Meeting, Thursday, May 20, 5pm Contact Gabe McPhail for Zoom information gmcphail@townofvinalhaven.org

Housing Committee – Virtual Meeting, Monday, May 24, 5pm Contact Elin Elisofon for Zoom information eelisofon@gmail.com

Select Board – Virtual Meeting, Tuesday, May 25, 5:30pm Contact Andrew Dorr, Town Manager for Zoom information townmanager@townofvinalhaven.org

Notices

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

CEO/LPI Faye Grant is in the office Monday, Tuesday, and Wednesday 9am-1pm. Thursday and Friday – call to see if she is in. To schedule an appointment, contact 863-2168 or vhceo@townofvinalhaven.org

Single-Stream Recycling #1-7 rigid plastics, tin, aluminum, glass, paper, cardboard.

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

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

Mailing and physical address: 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** – M-W, 9am-1pm 863-2168 or vhceo@townofvinalhaven.org

Planning and Community Development – **Gabe McPhail** – Hours vary, contact 952-1817 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 – **Pat Lundholm, Interim Ambulance Director** – Emergency 911; Non-Emergency 863-2119 or plundholm@townofvinalhaven.org

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

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

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

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



ROAD WORK / TEMPORARY CLOSURE

The Town will be replacing culverts on Round the Island Road beginning the week of May 17th. We anticipate work beginning on the western end of the road with road closures between the North Haven Road and the Airport.

Please be patient with the work crews while we make these needed improvements.

If you have any questions or concerns, please contact Andrew Dorr, Town Manager at (207) 863-2042

ABSENTEE BALLOTS NOW AVAILABLE for Elections to be held on June 8th, 2021 at the Vinalhaven Town Office

All absentee ballot requests must be received by the clerk by the close of business on **Thursday, June 3rd, 2021.**

All absentee ballots must be received by the clerk by the close of polls (8:00 PM) on **Tuesday, June 8th, 2021.**

Annual Election Town of Vinalhaven June 8th, 2021

MSAD #8 – Budget Referendum
Vinalhaven Water District



Pleasant River Chapel

Sunday, May 16th
Live on Zoom

Jeff Lewis, Speaking

Join us for fellowship at 8:30;
service begins at 9:00 AM

All are welcome

Save the Date!
Drive-Thru Spaghetti Dinner
Saturday May 22nd

For Zoom log-on info, email
pleasanriverchapel@gmail.com

For pastoral care call:
Rosanne Wallace 863-4846
Bob Candage 863-4943

Union Church ~ Welcomes You ~

We are currently
holding services
at 11:00 a.m.
every Sunday

We are meeting
In-person
and
on Zoom

Jeff Lewis
May 16th

Please contact
Betsy Walsh at 4124 for
Zoom link information

If you would like to donate
to Union Church
donations can be mailed to
PO Box 249
Or visit our website at
Unionchurchvh.com
Donations can be made
securely online under the
Donate or Give tab



Pastor Jeff Winters

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

Tending Spring Bulbs

Submitted by Alfred Osgood

I read the piece last week about NOT cutting foliage from bulbs when flower is spent. Years ago I saw a green gardener show that gave a handy tip for bulb foliage.

Take an elastic and fold over the foliage a few times, then wrap elastic around it close to the ground.

It will be sightless as your perennials grow up. All of the energy will be back in the bulbs and you can remove in a few months or when you put the bed to bed.

To help you remember where each bulb is and what it is, use a 5-6 in" piece of louver shade. Cut one end pointed and use permanent marker to write the name on.

Trivia

1. Which creatures do not suffer from the effects of hot chili peppers?
2. What is a 100-mile bike ride called?
3. Which American artist painted Christina's World in 1948?



Pleasant River Chapel

**Sign up now for the
 May 22nd**
**Drive through or home
 delivery Spaghetti Dinner**
**Call Pete Pedersen at
 207.551.4483 or message
 him on Facebook to reserve
 your meal and choose pick
 up time 4-6pm**
Cost \$10.00 pp.
**2 slices of garlic bread,
 choice of plain or meat
 sauce, Caesar or Olive
 Garden style salad and pie.**
**1/3 of the profit from this
 event will be given to
 Vinalhaven Fire
 Department.**



**Vegetable & flower seedlings
 Hanging baskets
 Early produce, eggs & syrup**

**May Hours:
 Sat 5/15: 10-1
 Sat 5/22: 10-1
 Sat 5/29: 10-1**

CSA cards, cash, check, and credit
 cards accepted.

Visit our online shop
www.rhfarmvh.com

See you at the farm!

144 Roberts Cemetery Road
rhfarmvh@gmail.com
[@robertsharborfarm](https://www.instagram.com/robertsharborfarm)



FOR SALE
 2011 - 750 Honda Shadow
 Like new condition.
 Ridden under 500 miles.
 BRO
 Call 863-2166

Notice

The WINDS are now available online and at local businesses, and *The WIND* boxes at the ferry terminal, Todd's Garage, and in front of the post office. Thanks to the ladies at the Town Office for their help!



School will be dismissed at:
12:30 on Friday, May 28

There are teacher workshops in the afternoon.

Varsity Baseball schedule:

5/15 @ Richmond 11 & 1
 5/19 vs. Jackman @ Mt. View 11 & 1

Varsity Softball schedule:

5/15 @ Richmond 11 & 1
 6/1 @ home vs. Temple Academy 11 & 1

The 5th and 6th grade would like to thank the Vinalhaven Land Trust for our trip to Tanglewood!

Our favorite part was learning about water ecology through pond-scooping and finding water scorpions and other cool critters! We learned about animal adaptations in their on-site museum with lots of amazing animal skulls and insects. While battling the non-biting male blackflies, we also got up close and personal with some trees and talked about our connections to forests and rivers. It was an awesome spring day. Thank you!

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

PRE-K REGISTRATION and SCREENING!!

If your child is eligible for preK (turning 4 years of age on or before October 15, 2021) please contact Vinalhaven School at 863-4800 to set up an appointment. Registration and Screening will take place on Friday, June 4 in the Pre-K room. You must bring copies of your child's birth certificate and immunization record. Please note that as of September 1, 2021, only medical exemptions are allowable (except as described in Title 20-A §6355)

"Required for PreK entry:

- 4 DTaP
 - 3 Polio
 - 1 MMR
- 1 Varicella (chickenpox)" (From Maine DOE Website)**
 If you have any questions regarding registration or screening, please contact Cherie Doughty at cdoughty@vinalhavenschool.org or call the school at 863-4800. Please direct any questions concerning immunization requirements to Principal Monte Selby.

