

Reminder... The Wind will not blow the week of July 4th



Farm Stand Open
Tuesday & Thursday 2-5
Saturday 10-1
PRODUCE, BAKED GOODS
& PREPARED FOOD

Nursery Open
Monday to Friday 2-5
Saturday 10-1
HANGING BASKETS &
SEEDLINGS

See you at the farm!
www.rhfarmvh.com

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



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 FLEA MARKET
EVERY SATURDAY 9-12
WEBSTER FIELD

COME MEET SOME OF VINALHAVENS'
MOST TALENTED ARTISTS, COOKS,
BAKERS, DESIGNERS, GARDENERS,
AND CRAFTERS! WE HAVE KIDS'
TABLES AVAILABLE WITH NO FEES!

HAVE QUESTIONS OR WOULD
LIKE TO JOIN US, PLEASE CALL
863-2791!
KATHY OR LONNIE MORTON

Vinalhaven Taxi

207-720-0056

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

**GREET'S
EATS**

Closed this weekend!
Congratulations to Bella and the
Class of 2023!

Adult Trivia Answers

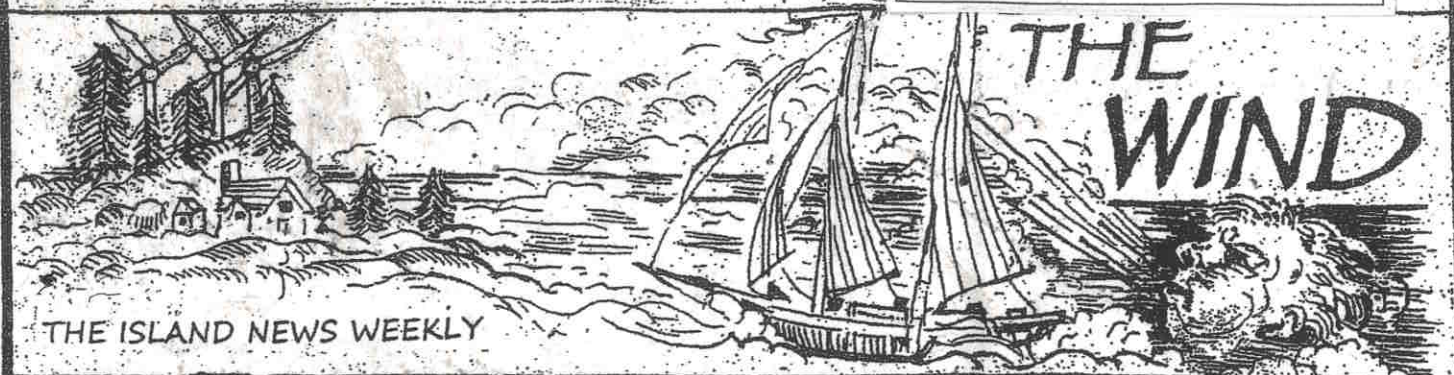
- 1 Bubble Wrap
- 2 Dumpster
- 3 Crockpot
- 4 Dry Ice
- 5 Porsche

Kids Trivia Answers

- 1 Sugar cookies
- 2 True
- 3 Homer Simpson
- 4 Baked Alaska
- 5 True

P.O. BOX 194, VINALHAVEN, ME 04863

ANNUAL SUBSCRIPTION: \$55



THE ISLAND NEWS WEEKLY

June 15 - June 21, 2023

E-MAIL: vinalhavenwind@gmail.com

class of
2023

Senior Aspirations

Kyle Grant
Plans to pursue his lobstering business.

Joseph Lazaro
Plans to attend The University of Maine at Orono
to study English.

Maddie Miller
Plans to attend Southern Maine Community College
to major in early childhood education.

Emile Osgood
Plans to attend Husson University.
Her major is undecided at this time.

Robbie Swears
Plans to stay on the island to work as a roofer.

Bella Tolman
Plans to attend Southern Maine Community College.
Her major is undecided at this time.

Cal Warren
Plans to attend Southern Maine Community College.
She is enrolling in the liberal arts program.

Sam Wentworth
Plans to attend Eastern Maine Community College
to become a welder.

Congratulations Class of 2023!

Place Mailing Label Here

**HAPPY FATHER'S DAY
JUNE 18TH**

Cancellation Notice
Unfortunately, the 1st Bean
Supper that was scheduled for
Thurs., 6/29 at the Union Church
has been cancelled due to
unforeseen circumstances. Next
one scheduled is July 13th!

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

**There will be a funeral for
Clarence Conway at the Union
Church on Saturday, June 24th
at 11am. A luncheon will follow
at Dennis's Wharf.**



GRADUATION



Graduation will be held at 1 PM on Saturday,
June 17th in Smith Hokanson Memorial Hall

Grand March will be held at 6 PM in the
Pratt Gymnasium

dot & millie's

restaurant & bar

June Schedule

Thursday - Saturday
beginning at 5pm

Friday - oysters on the half shell

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

Town of Vinalhaven Information

www.townofvinalhaven.org

Calendar

Juneteenth Holiday - Monday, June 19, all Town departments closed
Annual Town Meeting - Wednesday, June 21, Smith Hokanson Memorial Hall at 5:30pm
Public Hearing - Thursday, June 29, Town Office Meeting Room at 7pm
Planning Board - Pre-planning - Wednesday, July 5 at 7pm
Board of Selectmen - Tuesday, July 11 at 5pm

Notices

The Transfer Station is not accepting electronics (TVs or computers) or hazardous waste (oil or paint) for now! Please contact Kenny or Luther if you have any questions! 863-4306

2022-2023 Property Taxes - Tax bills were mailed out on September 8, 2022. Tax bills were sent to the owner of record on April 1, 2022. If you sold your property after April 1, 2022, it's up to you to forward the tax bill to the new owner. Payments are due on November 1, 2022, and May 1, 2023. Interest will accrue starting November 2, 2022 and May 2, 2023. Please call the Town Office at 863-4471 or 863-4343 if you have any questions.

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.

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.

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

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, 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



NOTICE OF PUBLIC HEARING Town of Vinalhaven

The Town of Vinalhaven Planning Commission will hold a public hearing on June 29th, 2023 at 7:00 p.m. 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.

Note: A copy of the proposed ordinance is available for review at the Town Office at 19 Washington School Road.

The second half of property taxes was due May 1st! Interest accrues daily until payment is received!

Reminders have been sent out. Any unpaid property taxes as of June 30, 2023 will be printed in the 2023 Annual Report!

Town Committee Vacancies!

