Welcome to THE FOX ISLANDS Vinalhaven and North Haven

2020 COMMUNITY GUIDE

www.vinalhaven.org

Wings Over the Islands

"There must be heart and spirit in safely and faithfully servicing the islands — and that pretty much defines Penobscot Island Air." —Peter Ralston, Vice President, Island Institute

- Air-charter service to fit your schedule
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info@penobscotislandair.net

WWW.PENOBSCOTISLAND

• Float-plane service to your waterfront or yacht

• Water-taxi service to/from Journey's End in Rockland 24/7



Knox County Airport Owls Head, Rockland

COVID-19 Message

Summer has always been such a special time on the islands, but this summer is different in so many ways. **WE ARE IN A PANDEMIC**, and we must all do our part to put our safety, our family's safety, and the safety of our community first. Do not take unnecessary risks and be respectful of others by abiding by the COVID-19 Community Guidelines for Vinalhaven (pg. 49) and North Haven.

www.townofvinalhaven.org www.northhavenmaine.org

Thank you for doing your part.

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Preserving our island way of life and promoting economic vitality.

The Vinalhaven Chamber of Commerce welcomes you to our island communities.

Thank you for your interest in the islands of Vinalhaven and North Haven, located in the heart of the Penobscot Bay. Our islands are valued for their striking natural beauty and tightly knit small town communities. Vinalhaven has about 1,200 year-round residents while North Haven has about 350. Both islands boast accredited K-12 schools that we proudly support, medical and dental health centers, and volunteer ambulance and fire crews. Lobster fishing and related support activities make up roughly half of our islands' economies. In addition to commercial fishermen and women, we are builders, musicians, plumbers, teachers, shopkeepers, electricians, innkeepers, artists, writers, mechanics, realtors, restaurateurs, boat builders, ferry captains, architects, administrators, conservationists, and more. Both islands have a Town Manager or Administrator who works with elected Select Boards to govern our respective towns, and both support a plethora of civic organizations that serve the needs and interests of our island communities.

We hope this guide gives you an enticing glimpse of our rich and varied island communities.

For more information please visit our website at: www.vinalhaven.org

All area codes are 207 unless otherwise noted

Helpful Contacts

| Knox County Sheriff Vinalhaven | 863-2714 |
|---------------------------------------|----------|
| Dispatch | 593-9132 |
| Medical Center | 863-4341 |
| Dental Services | 863-2533 |
| Physical Therapy | 863-4341 |
| Behavioral Health Services | 863-9959 |
| Town Office | 863-4471 |
| Fire Department (non-emergency) | 863-4604 |
| Fox Islands Electric Cooperative | 863-4636 |
| Ambulance Service/EMT (non-emergency) | 863-2119 |

Lodging & Rentals

| Affordable Vinalhaven Rentals | 863-9000 |
|-------------------------------|----------|
| Davidson Realty Rentals | 863-2275 |
| K & K Property Rentals | 841-7671 |
| Nebo Lodge, North Haven | 867-2007 |
| The Tidewater | 863-4618 |
| Vinalhaven Vacation Rentals | 401-8242 |

On Our Cover

Sheri Romer is island born and has been entranced by photography for most of her 53 years. She started with a book her mother borrowed for her when she was a young teen, most of which was way over her head and ability to put into practice with her first point and shoot. Chapters on composure and light, however, inspired her to save for a better camera and she has aspired to learn more ever since. She is primarily self-taught, enjoys workshops and classes with admired photographers, visits galleries and museums every chance she gets, but mainly tries to capture the nature and landscapes she finds herself in.

Don't Miss on Vinalhaven....

- Flea Market & Farmers Market every Saturday next to Union Church
- Great American Mill Stream Duck Race: check The WIND for date
- Tree Lighting: Always the Saturday after Thanksgiving
- Check the Community Calendar at: vinalhaven.org for more activities



...And hunter's friend... And boater's friend...and...

Fishing Supplies Hunting Supplies Lottery Tickets Beer & Wine Groceries Hardware *Just call us the 'Everything' store!* Harbor Wharf Vinalhaven 863-2140

SURFSIDE RESTAURANT

Open at 3:30 AM Breakfast Every Day.

Always an experience! 863.2767

Located at Harbor Wharf

Hope to see you here.

Eating Establishments, Take-out & Groceries

| Calderwood Hall, North Haven | |
|--------------------------------------|-------------------------|
| dot & millie's | |
| Fishermen's Friend | |
| Good Things Coffee House | |
| Greet's Eats | Facebook.com/Greetseats |
| Island Spirits | |
| Nebo Lodge & Restaurant, North Haven | |
| The Nightingale | |
| Skål! | |

All area codes are 207 unless otherwise noted

Islands Are Year-Round Communities!

If you'd like to keep up on island news throughout the year, subscribe to The WIND on Vinalhaven (\$50/year; PO Box 194, Vinalhaven ME 04863) and/or North Haven News on North Haven (\$45/year; PO Box 363, North Haven ME, 04853).



