

# Island Spirits

Hand-selected wine, cheese, a large selection of Maine craft beer, locally roasted coffee beans, Maine raised meats, gluten free pasta & crackers, chocolates...and more!

**Our Hours:**  
Tuesday-Saturday  
From 11-5

32 Main Street  
863.2192



## The Sand Bar

863-4500 \* Dine-In or Take-Out  
Open for Lunch, Dinner & Cocktails  
11 am - 9 pm (8 pm Sunday)  
Closed Mondays

Trivia Friday @ 7 pm

Order food online @  
www.sandbarvinalhaven.com  
Cocktails to-go available with  
takeout orders!

Check our Fb for daily specials

Coming soon...Music Bingo!

**Vinalhaven Taxi**  
**207-720-0056**

Ferry/Airstrip connections.  
Here and there on Vinalhaven.  
By reservation or by chance.  
Jeanne Bineau-Ames



**OPEN**  
Tuesday & Thursday 2-5  
Saturday 10-1

**ORGANIC PRODUCE**  
FLOWERS  
BAKED GOODS  
AND MORE



See you at the farm  
www.rhfarmvh.com

144 Roberts Cemetery Road, VH  
rhfarmvh@gmail.com  
@robertsharborfarm



P.O. BOX 194, VINALHAVEN, ME 04863

ANNUAL SUBSCRIPTION: \$55



THE ISLAND NEWS WEEKLY

October 5 - October 11, 2023

E-MAIL: vinalhavenwind@gmail.com

Place Mailing Label Here



## Deer Hunting Season

Youth Hunt: Oct 20<sup>th</sup> - Oct 21<sup>st</sup>  
Bows: Sep 9<sup>th</sup> - Dec 9<sup>th</sup>  
Firearm: Oct 30<sup>th</sup> - Nov 25<sup>th</sup>  
Muzzleloader: Nov 27<sup>th</sup> - Dec 9<sup>th</sup>

No Hunting on Sundays

No hunting on Lane's Island,  
Boy Scout Point and Armbrust  
Hill Town Parks

Hunting season is here! Hunters are welcome on all Vinalhaven Land Trust and Maine Coast Heritage Trust preserves. We ask that hunters obey all applicable laws; especially as regards to the required legal distances from the hiking trails and dwellings. All hikers, hunters, and dogs should wear blaze orange when in the woods. Stay safe!

Thank you! — MCHT & VLT  
www.vinalhavenlandtrust.org

**\$10 Dollar Treasuahh Clue hidden in this week's Wind!**



Thank you to all the volunteers who joined us for our Coastal Cleanup day. Through your hard work, we were able to remove damaging debris of all kinds from our coastal habitats ensuring they stay clean and beautiful.

We appreciate all you do!  
www.vinalhavenlandtrust.org

*Indigenous Peoples, Day celebrated on October 9<sup>th</sup>*

Food Pantry Friday, Oct. 6<sup>th</sup>. Please bring your own bags. Union Church Vestry 1 - 3PM

Adult Trivia - Music 2012

- 1 Which #1 single had almost one billion views on Youtube?
- 2 What jewel was Rihanna's top song in 2012?
- 3 Who won New Artist of the Year at the American Music Awards in 2012?
- 4 Which artist performed at the 2012 Super Bowl halftime show?
- 5 According to Forbes Magazine, who was the highest paid musician of 2012?

**SCHOOL NEWS**  
**UPCOMING DAYS OFF:**  
10/6 Teacher Workshop  
10/9 Indigenous Peoples' Day



**Meals on Wheels**  
Begins Wed., October 18<sup>th</sup>!  
If you would like to receive a meal or are interested in volunteering, please contact:  
Annie 207-466-7460 or email  
VinalhavenMealsOnWheels@gmail.com

Kids Trivia - The Farm  
1 Farmers cut grass & let it dry, so it doesn't spoil. What is dried grass called?  
2 Why do sheep grow wool?  
3 We get a lot of our food from the potato plant. Which part of the plant do we eat?  
4 In dry weather, farmers use artificial methods to water the fields. What is this method called?  
5 All plants can make sugar. What is the main energy source for this?

# dot & millie's

restaurant · bar

open thursday - saturday, october 5-7  
friday night - oysters on the half shell

open at 5pm  
tables by reservation  
bar seating first come, first serve  
book online at resy.com



## Town of Vinalhaven Information

www.townofvinalhaven.org

### Calendar

**Public Library Closed** - Saturday, October 7 for Indigenous Peoples' Day  
**Town Office & Transfer Station Closed** - Monday, October 9 for Indigenous Peoples' Day  
**Planning Board** - Wednesday, October 11 at 7pm  
**Board of Selectmen** - Tuesday, October 17 at 5pm

### Notices

The Town Manager will be out of the office until October 2.

The Transfer Station is accepting electronics (TVs or computers) and hazardous waste (oil or paint)! Please contact Kenny or Luther if you have any questions! 863-4306

**Information on the new Transfer Station layout, Single-Stream Recycling, and Food Scrap Composting** is available from a transfer station attendant, at the Town Office, or on the Town's website townofvinalhaven.org

**Dog Licenses - \$25 late fee is now in place for all unregistered dogs.** All dogs 6 months or older need to be licensed, including visiting dogs in town for 10 days or more. Please bring current rabies certificate and \$6 for spayed/neutered or \$11 for male/female. A new dog must be vaccinated & licensed once reaching 6 months of age, and if adopting an older dog or if you are just arriving in town, you have ten days to register. There is no late fee for new or newly arriving dogs to Vinalhaven if these guidelines are followed.

**Swap Shop** - Used-goods recycling at the former Public Works Garage. Open Sat 9am-1 pm and occasional pop-ups.

### Hours of Operation & Contact Information

**Town Office** - Mon-Thurs 8am-5pm, Fridays 8am-12pm, 863-4471 or 863-4343,

Fax: 863-4393, Mailing and physical address: 19 Washington School Rd., Vinalhaven, ME

**Town Manager** - Marjorie Stratton, 863-2042, townmanager@townofvinalhaven.org

**Bookkeeper** - Deborah Young, 863-4471, dyoung@townofvinalhaven.org

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

**Deputy Clerk** - Elizabeth Bunker, 863-4343, deputyclerk@townofvinalhaven.org

**Assessor** - Travis Gould, 863-2168, vinalhavenassessor@gmail.com; hours vary

**Code Enforcement Officer / Local Plumbing Inspector** - Faye Grant, Mon-Wed 9am-1 pm, 863-2168, vhceo@townofvinalhaven.org

**Public Health Officer** - Jen Desmond, Contact the Medical Center at 863-4341

**Welfare Program** - Call 863-2042 to set up an appointment with the Town Manager

**Director of Public Works/Town Garage** - Millie Martin, 863-2063, vhdpw@townofvinalhaven.org

**Library** - Summer hours as of April 1: Tuesday/Thursday 1-7pm, Wednesday/Friday 9am-5pm, and Saturday 9am-Noon; 863-4401, librarian@vinalhavenpubliclibrary.org

**Transfer Station** - Open Sun, Mon, Wed, and Thur 7:30-4pm; Not accepting waste gasoline at this time. Kenny Martin or Luther Tolman, 863-4306

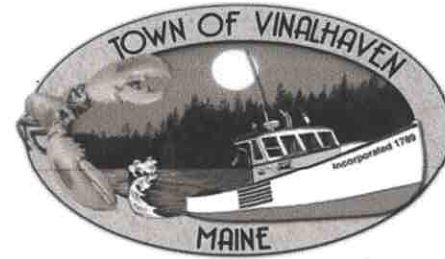
**Fire Department** - Marc Candage, Fire Chief, Emergency 911, Non-Emergency 863-4604, mcandage@townofvinalhaven.org

**Ambulance** - Ryan Nizolek, Ambulance Director, Emergency 911, Non-Emergency 863-2119 ambulancedirector@townofvinalhaven.org

**Knox County Deputy** - Emergency 911, Non-Emergency 594-0677

**Animal Control Officer and Harbor Master** - James Knowlton, 701-2018

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



By law, vehicles must yield to pedestrians in a crosswalk.



**NO PARKING ON SIDEWALKS!**

**2023-24 TAX BILLS have been mailed! If you do not receive yours, or you need to change your address PLEASE LET US KNOW!**

**30-DAY LIEN NOTICES for 2022-23 taxes were mailed August 8, and the balance was due by September 8, 2023. A lien has been filed at the Knox County Registry of Deeds.**

**Property owners:** If your property abuts a roadway, please help drivers and pedestrians by trimming back bushes and overhanging limbs for better visibility and safety! Thank you!