There are many opportunities for you to serve your community:

- 1 vacancy - Appeals Board (3yr term)
- 1 vacancy - Cemetery Committee (3yr term)
- 1 vacancy - Ferry Tariff Advisory (1yr term)
- 1 vacancy - Fireworks Committee (3yr term)
- 4 vacancies - Harbor Committee (3yr term)
- 1 vacancy - Lanes Island Stewardship (1yr term)
- 2 vacancies - Maine Islands Coalition (2yr term)
- 1 vacancy - Parks Commission (3yr term)
- 2 vacancies - Planning Board (3yr term)
- 3 vacancies - Planning Commission (3yr term)
- 1 vacancy - Sewer Commission (1yr term)
- 4 vacancies - "Waste Watchers" (3yr term)

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



Pastor Jeff Winters

SUNDAY

9:30—Sunday School
Children (Pre-K to 5th) in
Parsonage
Adults in Church

10:30—Fellowship Time

11:00—Worship Service
Nursery Available

WEDNESDAY

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

THURSDAY

6-7 PM—Youth Group
(4th to 12th)

ALL ARE WELCOME!

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

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.

Union Church

~Welcomes You~

Sunday Services
11:00 am

~
Reverend
Jeffrey Lewis

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

~
Our Sunday School program is over for the season and will resume again this fall!

~
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



"Go into the world and do well. But more importantly, go into the world and do good."
Minor Myers, Jr.



Pleasant River Chapel Sunday Service will be held on Sunday, June 18, 2023. Ben Henneke will deliver the message.

This service will be held via ZOOM and in person at the Chapel. For Zoom Information, log-on info, email pleasantriverchapel@gmail.com.

Breakfast at 8, Fellowship time at 8:30, service at 9. ALL are welcome.

If you are interested in using the Pleasant River Chapel, please contact Ethel Jones at 863-2272 or by email at kjrjmy3@aol.com.

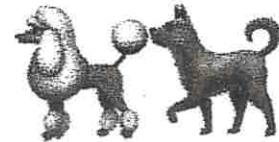
For pastoral care: Bob Candage, 863-4943 or Pam Kittredge, 863-2022

The Little Food Pantry...

Is located at The Union Church on East Main Street. Enter via the ramp door on the left side of the building. The pantry is open 24/7. This food is available to anyone on Vinalhaven experiencing a need. No questions asked. Please call Candi at 863-2001 with questions.

Help keep our Quarry clean

 **No dogs allowed**



No soap 

  **Please take
your trash home** 



Thank you

All Are Welcome!

DOWNTOWN PROJECT COMMUNITY CONVERSATION

**Dinner, Presentation, and Discussion
about the Different Parts of the Project**

Want to learn more about the Downtown Project – what's happening and when? Want to ask questions and share your ideas? Join your neighbors, folks from the Town, and project engineers for a meal and conversation about the Downtown Project. Dinner will be provided but feel free to bring a salad or your favorite dessert to share!

What is the Downtown Project?

The Downtown Project is a series of coordinated capital improvements based on the 2019 Downtown Master Plan. The goal of the Project is to improve the function and resilience of Main Street to make walking, driving, working, living, and doing business easier, safer, and more efficient for everyone.

Questions?

Contact Gabe McPhail
Project Support Consultant (207) 952-1817
downtownproject@townofvinalhaven.org

OR

Marjorie Stratton
Town Manager (207) 863-2042
townmanager@townofvinalhaven.org

Learn More about the Project

www.townofvinalhaven.org/capital-projects



**Wednesday
June 28
5-7:30 PM
Vinalhaven School
Cafeteria**



Scan to learn more about
the Downtown Project



Cynthia Shows Her Plaque to "Softie"

Photo by Clayter

National Award Given For Saving Dog

VINALHAVEN — Miss Cynthia Ann Conway 16 year old daughter of Mr. and Mrs. Herbert Conway, was completely overwhelmed a few days ago when she was notified she was to receive the Lassie Gold Plaque Award, presented by the producers of the Lassie television show. The incident that brought about the award occurred April 3, when Cynthia rescued the family pet dog, 13 year old "Softie", from the icy waters of a pond near her home.

Cynthia, her sister, Pamela, and two girl friends were walking in a wooded area, accompanied by Softie, who decided to venture out on the ice covered pond. His first trip proved interesting so Softie repeated his course, but this time went through the ice and was unable to crawl out of the water. Cynthia, with no concern for her

own safety, broke the ice from the bank and, fully clothed, swam to the aid of her pet.

All efforts to entice the dog to follow her back to the bank failed and she then started to swim back saying, "Come Softie I'm going back now, follow me." The dog by that time was extremely frightened but managed to crawl on his mistress' back, placed both paws around her neck, and clung tightly until both were again on the bank.

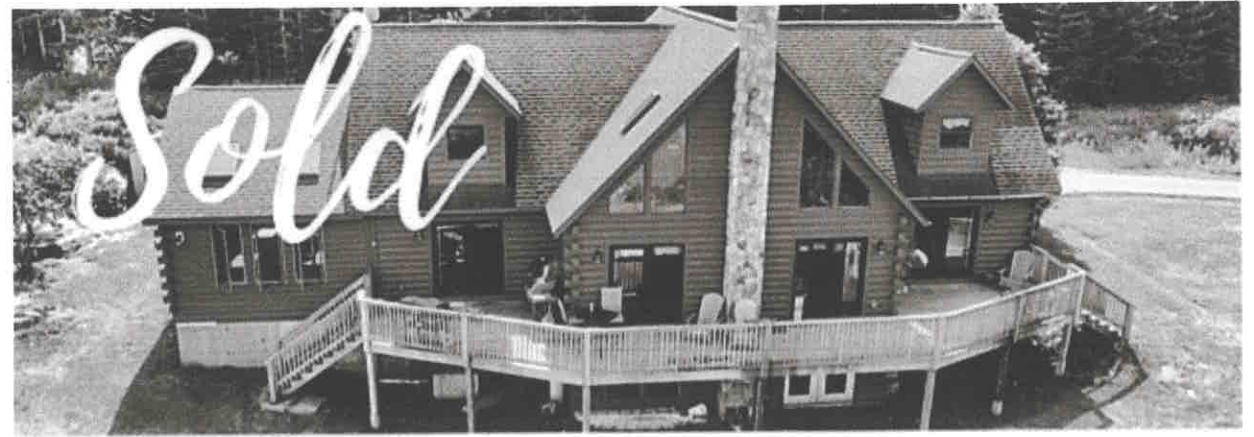
An account of the rescue appeared in the April 5 issue of The Courier-Gazette and was read by the director of the Lassie show in Los Angeles, Calif. Contact was made with WABI Television Station in Bangor, who made arrangements for Cynthia to receive the award, which was presented to her by Richard Bronson of the

Bangor station. Cynthia was interviewed by Mike Dolley Thursday prior to receiving the plaque and her acceptance of it was on television Thursday evening and Friday morning.