(207) 475-6812

Facebook at Sherry's Kitchen Instagram at sherrysvhkitchen



Vinalhaven's premier Yoga, Pilates & Barre studio. Group classes and private training on the mat and apparatus.

Danielle Poole & Adriana Harp

59 Main Street, 2nd floor

YogaPilatesVH@gmail.com **FB:** Vinalhaven Yoga Pilates & Barre T: 863-4763





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5 Main Street, Unit 11 Vinalhaven, ME 04863 207 863 9384 www.jedwardknight.com

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Services

Adventure

| Bike Rentals, The Tidewater | 863-4618 |
|--|-------------|
| Hurricane Island Center for Science & Leadership | 867-6050 |
| Kayak Rentals, The Tidewater | 863-4618 |
| Maine Seabird Tours | 2, 596-1841 |
| Vinalhaven By Boat | 248-1775 |

Business Services

| Allen Insurance & Financial | |
|-----------------------------|--|
| First National Bank | |
| J. Edward Knight & Co. | |
| Key Bank | |
| Machias Savings Bank | |

Catering & Events

| dot & millie's | 863-4969 |
|--------------------------|----------|
| Nebo Lodge, North Haven | 867-2007 |
| Sherry's Kitchen | 475-6812 |
| Turner Farm, North Haven | 867-4962 |

Community Organizations and Churches

| Fox Islands Broadband Task Force | facebook.com/fibtf |
|----------------------------------|--------------------|
| Hurricane Island Foundation | |
| Partners in Island Education | |
| Pleasant River Chapel | |
| Union Church | |
| Vinalhaven Eldercare Services | |
| Vinalhaven Historical Society | |
| Vinalhaven Land Trust | |
| Waterman's Community Center | |
| Vinalhaven Public Library | |
| 2 | |

Contractors & Caretaking

| Andrews Plumbing & Heating | |
|--------------------------------|--------------|
| Coastal Carpentry & Caretaking | |
| Conlan Plumbing & Heating | |
| GB Design Build | 617-797-5353 |
| INroof Solar | 978-378-0015 |
| Island Groundworks | |

(Services continued on page 9)

Services

Entertainment

| Fox Islands Concerts | |
|------------------------------|-----------------------|
| Skål! | |
| Smith Hokanson Memorial Hall | VinalhavenTheater.org |
| Waterman's Community Center | |

Fine Arts

| New Era Gallery | |
|------------------------------|---------------------------|
| Oil Paintings by Pam Johnson | pjohnsonoils026@gmail.con |
| Vinalhaven Granite Works | |

Fuel & Utilities

| Fox Islands Electric Co-op | .863-4526 |
|---|-----------|
| Stanley Fuel | .863-5030 |
| Vinal Energy | .613-7460 |
| Vinalhaven Fisherman's Co-op – Gasoline | .863-2263 |

Health & Wellness

| Aerofit, Harbor Wharf | |
|------------------------------------|--|
| Islands Community Medical Services | |
| Recovery Hotline | |
| Vinalhaven Shiatsu | |
| Vinalhaven Yoga, Pilates & Barre | |

Landscaping & Gardening

| Island Groundworks | 863-4868 |
|----------------------|----------|
| Peaceful Harbor Farm | 863-9381 |

Local Foods

| Calderwood Hall, North Haven | 867-4700 |
|--|----------|
| Robert's Harbor Farm | 863-4474 |
| Sherry's Kitchen | 475-6812 |
| Turner Farm, North Haven | |
| Vinalhaven Fisherman's Co-Op – Lobster | |

Marine Services & Supplies

| Fishermen's Friend | 863-2140 |
|----------------------|----------|
| Jeff Moyer Boat Shop | 863-2136 |

Real Estate

| Davidson Realty | .863-2200 |
|---------------------------------|-----------|
| Harrison Realty | |
| Lincolnville Real Estate | |
| RE/MAX Jaret & Cohn Real Estate | .863-2554 |
| | |

Retail

| Fiore Olive Oils & Vinegars | |
|-----------------------------|--------------------|
| Go Fish | |
| Island Spirits | |
| Island's Closet | |
| Phineas Fogge | 56 Main Street |
| Second Hand Prose | |
| WindHorse Arts | |
| Zach's Shack | 12 Old Harbor Road |

Transportation

| Air Taxi – Penobscot Island Air | |
|-----------------------------------|----------|
| Vinalhaven Taxi | 720-0056 |
| Water Taxi – Penobscot Island Air | |

All area codes are 207 unless otherwise noted

Good Things Coffee House



Home Made Pastries ~ Breakfast ~ Lunch ~ Picnic Baskets Open Monday - Saturday 6:00 a.m. - 2:00 p.m. 207-363-3423 hsault.goodthings@gmail.com Good Thoughts~Good Vibes~Good Things



Recovery Support Group

Facilitated by a trained Recovery Coach

When: Every Friday evening, 5:30 p.m. Where: Pleasant River Chapel

- Be with others in recovery
- A confidential place to talk
- Receive nonjudgmental support

COME JOIN US!

Recovery Hotline: 207-318-7105



Breakfast 8 AM - Service 9 AM

Independent Non-Denominational All-Inclusive

Check out the newly organized **PLEASANT RIVER CHAPEL** and experience a different kind of church community.