Kids' Trivia

1. Which ice cream flavor has been the most popular in the United States for over 200 years?
2. A line of 84,480 pennies would stretch for a mile. How much money would that be?
3. What is the name of the famous dog-sled race in which dogs race for 1,150 miles from Anchorage to Nome, Alaska?



VH MS & HS Students:
This is the LAST WEEK to apply for PIE's summer Travel & Education Scholarships!
MAY 15th is the last deadline for 2021

\$2500 is available to HS & \$1000 to MS students
 Scholarships are only for programs in Maine and neighboring states, dependent on CDC guidelines.
Applications are available on the PIE website:
PartnersInIslandEducation.org
FOR MORE INFORMATION:
 Contact PIE on FB, email PartnersInIslandEducation@gmail.com
 Or contact Jess Woods: jwoods@vinalhavenschool.org

Unlocking It

Behind the door
 behind the mask
 behind the eyes
 the smile, the task
 the trying too hard
 to please or placate
 the ones we love
 the ones we hate
 I'm just looking
 for peace of mind
 if you'll share yours
 well finest kind.
 Paddy Noble

No more lunch box meals until June.



VINAL ENERGY

36 WEST MAIN ST PO BOX 803
 (207) 613-7460
vinalenergy@gmail.com

Fuel oil, Kerosene, Diesel & Propane
 Factory Authorized Toyotomi and
 Monitor service and sales

Fuel prices are low - think about pre-buying for next season!

the Tidewater



Carver's Harbor Vinalhaven

**Waterfront Lodging
 On Carver's Harbor**

**Open for the 2021
 Season!**

Reservations
thetidewatervh.com
thetidewatervh@gmail.com
 207-863-4618

**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!

Lets Eat

Recipe

submitted by Cynthia Dyer

Lemon Cheesecake

3 1/2 sheets graham crackers
 16 oz. fat-free yogurt cheese (see note)
 1/2 c. sugar
 1 Tbsp cornstarch
 1/2 tsp grated lemon peel
 1 tsp vanilla extract
 2 eggs, slightly beaten
 Sliced lemon and mint sprigs

1. Preheat the oven to 325° F. Lightly grease an 8" pie pan or a 7" springform pan. Place the whole graham crackers on the bottom of the pan; break them to fit. Set aside.
2. Combine the yogurt cheese, sugar, cornstarch, lemon peel, lemon juice, and vanilla extract, mixing gently with a whisk. Stir in the eggs. Pour into the prepared pan and smooth the top.
3. Bake 20 to 25 minutes (pie pan) or 55 minutes (springform pan) until the center is set. Cool slightly and refrigerate for 8 hours or overnight.

To serve, garnish with lemon slices and mint sprigs.

Makes 8 servings.

Per serving
 153 cal, 5 g pro, 28 g carb, 2 g fat, 0.5 g sat. fat, 54 mg chol, 0 g fiber, 124 mg sodium.

Note: To make yogurt cheese, line a strainer with a wet paper towel; set the strainer over a bowl to catch the liquid. Spoon in one 32-oz container of fat-free yogurt. Cover and refrigerate for 8 hours or overnight. Makes about 16 oz.



We are continuing our efforts to move to a new location.

Looking Ahead....

Keep an eye out for Little Caesars, Round 2

4th of July Quilt Raffle

The Duck Race on July 10th
 @11:00

For donation information, see our Facebook page!

SECOND HAND PROSE

NOW OPEN
 Tuesday-Saturday
 10-4

Look for new days throughout the spring as our volunteers get vaccinated and return to the bookstore

New arrivals daily

Come see!

All sales support
 Friends of the Library



Hours:
 Wed-Thu-Fri:
 Noon-4pm
 1-3pm Sat
 11am-2pm Sunday
 closed Mon/Tue
 Please wear a mask and practice social distancing!
WE HAVE SEEDS!

Starter Seedlings of all kinds, veggies, potato seed, onion plants, herbs, flowers, perennials, trees, shrubs
 Also everything you need to create your own window boxes and hanging baskets
 Supplies of all kinds, including Potting soil, stakes, slug and deer deterrents, fish emulsion, gift certificates and more!



So many Reasons To visit

Peaceful Harbor Farm's Greenhouse

Laundry:
 Dug well insufficient for all your laundry needs?
Peaceful Harbor Farm washes, line dries and folds. You drop off and pick up. No large quilts please.
 Dushane Road, 863-9381
 Just off the Pequot Road
Support Local Economies



New Era Gallery
 60 Main Street



Open Saturday
 10:00 – 1:00
 and whenever the ART flag is flying

Celebrating our 20th Season!

Visit neweragallery.com for current work



FIORE – The Freshest Olive Oil & Aged Balsamic from Italy

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



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, Tues, Wed, Fri: 8:00 am – 12 noon, 1pm – 4pm
 Thurs: 8:00 am – 12 noon
 Closed Thurs. PM
 Closed May 31st
Dental Services
 Dentist: May 12, 13, 19, 20, 26, 27
 Hygienist: May 12, 13, 14, 20, 21, 27, 28
 Office: 863-2533
Physical Therapy
 To schedule an appointment, please call 863-4341
Counseling
 Dan Keniston, LCSW
 To schedule an appointment, Please call 863-9959

Osteopathic Manipulative Treatment & Acupuncture

To schedule an appointment, please call 863-4341.
 Stuart Damon, DO May 14, 28
Women's Health
 Kathleen Coleman, ANP June 4, 18
 To schedule an appointment, please call 863-4341.

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

Like us on Facebook
 ICMS receives HHS funding & has federal PHS deemed status with respect to certain health or health-related claims, including medical malpractice claims, for itself and covered individuals. ICMS is a 501(c) 3 and contributions to ICMS are tax exempt. This health center is a Health Center Program grantee under 42 USC 254b, and a deemed Public Health Service employee under 42 USC 233(g)-(n).

Islands Community Medical Services is HIRING!