The award contains a large picture of Lassie and the inscription "Lassie Gold Award" "Cynthia Conway," "For Making the Canine World a Better Place in Which to Live."

By coincidence the date of the presentation was the birthday of her grandfather, Max S. Conway of Vinalhaven, and her great-grandmother, Mrs. Evie Hennigar of Vinalhaven, a patient at a Waldoboro nursing home, who observed her 90th birthday.

Courier Gazette - 1966



Lorraine Walker & Claire Jackson

| 28 Main St | 207-863-5151 |

vinalhavenrealty.com



238 Tip Toe Mountain rd \$799,000

Historic 2 bed/1 bath & boathouse on 1.8 acres with 350 ft of tidal shoreline on Carvers Cove. Walking distance to 40 acre nature preserve.



Tour Vinalhaven

and surrounding islands from the water. Join Captain Mark Jackson aboard his Hampton boat "Ruth" for a relaxing, informative cruise, reveling in the sea life that abounds.

vinalhavenbyboat.com

207.248.1775



Walks & Talks

Upcoming Events

Exec Director Stroll- Monday, June 19th, 8:00am, Skoog Park

Get to know VLTs Executive Director Andrea Hogan, while exploring some of her favorite preserves. This month, join her as she leads the group on an easy hike through Basin Preserve, Granite Island Trail. Hiking shoes and bug spray recommend.

Being a Firefly Steward, Neighbor & Friend-

Tuesday, June 20th, 7:30pm, Pleasant River Grange

Co-sponsored by the Pleasant River Grange. Join us for a Firefly talk and field walk. Lead by Dr. Avalon C.S Owen from the Rowland Institute at Harvard, Dr. Owen will share her work in firefly conservation and share simple solutions that will help us coexist with fireflies, moths and our other nocturnal neighbors

Bird Walks- Thursday, June 22, 8:00am, Skoog Park

Each Thursday this summer, VLT will be offering a bird walk led by a knowledgeable birder. This week Allan Hayes will lead the group and share tips and tricks about where to find the most interesting birds and how to identify them. Binoculars recommended. Meet at Skoog Park to car pool.

For More Information On Upcoming Events Visit:

www.vinalhavenlandtrust.org/calendar-of-events

Vinalhaven School News!



Sam Wentworth, Joe Lazaro, Kyle Grant, Robbie Swears, Cal Warren, Bella Tolman, Emilie Osgood, Maddie Miller

Congratulations to the seniors, with best wishes for upcoming careers and college.

Graduation is 1:00 p.m. June 17th. **Grand March** at 6:00 p.m.

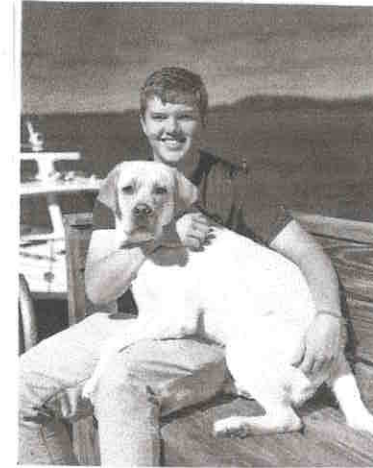
As we approach the end of the school year, look for an opportunity to write a note or say **"Thank You"** to your Vinalhaven School teachers. They are an extraordinary group!

From the entire staff at Vinalhaven School, we wish all of the students and parents a wonderful summer. We look forward to our first day of school, Tuesday, September 5, 2023.

Dr. Monte Selby, Principal/Superintendent

Monte.Selby@VinalhavenSchool.org 863-4800 ext. 1107

SENIOR PROFILE CLASS OF 2023



Name: Samuel Robert Wentworth

Age/Birthday: 18, April 29

Parents/siblings: Wesley & Amanda/Lydia

Hobbies: Fishing

Favorite book/movie/TV show: The Wolf of Wall Street

Favorite game (video, board, online, or outdoor game): Mario Party

A favorite childhood memory: Spending time with Connor

If you could spend one year after school doing anything you want, where and what would it be? Vacationing in Florida

Favorite athlete(s) / sports team(s): Boston Celtics

If you could visit one place in the world, where would it be and why? California, because I liked it when my family traveled there years ago.

Favorite song/band: Morgan Wallen

Favorite animal(s): Dogs, especially Emmett

Favorite food: Steak & cheese sub

Just for fun, I: hang out with my friends.

Favorite high school course: Lunch with Keeley, Julia, and Sarah

Best school memory: Playing for Coach Nip on the Ravens

In school what would you be voted most likely to do? Show up late.

If you could spend one day with someone living or dead, who would it be and why?

My grandfather because he was the best grandfather!

Future plans: To attend Eastern Maine Community College to become a welder.

KINDERGARTEN KIDS Class of 2023



Samuel Robert Wentworth

How old are you? 5

When is your birthday? April 29

Where do you live? Pond Street

Who is in your family? My Mom and my Dad and my sister and I can give her piggy backs. She's three and when she's three and a half I won't be able to give her piggy backs because I already wobble around.

Do you have any pets? Just a dog, Mason. My other dog died. He got a cancer. My other dog, Mason hasn't died since January.

What do you like best about kindergarten? That there's Legos and Choice Time. That's the funnest thing. Guess what? I'm distracted by that Star Wars book over there (points to a book on the library shelf).

Tell us the names of some of your friends: Lyford and guess what Robbie does? He has a toy duck and it "poops out" eggs. And Maddy and everyone in kindergarten is my friend.

What is/are your favorite toy(s): Game Boy, DS Hunting Game and Legos and that's all I like.

What do you like to do after school? Fly my kite and it blows me up a little off the ground, but then I float gently down like a parachute.

What do your parents do for work? My Dad does hauling, goes to Jo Jo's to work on traps; My Mom goes to Big School.

Tell us something about you that we don't know: I know secrets that I don't tell anybody.

What do you want to do when you grow up? Jump off an airplane, snowboard down the slope, ski-jump, too. I might go backwards and do a flip.