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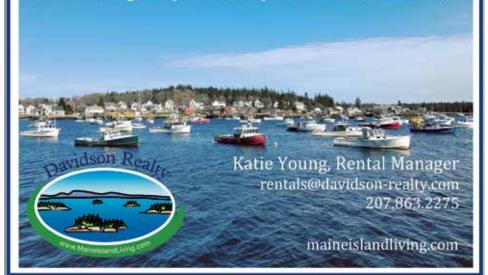
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Elin Elisofon Realtor for Buyers and Sellers

> 207 867-4866 or 207 450-1937 elin@islandheritagehomes.com www.islandheritagehomes.com Lincolnville Real Estate

General Information

| Vinalhaven Library | 863-4401 |
|---------------------|----------|
| North Haven Library | |

Restrooms

Ferry Terminal, Fire Department, Old Engine House (Town Parking Lot), Town Office at Washington School (weekdays only).

Transfer Station & Recycling Center

| Located on Round the Island Road | .863-4306 |
|--|-----------|
| All bags must be stickered. Stickers are available at the Town C | Office. |

Single-Stream Recycling: No sorting. Accepting #1-7 rigid plastics (NO plastic bags, plastic wrap or styrofoam), tin, aluminum, glass, paper, and cardboard.

Food Scrap Composting: Accepting fruits and veggies, leftovers, coffee grounds and filters, and more! NO meat, dairy, compostable plastics or produce stickers. Collection bin located near the household trash disposal. Find How-To info on page 56 of this guide and at **townofvinalhaven.org.**

Open: Sunday, Monday, Wednesday, and Thursday 7:30 am to 4 pm. **Closed:** Tuesday, Friday, and Saturday

Redeemable Cans & Bottles

Cans and bottles with a Maine/ME deposit sticker may be placed in bins at the town parking lot, next to the motel, or bins at the Transfer Station. All proceeds help support Vinalhaven Eldercare Services' assisted living facility here on the island, Meals on Wheels, and other programs for our senior citizens. **Beverage containers without a Maine/ME deposit sticker, and any items for recycling, should be brought to the Recycling Center at the Transfer Station.**

VINALHAVEN FERRY SUMMER SCHEDULE

Daily March 1 thru October 31

- DEPARTS -

| Vinalhaven | Rockland |
|------------|------------|
| 7:00 a.m. | 7:00 a.m. |
| 8:45 a.m. | 8:45 a.m. |
| 10:30 a.m. | 10:30 a.m. |
| 1:00 p.m. | 1:00 p.m. |
| 2:45 p.m. | 2:45 p.m. |
| 4:30 p.m. | 4:30 p.m. |

NOTE: All non-reserved vehicles and trucks leaving Vinalhaven are required to have a LINE NUMBER. Please contact the Vinalhaven Terminal (207) 596-5450 for further information.

NORTH HAVEN FERRY SCHEDULE Daily January 2 thru December 31

| - DETAKIS - | |
|----------------------|-----------------|
| North Haven | Rockland |
| 7:30 a.m. | 9:30 a.m. |
| 12:30 p.m.* | 2:20 p.m.* |
| 3:45 p.m.* | 5:15 p.m.* |
| *Does not operate on | Thanksgiving Da |
| | D NI NI |

No service on Christmas Day or New Year's Day

Ferry Information

| Vinalhaven | |
|-------------|---------------------|
| Rockland | |
| North Haven | 596-5400, option #3 |

Municipal and Community Meetings

American Legion – 4th Wednesday, 6:00 pm, Legion Hall Board of Selectmen – See **townofvinalhaven.org** for details Community Lunch Box – Every Monday, 11:30 am, Union Church. Free Knitting Group – Every Monday, 7 pm, Library Lions – Alternate Thursdays, 6 pm Sand Bar (winter) & Leo's Lane (summer) Masons – 2nd Tuesday, 7:30 pm, except July, Masonic Hall Planning Board – See **townofvinalhaven.org** for details Vinalhaven Chamber of Commerce – 3rd Wednesday, 8:30 am, Town Office Vinalhaven Fire Dept. – 1st & 4th Tuesday, 5:30 pm, Fire Station

Self-Help Meetings

Alcoholics Anonymous – See *The WIND* for details Al-Anon/ACOA – Mondays & Thursdays. See *The WIND* for details Our Island CARES & Recovery Group – See *The WIND* for details

Church Services

Open Bible Baptist Church of Vinalhaven, 20 Fellowship Drive Sunday, 9:30 am Sunday School, 11 am Worship

Our Lady of Peace (Roman Catholic), Union Church May – June: Saturday, 9 am, led by the congregation. July & August: Saturday, 10:30 am, led by a priest. September – Columbus Day: Saturday, 9 am, led by the congregation.
Pleasant River Chapel (Non-denominational) Sunday, 8 am Breakfast, 9 am Worship

Union Church (Interdenominational)