Would you like to help out in the local Vinalhaven community? Join us at ICMS where we focus on quality patient care every day!

We are currently recruiting for the following positions:

Medical Assistant – 40 hours per week (Benefit eligible). Work is completed Monday-Friday during business hours. Seeking a detail-oriented person able to interact with patients and staff to support medical treatments.

Patient Service Representative– Friday all day and additional per diem as needed. Anticipated 20-24 hours per week. All training provided.

To complete an application, please visit:

icmsvh.org

Applications will be reviewed as they are received. For additional information, please e-mail ltucker@icmsvh.org. All applicants will receive a response.



Quotes

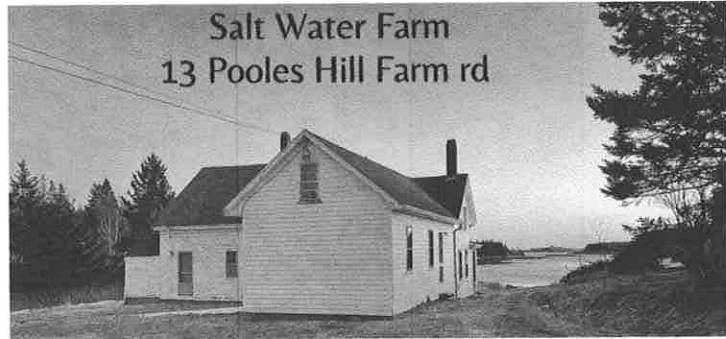
This sad little lizard told me that he was a brontosaurus on his mother's side. I did not laugh; people who boast of ancestry often have little else to sustain them.

Lazarus Long



28 Main St.
207-863 5151
 vinalhavenrealty.com

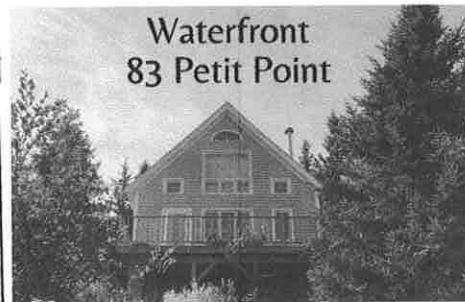
Lorraine Walker, Broker
 207-863-5141
 Claire Jackson, Agent
 207-401-8242



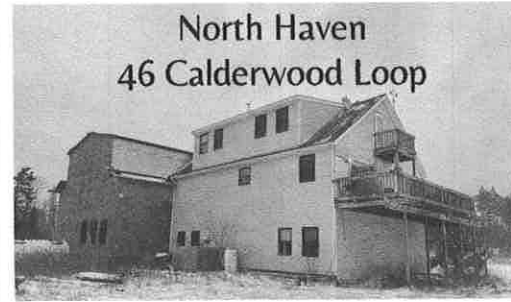
Salt Water Farm
 13 Pooles Hill Farm rd



New Listing
 365 N Haven rd



Waterfront
 83 Petit Point



North Haven
 46 Calderwood Loop



New Listing
 8 Islander lane

Vinalhaven's Boston Post Cane Awarded



What a way to celebrate Mother's Day! Marguerite Mills was awarded Vinalhaven's Boston Post Cane, surrounded by friends and family!

We wish Marguerite much love and happiness for many years to come!
 -The Vinalhaven Historical Society

What is the Boston Post Cane?

In 1909 the Boston Post newspaper had seven hundred gold-tipped ebony canes produced and distributed to towns in Maine, New Hampshire, Massachusetts, and Rhode Island, presumably as a publicity stunt to increase readership. The cane came with instructions for the Selectmen to present it to that town's eldest citizen - with citizen being defined as oldest registered male voter. Women weren't awarded the cane until the late 1930s.

From 2008-2015 the cane was without an owner. The Historical Society was given management in 2015 and has since presented recipients with a plaque in recognition. The 112 year old cane has become fragile and unfortunately damaged, so it was thought best to keep this irreplaceable piece secure at the museum. The cane is displayed with its history and list of recipients.

The Boston Post Cane has become a piece of island history, and a testament to the rejuvenating qualities of Vinalhaven saltwater!

VINALHAVEN SCHOOL
 WINTER/SPRING 2021
K-12 ART SHOW
 ON DISPLAY DOWNSTREET
 IN THE STAR OF HOPE WINDOWS
 EXHIBIT NO.2 APRIL & MAY

It's so fun to share student work on Main Street this year!!



1. About the organization's structure:

- ICMS is a Federally Qualified Health Center, which allows us to provide health care for the community using a sliding fee scale that ensures access for people without insurance or with limited income. It also obligates ICMS to a set of rigorous quality standards, governance requirements, and annual audits.
- ICMS is established as a private, non-profit 501(c)(3) corporation operated for the public welfare.
- The organization is governed by a Board of Trustees consisting of 11 members, the majority of whom reside on Vinalhaven year-round.
- The current Board is well-informed, well rounded, and acts as a whole Board when they discuss and evaluate the needs of the organization. They conduct their deliberations with transparency and involvement from all Board members.

2. About the finances:

- The ICMS relies on a combination of revenue sources, including insurance reimbursements, federal grants, and contributions from individuals and foundations.
- ICMS does not receive any of its support from local property taxes.
- The organization's financial health is sound with many years of balanced budgets, a healthy endowment, and support from a variety of funding streams.

3. About our employees:

- We currently have 25 employees, 10 of whom are full-time, and the rest are part-time.
- We have 3 full-time licensed providers: Kim Saunders DO (Doctor of Osteopathy), Jen Desmond FNP (Family Nurse Practitioner) and Jim Hogan PA (Physician's Assistant). Kim Saunders is our Medical Director and Jen Desmond is our Clinical Director.
- We are bound by very strict laws that do not permit us to share information about our employees or our clients with the public.
- To our knowledge, all of our Providers intend to remain with the organization for the foreseeable future.

4. About our future:

- The organization is presently undergoing a significant restructuring.
- A new Executive Director, Cameron (Cam) Garrett, has been hired with a start date of June 7th. She comes with 20+ years of service in leadership roles in health care in several African countries as well as Maine. Cam will be relocating to Vinalhaven.
- Our interim director Claudia came out of retirement to assist during the transition and has 30 years as an executive in a large health and human service nonprofit. Claudia and her partner Doug are year-round residents of Vinalhaven.
- We have begun strategic planning with the support of a consultant, Carole Martin, who has worked with many well-known and well-respected nonprofit organizations throughout Maine. Our planning process began recently with staff participation and will continue to involve staff and board members working together with input from the community at large.