Arriving Soon!
In keeping with our theme, Vintage Vinalhaven, we have created a game about Vinalhaven between the 1880's to the 1920's. More info to come
 The VH Celebration Committee



VINAL ENERGY
 36 WEST MAIN STREET
 PO BOX 803
 VINALHAVEN, 04863

(207) 613-7460
 vinalenergy.com

Monday-Friday 9am to 4pm

Providing fuel oil, kerosene,
 diesel and propane
 Factory authorized Toyotomi and
 Monitor service and sales

Town Band Rehearsals Tuesdays

June 20 and 27, 6pm in the school. All welcome. If you cannot make rehearsal and want to play on the 4th of July, please let us know via text or call with questions.

Cell: 216 469 5200
 Landline: 207 863 4202



Elin Elisofon

Lincolntonville Real Estate on
Vinalhaven

Buyer and Seller Agent

Family Lands and Conservation Consulting
 ~ ~ ~
 Vinalhaven North Haven Islesboro

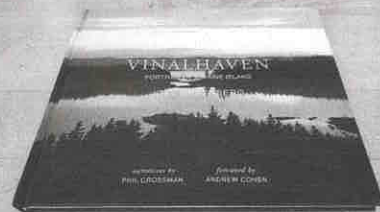
elin@islandheritagehomes.com
 www.islandheritagehomes.com

(207) 867-4866 or (207) 450-1937



A love letter to VINALHAVEN

Savor the beauty and charm of Vinalhaven with this new 144 page coffee table book featuring images by professional photographer Joel Greenberg and narratives by well-known Maine author Phil Crossman.



What Vinalhaven residents are saying:

"We're completely mesmerized by the wonderful images and the text that so perfectly enlivens them. All of it is just beautiful and so engaging."

"This book will be a treasure for all time."

"The writing makes the book warm and compassionate, and gives it substance and heart."

VINALHAVEN: Portrait of a Maine Island is available at:
 New Era Gallery, The Tidewater, Phineas Fogge, and at vinalhavenbook.com

Outboard Motor Wanted
 75 - 90 hp, reliable, well-serviced motor wanted for VH boat.
 Call Elizabeth S. @207-671-2458,
 and thanks!



~Library News~

HOURS

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

Story Time

Saturdays @10

Game Time

2nd and 4th Tuesdays @5

LEGO Club

Thursdays from 3pm-4

Book to Movie Club

1st Tuesdays @6

Digital Skills Class

"Identifying Frauds and Scams"

Wed. June 28 6:30-7:30pm

Learn about the different types of internet fraud and scams, the dos and don'ts of protecting yourself online and what to do if you have experienced online fraud or abuse.

Class size limited to 10

You can sign up online

Author Visits

Jane Healey will be here to talk about her new book **Goodnight from Paris**, on Saturday July 1st.

Jacky Davis, author of the **Ladybug Girl** book series will be here July 12.

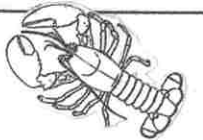
Check out our website for more!
www.vinalhavenpubliclibrary.org

PENOBSCOT ISLAND AIR



P.O. Box 273, SOUTH THOMASTON, ME 04858
 TERMINAL LANE, OWLS HEAD, ME 04854
 (207) 596-7500 • WWW.PENOBSCOTISLANDAIR.NET

Help Wanted



Bean Maine Lobster is looking to hire a float worker. Duties include buying/shipping lobster. Apply at the first lobster buying facility near the ferry terminal or call 863-2082.

Auto

Home

Business

Marine



Independent. Local. Focused on you.

Serving Maine



- SINCE 1898 -

207.863.9384 jedwardknight.com

Boothbay Harbor New Harbor Vinalhaven Rockland Bath Wiscasset

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

NEW LISTING!



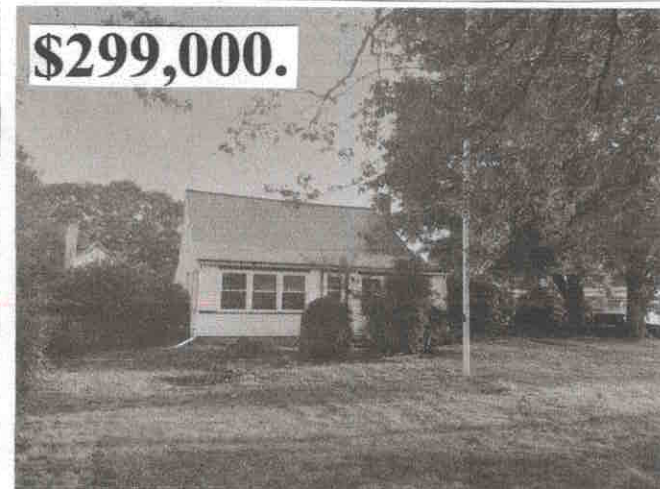
\$450,000.

8.8 ACRES WITH 1350' TIDAL FRONTAGE ON VINAL COVE. 2 SOIL TESTS FOR SEPTIC. NEWLY APPROVED LOT WITH SOME OPEN FERN MEADOWS AND NICE VARIETY OF SOFT AND HARD WOODS. LOVELY VIEWS.

WESLEY REED 207-542-6038
 ASHLEY DAVIS-OAKES 207-213-3788
 WANDA DAVIS-OAKES 207-401-8655

RE/MAX THE ISLAND GROUP
 Jaret & Cohn
 WESLEY REED 207-863-2554
 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

Hours:
 Wed-Thur-Fri:
 Noon-4pm
 Saturday 1-3pm

Sundays Open
 11am-2pm
 Thru June
 cash or check only

closed Mon/Tue

Starter Seedlings of all kinds,
 potato seed, herbs, flowers,
 sprouted Dahlias,
 sprouted Glads,

So Many Perennials: Peonies,
 including Itoh, Bee Balm,
 Catmint, Delphiniums, White
 and Pink Bleeding Heart,
 Milkweed,

AND SO MUCH MORE!
 Also everything you need to
 create your own window boxes
 and hanging baskets,
 including the window boxes
 and hanging baskets!
 Supplies of all kinds, including
 Potting soil, stakes, slug and
 deer deterrents,
 fish emulsion, gift certificates
 and more!

LOOK FOR OUR DAILY
 MESSAGES ON FACEBOOK!



**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

So
 many
 Reasons
 To visit

CRIEHAVEN

Seeking property, cabin,
 mooring or residence to
 purchase on Criehaven for
 personal use.