**Town Committee Vacancies!** There are many opportunities for you to serve your community:

- 1 vacancy - Appeals Board
- 1 vacancy - Cemetery Committee
- 1 vacancy - Ferry Tariff Advisory (1yr)
- 2 full/2 alternate vacancies - Harbor Committee
- 1 vacancy - Parks Commission
- 2 alternate vacancies - Planning Board
- 1 vacancy - Planning Commission
- 1 vacancy - Sewer Commission (1yr)
- 2 vacancies - "Waste Watchers"

\*all are 3-year terms unless otherwise noted\*

If you are interested in any of these committees please call 863-4343 or email deputyclerk@townofvinalhaven.org

**National Harbormaster Appreciation Day - 10/8\***

## Union Church

~Welcomes You~

Sunday Services

11:00 am

~  
**Guest Speaker**  
**Jim Verostek**

~  
We are meeting in-person and on Zoom  
Please visit unionchurchvh.org for link and more information

~  
**Sunday School Starts this Sunday, September 10<sup>th</sup>, 9:30am-10:30am**

~  
**Needed, a Sunday School Teacher, K-3 9:30-10:30am Curriculum provided Call Betsy Walsch 863-4124**

~  
**If you would like to donate to the Union Church, donations can be mailed to PO Box 249 or visit our website at: unionchurchvh.org**

~  
**Choir Practice is on Fridays, at 3PM All are welcome.**

~  
**Pastoral Care**  
Reverend Jeffrey Lewis

If interested in using space at The Union Church, please contact Candi Barton at 863-2001 for more information.

### Silent Meditation

Non-denominational

Upstairs in The Union Church  
**Tuesdays and Saturdays 5:00-5:30PM**

All are Welcome.



Pleasant River Chapel

Sunday Service will be held on Sunday, October 8<sup>th</sup>, 2023. There will be a guest speaker. This service will be held via ZOOM and in person at the Chapel.

A special breakfast at 8 is being prepared by Doris Warren, fellowship time at 8:30, and the service at 9. ALL are welcome. Having extra food is always greatly appreciated. If you want to use the Pleasant River Chapel, please contact Pete Pedersen at 863-4483 or by email:

[ppedersen1842@gmail.com](mailto:ppedersen1842@gmail.com)

For pastoral care: Bob Candage, 863-4943, or Pam Kittredge, 863-2022

The Supper Committee wants to thank everybody who helped us make the ham dinner a success. Thank you to our bakers, drivers, workers, and all who helped sponsor 27 donated dinners. \$1,727.00 was made.

Ethel Jones is heading up a bingo on October 15<sup>th</sup> to benefit the flooring project, and there will be a baked bean dinner on October 28<sup>th</sup>. Kathy, Ethel, and Pete are already planning the Delivered Thanksgiving Dinners to ANYONE who wishes it.



## Pastor Jeff Winters

### SUNDAY

**9:30—Sunday School**  
Children in the Parsonage  
Adults in the Church

**10:30—Fellowship Time**

**11:00—Worship Service**

### WEDNESDAY

6-7 PM—Prayer Meeting and Bible Study  
6-7 PM—Children's Bible Study (Pre-K to 5<sup>th</sup>)

### THURSDAY

6-7 PM—Youth Group (4<sup>th</sup> to 12<sup>th</sup>)

## ALL ARE WELCOME!

20 Fellowship Drive  
[www.obbc-vinalhaven.org](http://www.obbc-vinalhaven.org)



*Our Lady of Peace Catholic Community*

~  
October Saturdays—Liturgy services at Eldercare, 9AM  
**Any questions? Call Jeannie: 661-755-6213**

*Pastor Appreciation Day - Oct. 8th*

## NOTICE OF PUBLIC HEARING

The Town of Vinalhaven Planning Commission will hold a public hearing on **October 19, 2023, at 7:00 pm** at the Washington School Town Office Meeting Room at 19 Washington School Road in Vinalhaven to hear public comment on the proposed Land Use Ordinance Amendments. A copy of the proposed ordinance is available for review at the Town Office.



# SKÅL!

A Vinalhaven Speakeasy  
6 Bodwell Lane

*Last Night of the Season!*

**October 7**

6-closing  
Live Music

**Lyle Divinsky and Friends**

*Funk and Folk-Spiced Soul*

Show starts at 7:30

**Show is sold out!**

Come at 6 for a drink  
or to be put on the wait list.

**Watch for Winter Pop-Ups!**

Information available online.  
[www.islandspeakeasy.com](http://www.islandspeakeasy.com)



**Free-Three Piece Furniture-Free  
You Pick-Up  
Call Beth @ 412-996-6789**



**Unofficial Official Fun Days**  
10/5 - Do something Nice Day  
10/5 - Be Nice Day  
10/7 - National Inner Beauty Day

**Word of the Week**  
Lambent (lām' bənt) *adj*: Flickering gently over a surface, luminous. Showing effortless brilliance.

## Vinalhaven School

### High School Soccer

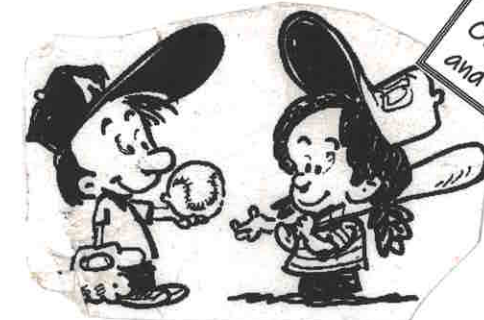
Date	Opponent	Girl's Start	Boy's Start	Ferry Times
05 Oct (Thurs)	AWAY Searsport		1:45 PM	10:30 AM/4:30 PM
06 Oct (Fri)	HOME Wiscasset	2:45 PM		
07 Oct (Sat)	HOME Temple	11 AM	1 PM	
09 Oct (Mon)	HOME Lisbon	11 AM		
09 Oct (Mon)	HOME Spruce Mountain		1 PM	
17 Oct (Tue)	HOME Pine Tree	12:30 PM	2:30 PM	



### Busline (Grades 5-8) Soccer

Date	Opponent	Start Time	Ferry Times
11 Oct (Wed)	HOME Wiscasset	2:45 PM	

**October 8 - National Hero's Day - from classrooms, family, business to battlefields, we all have heroes who inspire positive change.**  
**October 11 - National Stop Bullying Day - Intervention is effective, but understanding how it can be prevented is as important.**



*October 6th - Kids Music Day  
and ... National Coaches Day!*



**Cider Pressing**  
Sunday, October 22nd  
Time TBD

at the Pleasant River Grange

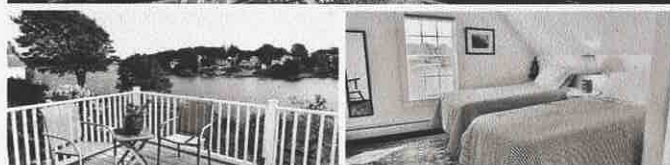
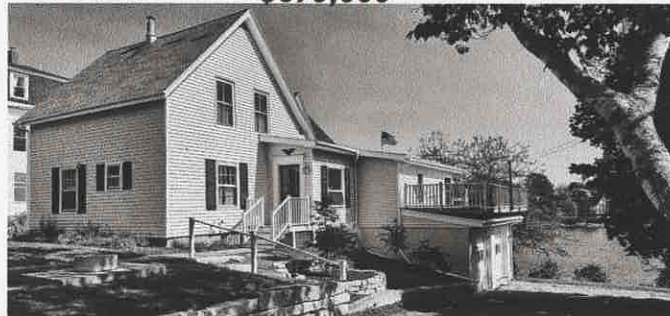
Still early but bring apples and containers....and hope for a frost! (Pressing will continue into November.)

FMI: Call Perry 863-4406

7LAKEVIEW ST

*New* LISTING

4 BED | 2.5 BATH | DOWNTOWN HOME ON THE POND |  
\$679,000



LISTED BY LORRAINE WALKER 207-249-5379

28 MAIN ST | VINALHAVENREALTY.COM |  
207-863-5151 (OFFICE)

### News from Vinalhaven EMS and Islands Community Medical Services (ICMS)

This year, Vinalhaven EMS, ICMS, and the Vinalhaven Select Board partnered with The Schmidt Institute in Bangor to apply for a Maine Health Access Foundation (MeHAF) Systems Improvement and Innovation Responsive Grant. In short, this grant allows the community to review the way in which we provide emergency and routine healthcare on the island and identify possible ways to improve and expand these services. ICMS and EMS have always worked closely together to deliver critical care in a timely fashion, and we have always been grateful for the community's support. However, as times have changed both organizations are facing increasing obstacles both in providing the services we do in the ways we have, and in providing new and expanded services the community needs. This year, we need your help.

EMS, ICMS, the Town Manager, and members of the Select Board have already met with the facilitators of this grant and identified areas where both our organizations can improve and expand; but before we can do any of this, we need to hear from the community members we serve. This fall, on November 15<sup>th</sup> at 5:30pm, we will be holding a public gathering (with food!) at the school auditorium where community members will have the chance to listen to the first draft of our proposal and make comments or suggestions. An essential part of this review is ensuring that our community members guide our decisions, as these changes are ultimately in the best interests of making healthcare access better for you.

Please feel free to contact EMS Chief Ryan Nizolek, ICMS Director Cam Garret, or the grant facilitator Jonathan Busko ([Jonnathan.busko@sjhhealth.com](mailto:Jonnathan.busko@sjhhealth.com)) with any questions or for more information. We look forward to seeing you in the fall!





## VINALHAVEN Housing Initiative

Q. What is "Workforce Housing"?

A. Workforce Housing is housing that is affordable for those earning between 80% and 120% of area median income, or AMI.

### Vinalhaven Housing Initiative

Invites You for Hot Cider & Donuts  
At Dennis' Wharf  
Saturday October 7th  
From 1:00 to 3:00

To discuss the availability of affordable housing on Vinalhaven, and the impact it has on our island community.