Sunday, 10 am Sunday School, 11 am Worship Service

Jeff Moyer Boat Shop

PO Box 472 456 Round the Island Road Vinalhaven, ME 04863

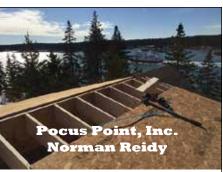
e-mail: jeffmoyerboat@gmail.com phone: (207) 863-2136

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Be on the water a while. Go for a Boat ride to see Vinalhaven,
Seal Island NWR, where there are Great Cormorants, Razorbills, Arctic terns, Puffins, Porpoise, Grey Seals, and more. It is nice out there.
The trip to Seal takes 3¹/₂ hours. Other trips include: Around Vinalhaven, or Isle Au Haut, or through the Islands to Brimstone.
\$90/hour for the boat, John Drury, 207-596-1841, johnbdrury@gmail.com



Matinicus Rock • Seal Island • Isle Au Haut • Brimstone • Around Vinalhaven

Enjoy Vinalhaven Island Outdoors

• Go bird watching on a preserve with the Merlin Bird ID app to help identify birds.

18

- Walk the rocky shoreline—think circumnavigate.
- Stroll the Flea/Farmers Market on Saturday morning.
- Hike the new trails at Round Pond and Fish Hook Preserve.
- Walk the sandbar when it is low tide at Geary's/State Beach.
- Explore Carver's Cemetery and see the interesting granite monuments.
- Have a picnic lunch at sandy State Beach.
- Rent a bike and pedal eight miles to the north end, and take a skiff across the Thorofare to North Haven.
- Jog out to Lane's Island Preserve and hike the trails.
- Enjoy a hike up Big Tip Toe Mountain and see the view towards Rockland and the Camden Hills.
- Rent a kayak at The Tidewater and explore the shore by water.
- Walk to the newest park Boy Scout Point Town Park.
- Charter a boat tour with Maine Seabird Tours, Vinalhaven by Boat, or Fox Island Charters and explore the islands.
- Explore the Basin by land or by sea—think windmills and seals.
- Swim in Lawson's Quarry or Booth's Quarry and enjoy the cool, clear water.
- Pick up a hand fishing line and fish off the town dock.
- Explore one of the many island preserves.
- Support our Main Street businesses for unique island flavor either in person or online.
- Sit outside and stargaze on a quiet island night.



VINAL ENERGY

vinalenergy.com (207) 613-7460 36 West Main St. PO Box 803 Vinalhaven, ME 04863

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Places To Explore on Vinalhaven

See map pages 29 & 30. All directions and distances are from the ferry terminal, unless otherwise noted.

The places described in the following pages are made available for your use by the following organizations: The American Legion, Town of Vinalhaven, The Nature Conservancy (TNC), Maine Coast Heritage Trust (MCHT), and Vinalhaven Land Trust (VLT)

1. Skoog Park and Vinalhaven Land Trust Office – Turn left on Sands Road as you leave the ferry terminal; the entrance to Skoog Park is a few hundred yards on the left. This memorial to Gus Skoog, a local boat builder, was created when a part of the boat shop site was donated to Vinalhaven Land Trust in 1993. Skoog Park is also the home of Island Sail. Trail guides for VLT, MCHT, and town-owned preserves are available in the kiosk next to the parking lot.

2. Grimes Park – Adjacent to the ferry terminal, Grimes Park is located to the left as one comes off the ferry. Fred Grimes gave this peninsula to the Woodcock–Cassie–Coombs American Legion in the early 1900s. The Legion was forced to relinquish much of it to the state when the ferry terminal was created. The Legion continues to make the remaining two and a half acres available for public use.

3. Armbrust Hill Town Park – Walking from downtown take a right on Water Street which merges and becomes Atlantic Avenue. Walk another 100 yards or so and you will see the entrance for Armbrust Hill Town Park on your left, designated by a small sign. Most of this 30-acre abandoned



4. Boy Scout Point Town Park – From downtown, turn right onto Water Street, keep going across the Lane's Island bridge and take your first left after the bridge. Betty Roberts gave this land to the town in 1976 to be used for education and/or recreation of the town's youth. The town recently re-opened the trails on this 4-acre park.

5. Lane's Island Preserve (TNC) – From downtown, turn right onto Water Street and keep going across the Lane's Island bridge until you see the sign for the Preserve (0.6 miles from town, 2nd left after the bridge). The Maine chapter of The Nature Conservancy owns these forty acres of moors, granite shoreline, tide pools, beach, and astonishing views. This alone will make you glad you came.

6. Booth's Quarry Town Park – Go right out of the ferry terminal and continue on Main Street through town to East Main Street, a total of 2 miles from the ferry; Booth's Quarry parking will be on your right on Booth's Quarry Road. Of the several abandoned granite quarries, Booth's is town-owned and open for the public to enjoy. It is filled with cool, pure spring water, and is a favorite swimming hole. Much more can be learned about the quarrying history from a visit to Vinalhaven Historical Society.

7. Narrow's Town Park – After the parking area for the quarry, keep driving down the dirt road until the end, about 0.3 miles. This park offers views of the eastern bay and downeast to Mount Desert Island.