To learn more about ICMS please go to our web site www.icmsvh.org



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

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

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

We have appointments available by telemedicine through Zoom. We are offering a free visit for anyone who is struggling during these challenging times. You can call Jeff or Dan directly.

If you have any questions or concerns, please contact Claudia Dengler, Interim Executive Director, at cdengler@icmsvh.org or (207) 863-4341

LEGION NOTES

As we are all only too well aware, 2020 was a very difficult year. The American Legion had no fundraising events and zero income for the year. Unfortunately, our fixed costs to operate the post remained unchanged, which has hurt us financially. We have put together a raffle to begin our fundraising attempts. We've gotta keep the old hall running. Any support will be greatly appreciated. More to follow.

For now, we plan to forge ahead with our customary Memorial Day services as usual. The parade will begin at the Legion Hall at 10:30am and will end with the reading of the departed veteran's names at the Civil War memorial. We invite the Fire Department, EMTs, SAD 8 students, and the preschoolers to participate as you have done in the past. Please use common sense and protect yourselves when around groups of other people. Hopefully, we can put the events of 2020 behind us.

Thank you,
Post 18



The Observer

Fifty years ago my Dad and I drove down the Crockett River Road till we got to the drive that leads to the narrow entrance to Long Cove. We parked there, loaded our gear into a punt with an outboard and ferried ourselves and equipment back and forth till we'd transported it all up to a summer cottage & were able to begin work on an addition. Having finished pouring concrete by hand, Dad wanted to bring his wheelbarrow back to town. At day's end, he pushed it to the shore where he found me in the boat, at the helm & very ready to stop work and go. I had nosed the bow in toward shore so he could step aboard. He lifted the heavy barrow by its big wood handles high in the air and stepped into the punt. Impatient, I put her in reverse and opened the throttle. Losing his balance, having only had time to land one foot in the boat but having not eased his grip on the barrow, he fell backwards into about six feet of water. I could tell the depth exactly because I could see a few strands of his meager hair fluttering just on the surface as he landed on the bottom. I could see he still had the wheelbarrow handles in his hands. Ever stoic, he took a step toward shore & his head emerged. Now able to breathe, he pushed it toward shore till he & it emerged from the water, turned it over, emptied the water from & turned to face me. I, having panicked and let go of the control, the better to tear my hair out, was offshore going round and round in reverse. He summoned me solemnly &, in a few minutes, we were headed back to town. He was very wet & quiet, and I was uncharacteristically chagrined, pc

**STEVENS
& DAY LLP**

ATTORNEYS AT LAW

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FLUSH IT: Toilet Paper.

Toilet paper breaks down in water, other products do not.

TRASH IT: Everything Else!

Including paper towels, napkins, wet wipes, cleaning or baby wipes, hygiene products, cotton puffs/swabs — should be thrown in the trash and should NOT be flushed down toilets. **even if labeled "flushable."**

Wipes and other items cause damage in our sewer system that require expensive maintenance and repairs. Thank you for doing your part.

-Vinalhaven Sewer Department



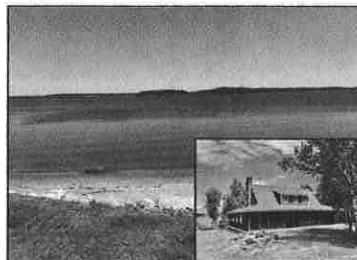
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Leo's Lane. Fabulous 5 bdrm, 3 bath home, w/ ocean views and deeded harbor access. Excellent craftsmanship and impeccable details. **\$769,000**



Intown home w/workshop. 3 bdrms, 2 baths, master suite, garage, pool and shed, large workshop on corner lot near village. Views of Sands Cove. **\$314,000**



Stunning Lot on City Point. An acre of land w/ granite coastline on the west side. Elevated building site with amazing sunset views. Unique! **\$345,000**



Dyer's Island. Buildable .92 acre parcel on Dyers Harbor w/ 257' waterfront. Surveyed, partially cleared, soil tested, electric nearby. Lovely! **\$229,000**



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**



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**



Eastside Woods Subdivision. 4 bldg. lots off Poole's Hill Rd. Soil tested, shared right of way. 2.8- 4.4 acres. Lot #1 pending. **\$38,500 - \$45,000**

Vinalhaven Community Outreach

Are you experiencing unusual expenses, loss of income, or unexpected medical bills or other crises in your life?

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

vhcommunityoutreach@gmail.com

Or contact Leslie Dyer at 466-5089

We are a 501 (c) (3) organization

Boat and Engine for Sale

1986 Seaway 18ft Center Console Speedboat and 2015 Yamaha 70hp fuel injected four stroke outboard. Motor has fewer than 20 hours and was professionally installed at Jeff's Marine. Comes with 2017 LoadRite Trailer. Flasher sounder, chart plotter and GPS.

Selling just because we don't use it and want someone to enjoy it. Boat is in very good condition and ready to put in the water.

\$16,500 OBRO
call 863-9344 for more info.

Word of the Week

Garish: showy, overly decorated



ISLAND TICKS

pest control

207-837-7011

We are starting our lists:

Browntail Moths
Ants
Tick/Mosquitoes
Mice....Always Mice

Call for a free estimate

Island Owned + Operated
Charlie + Erica Simpson

WIND INFORMATION

AD SUBMISSIONS

All items for *The WIND* must be submitted by email

(vinalhavenwind@gmail.com) prior to 9 o'clock PM Monday night

NO WALK INS!

Community Calendar ads should be submitted by email to:

Windnonprofitads@gmail.com

AD RATES:

Non-Profit \$1.50 per inch

For Profit \$3.50 per inch

If over, we round up to the next inch. Column width: 2.25 inches, three column per page.

FUNDRAISING:

The cost of fundraising ads \$1.50 per column inch. You can include payment with your ad, or provide your mailing address so we can bill you.

NEW ADVERTISERS:

Please include your address for billing purposes.