For info call 867-4866

### Dr. Caron will hold the next Veterinary Clinic

Oct. 5<sup>th</sup> (date change from Sept. 28<sup>th</sup>)

Oct. 26<sup>th</sup> & Nov. 30<sup>th</sup>

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 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

## Local knowledge. Local agency.

Auto / Motorcycle • Home / Renters / Condo • Vacation Home  
RVs & ATVs • Boats / Marine • Commercial / Business



5 Main St. Unit 11  
Vinalhaven, ME 04863  
207.863.9384  
www.jedwardknight.com

Boothbay Harbor New Harbor Vinalhaven Rockland Bath Wiscasset

### BEST KEPT SECRET IN VH

5-acre Greer Island  
For Sale by owner/\$395,000.  
[www.greerisland.com](http://www.greerisland.com)  
858-204-1238

## WIND INFORMATION

For ads, notices, community calendar & subscriptions...

### AD/NOTICE SUBMISSIONS:

These items must be submitted to *The Wind* by email to:

[vinalhavenwind@gmail.com](mailto:vinalhavenwind@gmail.com)

prior to **7PM Monday night** (or call Torry @ 863-9926, no later than 5PM, Sunday for options)

NO WALK-INS PLEASE

### COMMUNITY CALENDAR:

ads should be submitted by email to:

[Windnonprofitads@gmail.com](mailto:Windnonprofitads@gmail.com)

### AD RATES:

Non-Profit \$1.50 per inch, per column  
For Profit \$3.50 per inch, per column  
If over, we round up to the next inch.  
Column width: 2.25 inches, three columns per page.

### FUNDRAISING:

The cost of fundraising ads is \$1.50 per column inch. Please provide your mailing address for billing.

### NEW ADVERTISERS:

Please include your address for billing purposes.

### PHOTOS:

Submitted for publications should be no less than 300dpi

**PAYMENT:** We do not accept any type of online payment, for ads and notices. (checks and cash)

**ACCEPTANCE OF ANY ADVERTISING** does not constitute an endorsement by *The WIND* of said product or service.

### SUBSCRIPTIONS:

Renewals, updates & subscription questions... contact Sue Radley at:

[islandlife1950@gmail.com](mailto:islandlife1950@gmail.com)

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

For subscriptions send \$55 to: *THE WIND*, PO Box 194, Vinalhaven, ME 04863.

Current subscribers check your address label for the date of renewal

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

**\$299,000.**



ANTIQUE VILLAGE HOME ON LARGE LOT. ADJACENT TO 5 ACRE CONSERVATION LOT. HOT WATER BASEBOARD HEAT, FIREPLACE, SEPARATE WORKSHOP BUILDING WITH HEAT. SET BACK NICELY FROM THE ROAD **\$299,000.**

ASHLEY DAVIS-OAKES 207-213-3788  
WANDA DAVIS-OAKES 207-401-8655

RE/MAX THE ISLAND GROUP  
Jaret & Cohn 32 WEST MAIN STREET  
VINALHAVEN, ME 04863

## GREAT OPPORTUNITY!

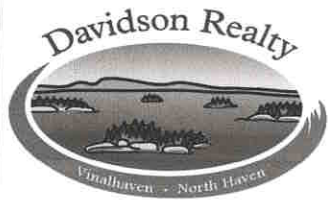


**\$68,000.**

8.8 ACRES OF NICELY FORESTED LAND SOIL TESTED FOR SEPTIC & SURVEYED, TOWN APPROVED LOT. NICE VARIETY OF TREES. PRIVATE, HIDDEN AWAY LOCATION. ZION FARM SUBDIVISION, LOT #6/ **\$68,000.**

ASHLEY DAVIS-OAKES 207-213-3788  
WANDA DAVIS-OAKES 207-401-8655



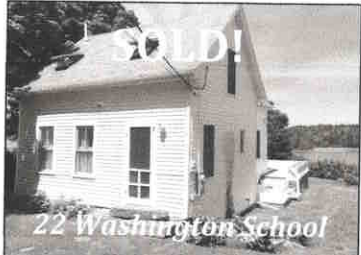


**Buying or selling - we are here to help!**

**Stop by the office, call or email.**

**We are committed to the islands.**

Kris Davidson, Broker ~ Alex Young, Associate Broker  
 Lisa Shields, Associate Broker ~ Kathy Macy, Sales Agent  
 207.863.2200 ~ info@davidson-realty.com  
 www.maineislandliving.com



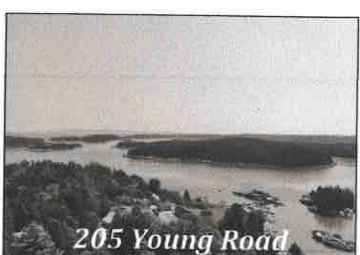
**SOLD!**  
 22 Washington School  
 Charming New Englander with views of Carver's Pond. Open kitchen-dining-living room and a half bath. Upstairs is a spacious ensuite bedroom. **SOLD**



**SOLD!**  
 75 Boy Scout Point  
 4 bdrm, 3 bath home with 8 acres and almost 200' waterfront on Mill River. Attached guest area, waterside deck, ramp and float. Quiet location. **SOLD**



Long Cove Road  
 200-acres w/ 6000+ waterfront on Long Cove. Two striking homes, barn, outbuildings & dock. Recent price change. Stunning land and homes. **POR**



205 Young Road  
 24-acre peninsula on Winter Harbor. Antique granite dwelling, barn, camp, bungalow & almost 1/2 mile oceanfront. Stunning land and views! **\$1,999,999**



7 Blair Road  
 Dyers Island timberframe year-round home w/ 2+ bedrooms, 2 baths, attached 1 1/2 story garage. Shared deepwater dock. Hurricane Sound views. **\$949,000**



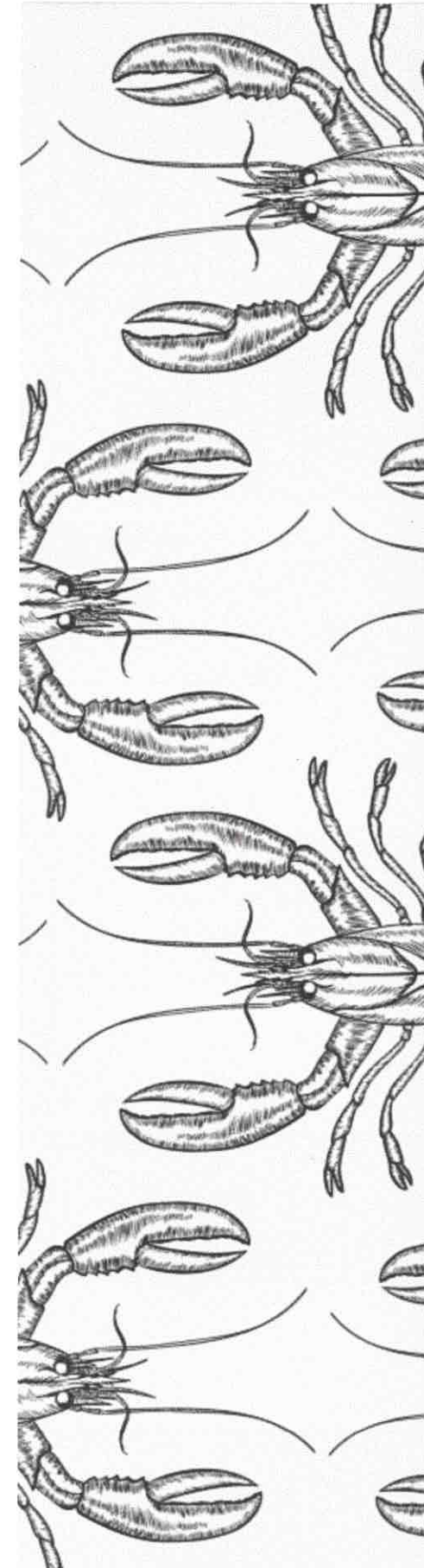
15 Bay State Road  
 Renovated energy efficient home on 2+ acres. Many 2023 repairs and updates. Open living space w/ 2 bdrms. Lovely setting. Move-in ready! **\$319,000**



3 School Street #16  
 Renovated historic townhouse with 2 bedrooms, 1 1/2 baths, and a basement ready to become another floor of living space. Village location! **\$249,000**



Old Harbor Road  
 1.4 acres w/ waterfront on Old Harbor Pond. Build an off-the-grid house near town. Partially cleared, drilled well, soil tested, vehicular right of way. **\$130,000**



**TO BENEFIT THE MAINE LOBSTER LEGAL DEFENSE FUND:**

**THE HAVEN AND HARBOR GAWKER'S  
 LOBSTER CHOWDER  
 FUNDRAISER DINNER**

**\$30/QUART OR \$15/PINT  
 OCTOBER 7TH - 5 PM  
 TO-GO ONLY, PICKUP AT THE END OF LEO'S LANE**

**CASH PREFERRED  
 CHECKS POSSIBLE IF MADE OUT TO: LEE OSGOOD  
 (NOTE IN MEMO: LOBSTER DEFENSE FUND)  
 PRE-ORDER STRONGLY ENCOURAGED  
 CALL LEE @ 207-542-5507 TO ORDER OR FMI**

**Community Calendar**

**10/12:** Friends of the Library, 9 am, VPL  
**10/18:** Intro to Genealogy, 7, VPL  
**10/21:** Pumpkin Painting, 10 am, VPL (reserve by 10/18)  
**10/28:** Drive Through Baked Bean Dinner, 4 -6, PRC, deliveries available  
**11/30:** FREE Thanksgiving Dinner for All, PRC, deliveries at noon

\*\*\*  
 Mondays, Community Lunch Box, 11:30, UC  
 \*\*\*  
 PRC: Pleasant River Chapel  
 UC: Union Church  
 VPL: Vinalhaven Public Library

Email events to: windnonprofitads@gmail.com

**AA**

**Tuesday 7PM  
 Zoom Meeting ID:  
 907 085 8272**  
 Please contact  
**vinalhavenaa@gmail.com**  
 for password or any other questions.