Gus Block (978) 852-5774
gusblock57@gmail.com

"The reality is on most matters;
 somebody is going to make a
 decision - so why not let it be
 you." *Kanala Harris*

Timber for Projects
 Build a fence, shed, woodbin.
 Line a garden path, terrace a
 hillside. Available for the asking.
 E. Capen - (212) 427-7654

June 19th - Juneteenth
 Marks the end of slavery in
 the U.S. and commemorates
 African-American freedom.

FOR SALE
 11' aluminum skiff, with anchor,
 oars, and flotation. \$500 or BRO.
 Matthew C. - 863-4567

VINALHAVEN ELDERCARE SERVICES HOSTING:

ART SALE

AT THE VILLAGE CENTER
 54 MAIN ST. VINALHAVEN

OPENING NIGHT ON
 JUNE 30TH AT 5PM
 REFRESHMENTS PROVIDED

OPEN FOR SALES
 JULY 1ST AND 2ND
 10 AM TO 2 PM

ALL PROCEEDS TO BENEFIT THE
 IVAN CALDERWOOD HOMESTEAD



VINALHAVEN ELDERCARE SERVICES INVITES YOU TO

PAELLA

AT THE HOMESTEAD



Come and see the facility, meet the residents, and learn about future plans for the building!

JUNE

17

2023

5:30 PM

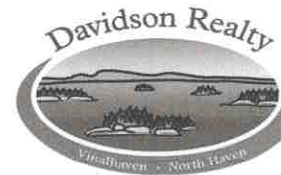
IVAN CALDERWOOD HOMESTEAD
18 Beaver Dam Road
Vinalhaven

VEGGIE PAELLA: \$25
SEAFOOD PAELLA: \$30
WHOLE LOBSTER: \$15

PRE-ORDERING ENCOURAGED
CALL SHELBY: 603-724-5803

DINE IN OR TAKE TO-GO

PARKING IS LIMITED SO PLEASE CONSIDER
CARPOOLING OR USING A NEARBY PARKING LOT



Thinking of selling?

We have buyers interested in purchasing property in all price ranges. Stop by the office, call or email. We would love to help!



Old Harbor Pond. 1.4 acres near town. Partially cleared, drilled well, soil tested, vehicular right of way. No utility easement but a great spot to "glamp", birdwatch & kayak. Own waterfront at a great price! **\$130,000**



Views of Hurricane Sound. Year-round well-maintained post and beam on Dyers Island. Kitchen, dining room, living room, sunroom, bath down. 2 bedrooms above. Two-car garage, shared dock. Great location! **\$949,000**

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



June 15th National Smile Power Day... they are contagious & can make the world a happier place!

Adult Trivia - Generics

- 1 Inflated cushioning is the generic for this trademarked name for what packing product?
- 2 Despite common usage, what word for large waste container was once a trademark?
- 3 Sunbeam Products owns what trademark for an electric slow cooker?
- 4 What name for solid carbon dioxide was 1st copyrighted in 1925?
- 5 Meaning "semi-convertible, topped car" the word Targa is a trademark of what automaker?

Kids Trivia - Just Desserts

- 1 What flavor were the 1st Girl Scout Cookies: Thin Mint, sugar cookies or Samoas?
- 2 The graham cracker, chocolate & marshmallow treat was originally called "some mores", True or False?
- 3 What cartoon character is known for his love of doughnuts?
- 4 What is the name of the dessert made of sponge cake, ice cream and covered in a toasty meringue?
- 5 Gingerbread houses were inspired by the fairy tale Hansel and Gretel, True or False?

~JUNE AWARENESS MONTH~

PERENNIAL GARDENING

PRIDE

NATIONAL MEN'S HEALTH



Vinalhaven, Maine

OPEN

Monday- Saturday
10-4

We lose ourselves in books.
We find ourselves there, too.

Accepting donations during our open hours only (please do not leave items on the porch)

We can take up to 3 boxes of GENTLY USED books/day. For more than that, please contact Colleen, 867-9978, to make arrangements

All sales support Friends of the Vinalhaven Public Library

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

Tidbits from the Vinalhaven Historical Society

A recorded message was received by Mrs. Sidney Winslow, mother of Pvt. Colon L. Winslow, Oxnard Detachment, Carlsbad, NM. It is a small record and can be played on any home phonograph with the usual type of steel needle. It was courtesy of Pepsi-Cola and the soldiers could make as many as they wanted. His voice was clear and natural. He spoke to each member of the family and mentioned what a fine crowd of boys were there each waiting to make records. *June 11, 1943*

The Children's Specialty Shop of Rockland has opened a branch store in the shop of Beatrice Ewell, carrying a complete line of clothes for boys 1 to 6 and for girls 1 to 16. Mrs. Pauline Bartlett, proprietor of the shop in Rockland, was a guest at the Down Easter Monday night. *June 16, 1951*

Dr. Ana Balfour will discontinue her afternoon office hours during June, July and August. She will see patients from 8 to 10 a.m. and 7 to 8 p.m. Sunday by appointment only! *June 4, 1943*

Dickie Witherspoon, son of Mr. & Mrs. Donald Witherspoon celebrated his 8th birthday by entertaining a party of his schoolmates David Joy, Elsie and Martha Morrison, Patricia Calderwood, Austin and Reginald Grant, Charles, Joseph and Ellis Brown, Russell and Nancy Crockett. *June 14, 1949*

The graduates went Friday to New York on a brief sightseeing trip. They left Rockland by bus and arrived at midnight in New York where they have reservations at Hotel Piccadilly. Itinerary of the trip includes a visit to Radio City, American Museum of Natural History, Bronx Zoo, Planetarium, a baseball game and a sightseeing tour of Manhattan. They will return home Thursday. *June 14, 1949*

Bobby Bennett son of Mr. & Mrs. Clarence Bennett gave a western cowboy party at his home Saturday afternoon in celebration of his 10th birthday. The guests arrived wearing cowboy costumes. Games were played and all had a jolly good time. Lunch was served which included ice cream and a large decorated cake topped with a horse and rider (in miniature) made by Mrs. Mae Brown. Favors were cowboy caps, masks and plastic guns. Bobby was the recipient of many nice gifts. Those present were Kenneth Conway, Mike Bunker, James Dickey, Barrie White, Joseph White, Albert Osgood, Kirk Hansen, Janice Wadleigh, Joy Knox, Patsy Smith and Ruth Ann Bennett. *June 13, 1951*

At the Gem Theatre: Fri & Sat June 17 & 18 "Rebecca of Sunnybrook Farm" with Shirley Temple and Gloria Stewart. Mon & Tues June 20 & 21 "Tip off Girls" with Lloyd Nolan and Mary Carlisle.