PHOTOS:

Submitted for publications should be no less than 300dpi

Cost per photo \$10-\$40.

ACCEPTANCE OF ANY ADVERTISING

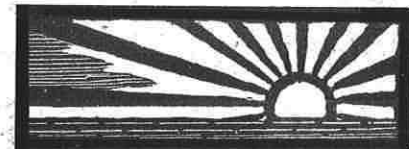
does not constitute an endorsement by *The WIND* of said product or service.

WINDs can be picked up in front of the Post Office, the ferry terminal and the box at Todd's Garage.

SUBSCRIPTIONS:

For subscriptions send \$50 to: *THE WIND*, PO Box 194, Vinalhaven, ME 04863.

Current subscribers check your address label for the date of renewal



JOB ANNOUNCEMENT

ICMS Finance Director

Our Finance Director leads a 3-person team at **Islands Community Medical Services (ICMS)**, a Federally Qualified Health Center (FQHC) on the island of Vinalhaven serving over 1,500 patients annually. We are mission-driven with a shared passion for improving the health of our community—one person at a time.

The Finance Director works with the staff to develop business plans and processes that ensure our financial health. The Director builds streamlined and accountable financial systems and is the ICMS liaison to a variety of funders and payment systems; and ensures that staff are well trained for the work they perform.

Candidates should have a degree in accounting, business, or other relevant field, or the equivalent in education and closely related work experience, with a minimum of 5 years of progressively responsible management experience in mission-driven organizations.

Candidates may request a copy of the job description from: Laurie Bouchard, SPHR laurie@lbouchardllc.com

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Shop Hours this week

Thursday May 13 10:30-4

Saturday May 14 10-4

always gladly by appointment 207/449-6285

www.windhorsearts.com hello@windhorsearts.com [instagram @alisonthibault](https://www.instagram.com/alisonthibault)



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

VinalhavenAA@gmail.com

COVID-19 FINANCIAL HELP

Unemployment Benefit for Self-employed People

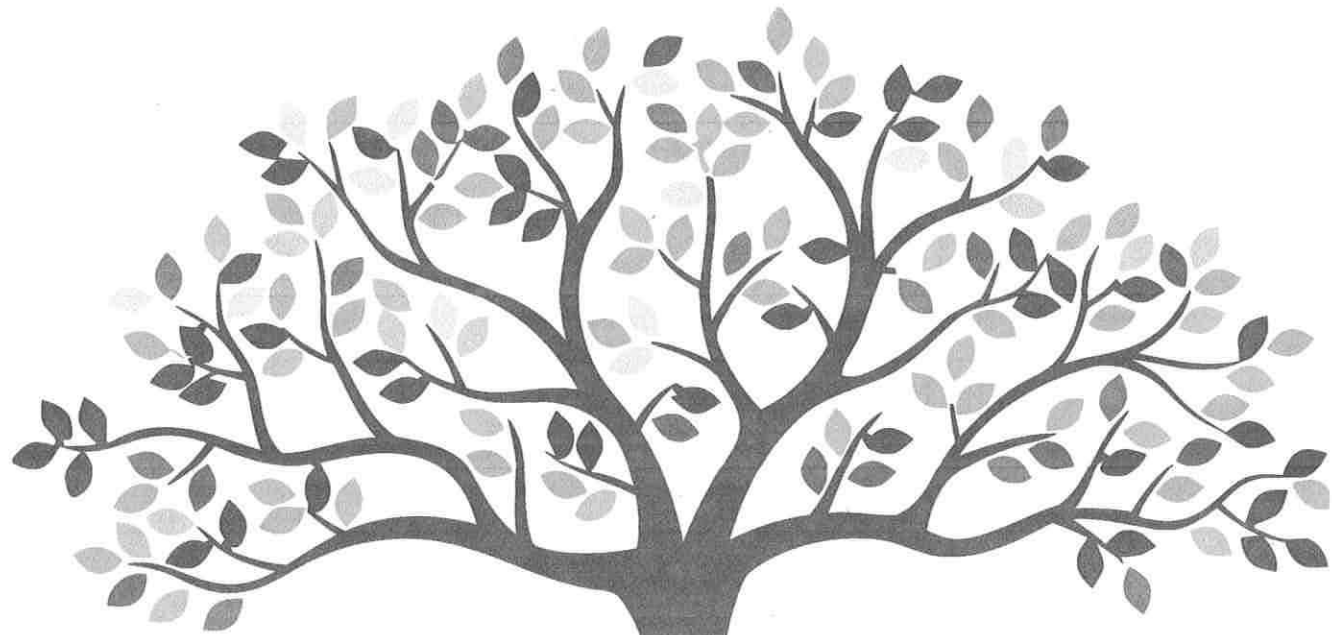
Go to the Maine Department of Labor Bureau of Unemployment Compensation webpage to apply.

www.maine.gov/unemployment

General Assistance (GA)

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

Contact **Andrew Dorr, 207-863-2042**
townmanager@townofvinalhaven.org



VINALHAVEN SCHOOL PRESENTS THE 2021

spring music festival

The concert will be held near the ballfield at school. Masks & social distancing guidelines apply