**Wednesday 7PM  
 Union Church Downstairs**

The only requirement for membership is a desire to stop drinking.

"There is no season when such pleasant and sunny spots may be lighted on, and produce so pleasant an effect on the feelings, as in October."  
 Nathaniel Hawthorne

**AL-ANON**

Recovery For Family and Friends of Alcoholics

**12 Step Meetings**

Al-Anon is for anyone impacted by a relative or friend's alcohol dependency, either currently or in the past. Support is provided through literature and meetings, where everything shared remains confidential, as well as the identity of those attending.

To join Vinalhaven meetings online or by phone, 4:30pm Mondays and Thursdays, please email **vinalhavenalanon@gmail.com**

Help is also available from Maine Al-Anon **maineafg.org** (207)284-1844 and **al-anon.org**



**BILL PAYMENT ASSISTANCE PROGRAM**  
**FOX ISLANDS ELECTRIC COOPERATIVE, INC.**

The **Low Income Assistance Program**, developed by Fox Islands Electric Cooperative, Inc., is a payment assistance and incentive program for qualified customers. **Who knows...you may just be one of them.**

The **LOW INCOME ASSISTANCE PROGRAM** can help you avoid unmanageable account balances and even help you **GET CREDIT FOR THE USE OF AN OXYGEN PUMP.** **PENQUIS COMMUNITY ACTION PROGRAM** will certify your eligibility when you apply for **HEAP.**

**Penquis Community Action Program (PCAP)**

Please call 596-0361 to schedule an appointment in the Rockland office.

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

For more information about the program, call Fox Islands Electric Cooperative, Inc.

We're working harder to make keeping up with your energy bill easier.

863-4636

**Notice**

**The WINDS** are available online (on the town of Vinalhaven's website and Vinalhaven Public Poster, occasionally the posting may be delayed) at local businesses, and **The WIND** boxes at the ferry terminal, Todd's Garage, and in front of the post office. Thanks to those who help deliver the Winds around town and to the ladies at the Town Office for their help!

**New Era Gallery**  
 60 Main Street



Alison Hildreth "Dogwood"

**Alison Hildreth**  
**August 15 – October 9**

Tuesday – Saturday  
 10:00-4:00

[neweragallery.com](http://neweragallery.com)  
 207-863-9351



**OLIVE OIL & BALSAMIC VINEGAR TASTING ROOMS**

*Come In And Taste For Yourself!*

*Definitively Healthy, Freshest Products!*

8 Rodick Pl. 503 Main St.  
 Bar Harbor Rockland  
 88 Main St. Island Spirits  
 Freeport Vinalhaven

[www.FIOREoliveoils.com](http://www.FIOREoliveoils.com)  
[info@FIOREoliveoils.com](mailto:info@FIOREoliveoils.com)



**OPEN THIS WEEK**  
 Thursday- Saturday  
 10-4  
**NEXT WEEK**  
 Tue-Fri, 10-2  
 Sat 10-4

*I am very happy in secondhand bookshops; would a gardener not be happy in a garden?*  
 -Hilary Mantel

Friends of the Library is on the socials! Follow us for updates about programs and events, volunteer opportunities, fundraisers, library news, and bookstore happenings.

Instagram: @friendsofvpl  
 FB: Friends of the VH Library

All sales support  
 Friends of the  
 Vinalhaven Public Library

**The Nature Conservancy was incorporated on Oct. 11, 1951**

**The Wind Ad Box...**

...by the "Swap Shop" is open. Submissions must include a name, address, & phone number, for billing & questions. Cut off time (ads removed from box) is Sunday by 3pm.

**Overeaters Anonymous Meeting**

**6 PM Tuesday**  
**Downstairs at the Union Church**

Compulsive over or under-eating, food addiction, anorexia, bulimia, binge eating or over-exercising...no matter your challenge with food or body image, you will be welcome here and find support for your recovery.



132 Park Street, Rockland  
 207.594.5900

63 Union Street, Rockland  
 207.593.1010

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 Member FDIC

**Yard Sale in Sadie Dyer's Shop**  
**Saturday, October 7<sup>th</sup>**  
**10AM – 1PM**  
**35 Round the Mountain Road**  
**Rain or Shine!**  
 Just walk down the driveway!



**~Library News~**

\*\*\*HOURS\*\*\*

**Tues, Thurs 1-7**  
**Wed, Fri 9-5**  
**Sat 9-12**

**Story Time**  
**Saturdays 10am**

**LEGO Club**  
 Starting back up soon.  
 Look for updates!

**Game Time**  
 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays @5  
 We have a large selection of games, bring a couple of friends and have some fun!

**Toddler Time**  
**Wednesdays 10am!**

**October Events**  
**Wed 10/18 Introduction to Genealogy @7pm**

**Friday 10/20 Halloween movie, @6pm (rated PG)**

**Sat 10/21 Pumpkin Painting @10**

**Trick-or-Treat Tues 10/31**

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

VINALHAVEN PUBLIC LIBRARY  
 HOSTING OUR ANNUAL

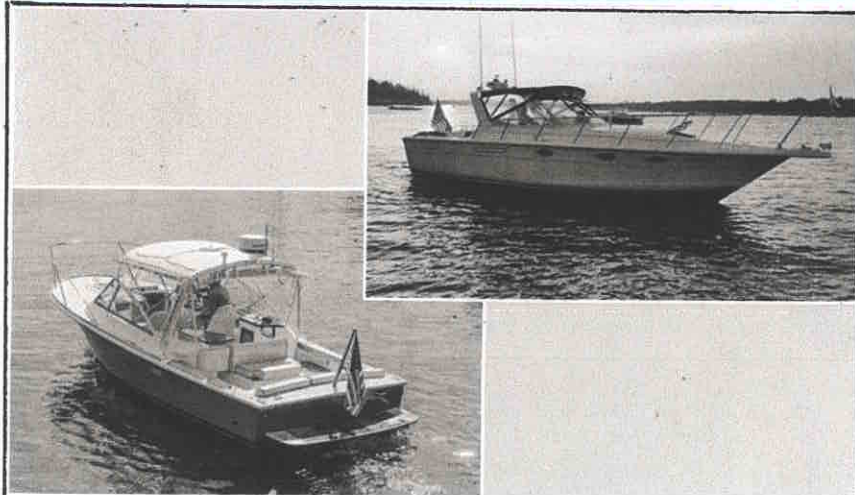
**PUMPKIN PAINTING PARTY**

COME TO THE LIBRARY PARKING LOT TO PAINT A PUMPKIN & CHECK OUT A BOOK!

**OCTOBER 21ST 10:00AM**  
 -->STOP BY THE TOWN LIBRARY TO RESERVE YOUR SPOT BY OCTOBER 18 <--

ALL PUMPKINS & MATERIALS GENEROUSLY PROVIDED BY FRIENDS OF THE LIBRARY





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harryholt2108@gmail.com

**\$10 Dollar Treasuahh!**

Vinalhaven's Weekly \$10 Treasure Hunt for everyone to enjoy! Each week a short new riddle is published below that leads one lucky person (or team) to a hidden \$10 bill and secret map. The Treasuahh is always hidden in a beautiful and safe public place. Check out [www.VH-TDT.com](http://www.VH-TDT.com) to see when a treasure has been found.

**Game Rules:**

- 1 Solve the riddle
- 2 Find the treasure
- 3 Follow the secret instructions

Ahoy, Me Hearties, Week #35 is at your door, it's time for you to score!

- I twist and bend, a tree so beautifully strange,
  - In nature's dance, I was rearranged
  - My trunk is contorted, in a rainbow shaped delight
  - The treasure is near the ground, low and out of the light
- ~ Love, Captain Hook

"Autumn colors remind us that we are all one dancing in the wind."  
Lorin Morgan-Richards



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

**48 VINAL COVE ROAD**



This is a rare opportunity to acquire conservation worthy undeveloped land which adjoins privately conserved property to the east and south. Within the approximately 58 acres there are lovely outcroppings of boulders covered in lichens and mosses, amongst a diverse forest. The parcel has a 20' x 10' cabin and tidal frontage on Mills Marsh, where wildlife abounds.

**PEQUOT ROAD**

This 5 acre undeveloped, mixed wood parcel is across from Booth's Quarry. There is a small pond, a brook, cut granite blocks, mixed soft and hardwoods. The property is not far from the center of the village, but amongst the bird song and running brook it is peaceful and feels far way.