BUOYS and BIRDHOUSES

Calling all local artists!!!
Contribute to Vinalhaven Eldercare fundraising efforts by painting a buoy or birdhouse to be auctioned off at Vintage Vinalhaven this summer!

Call/text Shelby to get yours:
603-724-5803

June 20th is National American Eagle Day

Osprey


Strong and fierce
Black wings flapping wildly
Watching your eggs hatch
Oh how did you become so skillful?

Black wings flapping wildly
Your talons as you grasp your prey
Oh how did you become so skillful?
Wild and smart

Your talons as you grasp your prey
Seeing you fly high in the sky
Wild and smart
Oh how did you get to be such an amazing hunter?

Seeing you fly high in the sky
Watching your eggs hatch
Oh how did you get to be such an amazing hunter?
Strong and fierce

*Written by Iris Codella
Age 11 / grade 5*



Vinalhaven Players
is a non profit that helps
produce theatrical
performances.

If you would like to
direct, please submit a
proposal.

Questions?
email
vinalhavenplayers@gmail.com

Island Village Childcare IS HIRING!

Island Village Childcare is looking to hire new employees!

Minimum Employment Requirements:
Must be 18+ years of age
High School Diploma
Enjoy working with children ages 6 weeks to 5 years

IVC will assist and compensate fingerprinting, FA/CPR, MRTQ & mandated reporting trainings

Part-time and Full-time positions available!

Interested in joining our team?
Please contact Megan Day
Phone: 207-863-5073
Email: islandvillagechildcare100@gmail.com



Thank you to all who continue to support our goals. It is significant and directly impacts island children and families. We appreciate you all!

Community Calendar

- 6/19: VLT Exec Director Stroll, 8 am, SP
6/17: VEC Paella Dinner, 5:30, ICH
6/20: Summer Solstice Potluck, 6:30, PRG
6/20: PRG & VLT - All About Fireflies, 7:30 - 9, PRG
6/22: VLT Bird Walk, 8 am, SP
6/25: Farm & Garden Tour, 1 - 4:30, All Over
6/30: VE Art Show Opening, 5, TVC
7/1: VEC Art Show, 5, TVC
7/2: VEC Art Show, 5, TVC
7/9: Thanking Bob & Lois Candage for their Service, 2, PRC
7/13: Bean Supper, 6, UC
7/15: VEC Vintage Vinalhaven, 5:30, FMF
7/22: Drive by Lobster Dinner, 4:30 - 6:30, UC
7/23: Pet Show, 2-4, PRG
7/27: Bean Supper, 6, UC
7/30: Summer Flower Show, 1-4, PRG
7/30: Cassatt Quartet's PIE Benefit Concert, 7, UC

Volleyball: High Schoolers and Up, Tuesdays & Thursdays 5:30 - 8:30, SG through June.

FMF: Flea Market Field
ICH: Ivan Calderwood Homestead
LI: Lane's Island
PRC: Pleasant River Chapel
PRG: Pleasant River Grange
SG: School Gym
SP: Skoog Park
TVC: The Village Center
UC: Union Church
VEC: Vinalhaven Eldercare
VLT: Vinalhaven Land Trust

Email events

to:windnonprofitads@gmail.com

Word of the Week

Broigus (broigəs) (adj) Angry or irritated (n): A quarrel or feud

CONGRATULATIONS VH Class of 2023! The world is your oyster so take a big bite of it and enjoy every moment.

Come see what's new at The Island's Closet. We have hats, shirts, magnets, coffee mugs, cards and more for the dad's and Grads in your family. Summer is almost here. Come get your fans, air conditioners, garden tools, potting soil, charcoal, smoker pellets, water hoses, tiki torches, pools and much more stuff for your outdoor pleasure. Come get 'em while they're hot and before we get hot too! We're taking 15% off in-stock TVs. Do you need a new lawn mower, grill, patio chairs or other large items? Come get your order in so I can get you going on your outdoor activities. Please stop by the Closet as we continue to celebrate our 8th Anniversary at 61 Main St.

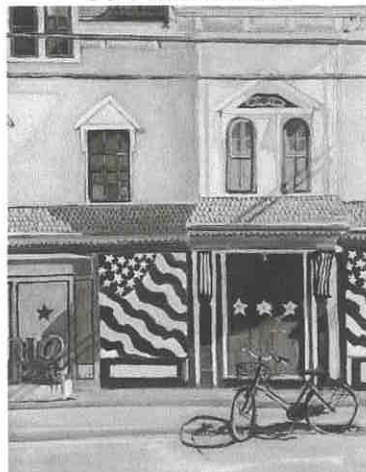
The Island's Closet will have limited hours on Sat., June 24 so we can celebrate the life of Clarence "Cap" Conway

For Sale

2008 Cardinal 5th wheel camper - \$8000.00. Has been seasonal at Sennebec Campground. Call Nancy at: (1)-207-701-1510, or contact Jay - 207-691-3261 or Richie - 207-691-5411

"If it doesn't challenge you, it doesn't change you." Fred De Vito

New Era Gallery 60 Main Street



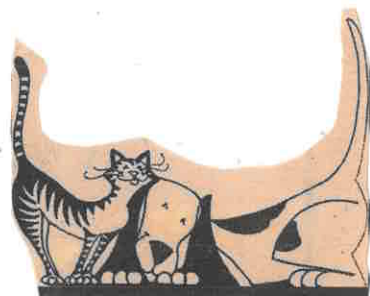
Heather Reeves Blake "Hope"

Spring!

May 27 - June 20

Tuesday - Saturday
10:00 - 4:00

neweragallery.com
207-863-9351



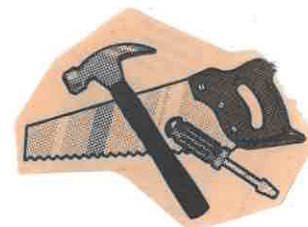
Dr. Caron will hold the next Veterinary Clinic

July 6th, August 3rd & 31st

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.



Exterior Home Restoration

50 Years Experience



References Available
chuckclapham@gmail.com
207-303-7787



PARTNERS in ISLAND EDUCATION

Applications are OPEN!! Ogden/Chaffey Career Path Grant

What is it?

A one-time grant of up to \$500 to help with expenses related to pursuing a career/training: tuition, fees, supplies, travel, etc.

Who is it for?

Vinalhaven adults, ages 18-25
High school diploma not required

Is there a deadline?

Applications are accepted on a first come, first served basis. Funding is limited - apply ASAP!