8. Geary's Beach (a.k.a. State Beach) Town Park Take a right onto Main Street and continue on East Main Street for 2.6 miles until you come to the recently restored Coke bottle/Statue of Liberty statue (at the junction with Round the Island Road), bear right at Poole's Hill Road and take the next right onto State Beach Road following it to the end. This treasured vantage of the eastern bay was gifted to the town by the State of Maine in 1988.

9. Huber Preserve (MCHT) – Go left on Sands Road for .4 miles, then right on Old Harbor Road for 0.3 miles, then bearing slightly left onto North Haven Road for 1.7 miles, turn right onto Round the Island Road. The parking area is on the left in 1.6 miles. The trail crosses one wetland area and then a second, before rising up to a slope overlooking Seal Bay. The loop section of the trail offers views of Penobscot Island and Burnt Island just offshore, and a longer view out to the entrance of the bay.

10. Sunset Rock Town Park – This park is accessible to walkers and bicyclists only via a private right-of-way on which vehicles (other than those belonging to abutters) are not permitted. Take a left onto Sands Road for 0.4 miles, turn left on Old Harbor Road and drive 1.3 miles to City Point Road on your left. If you are driving, continue past City Point Road another few hundred yards to a small pull-off area, at the bottom of the hill. Walk back and turn in at City Point Road. At the intersection with Bayview Cemetery Road continue left on a dirt road marked "Private Road. No Public Parking" about 0.4 miles, past the A-frame on your right. Climb up to the top to enjoy the view of Hurricane Sound and the sun setting over the White Islands.

11. The Basin Preserve – The Basin Preserve is owned and managed jointly by MCHT and VLT. For more information about these trails, please stop at the kiosk at VLT's Skoog Park (#1, above) to pick up a preserve brochure.

11a. Granite Island Trail and Story Trail (VLT) – Go left at Sands Road for 0.4 miles and turn left onto Old Harbor Road for 2.4 miles; parking for the trail is on your right. For readers of all ages, the leftmost trail will lead you down the Story Trail 0.2 miles to the shores of the Basin, while enjoying a favorite children's picture book displayed along the trail side. Or, head to the right to enjoy the 0.6 mile Granite Island loop trail, with three short spur trails taking hikers through an old quarry and to scenic overlooks (two with benches) on the shore of the Basin.

11b. Platform Trail (MCHT) – From Sands Road, take a left onto Old Harbor Road for 1.4 miles (just past City Point Road), to a parking area/ pull-off lined with rocks on your right (also parking for Sunset Rock, #10). Walk back to the Platform and Mack's Pond trailhead on the same side of the road. There are two miles of uneven trails accessible from this trailhead.

11c. Watershed Trail (VLT) – From Sands Road, take a right onto Old Harbor Road for 0.3 miles, bearing slightly left on North Haven Road for 2 miles. Take a left onto Folly Pond Road; the parking lot is about 0.3 miles in at the end of this road on the right. The loop trail is 1.5 miles with a healthy seasonal insect population; the use of repellent is recommended mid-May through early July.

11d. Williams Trail (MCHT) – Stay on North Haven Road for 2.9 miles (bearing left onto North Haven Road at the fork). Go past Round Pond and take the first left onto Wharff Quarry Road, a dirt road. The trailhead and parking are 0.3 miles on the left. High clearance vehicles are recommended for Wharff Quarry Road. The trail is a 1.4 mile loop that winds its way through the remnants of two old homesteads and along a historic lobster pound.

12. Isle Au Haut Mountain Town Park – Go left on Sands Road for 0.4 miles, then right on Old Harbor Road for 0.3 miles, then bear slightly left onto North Haven Road for 0.4 miles. Isle Au Haut Mountain Road is your second left, do not attempt to drive in. Park a little further up North Haven Road, at Lawson's Quarry (#13). Walk in and bear right as you follow the gravel road to the end which leads to 17 acres of granite outcrop, crowberry, pitch pine and views of the southern bay.

13. Lawson's Quarry Town Park – Lawson's Quarry is 0.5 miles on North Haven Road, a total of 1.2 miles from the ferry terminal. Like Booth's Quarry, Lawson's is owned by the town and open for the public to enjoy.



14. Round Pond Trail (VLT) – Take North Haven Road 2.7 miles to Round Pond, the town reservoir. Park in the pull-off opposite the pond where you will find the new entrance to trails, old and new. From here, a short trail follows an old town road, and leads to a rustic bench with a lovely view of Round Pond. From there, follow another trail to the left sharply uphill, around and through some massive granite ledges, which then levels off to connect with existing trails.

15. Fish Hook Preserve (VLT) – Take North Haven Road 2.3 miles and bear right onto Calderwood Neck Road at the fork. There is a small parking area about 1.1 miles on your left. As you hike down the first hill, you'll see a trail branching to the left which leads to a map kiosk. From here, the trail continues to follow the shore all the way through Fish Hook Preserve, offering several panoramic views from rocky overlooks and benches which allow hikers to relax and enjoy the scenery. The trail brings

hikers out on the Calderwood Neck Rd. just before the parking area for the Carrying Place Preserve—where more trails await.