"October is the standing ovation to spring that helps us gleefully fall into winter."  
unknown

**PLEASANT RIVER CHAPEL**  
Ethel Jones is heading up a bingo to benefit Pleasant River Chapel on Sunday, October 15<sup>th</sup>. The BINGO will be at the American Legion Hall starting at 1PM to benefit the replacement of the old rug in the dining area and sanctuary at the Pleasant River Chapel. If anyone is interested in donating a prize, please get in touch with Ethel Jones at 863-2272, Diane Cochran at 863-9964 Jeannie Curtiss at 863-9006, or Pete Pedersen at 551-4483.

There will be a baked bean dinner in October to help with the flooring costs.

Ethel, Kathy, and Pete are already planning for Thanksgiving. The Chapel will sponsor a delivered Turkey Dinner for anybody in Vinalhaven. Keep us in mind to have a dinner(s) delivered to you. Anybody on the Meals on Wheels delivery list will be automatically included. The meal will be oven-baked turkey, stuffing, gravy, mashed potatoes, peas, a roll, cranberry jelly, and either pumpkin or apple pie.

**Father-Son Heart Warming Insight**

Dave Spritz: We both think it's better for the kids.  
Robert Spritzel: David, sacrifice is... to get anything of value, you have to sacrifice.  
Dave Spritz: I know that Dad, but I think that if we continue down this road, it's gonna be too detrimental for the kids. It's just too hard.  
Robert Spritzel: Do you know that the harder thing to do and the right thing to do are usually the same? Nothing that has meaning is easy. "Easy" doesn't enter into grown-up life.  
-The Weatherman-2005

Children - For me, nothing in this world fills a heart and soul more than your children. Of course, part of it is because they are a part of what we are. Our roots, like flowers, are intertwined, and at least there's a sensation of hope that their time here is happy and healthy. Years, experience, height, and weight only change appearances and are not who they are. You see your children in radiant beauty and endless possibilities. Sometimes, they take an unforeseen avenue in life that you never could have foreseen. Inwardly, you're conflicted. Outwardly, you're optimistic. You're proud when they succeed but purely joyful when, in the fullness of time, they are happy and content.

Richard Flagg

**Brackets**

There are still wonderful ornamental details on some of the older buildings in our community that have escaped the tyranny of time. For example, have you looked at the brackets below the roof eaves of the Island library? I did, when I was thinking of the design of the library addition years ago. They are wonderfully crafted with graceful curves cut by hand when the original library was built in the nineteenth century.

I wanted the addition to have brackets that complement the original. It felt wrong to try to replicate them, but I thought perhaps a variation would enhance the addition and pay homage to the original. The design came easy but needed a skilled carpenter to craft the 40 brackets needed.

Like the rest of the addition, I thought the work should be by an Island woodworker rather than someone from away. To my delight that turned out to be Erin Creelman; in addition to being a fine carpenter, among her many talents, she raises goats and runs the Island cheese store. Take a look at her work next time you walk by the library addition.

-m stein





Islands Community Medical Services

## FLU CLINICS!

ICMS will be hosting two flu clinics in the month of October:

October 12th 2:00pm-6:00pm

October 19th 2:00pm- 6:00pm

Please bring your most current insurance card!

*CDC recommends that patients age six months and older be vaccinated for influenza. Those under age 8, who have never been vaccinated should receive two doses.*

## CALL FOR PHOTOS!

### 2025 ANNUAL ICMS CALENDAR

Friends and photographers, it's time to send in your favorite Vinalhaven images! In an effort to gather photos from all the seasons, we're sending out the call earlier than usual. As the seasons change, be sure to snap some fall and winter pictures! We'll be collecting them on a rolling basis.



Send your high resolution photos to:  
[icmscalendarvh@gmail.com](mailto:icmscalendarvh@gmail.com)

## ICMS IS HIRING!

ICMS is looking for a highly motivated individual with excellent customer service skills to fill the part-time front desk role.

The position includes but is not limited to answering phones, relaying messages and scheduling & checking in patients.

For more information please contact Jess Sanborn at 863-9076 or [jsanborn@icmsvh.org](mailto:jsanborn@icmsvh.org)

## OPEN ENROLLMENT

Open Enrollment for the Health Insurance Marketplace opens on November 1st. To have your insurance effective by January 1st, you must complete your enrollment by December 15th.

For assistance with your open enrollment please contact Brooke Hildings, at 863-9070 or email, [bconway@icmsvh.org](mailto:bconway@icmsvh.org)



Parade starts at 11:00am  
Line up starts at 10:45am at Fire Department  
Salty Dogs Cafe providing treats & drinks after the parade!



---

As a final writing project of the year, junior and senior English students wrote an "I Have Something to Say" essay. The assignment was to write about something anything they wanted to share, with the knowledge that they would share the essays with their classmates and perhaps with the public. Every single one of the essays was amazing, insightful, and heartfelt. Not all the students opted to have their essays shared with The Wind, but many did. Here is one.

Body Image and Society  
by Bella Tolman

Today's society is so unfair about how a human being should look. The media portrays such unrealistic body standards for both men and women, but more women than men are subjected to this kind of negativity because they're expected to be more 'proper' and 'ladylike.' The society we are a part of today holds many of us back from being who we truly are and tries to make people change for everyone else.

Ever since social media has been a thing, people have become more self-conscious and uncomfortable about their image. Yes, magazines and television existed before social media, which also portrayed unrealistic body standards. Still, the media is a whole different topic because each person has the freedom to say mean things and bully others behind a screen with little-to-no consequences. Almost always, when people feel the need to comment on someone's looks behind a screen, it's because they don't dare to say it in person, and they're insecure about themselves.

As someone who is on social media, it's sad seeing so much unnecessary hate when it's so easy to keep your thoughts to yourself. If someone, especially girls, is showing her whole body on a TikTok reel, when I go to the comments, people are so quick to judge. The words that are the most common are usually people saying, "interesting build," "go on a diet," or "so sad," as if the person who posted needs to feel ashamed of their weight. I always feel so bad for the person who posted, because all they are trying to do is spread positivity, but they don't get it in return. Out of all the social media platforms, I've noticed TikTok is the worst one, but I'm not sure why, when every other forum seems to allow these same kinds of comments. If someone sees another person they don't think "fits the body standards," they shame them for it, but if there is someone skinny, everyone comments that they're "so perfect" and that it's their "dream body." It's okay to want to look a certain way, but to put other people down because they don't look perfect is unacceptable.

Recently, I have felt insecure about my body, especially my stomach. My stomach isn't as flat as I want, which holds me back from wearing any tight or cropped shirts. I feel that the reason I think this way is because I see so many flat-stomached girls online, but rarely see anyone who has a bigger stomach. I saw a post recently of a girl taking a mirror selfie, and one of her comments was a guy that said, "She's got a bit of a tummy." It looked flat to me, and it made me mad because many guys can't accept the littlest imperfections in women, like having a bigger stomach.

Because of everything I've seen online about this subject, it makes me feel almost ashamed to wear anything that is somewhat revealing. I have so many cute clothes that I feel uncomfortable wearing. I'm trying to have a positive mindset about my image, and do not care what others think of me, because I've always been told that people are only focused on their insecurities, just like I am with my own. Along with mental health issues I've had in the past, it has caused a bit of weight gain for me, and I am trying to lose weight, some of the weight. I'm also trying to eat healthy as well. I'm not trying to lose this weight for others, but for my well-being. I feel that it will be good for me to focus on myself more and try not to be self-conscious as much.

People need to be reminded to keep their thoughts to themselves. Let people be who they are without judging them. They aren't affecting you in any way, shape, or form. If anyone ever tells you that you need to change how you look, you should never do it. Only change for yourself if you feel it is necessary only for you. Everyone should feel accepted in society, no matter what. Your body image does not define who you are. The only thing that defines you is how you act towards others. People must realize that there is not only one 'perfect' body type. Though some people may never see past this stigma, it's always essential to have a friendly reminder to be kind and to never judge someone from the outside, only from the inside.

---

## Tidbits from the Vinalhaven Historical Society

**Dorothy Conway**, daughter of Mr. & Mrs. Ezra Conway, celebrated her 11th birthday Saturday afternoon at her home. Indoor and outdoor games were played and lunch served which included two large decorated birthday cakes. Miss Ruth Lyford received first prize for the peanut hunt and Carrie Gray, second. The little hostess was the recipient of many gifts. The invited guests were Winona Ross, Jane Libby, Ruth Lyford, Elizabeth Hopkins, Constance Orcutt, Marion Littlefield, Norma Phillips, and Charlotte Webster. Miss Dorothy's grandmother, Mrs. Herbert Conway was also present along with Mrs. Elmer Simmers. *Oct. 4, 1932*

**Wednesday, 2000 Fingerling** trout were distributed in Vinalhaven and North Haven waters. The trout came from the hatchery at Appleton, and filled 26 cans. They were brought by Merle Mills accompanied by H. F. Huse and Clarence Waterman, Jr., and within an hour and a half after leaving Rockland they were distributed in the island ponds. The fish were fine large ones. The kindness of the Waterman Company in trucking them to Fresh Pond is greatly appreciated. The distribution was at widely separated points and made my Mr. Huse assisted by Mr. Brown. Monday, several big trout reared in the Lewis pasture last spring were released in Fresh Pond by Mr. Huse and Herman Crockett. *Oct. 29, 1931*