A K-12 outdoor music show featuring students & community members

Saturday, May 22

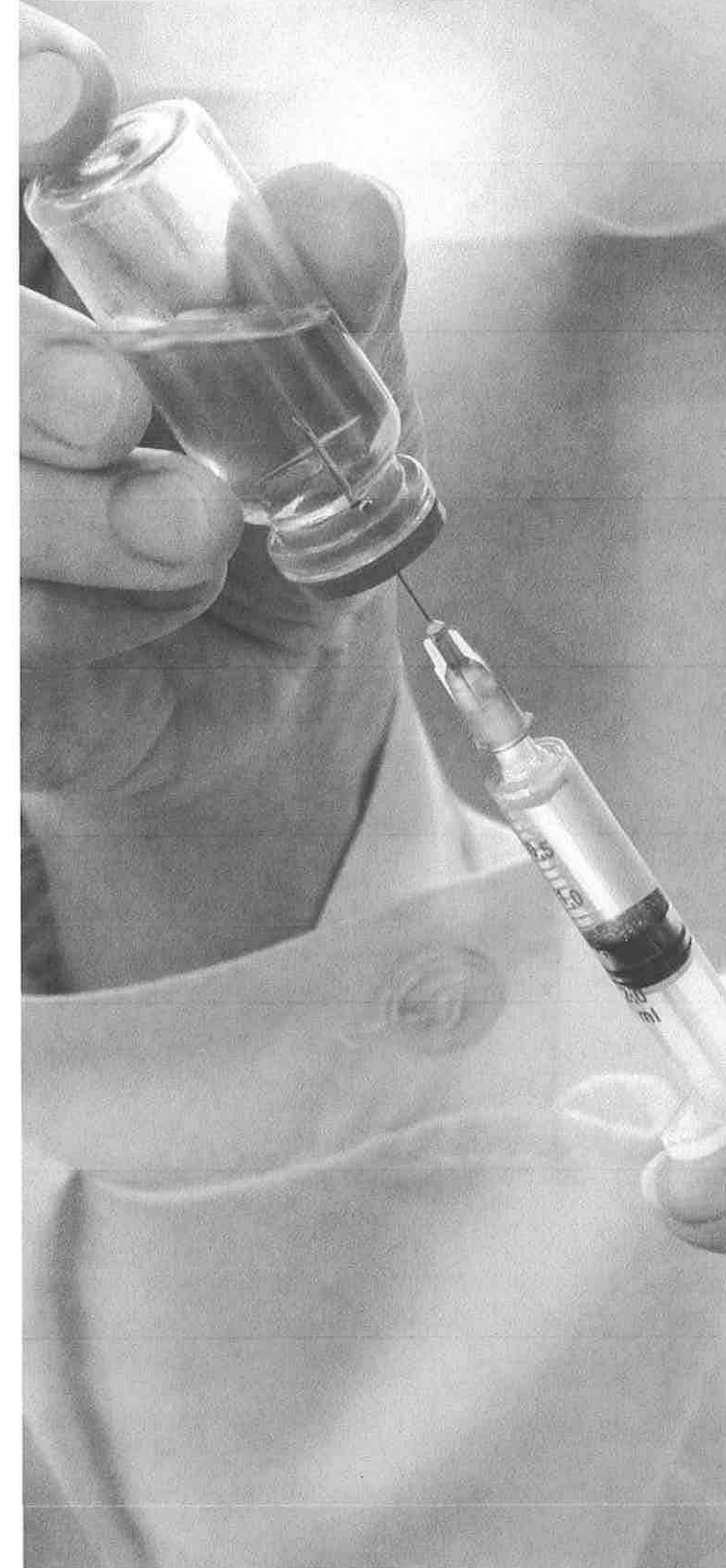
1:00 pm



Fox Islands Concerts



Islands Community Medical Services
Our Medical Center



VACCINATION STATS from ICMS

- Total COVID-19 Vaccines administered: **1230** (includes 1st & 2nd doses)
- Percent of island population fully vaccinated: **56%** (does not include patients immunized on the mainland)
- Percent of State of Maine population fully vaccinated: **52%**
- Percent of National population fully vaccinated: **34%**

ICMS will begin administering Moderna vaccines at 15 Medical Center Loop in small groups, by appointment only. Maine and non-residents, 18+ up are eligible. Please call the front desk 207.863.4341 to request an appointment.

If you received your COVID-19 vaccine off-island, please let us know! Call Anna at 207.863.4341 ex. 1126 or email aclapham@icmsvh.org

All calls are confidential! Thank you for doing your part to help keep our community safe!



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Dr. Caron
will hold the next
Veterinary Clinics
June 3rd and June 24th
Upstairs at the Old Fire Hall.
Please call the Rockland Animal
Hospital for an appointment at
594-5850.
Providing year-round
veterinary services to
Vinalhaven for over 40 years.



Help Us Meet Our Goal

The Pleasant River Grange is raising funds to repair our building, add gutters, and rehabilitate the hand dug well. A very generous donor has offered half the estimated cost to repair the building if we can raise the remainder.

We are planning outdoor fundraising programs for this summer including a Farm and Garden Tour, Concert with Island Musicians, Apple Festival and Pet Show.

We now have year round heat enabling programs and activities!!! We are looking forward to hosting many events, programs and gatherings this coming winter.

If you would like to help organize and/or participate in these events please contact Elin at 867-4866 or Sue at 863-4822.

Donations are gratefully received at:
Pleasant River Grange
P.O. Box 669, Vinalhaven, ME. 04863

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How You Can Help

Donate to local service groups

<p>Community Lunchbox Union Church attn: Lunchbox PO Box 249 <i>Checks payable to Union Church Memo line: Lunchbox</i></p>	<p>Vinalhaven Fuel Fund Sue Radley attn: Vinalhaven Fuel Fund 14 Lawson's Quarry Rd <i>Checks payable to Vinalhaven Fuel Fund</i></p>
<p>Meals on Wheels VES attn: Meals on Wheels PO Box 624 <i>Checks payable to VES Memo line: Meals on Wheels</i></p>	<p>The Brown Door at the Union Church Union Church attn: Food Pantry PO Box 249 <i>Checks payable to Union Church Memo line: Lunchbox</i></p>
<p>Vinalhaven Community Outreach PO Box 15 <i>Checks payable to VCO Memo line: COVID-19</i></p>	<p>Vinalhaven Lion's Club 5 Birch Hill <i>Checks payable to Vinalhaven Lion's Club</i></p>
<p>Open Bible Baptist Church Coronavirus Relief Fund (CVRF) Open Bible Baptist Church attn: CVRF PO Box 465 <i>Checks payable to Open Bible Baptist Church Memo line: CVRF</i></p>	<p>Vinalhaven Eldercare 18 Beaver Dam Road <i>Checks payable to Vinalhaven Eldercare</i></p> <p>Add to all addresses: Vinalhaven, ME 04863</p>



Vinalhaven Community COMPOST FOR SALE

Available starting May 16 at the Transfer Station

Vinalhaven Compost produced using VH food scraps collected by YOU!

Tested for quality and composition. Not sifted.
\$3/bag (1 cubic foot)

All sales help sustain the Vinalhaven Community Compost Program. See Kenny or Luther to purchase.