16. Carrying Place Preserve (MCHT) – From the Fish Hook parking area, go another 0.2 miles and park in the gravel area on the right. There is a short, easy hike to the Winter Harbor shore, 0.3 miles round trip. Just before the Carrying Place Bridge is a popular access for kayakers wishing to tour Mill River and Winter Harbor. (Please do not leave your vehicle parked along the roadside; use the preserve parking area.) Across the road from the parking area, a 50-yard level VLT trail brings you to a bench overlooking Mill River.

17. Eleanor L. Campbell (Polly Cove) Preserve (VLT) – Take North Haven Road 2.3 miles and bear right onto Calderwood Neck Road at the fork. After 2.5 miles, at a "VLT Preserve" sign, take a sharp left onto Zeke's Point Road. Stay on Zeke's Point Road past two roads to your left and one to your right, then bear right up the hill. The parking area is on the right in 0.2 mile. This 25-acre shoreland area was donated to Vinalhaven Land Trust in 1993. The trail offers access to a cobble beach and high ridges with great views to the east.



18. Starboard Rock Sanctuary – Bear right onto Calderwood Neck Road for 3.1 miles (the road becomes dirt after Zeke's Point Road), bear right onto Young Road and drive another 0.3 miles. After descending a short, steep hill, start watching for a small parking lot on your right. This is the only place where Starboard Rock hikers may park (if the parking lot is full, please come back another time). Walk from the parking area, about

0.2 miles to the trailhead. Follow the red-blazed trail: along the road at first, then into woods, then back along the road and finally branching to the right on an old woods road, 0.75 mile from parking lot to summit. The trail is steep, and can be slippery when damp, but the view from the top makes the climb worth it. No dogs, please.

19. Marcuse Wetlands Preserve (VLT) – Go left on Sands Road for 0.4 miles, then right on Old Harbor Road for 0.3 miles, then bearing slightly left onto North Haven Road for 4.1 miles. Parking is on the left, at the foot of the steep hill 0.3 miles beyond the windmills. The 0.6-mile Loop Trail and 0.2-mile Spur pass through the forest with benches at scenic overlooks of wetlands and remnants of a very early homestead. Timber bridging provides access to the center of a wetland, with interesting mosses and other wetland flora.

20. Middle Mountain Town Park – Stay on North Haven Road for 5 miles (bearing left onto North Haven Road at the fork); the parking area and trailhead for the park are located on the left. With 75 acres of trails and vistas overlooking North Haven and the mainland, this is a natural beginning – or end – to the Perry Creek/Indian Ladder/Fox Rocks Trails.

21. Perry Creek Preserve (VLT) – The steward of these trails and the entire Perry Creek Preserve is Vinalhaven Land Trust. Maps can be found at the trailheads for more information.

21a. Andrew W. Smith Preserve at Fox Rocks – Park at the Middle Mountain parking area, the Indian Ladder and Fox Rocks trails starts across the street. These trails (2.75 miles total) exist through the generosity of the landowner upon whose land it has been cleared. Please keep to the trails; the public's privilege to use them will exist only so long as it is not abused.

21b. North Perry Creek/Roy Dyer Trail – From the Middle Mountain parking area, drive another 2 miles; the North Perry Creek parking area is on your right. These 150 acres of woods and wetland were the catalyst for founding Vinalhaven Land Trust. Once partly burned over, the land now supports a variety of flora and the wildlife dependent upon it. The Roy Dyer Trail makes a loop from North Haven Road to Perry Creek. It can also be followed around the head of the creek to Indian Ladder Falls. The Falls path, in turn, can be taken out to the road at Middle Mountain Park.

22. Whitmore Pond Sanctuary (VLT) – Stay on North Haven Road for 6.4 miles (bearing left onto North Haven Road at the fork). Take a left onto Tip Toe Mountain Road (gravel) and drive 1.2 miles; the gravel parking lot will be on your left. The trail is 0.5 miles (mostly level ground), with an array of habitats. This is a fantastic area for bird watching. No dogs please.



23. Tip Toe Mountain Conservation Area – Stay on North Haven Road for 6.4 miles, take a left onto Tip Toe Mountain Road and travel 1.2 miles down this gravel road to the parking area on the left.

23a. Tip Toe Mountain Town Park – (Park at the Conservation Area lot.) This little hill (Little Tip Toe) is deceptively humble from the road, but an easy climb to its summit offers impressive views of Crockett Cove and the southern bay.

23b. Tip Toe Mountain Preserve (VLT) – (Park at the Conservation Area lot.) Several yards further down Crockett Point Road from the Tip Toe Mountain parking lot are the entrances to four VLT trails. (The is ground is delicate here; please stay on the marked trails.)