**A Vinalhaven resident**, Mrs. Elizabeth Warner, who writes under her maiden name, Elizabeth Parsons, has just received 3rd prize in the O'Henry Awards in the collection of *Prize Stories of 1947*. The title of her winning story is "The Nightingales Sing," first published in the *New Yorker*. Vinalhaven is Mrs. Warner's permanent residence, but she spends the winter months in Boston, where her two children are attending school. This Spring she also received a \$1,000 award from the American Academy of Arts and Letters in recognition of her contribution to creative writing. *Oct. 17, 1947*

**Hurricane Island** our little neighbor is a beehive town now, several new buildings are under construction, boarding houses are being repaired and preparations are being made for lively business for some time to come. The Hurricane Granite Co., at present, are at work on the north wing of the Boston Court House and as they are the lowest bidders on the main building they are expecting to be awarded the contract for the complete site. *FIRST Vinalhaven Echo Oct. 7, 1887*

**Lane & Libby's** daily average fish landed at their docks amounts to about 12,000 lbs. The total amount for the season will be about 2 million lbs. *FIRST Vinalhaven Echo Oct. 7, 1887*

**To celebrate her 6th birthday**, Rachel Linda Burgess, daughter of Mr. & Mrs. Eugene Burgess, was given a party Friday afternoon from 2 to 4 by her mother at their home on East Main Street. The afternoon was merrily passed with a variety of games, children's records on the phonograph and story telling by Mrs. Burgess. Refreshments were served which included a handsome birthday cake, ice cream and ginger ale. When the six candles on the cake were lit, the little ones sang *Happy Birthday* to Rachel, favors were lollipops. Mrs. Burgess was assisted in serving by her mother Mrs. Joseph Morton. Guests were the girls in Rachel's class at school. Leanne Healey, Jeannie Young, Lois Webster, Donna Hansen, Patricia Dodge, Gail Carleton, Brenda Beckman, Esther York, and Hazel Canary. Pictures were taken of the group and each child will receive one. *Oct. 14, 1952*

**The USS Zizania** landed the yearly supply of coal at Heron Neck Light Station last Thursday. *Oct. 5, 1915*

**Patricia Skoog**, in honor of her 6th birthday, entertained five of her classmates Saturday at the home of Mrs. Aubrey Ames. First prize in the jelly bean hunt was awarded to Phyllis Bogren. The guests were Ada Dyer, Alita Stewart, Greta Skoog, Constance Phillips, and Phyllis Bogren. The young hostess was remembered with gifts. Mrs. Lucy Skoog assisted in serving refreshments. *Oct. 4, 1938*

**Miss Blanche Hamilton** is employed as candy girl in L. E. Williams quality store. *Oct. 26, 1917*

**Ernest Tolman** received quite a shaking up last Wednesday when he fell through an opening in the second floor of the fish skinning department at the Bay State Co.'s plant. Mr. Tolman quit work just long enough to go home and administer to the few bruises he had received and then returned to work. *Vinalhaven Neighbor Oct 1938*

**Members of the Bird Club** enjoyed a field trip recently under the supervision of Dr. Ralph Earle, who took the members, accompanied by Mrs. Erma Carlsen, to the vicinity of Crockett's River, where they searched for various kinds of mushrooms. These were later studied for discussion. The members, pupils in the 6th and 7th grades, are Nancy Adams, secretary; Bobby Bennett, president; Kenneth Conway, treasurer; Patsy Smith, Minnie Ann White, Barbara Webb, Janice Wadleigh, Charles Dyer and Kirk Hansen. *Oct 6, 1953*

**At the Gem Theatre:** Sat. Oct. 1 "Spawn of the North" with an all star cast of Henry Fonda, George Raft, John Barrymore and Dorothy Lamour. Mon & Tues, Oct 3 & 4 "Mother Carey's Chickens" with Ruby Keeler and Anne Shirley *1938*



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### Vinalhaven Community Outreach

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

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

vhcommunityoutreach@gmail.com

Or at P.O. Box 15  
Vinalhaven, ME 04863

We are a 501 (c) (3) organization

#### Kids Trivia Answers

- 1 Hay
- 2 An insulation against the cold
- 3 Tubers
- 4 Irrigation
- 5 Light from the sun



PIE After School begins next week with...

## Outdoor Adventures!

Grades K-1: Tues Oct. 10  
Grades 2-3: Wed Oct. 11  
2:40 - 4:00 pm



Come join the fun!

Limit: 14 per group  
Cost: \$10

Students will need water bottles and appropriate outdoor clothing. Snacks provided.

To register:  
Message PIE on Facebook or  
PartnersInIslandEducation@gmail.com

# ve

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**Vinalhaven Public Library**  
Will Host Genealogist  
Kate Brodt

Wed October 18, 7pm



### Introduction to Genealogical Research

Researching your family's history can be an exciting experience—but also stressful, confusing, and overwhelming. Where do you even begin? What leads do you pursue? What do you do when names and dates start to contradict? And how do you navigate all the online resources at your disposal?

Kate Brodt, a historian and genealogist, will lead a talk and workshop that answer these questions and introduce you to the basics of beginning a genealogy project. Bring your previous experience, burning questions, and curiosity!

#### Adult Trivia Answers

- 1 "Gangnam Style" - Psy
- 2 "Diamonds"
- 3 Carly Rae Jepsen
- 4 Madonna
- 5 Dr. Dre

Friends of the Library Meeting

Thursday, October 12  
9:00 am

In person in the Library Reading Room and via Zoom

We're looking for new new ideas for winter events. Join us and see what the Friends are all about!

Please email for link:  
FriendsofVHLlibrary@gmail.com

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JSDavisPlumheat@aol.com

### NOTICE

to  
**New Moms & Dads**

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

## PENOBSCOT ISLAND AIR



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### For Sale

Split Dry Spruce  
\$150.00

Split Dry Hardwood  
(limited amount)  
\$200.00

Delivery  
\$50.00

Please call 867-4866

### Submit to The Wind!

We are looking for stories, anecdotes, recipes, images, shout outs, etc. to include in THE WIND. If you have something you would like to share, we would love to include it in future WINDS. Please send to: vinalhavenwind@gmail.com

### ~OCTOBER AWARENESS MONTH~

AIDS  
BREAST CANCER  
DOMESTIC VIOLENCE

10/7 - You Matter to me Day!



### 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!

<b>Nans Case</b> Ethelyn Day Marie Dempster Beth Haskell Louie Martin June Martin Linda Oxton Lauretta Robinson Calderwood Homestead 18 Beaver Dam Road Vinalhaven, ME 04863	<b>David Arey</b> Thornton Hall 58 Baribeau Drive/Rm 223 Brunswick, ME 04011	<b>Frances Philbrook</b> Woodlands Memory Care 201 Camden St./Room 107 Rockland, ME 04841
<b>Rosemary Anthony</b> 7 North Shore Drive Owls Head, ME 04854	<b>Roland Geary</b> Montello Manor 540 College St./Room 1 Lewiston, ME 04240	<b>Marguerite Tolman</b> Bella Point Unit 32 51 Mechanic St. Camden, ME 04843
<b>Jaquelyn Ames</b> c/o Goodwill-Kendall Lane House Freeport, ME 04032	<b>Walter Haskell</b> c/o Madison House 93 Military Street Houlton, ME 04730	<b>Lucy Wadsworth</b> Knox Center 6 White Street Rockland, ME 04841
	<b>Sandra Osgood</b> Quarry Hill Community Drive Camden, ME 04843	<b>Gladys Walls</b> 354 Augusta Road Washington, ME 04574

...to all our loyal readers, please help us keep these columns current. It is important!  
Email can be sent to [vinalhavenwind@gmail.com](mailto:vinalhavenwind@gmail.com) or call 863-9926. Thank you

### How You Can Help

Donate to local service groups

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

**Meals on Wheels**  
VES attn: Meals on Wheels  
PO Box 624  
Checks payable to VES  
Memo line: Meals on Wheels

**Vinalhaven Community Outreach**  
PO Box 15  
Checks payable to VCO

**Open Bible Baptist Church  
Coronavirus Relief Fund (CVRF)**  
Open Bible Baptist Church attn: CVRF  
PO Box 465  
Checks payable to Open Bible Baptist Church  
Memo Line: CVRF

**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 Panty

**Vinalhaven Eldercare**  
18 Beaver Dam Road  
Checks payable to Vinalhaven Eldercare

**Medical Alert Devices**  
Available through Eldercare  
18 Beaver Dam Road  
Checks payable to Vinalhaven Eldercare

**Add to all addresses:  
Vinalhaven, ME 04863**



### Islands Community Medical Services

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

Medical Services: 863-4341  
Dental Services: 863-2533  
Counseling: 837-4057  
Billing: (603) 782-8374

#### Hours of Operation

##### Medical Services

Mon, Tues, Weds, Fri: 8am-12noon  
1pm-4pm  
Thurs: 8am-12noon,  
closed Thurs afternoons

##### Dental Services

Dentist: Wed & Thurs  
Hygienist: Tues, Weds, Fri

##### Physical Therapy

To schedule an appointment, call  
863-4341

##### Counseling

Dan Keniston, LCSW  
To schedule an appointment, call  
837-4057

##### Osteopathic Manipulative Treatment & Acupuncture

Stuart Damon, DO  
To schedule an appointment, call  
863-4341

##### Women's Health

Vanessa Shields-Haas, FNP-BC  
To schedule an appointment, call  
863-4341

##### To reach the provider on call:

Dial 863-4341 and your call will be forwarded to the answering service. They will take your call and page the provider-on-call for you.