Compost Volunteers Needed

to help bag compost on Saturday, May 15. If you can help, please contact Anna
knitwitmaine@gmail.com
or Gabe
gabemcphail@gmail.com

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NOTICE TO NEW MOMS & DADS


Send us a photo (optional) or announcement of your newborn, with his/her name, weight and length and we will put it on the front page of the WIND free of charge.

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2016 Best Places to Work in ME

Offices in Rockland, Camden, Belfast and Southwest Harbor. An employee-owned company.

Write to Friends

*Our shut-in community members always appreciate hearing from friends.
Take a moment to write a note and bring a smile to someone's face!*

Sherry Bunin	Rosemary Anthony	Lucy Wadsworth
Nans Case	7 North Shore Drive	30 Community Drive
Barb Davis	Owls Head, ME 04854	Camden, ME 04843
Marie Dempster	Ricki Soaring Dove	Gladys Walls
Joan Mitchell	1825 Clifton Road NE	PO Box 702
Pat Nick	#805	Newcastle, ME 04553
Virginia Olney	Atlanta, GA 30329	Ora "Buddy" Warren
Priscilla Rosen	Carlene Michael	c/o Orono Commons
Calderwood	Boardman Cottage	117 Bennoch Road
Homestead	Islesboro, ME 04848	Orono, ME 04473
18 Beaver Dam Road	Charles M. Miller	
Vinalhaven, ME 04863	1725 Honore Avenue	Ethelyn Day
Ann Anthony	Sarasota, FL 34232	Harbor Hill Center
Dottie Knowlton	Cynthia Oakes	Room 11
Caroline Morton	The Highlands	2 Footbridge Road
Windward Gardens	54 Governor King	Belfast, ME 04915
105 Mechanic Street	Comm.,	
Camden, ME 04843	Room 133	
Jaquelyn Ames	Topsham, ME 04086	
c/o Goodwill-Kendall		
Lane House		
Freeport, ME 04032		

Tidbits from the Vinalhaven Historical Society

Susan Grace Ayres of Worcester, MA has returned home after two weeks' vacation with her cousin Mrs. Willie Curtis Calderwood. While here, she had the unusual experience of being bitten by a seagull while she was lying on the rocks. The bird evidently considered her extended finger an invitation to dine, as it tweaked her finger sharply and appeared as much surprised as Miss Ayres herself when she opened her eyes to find her finger in the gull's beak. It did not fly, but walked within a few feet of other members of the party with its wings spread in a manner resembling a gobbler. After reaching the water it flew out a short distance and lingered in the vicinity for some time as if trying to decide what manner of lunch it had been denied.

Courier-Gazette Aug. 25, 1932

Arrangements are now complete for a clinic to be held in The American Legion Hall Thursday, made possible by the efforts of Woodcock-Cassie-Coombs Post and Auxiliary. The hall has been fitted up conveniently and many parents will use this opportunity for improving their children's health by the tonsil operation. Dr. Ellingwood of Rockland will be present, and there will be a number of nurses in attendance.

Courier-Gazette July 12, 1932

Phyllis Robertson, daughter of Mr. & Mrs. Floyd Robertson celebrated her 7th birthday Friday at her home. Those present were: Doris Philbrook, Constance Philips, Janice Knowlton, Helen Philbrook, Pat & Greta Skoog, Priscilla White, Edith Conway, Arthur Dodge, Gilbert & Richard Warren and Albert Knowlton. Games were played, prizes won by Greta Skoog and Richard Warren. Lunch included ice cream, cake and fancy cookies. A large decorated birthday cake was made by Mrs. Theron Smith, Mrs. Robertson was assisted in serving by Geraldine Robertson, Marion Young and Ruth Clark. The young hostess received many gifts. **Courier-Gazette Nov. 15, 1938**

Tuesday at this home, Keith Carver was busily engaged entertaining his friends at cards in honor of his birthday when suddenly the lights went off then flashed on again disclosing six young ladies who came as a surprise and a most enjoyable evening was passed. The guests were Dorothy Pelkey, Ethelyn Carlson, Dorothy Billings, Ruth Snowman, Rudy McHenan, Minnie Wood, Victor Shields, Hilton Young, Frank Thomas, Edward Ames, Ernest Talbot, Ken Webster, Ed White and Arthur Patrick. **Courier-Gazette April 21, 1928**

What to report:

Lyme disease is a reportable condition in the state of Maine. Report all diagnosed *erythema migrans* rashes and all positive lab diagnoses. Cases can be reported by fax at 1-800-293-7534 or by phone at 1-800-821-5821. Find the Lyme disease case report form [here](#).

Other tickborne diseases:

Other diseases that can be transmitted by deer ticks in Maine include anaplasmosis, babesiosis, *Borrelia miyamotoi* disease, and Powassan virus disease. Symptoms of anaplasmosis include: fever, headache, malaise and body aches. Symptoms of babesiosis include: extreme fatigue, aches, fever, chills, sweating, dark urine, and possibly anemia. Symptoms of *B. miyamotoi* disease include: fever, chills, headache, body and joint pain, and fatigue. Symptoms of Powassan virus disease include: fever, headache, vomiting, weakness, confusion, loss of coordination, speech difficulties, seizures, and encephalitis and meningitis. Preferred testing for anaplasmosis, babesiosis, *B. miyamotoi*, and Powassan is by PCR. Testing for Powassan and Deer Tick Virus can be performed at Maine's Health and Environmental Testing Laboratory (HETL). Many reference and commercial laboratories offer testing for anaplasmosis, babesiosis, ehrlichiosis, and *B. miyamotoi*.

In 2020, providers reported 385 cases of anaplasmosis, 67 cases of babesiosis, 10 cases of *B. miyamotoi* disease, and one case of Powassan virus disease. Current case count data for anaplasmosis, babesiosis, and Lyme disease can be found on the Maine Tracking Network Near Real-Time dashboard.

Anaplasmosis, babesiosis, *Borrelia miyamotoi* disease, ehrlichiosis, Powassan virus disease, spotted fever rickettsiosis (including Rocky Mountain spotted fever), and tularemia are all reportable in Maine; however, ehrlichiosis and spotted fever rickettsiosis are uncommon in the state. *Borrelia miyamotoi* became a notifiable condition in Maine effective February 17, 2021. Maine CDC reminds healthcare providers that they must report cases of the above diseases, including the following information: notifiable disease or condition, date of symptom onset, patient name and date of birth, demographic information, residence address and phone number, and name, address, and phone number of the healthcare facility (State of Maine Control of Notifiable Diseases and Conditions Rule).