- **1. Middle Tip Toe:** On the left is an easy walk to Middle Tip Toe, with good views of the western bay and a pleasant picnic spot.
- **2. Shore Trail:** On the right is the entrance to a longer trail down to the shore, with an additional loop should the trail over the colonial era stone dam be inaccessible at or near high tide. Check the tide chart posted at the trailhead to help plan your hike.
- **3. Big Tip Toe:** Just where the road takes a sharp turn to the left, on the right is the beginning of the trail to the top of Big Tip Toe Mountain, a spot traditionally popular with island residents. This is a short climb, but a difficult one, and can be dangerous.
- **4. Big Tip Toe Loop trail:** This offers an alternate to the short, steep climb. Head to the left as you start for a more gradual, easier climb to the same view with a new bench to rest and enjoy the view.









Vinalhaven Land Trust Events

Virtual Walks

Due to the Covid-19 pandemic, this season, we will be offering virtual and self-guided walks. Wildflowers, birds, geology, and low tide exploration are among the subjects you can learn more about by visiting our website.

Nature

Our preserves are open! Take a hike and see what you can discover on your own or with the help of one of our virtual hikes.

Kids

For the young, and the young at heart, we will be offering a book on the Story Trail and on-line guides to low tide exploration and fairy house building.

Trail Maps

Our maps and brochures are not available at the kiosk or at the office, but you can download them from our website, vinalhavenlandtrust.org/hiking-preserves

Updates

We will post updates on our website, Facebook, Instagram, and in *The Wind*.

> vinalhavenlandtrust.org info@vinalhavenlandtrust.org (207)863-2543

For more complete information: vinalhavenlandtrust.org



3 Armbrust Hill Town Park **4** Boy Scout Point Town Park 5 Lane's Island Preserve (TNC) 6 Booth's Quarry Town Park **7** Narrows Town Park 8 Geary's Beach/State Beach 9 Huber Preserve (MCHT) 10 Sunset Rock Town Park 11 The Basin Preserve (MCHT & VLT) **11a** Granite Island & Story Trails **11b** Platform Trail **11c** Watershed Trail **11d** Williams Trail **12** Isle Au Haut Mountain Town Park 13 Lawson's Quarry Town Park 14 Round Pond Trail (VLT) **15** Fish Hook Preserve (VLT) 16 Carrying Place Preserve (MCHT) 17 Eleanor Campbell (Polly Cove) Preserve (VLT) **18** Starboard Rock Sanctuary (VLT) **19** Marcuse Wetland Preserve (VLT) 20 Middle Mountain Town Park **21** Perry Creek Preserve (VLT) **21a** Andrew W. Smith Preserve at Fox Rocks **21b** North Perry Creek/Roy Dyer Trail 22 Whitmore Pond Sanctuary (VLT) 23a Tip Toe Mountain Town Park 23b Tip Toe Mountain Preserve (VLT) 24 Hurricane Island (MCHT) Maine Coast Heritage Trust, (TNC) The Nature Conservancy, (VLT) Vinalhaven Land Trust

1 Skoog Park & VLT Office

2 Grimes Park

The Land Trust invites you to share the natural beauty of Vinalhaven's hiking trails and preserves, made possible by the dedication of VLT members and supporters. Visit our kiosk at Skoog Park off Sands Road (250 yards left of ferry terminal) for trail guides and harbor views. For details on our walks and talks, check the events schedule on our website, The WIND, Facebook, and posters around town.

Conserving the Nature of Vinalhaven

Vinalhaven Land Trust PO Box 268 – Skoog Park Vinalhaven, ME 04863 (207) 863-2543 vinalhavenlandtrust.org

Hill



30



We are a 501c(3) organization whose mission is to promote health in our community through education and action to raise awareness, reduce stigma, and prevent substance use disorder. CARES envisions our island community free from substance use disorder.

We meet the first Wednesday of each month, 5-6 p.m., at the Town Office and invite you to bring your ideas, concerns and questions.

We welcome you to join us at the following community events:

May 10-16th, 2020 – National Prevention Week Raise awareness about the importance of substance use prevention and positive mental health.

June 2020 – Recovery Coach Training Free one-day Recovery Coach training session. Open to all interested in aiding those in recovery. *Vinalhaven Town Office*.

Saturday, July 4th, 2020 – Independence Day Celebration Informational booth and children's activities. *Town Parking Lot.*

December 2020 – Community Night Healthy holiday snacks and crafts making. *Location TBD*.

Saturday, February 13th, 2021 – Little Sweethearts Dance Celebrating the power of family. Dinner and dancing. *Union Church Vestry*.

Sunday, April 3rd, 2021 – Easter "Eggstravaganza" Fun Easter Egg hunt for kids of all ages with an appearance by the Easter Bunny himself! *Vinalhaven School.*

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Stay up to-date by following Our Island CARES' facebook page: www.facebook.com/Our.Island.CARES/

You can also find us weekly in *The Wind* for updates, details and more information on recovery resources.

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OUR ISLAND CARES • P.O. Box 461 • Vinalhaven, ME 04863 Email: ourislandcaresvh@gmail.com



Our Medical Center

Hours of Operation

Monday/Wednesday/Friday: 8:00a.m. - 12:00Noon 1:00p.m. - 5:00p.m. Tuesday: 1:00p.m. - 5:00p.m. Thursday: 8:00a.m. - 12:00Noon

Call to set up an appointment for the following:

Medical Services: 207-863-4341, option 2 Dental Services: 207-863-2533 Women's Health: 207-863-4341, option 2 Physical Therapy: 207-863-4341, option 2 Behavioral Health Services: 207-863-9959

In case of an emergency, ICMS is on-call 24/7. Please call 863-4341 after hours to reach the answering service.