ICMS receives HHS funding and 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

**National Depression & Anxiety Screening Day, October 5th**



### Islands Community Medical Services

## MEDICARE

ICMS has partnered with The Lahner Group ([www.thelahnergroupp.com](http://www.thelahnergroupp.com)) to help assist our patients with Medicare. Renata Lahner, Medicare & Life Insurance Advisor, comes with over 18 years of experience and represents all major local and national medicare insurance companies.

She will be on the island October 23rd and 30th along with November 6th, 20th, and 27th and will also have Zoom sessions on other dates as well to meet with patients here at ICMS to review their coverage to ensure they are accessing all of their benefits they are entitled to for calendar year 2023.

If you are turning 65 within the next year we recommend that you reach out as well to discuss your options. Please reach out to our Outreach Enrollment Manager, Brooke Hildings, at 863-9070, or email [bconway@icmsvh.org](mailto:bconway@icmsvh.org) to set up an appointment with Renata while she is on island. In-home appointments are also available upon request.

**THERE IS NO COST FOR THE APPOINTMENT.**

Disclaimer: We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact [Medicare.gov](http://Medicare.gov) or 1-800-MEDICARE to get information on all of your options.

## ICMS IS HIRING: Building & Grounds Supervisor

**Unique opportunity for a full or part-time position with flexible hours!**

It is the responsibility of the Building and Grounds Supervisor to ensure that the facilities are maintained in a condition of operating excellence, cleanliness, and safety.

#### Responsibilities:

- Lead facility maintenance and repairs.
- Manage outdoor spaces.
- Ensure safety compliance.
- Budget oversight and vendor coordination.
- Supervision of custodians

#### Qualifications:

- Facility management experience.
- Maintenance knowledge.
- Basic computer skills.

#### Benefits:

- Very competitive pay and benefits.
- Growth opportunities.
- Contribute to community well-being.

**Create a safe, welcoming  
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Apply today!**



For more information please contact Jess Sanborn at 863-9076 or [jsanborn@icmsvh.org](mailto:jsanborn@icmsvh.org)



**Fox Islands Electric Cooperative  
Retires and Returns \$114,700 in Capital Credits to Members**

FIEC seeks former members owed refunds.

Between 2020 and 2023 FIEC retired \$114,700 in capital credits to its current and former members. Unlike for-profit utilities whose excess revenue goes to shareholders, cooperatives reinvest the revenue in the electric system and return it to its members when the equity is retired.

The Board approved the retirement of equity from the years 1977, 1978, 1981 and 1982. For individuals who had electric service during any of those years, FIEC will credit current members on their July electric bill and mail a check to former members. The former members listed below have out of date contact information.

**If you know any person on this list or their rightful heir(s), please have them contact Fox Islands Electric Cooperative at (207) 863-4636 or by email at Office@FoxIslands.net.**

If the refunds remain unclaimed, the money will be used for low income assistance programs.

Abbott, Ruth	Baker, Mary	Brown, Benson D.	Carter, Burton
Adams, Carolyn	Baldwin, Christine	Brown, Christopher E.	Carter, Delmar
Adams, Franklin	Ball, Michael	Brown, Corydon	Carter, Joanne
Allan, Edith	Basham, Larry	Brown, Florence S.	Carver, Albert E. Jr
Allen, Jack	Basom, Myrna	Brown, Frank	Carver, Keith
Allen, Melani	Bauer, Charles	Brown, Gerald	Carver, Lucille
Alley, Laurel	Beacom, Seward	Brown, Harvey C.	Chaffey, Rachael
Alley, Raymond	Bean, Juanita	Brown, Hazel	Chandler, Frances
Ames, Almon	Beatty, Leon	Brown, Jesse	Cheney, George
Ames, Carl or Winnie	Beaumont, Ronald	Brown, Mary	Cheney, William
Ames, Dorothy	Bengston, Elsie	Brown, Michael	Christie, Paul
Ames, Lavon	Benson, Maurice	Brown, P. Robert	Clark, Bronson
Anderson, Carl	Berry, Richard	Brown, Patricia	Clark, Carleton
Anderson, Elliot	Beverage, Arthur W.	Brown, Norman/Janet	Clayter, Ernest
Angelos, Mark	Beverage, Greta	Brownsword, Alan	Clayter, Josephine
Annis, Greg	Beverage, Larry	Bunker, Joan	Closson, Luke
Annistad, Elling	Beverage, Leah	Bunker, Sarah	Cobb, Robert Jr
Anstey, Robert	Beverage, Paul	Burdin, Carl	Coe, Earl
Anthony, Lawrence	Beverage, Ralph	Burgess, Gordon	Coffman, Edward
ARC. the	Beverage, V.	Burke, Daniel	Cohen, Ralph
Arey, Doris	Bickford, Daniel B.	Burke, Nicholas R.	Colaizzi, James
Arey, Ernest	Bigelow Nelson	Burns, Capt. George	Columb, Josephine
Arey, F.	Binnian, Jacqueline	Burns, Francis	Collura T. S.
Arey, H. Kenneth	Bird, Ann	Burns, Roger	Comley, Frederick
Arey, Harold	Bird, Ann R.	Butler, Joyce	Conway, Ernest
Arey, Ivan	Blackington, Chandler	Butt, Dr.	Coombs, Gladys
Arey, Leon	Blake, Christopher	Calderwood, Ann	Coombs, Harry
Arey, Robert	Bloom, Richard	Calderwood, Floyd	Coombs, Wendall
Arnold, Bramwell	Bodman, Ed	Calderwood, Ivan E.	Cooper, Howard or Faye
Asher, Peter or Axana	Boland, Walter	Calderwood, H. Mrs.	Corash, Susan G.
Asiala, Konsta	Bowman, Bernadine	Calerwood, P.O.	Coughlin, James
Bailey, Harry	Boy Scout Hall	Callahan, Thomas	Cowan, Donald/Delores
Bailey, Rick	Bradley, Bettye L	Cantine, David	Cox, Gardner
Baines, Alvin	Brightwell, Walter	Card, Darryle	Craig, Marjorie
Baker, G.H.V	Brinley, William F.	Capenter, Kenneth	Crandell, Wayne
	Brown, Arlene	Carleton, Olga/James	Creelman, G. Brenton

Webster, Donald  
Webster, Harvey  
Webster, James  
Webster, Kenneth Estate of  
Webster, Roy  
Wegener, John  
Weinstein, Rocia  
Welch, Douglas  
Welsh, Douglas  
Wentworth, Edgar  
Wentworth, Jack  
Wentworth, Jerry  
Wentworth, Mary  
West, John  
Wheelwright, George  
Whelhan, Robert  
White, Ed  
White, Steven  
White, Victor  
Whitney, Patricia  
Whittier, Anna  
Whittington, Alice  
Whittington, Percy  
Williams, Ada  
Williams, Carl B.  
Williams, Leigh  
Williams, Lucy C  
Williams, Michael  
Williams, Mike  
Williams, Peter  
Williams, Ralph  
Williams, Rita  
Williams, Todd  
Willson, Bradley  
Willson, Donald  
Winslow, Bertha  
Winslow, Colon  
Winslow, Emily  
Wood, Cecil  
Woodward, Kent  
Wooster, Emery  
Wooster, Fred  
Wooster, Frederick  
Wright, George  
York, Lois  
Young, Evelyn  
Young, Florice  
Young, Irene  
Young, Kendall