How do I apply?

Apply online at: PartnersInIslandEducation.org/post-secondary-scholarships/

Questions?

Contact Alice or Julie at:

PartnersInIslandEducation@gmail.com

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 10-5

Join us for tastings on
Friday, 6/16 and on
Friday, 6/30.
We will be pouring
from 2-5!

32 Main Street
863.2192



OLIVE OIL &
BALSAMIC VINEGAR
TASTING ROOMS

Come In And
Taste For Yourself!

Definitively Healthy,
Freshest Products!

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Bar Harbor Rockland

88 Main St. Island Spirits
Freeport Vinalhaven

www.FIOREoliveoils.com
info@FIOREoliveoils.com

Vinalhaven SHIATSU

With Carol Baker

Shiatsu is a Japanese form of therapeutic bodywork using acupressure points on the body to create wholeness and harmony by strengthening and supporting the body's ability to heal.

Shiatsu is deeply relaxing and effective in helping with:

Mind

Anxiety & Depression
Insomnia, Muscular
Tension, Headaches

Body

Digestive disturbances,
Menstrual Dysfunction,
Low Resistance to
Infection

Joints & Muscles

Backaches, Sprains and
Strains, Neck and
Shoulder Stiffness, Joint
Pain

What to Expect

Thumb and palm
pressure, kneading,
tapping and gentle
stretches

Book an Appointment Today

www.VinalhavenShiatsu.Com



2023 Exiles for sale

\$30 each

Order online (online option coming soon) or fill out order form and give to Amanda. Expected delivery early June

Name _____

Phone # _____

of books _____

x \$30 = \$ _____

Boat Ride to and around

Seal Island NWR

Great Cormorants, Artic Terns,
Razorbills, Puffins, Sea Pigeons,
Grey Seals, Porpoise, maybe a Whale...

And more: 3 & ½ hour tour \$440, or
\$100/person – 5 or more.

Info at: Maineseabirdtours.com
johnbdrury@gmail.com 596-1841
-Ride around VH or Isle au Haut-

SKÅL!

A Vinalhaven Speakeasy
6 Bodwell Lane

It's our 5th season!

New specialty cocktails & food items weekly

5 p.m.-closing

Open weekends in June
Wednesday-Saturday in July

Live Music

June 24

Rigometrics Band

June 29

Oshima Brothers

June 30

Briz and Lady

July 1

Willie J. Laws

July 3

Undertow Brass Band

July 7

Briz and Lady

July 8

Rosa Rugosa

Information and tickets are available online.
www.islandspeakeasy.com

Life is a Carnival

The Band circa 1971

The year was 1966 and summer was slipping by like a bad clutch.

My mother and father sat me down and said that I needed to go look at private schools. I was looking forward to the fall and once again spending time with my girlfriend who would pick me up after school and take me back to her house so we could study.

My father told me we would be looking at a school the next day, and my mom started packing my stuff in a new trunk. It got loaded into the back of my dad's car and off we went to "look" at a new school.

We arrived at some godforsaken town in the middle of Pennsylvania called Pennsburg. We went in and met the headmaster and the dean. My father handed the headmaster an envelope and told me to study hard and pay attention and proceeded to leave.

About ten years after I graduated from Perkiomen, I had somehow found it in my heart to forgive my parents; I was visiting them in Berwick, Pennsylvania.

The next town over had a large carnival going on, so I headed over to check it out. I felt someone tap me on the shoulder and I turned around to find myself face to face with a woman I didn't recognize. Quickly she came into focus, and I realized she was my former high school study partner and she said, "Chuck, it's Jolene." The ten years that had passed had treated us very differently.

I believe I misplaced my airway and I departed with great haste. I ran into my parents' home and gave my Dad the biggest and longest and probably the only hug I could recollect. Jolene was in fact the upper-class student who was picking me up every day from junior high and taking me back to her house to study. Thank you, Dad, for saving private Ryan. cc

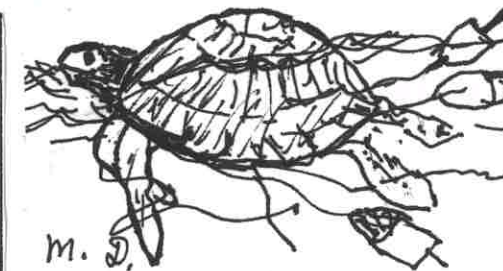
Al-Anon Family Groups
Help and hope for families and friends of alcoholics

SUMMER SERENITY

Al Anon Meeting
Tuesdays & Thursdays at 12:00 (noon)
Union Church *-Downstairs

Troubled by someone else's drinking or behavior?
Not everyone trapped by alcohol is an alcoholic.
Family and friends are suffering too.
Al Anon can help.

SUMMERSERENITYVH@GMAIL.COM



World Sea Turtle Day, June 16th

On top of coastal development, pollutants and trade, tons of plastics are dumped into our oceans, it is extremely hazardous to sea turtles as well as others. 6 out of 8 marine turtle species are on the verge of extinction.



ISLAND TICKS

pest control

- Ticks/Mosquitoes
- Brown Tail Moths
- Ants
- Grubs
- And as always Mice

"If you have a pest, we have a solution."

Give us a call
207-837-7011

Charlie & Erica Simpson
islandticks@gmail.com

OCEANSIDE GETAWAY

Take a digital break. Relax off-screen. Watch the osprey nesting and the eagle soar. Catch the changing tide & lobstermen pulling their pots. Beach and coastline to explore. 3 bedrooms, kitchen, electric & shower. \$775 per week.
Call: (212) 427-7654
Email: ecapen@lansco.com

Commercial Drone Pilot

FAA Licensed & Insured

- Real Estate Sales
- Insurance Claims
- Parcel Mapping (Hi-Res)
- Home & Roof Inspections
- Weddings & Group Photos
- Private Drone Classes

Danny Burk . 571-989-2432
dburk@FnGravity.com
www.FnGravity.com

f(n)GRAVITY LLC



Islands Community Medical Services

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

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

Kathleen Coleman, ANP
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.

\$10 Dollar Treasurahh!

Vinalhaven's Weekly 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 Treasurahh is always hidden in a beautiful and safe public place. Check out www.VH-TDT.com to see the weekly pictures.

Recent Winners: will you be next?

Nathan Cowing, Ladies of Power, Susanne Woodcock, Donna Warren, Chuck Williams, Katherine Alley, Stanley Beckman, Stanley Beckman Jr., Nolan Turner, The Treasure Hunters, Erin Creelman, Thomas, Catie, Danielle Hall, Princess & Other Anonymous Winners...