A Physician's Reference Guide is available and describes the most common tickborne diseases in Maine. This guide can be found on our website at: www.maine.gov/dhhs/vectorborne under Resources. Paper copies can be requested through disease.reporting@maine.gov.

Additional information:

- Lyme disease: www.maine.gov/lyme.
- Other tickborne diseases: www.maine.gov/dhhs/vectorborne.
- Frequently asked questions: www.maine.gov/dhhs/tickfaq.
- To order tickborne disease educational materials: www.maine.gov/dhhs/order.
- HETL requisition: www.mainepublichealth.gov/lab.

Maine Tracking Network tickborne disease data: data.mainepublichealth.gov/tracking/home.

- Visit the "Data Portal" for data tables, maps, charts, and near real-time reports of Lyme disease, anaplasmosis, babesiosis, and tick exposures in Maine emergency departments.
- UMaine Cooperative Extension Tick Lab data: www.ticks.umaine.edu.
 - Includes data tables, maps, reports, and real-time updates.
- Maine CDC Disease Reporting and Consultation Line: **1-800-821-5821**.



Department of Health and Human Services
Maine Center for Disease Control and Prevention
286 Water Street
11 State House Station
Augusta, Maine 04333-0011
Tel: (207) 287-8016; Fax (207) 287-9058
TTY Users: Dial 711 (Maine Relay)

Maine Health Alert Network (HAN) System

PUBLIC HEALTH ADVISORY

To: Health Care Providers
From: Dr. Siiri Bennett, State Epidemiologist
Subject: 2021 Lyme and Other Tickborne Disease Information
Date / Time: Monday, May 3, 2021 at 2:00PM
Pages: 3
Priority: Normal
Message ID: 2021PHADV008

2021 Lyme and Other Tickborne Disease Information

Lyme disease is the most common vectorborne disease in Maine. Ticks are already active, and we expect the number of Lyme disease cases to increase as the weather continues to get warmer. **May is Lyme Disease Awareness Month in Maine** and we want to encourage Mainers to stay tick free using “Stop. Check. Prevent.”

Background:

Lyme disease is a bacterial infection that is carried by the deer tick (*Ixodes scapularis*). Cases increased over the last decade in Maine and occur in all 16 counties. Healthcare providers reported 1,118 cases of Lyme disease statewide in 2020. While this is lower than the record number of cases reported in 2019, tickborne disease remains a serious threat in Maine. Lyme disease is most common among school age children and adults over the age of 65. Most infections occur during the summer months, and as the weather continues to warm up, more ticks will be out seeking hosts, increasing the risk for tickborne disease transmission. Providers are already reporting cases in 2021, and the number will rise as we enter the summer months.

Deer ticks can also carry the bacterium that causes anaplasmosis and the parasites that cause babesiosis. Both anaplasmosis and babesiosis are also increasing in Maine, and individuals bitten by a deer tick can acquire more than one infection.

Symptoms:

The most common early symptom of Lyme disease is an expanding red rash (*erythema migrans*) that occurs 3-30 days after being bitten. Fever, joint pain, or muscle pain may also occur. Some of these non-specific symptoms are similar to the symptoms of COVID-19. Consider tickborne diseases as differential diagnoses, especially during the summer months. Untreated infections can lead to clinical findings in skeletal, cardiac, and nervous systems. Disseminated manifestations of disease include:

arthritis characterized by recurrent, brief attacks of joint swelling; lymphocytic meningitis; cranial neuritis (such as Bell’s palsy); encephalitis; and second- or third-degree atrioventricular block. Lyme disease is treatable, and most patients recover after receiving appropriate therapy.

What to do after a tick bite:

- Remove the tick properly, ideally using tweezers or a tick spoon.
- Clean the area around the bite.
- Instruct the patient to watch for signs and symptoms for 30 days.
- Identify the tick and the engorgement level, or the amount of time the tick was attached.
- Testing of the tick is not routinely recommended for clinical purposes because even if the tick tests positive for Lyme, that does not mean it was attached long enough to transmit the disease. Even if the tick tests negative that does not mean it was a patient’s only exposure.

Prophylaxis:

- Prophylaxis after a tick bite is **not** routinely recommended, but can be considered under specific circumstances including:
 - Tick is identified as an engorged deer tick that was attached for at least 24 hours.
 - Exposure occurred in an area where there is a high rate of infected ticks. Areas south of Bangor have the highest rate of infected ticks in the state. There are limited data from the more northern counties on the rate of infection among ticks.
 - Prophylaxis can be started within 72 hours of tick removal. **Even if prophylaxis is used, Maine CDC recommends monitoring for symptoms for 30 days.**
- There are no data showing if prophylaxis is effective in preventing anaplasmosis, and a single dose of doxycycline will not have an effect on babesiosis. Therefore, **even if prophylaxis is used, Maine CDC recommends monitoring for symptoms for 30 days.**

Tick identification and testing:

- Tick identification and testing is available through the Tick Lab at the University of Maine Cooperative Extension. More information can be found at www.ticks.umaine.edu.
- Tick identification is available for free.
- Tick testing is available for \$15 with a three-day turnaround time. This service is only available to Maine residents.
 - Deer ticks are tested for Lyme disease, anaplasmosis, and babesiosis.
 - American dog ticks, lone star ticks, and other related tick species are tested for Rocky Mountain spotted fever, ehrlichiosis, and tularemia.
- While testing ticks for clinical purposes is not recommended, data from tick testing is very helpful for surveillance and determining tick infection rates in the state.
- Clinical decisions should not be made based off the results of this service.

If Providers suspect Lyme disease:

- Preferred laboratory testing is a two-tier method, with an EIA or IFA test followed by either a Western Blot for both IgG and IgM or EIA (<http://dx.doi.org/10.15585/mmwr.mm6832a4>).
- IgM is only considered reliable in the first month after exposure.
- Updated IDSA guidelines for assessment, treatment, and prevention of Lyme disease are available at www.idsociety.org/practice-guideline/lyme-disease/.
- Consider testing for other tickborne diseases as well if warranted.