McKinley, William	Paulsen, David	Roberts, Alta L.	Swanson, Carl B	Creelman, Gillian	Fafflick, Carl	Haylor, John	Kirsten, Julia
McManus, Vincent	Paylor, Neil	Roberts, Donald	Swanson, Carl Est. of	Crocker, Douglas	Falcetti, Cesare D.	Headley, Dorothy	Kitchin, Dan
McMenamin, Hugh	Peabody, Jacob	Roberts, J. Owen	Swears, Mrs. Victor Sr.	Crocker, Ellen	Fales, Halburton II	Healey, Richard L.	Knoepfmacher, Hugo
McRea, Thomas	Peaslee's Garage	Roberts, Louis	Tabloski, Raymond	Crocker, Frank	Fancy John	Heinemann, Mark	Knowlton, Dorothy
Meigs, Henry	Pendleton, James	Rockefeller, John III	Terry, Arthur	Crocker, John	Farley, Ann	Heinman, Peter	Knowlton, Lucille
Melin, Sigvard	Pendleton, Lester/Margaret	Rogers, Albert	Thayer, Florence	Crocker, Rev. John Jr.	Faulke, William	Henneke, Ben Graff	Kriebel, Nancy H
Mendall, Peter	Perkins, Claire	Rollins, Robert	Thayer, Raymond	Crockett, Lloyd	Fay, Richard	Herzberg, Gene	Kulka, E.
Merritt, Arlene	Perkins, John A.	Rose, Jeffrey	The Barton Store	Crockett, Sharon	Ferholt, Eleanor	Higgins, Charles	L. C. York Co.
Merrithew, Lou	Perkins, Malcolm D.	Ross, Lillian	The Three Fisherman	Crompton, Geneva	Fernald, Gerard	Hildiings, Lawrence	Lachman, Tony
Messinger, Alida	Perlberg, Mark	Rowe, William	Thompson, E. Frank	Crowley, J. W.	Findlay, Joseph	Hildiings, Lowell	Lacross, John
Miller, Myron	Perry, Libbie	Rubashkin, Michael	Thorbjornson, Ed	Cunningham, Priscilla	Fisher, Stanley	Hill, Ronald	Lally, Margie
Miner, Diana B.	Peters, Douglas	Ryder, Sari	Thornton, Garnet	Curtis, Venner	Flagg, Paluel	Hoagland, Mahlon	Lamson, Elliott
Minor, William	Peters, Gordon	Saltonstall, Richard	Thornton, Garnet/Clara	Dabney, Thomas	Fleischmann, Georgiana	Holgerson, Carrie	Larrabee, Howard
Minot, George R.	Peters, Stefan	Saltonstall, William L	Tibbets, Richard	Daigle, Marion	Forbes, Madeleine M.	Hollenback, Wm. M. Jr.	Lasansky, Leonardo
Mitchell, Charles S. Jr.	Peters, William	Sampson, Frank	Timson, Patricia	Davis, Hazel	Fox, Elizabeth	Holmquist, Olaf Jr.	Lasansky, Mauricio
Mitchell, Eben	Peterson, Frank H	Sands Cove Boat Shop	Tomer, Raoul	Dearborn, Elizabeth	Fox Islands K P Lodge	Holmstrom, Ethel W.	Lawson, Florence
Mitchell, Robert	Petronzio, Frank	Schram, Harry	Tomer, Timothy	Demmons, Clinton	French, Stewart	Hopkins, Elmer	Lawson, Ralph
Mitchell, Wendell	Pettit, Lewis	Schwentker, Frederick N.	Tomlinson, Philip	Demmons, Harvey	Fulford, Jillian	Hopkins, Elmer J.	Lermond, John Mrs.
Moorigan, Nancy	Philbrook, Donald	Sennett, Etta	Torrey, Nancy	Dexter, Everett	Gallagher, Jeff	Hopkins, June C.	Libby, Robert
Morgan, Constance	Philbrook, Frank	Sheeline, William E.	Townend, Robert S.	Dickinson, David	Garrett, Anna	Hopkins, Marion	Lippencott, Walter
Morehouse, Richard S.	Philbrook, Karl	Sheppard, W. Stevens	Trabant, Kare	Disney, Joan	Gates, Gregory	Hopkins, Murray B.	Littlefield, Dorothy
Morrison, Elsie G.	Philips, Ken	Shepherd, William	Trefry, Meredith	Doble, Lawrence	Georgeson, J. Robert	Hopkins, Vinal	Littlefield, John
Morton, Herbert	Phillips, Robert	Shields, Richard	Twitchell, Norma	Dodge, Charles	Gerquist, Arthur	Hopkins, William	Litwak, Benjamin
Moss, George	Pierce, Fred	Simpson, Louise	Unity Guild	Dowling, Jeanette	Gillis, Kenneth	Hoppin, Edith	Lloyd, Jessie
Moyer, Candy	Pierce, Lorraine	Sisson, Edith	Valentine, Garrison	Drake, Robert G.	Gilway, Harry	Hoppin, William	Lockwood, David
Murphy, Delmont	Pixley, David	Skoog, Lucy	Van Ness, Noble Mrs	Driver, Phoebe	Gjelton, Thomas	Howe, Archibald Jr.	Lockwood, Hamilton
Newbold, Leroy	Plummer, John	Slaughter, Bertha	Van Twisk, William	Dronsfield, Bruce	Goddard, Bob	Hoyt, Edwin	Lombard, LLC.
Newman, William	Polk, Gail	Small, Cassie	Vancor, Frederick B.	Dronsfield, Phyllis	Godfrey, Jessie A	Huber, Peter	Loring, Charles Jr.
Newth, Constance	Popp, Frederick W.	Smith, A. L.	Vayda, Linnea/Steve	Duchak, John	Goodhart, Patricia	Hurd, Corice (Mrs. William)	Loveless, Ruth
Newton, Isabel	Popp, Kathleen	Smith, Ethel	Versaci, Nancy R.	Dudley, Walter	Goodwin, Peter	Hurst, James	Lowe, Maurice
North Island Designs	Potter, F. Edward	Smith, H. J.	Vinal's News Stand	Duncan, David	Goucher, William	Hutchinson, Bruce	Lowell, Melvin
Norton, Cecil	Pouliot, John	Smith, Kilton	Vinalhaven Fuel Corp	Duncan, Mary	Grant, Hubert	Hutchinson, Joseph	Lyford, Walter
Norton, Garrison	Pratt, H. Irving	Smith, Langtry	Vinalhaven Seafoods	Dunlap, Mabel	Gray, Kathleen	Hutchinson, Walter	MacDonald, Argyle
Norton, Harriett	Pratt, Irving H.	Smith, Lawrence	Wahlman, Walter	Dunn, Harriet	Green, Rodman Sr.	Island Gift Shop	MacDonald, Audrey
Norton, Roy	Prince, Harold Elsie	Smith, Russell	Wall, Eldie	Durant, K. L.	Greene, Sherman	Island Lobster Co.	MacDonald, Ira
Novick, A.	Prior, Frank	Smith, Sidney	Wallace, Gordon	Dwyer, Valerie	Greenlaw, Maynard	Ives, Margaret	MacKenzie, Gordon Sr
Nynex	Procter, Geraldine	Smith, Stan	Walls, Henry	Dyer, Bernard	Grindle, Bruce	Ives, Stephen	MacLean, John
Oakes, Charles	Pullen, Fred Jr	Snow, F. Stedman	Walls, Newman	Dyer, (Bert) George	Gross, Helen	I.W. Field Store	Magnuson, Elizabeth
Oakes, Donald Jr.	Pulpit Trust	Soderberg, Hazel	Walsh, John	Dyer, Claudine	Gross, Henry	Jamieson, /Duncan	Manning Theodore
Oakes, Garrath	Quinn, Mary	Southwick, Marie	Walsh, Robert	Dyer, George Jr.	Grove, William	Jenny, Babette Dr.	Marie's Beauty Shop
Oakes, Mabel	Racz, Andre	Sparrow, Lydia	Ward, John	Dyer, Jim	Hack, Eugene	Johnson, Andrew	Marion, Philip
Oliver, Clifford	Ray, David	Spaulding, Josiah	Warehan, Robert	Dyer, Paul	Haible, Thomas	Johnson, Richard E.	Marshall, Burke
Olson, Elin	Raymond, Francis	Spencer, J.	Warren, Clarence	Dyer, Robert	Hair Haven	Jones, Alice	Marshall, Edward
Olson, Willie E.	Raymond, Kenneth	Spencer, Jill	Warren Dorothy E.	Dysart, Michael	Hall, Elliot	Jones, Hilda	Martin, Grover
Orcutt, James	Raymond, R. W.	Sprague, Robert	Warren, Leland	Eastholm III	Hall, Rita	Jones, Olga	Martin, Herbert
Orcutt, Phyllis	Reed, Beverly	Staples, Alfred	Warren, Lyford O.	Eaton, Bryant	Hamilton, James	Jones, Percy	Martin, Maxine
Osborne, Barbara	Reed, Thomas III	Staples, Cornelia	Warren, Ora	Eaton, David	Hamilton, Stephen	Joy, Carleton	Martin, Robert
Osgood, Albert Sr.	Reid, Harry	Starrett, Thelma	Washburn, Guy	Eaton, Erwin	Handley, Helen	Katzenbach, L.	McAllen, Francis
Osprey, Inc	Reid, Raz	St. Laurent, R.	Wass, Dwight	E.G. Carver & Son	Hardison, Louise	Kelleter, Paul	McCabe, Charles W.
Paddock, Trudy Est. of	Reilly, Thomas	Stetson, Eugene	Waterman & Co. Inc.	Ellingwood, John	Hare, Charles	Kemble, Robert/Susan	McCall, Steve
Pamdolfo, Harriet	Reimann, Peter Dr.	Stoia, George Dr.	Waterman, Clara	Ellis, Corina	Harrison, Helen	Kemble, Robin	McClellan, Gertrude
Paradis, Leon	Reynolds, Wyvan R	Stone, Bruce	Waterman, Franklin	Emerson, George MD	Haskell, Hershall	Kenny, John	McDonald, Herbert/Charlotte
Parsons, David M.	Rhineland, Philip	Stone, Mari	Watt, John	Epton, Carolyn	Haskell, Lewis	Kensler, Charles/Diane	McDonald, James (VH)
Parsons, H.	Rhodes, Maxwell	Stoye, Soni	Wayside Service Station	Epton, William	Hatch, Eileen	King, Michael	McDonough, Patrick
Parsons, John	Rice, William E.	Strong, L. C. Mrs.	Weaver, Roderick	Ernest, David	Hatch, Fred	Kingsbury, Howard	MCDougall, Duncan
Patten, William	Rickman, David	Sutcliffe, Dorothy	Webb, Eleanor	Estes, Fred	Hatch, Kenneth	Kintner, Philip	McElroy, Beulah
Patterson, Donald	Riendeau, Mary	Sutton, Warren	Webb, Helen	Ewen, John	Hawley, Elizabeth	Kirkham, Dunham, MD	McGilvray, Ronald