Game Rules:

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

Ahoy, Me Hearties! Welcome to week #20 Treasurahh Pahhty!

In nature's greatness, I can be found

Overlooking an island staple, safely and bound

When you reach the spot, look high and low for my flag

It's small and brown, with the Captain Hook tag!

~ Love, Captain Hook



132 Park Street, Rockland
207.594.5900

63 Union Street, Rockland
207.593.1010

800.564.3195 • TheFirst.com
Member FDIC

A Friend in the Night

My ocean leans toward me again and again a conversation that started somewhere in my childhood moonlight paints her surf in paisley as she becomes a lap inviting me to rest, fall asleep to the murmuring of all those she's held in her arms

I think of drowning, tell her if she tries to pull me under I will lie upon her darkness spread myself thin as oil stretch my body till I cover all the miles before the sun

My ocean leans toward me whispering, she taunts me as if she was desire and I completion

I am beginning to know her could trip on her long full skirts and she would have me I watch a jealous moon drag her away, she returns but we have done with talking she has my ankles

I step back, my feet touching rocks, shells, weeds that she tossed here - I dare not sit she is too cunning, speaks my language, understands that I cannot leave her alone a friend in the night my ocean leans...

Paddy Noble

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!

Since 1936



Help the Vinalhaven Lions Club support the community!

The Vinalhaven Lions Club is proud to support Vinalhaven Reads Program, Historical Society, VES, Meals on Wheels, Life Flight, college scholarships, Learn-to-Swim program, and more!

Tent Rentals



20ft x 40ft tent w/optional sides
\$600 per tent, 3 tents available
Set up & take down included
Call Larry @ 863-6264

Lobster Cookouts



Options: Lobsters, mussels, chicken, steak, corn on the cob, hotdogs/burgers, more
Call Dennis @ 863-2061

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

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

AA

Monday 8AM
Women's Meeting
Union Church Upstairs

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.

BEST KEPT SECRET IN VH

5-acre Greer Island
For Sale by owner/\$395,000.
www.greerisland.com
858-204-1238

June 21st is the 1st Day of Summer!
(and, the summer solstice-longest day)

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

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

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

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



ICMS 2024 CALENDARS HAVE ARRIVED!

PURCHASE ONLINE, ONSITE OR AT THE FLEA THIS SUMMER!

A big thank you to everyone who submitted photos:

Joseph Lieber	Jack Myer	Jackson Gregory	Allan Hayes	Burt Porter
Claudia Dengler	Ruth Krumbhar	Christina Kroger	Julia Morgan	Linda Jobin
Wilson Boone	Lynn Kholza	Connie Gemmer	David Hyde	Ann Ramee
Matthew Paige	Eric Moberly	Richard Howard	Mark Hoffman	Diego Perez Littlefield
Holly Rockwell	Banner Mofat	Acacia Berg	Gillian Lobkowicz	Liz Rowe
Eben Gay		Amy Davis		Ellen Hoffman



If your photo was chosen and you have yet to send us your mailing address, please send to Jess Sanborn at jsanborn@icmsvh.org in order to get your free calendar!

ICMS IS HIRING!

Licensed Clinical Social Worker

We are committed to providing high-quality counseling, including trauma informed care to our clients and are seeking a dedicated and compassionate licensed social worker to join our team. Options are available for both full-time and part-time positions; some presence on the island would be expected in either case.



For more information please reach out to Jess Sanborn at:
jsanborn@icmsvh.org or
 207-863-9076

ICMS AT THE FLEA!

Stop by our table at the flea market this summer!



Browse our selection of products from our online store, talk with a provider about our topic of the week or buy a ticket to our summer long 50/50 raffle!



Islands Community Medical Services

Farewell...Time to Pass on the Stethoscope

by Kathy Coleman, NP

For the past 15+ years I have had the monthly privilege of coming to Vinalhaven's ICMS as a nurse practitioner to offer women's health care. Traveling to the island on warm sunny days, through choppy seas, winter snow or light fog on various ferries and an occasional Cessna has been a commuting gift, as I enjoyed the beauty of the ocean, the shoreline's pointed firs, cute harbor seals and colorful locals coming from the mainland to their island jobs. Beats any other commute I've experienced in many other locales. I will miss it.

Although I've worked in many settings, ICMS has been my longest running experience and one of my best due to my colleagues at the center. From the ferry pick-up to catching a boat home and everything in between, my work experience has been great. Everyone at the center has been consistently helpful, hardworking, respectful, and fun.

Cam has worked tirelessly to keep the center on course, upgrading the physical plant and protocols while appreciating and recognizing the staff. Not for the faint of heart!

Jim and Jen are superb clinicians and colleagues. The new medical director, Dr Kroger, is fortunate to be part of a very competent team.

I want to give a special thanks to Sarah MacDonald who had the dubious honor of sharing an office with me and helping me to make sense of the electronic charting. She offered endless support and wisdom to me throughout the years, which I deeply appreciate. Farrah was a great sport to lend the use of her computer and desk whenever I came out.

The front desk folks made sure my schedule was full and anticipated the changes that were necessary because they knew their island neighbors so well.

I traveled often with various members of the dental staff and was impressed with the quality of the care they offered. What a great service for folks on the island.

Most of all, I will miss the island women who trusted me to offer gynecological care, consults and education. I had the privilege of being a part of the lives of countless women in my entire career. This was especially true on the island due to my long tenure and my true interest in the women who lived on this beautiful island. I found them to be strong, wise, and resilient. I have attempted to make the gyn exam and experience comfortable and informative, often discussing prevention, lifestyle, and health issues such as exercise and nutrition as part of the visit. I have attempted to offer care that goes beyond exams and tests, encouraging open and honest communication; creating a safe space for women to share their questions, concerns, and aspirations. I have stressed the importance of self-care; encouraging women to take charge of their own health through education and prevention.

So, as I prepare to leave, on the one hand, I leave with a sense of fulfillment and accomplishment. On the other hand, I leave with a tinge of sadness as I bid farewell to a profession and island experience that brought me immense joy and purpose.

I have recruited Vanessa Shields-Haas, NP to provide women's health services at ICMS. She has visited the center many times and likes what she sees. She is also very familiar with providing clinical services in the Rockland area. You will be in very capable hands.

I want to thank you for your support and friendship, and for being a part of my practice journey. May we continue to strive for a world where women's health is prioritized and celebrated.

I hope to visit often.

Thank you.

Kathleen Coleman MA, M.Ed, MSN ANP