Executive Director: Dinah Moyer

Email: dmoyer@icmsvh.org / Phone: 207-863-4109

Our Mission

Islands Community Medical Services, Inc. is committed to serving our island communities by dedicating ourselves to the health of our patients. We support whole health through ease of access, prevention, outreach, education and treatment by providing the highest quality primary, urgent and emergent care to our community.

Nebo Lodge

08989

ISLAND INN AND RESTAURANT

The restaurant at Nebo Lodge - right in the heart of downtown North Haven serves a delicious, seasonal menu of island-raised meat, fish, and produce.

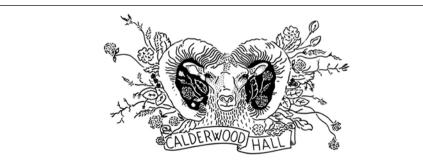
2020 Nebo Lodge Restaurant Schedule

Friday and Saturday Nights in June Tuesday - Saturday Nights June 30th - August 29th Friday and Saturday Nights in September & October

For reservations call 207.867.2007 or email reservations@nebolodge.com. Water taxi available between islands. Please inquire with your reservation

Schedule subject to change, please call!

207.867.2007 WWW.NEBOLODGE.COM



NORTH HAVEN ISLAND - 2020 SEASON

RESTAURANT: Serving pizza, salads, small plates, beer, wine & homemade ice cream sandwiches!

SCHEDULE: Visit our website or give us a call for exact open dates, hours & to-go procedures.

www.calderwoodhall.com // 207.867.4700 // email@calderwood.com

North Haven Neighbors *Visiting the Island Across the Thorofare*

If you're up for a little island hopping, travel to the very end of North Haven Road. Just a quarter mile or so across the Fox Islands Thorofare is North Haven's village. There you will find a busy community center and coffee shop, an art gallery, gift shops, an inn, food fare ranging from fresh sandwiches to fine dining, and more.

One can travel by rowboat, kayak, or outboard and tie up at the town float to the west of the ferry dock. If you don't have access to your own boat, arrangements can be made for a skiff to pick you up from J. O. Brown & Son, Inc. at (207) 867-4621. They typically make trips on the hour until 5:00 pm. For convenience, there is a pay phone located in the small parking lot at the end of North Haven Road, but consider calling beforehand for scheduling. If you are going to Nebo Lodge or Calderwood Hall for dinner, mention that you will need transportation from Vinalhaven when you make your reservation. Another evening transport option is Fox Island Charters at (207) 613-0535.

There is plenty of the island's natural beauty to see by foot. Ames Knob is the highest point on the island and offers sweeping views of Penobscot Bay. It's a gentle two-mile walk from the village. If you'd like to venture a bit further, a bicycle is a great way to see more of the island. The skiffs from Brown's which ferry people from Vinalhaven can also accommodate bikes. Alternatively, they can be rented from North Haven Rentals at (207) 867-2282. Island destinations include the beautiful pebble beach at Mullens Head Park, Narrow Place Beach, and the North Haven Maine Historical Society. Maps are available at Waterman's Community Center, in the village.

Vinalhaven Taxi, uc.

Ferry & Airstrip Connections, Tours, Dinners, Beaches, Quarries, Shopping . . .

(207) 720-0056

By Appointment or by Chance

Jeanne Bineau-Ames

Places To Explore on North Haven

Mullin's Head Park: This town-owned and -maintained park includes access to Big Beach, Boyscout Beach, and Exit Beach; a campsite (contact the town office to make a reservation); a large field; and Vista, a lookout point. The park entrance is located on South Shore Road, and a one-way dirt road loops through the park, with access to the beaches and other sites, exiting on Indian Point Road. Several walking paths and trails connect points in the park, and the park has hosted dance parties, music festivals, road races, and holiday celebrations. This beautiful and popular park attracts picnickers, boaters, swimmers, walkers, runners, and nature enthusiasts of all ages, all year. The road is typically chained off from late fall to late spring, but access is still permitted on foot.

Burnt Island: (Town of North Haven) This 74 acre island is accessible by foot at low tide from Indian Point, or by boat at the dock on the western end of the island. A pedestrian trail circles the entire island, and another bisects the island's interior. The island's diverse forests and shoreline provide habitat for small mammals, deer, migratory birds, ospreys and eagles. Its extensive tidal flats provide habitat for shorebirds, as well as clams and mussels.

Cubby Hole Property: This 11 acre property is privately owned by Jamie Carpenter and Toshiko More. Through a conservation easement with NHCP, the view of the Cubby Hole from the south shore will always remain open. There is a pedestrian footpath providing formal access from the South Shore Road to the Cubby Hole, allowing for the launching of hand-carried small watercraft. There is also a designated parking area for the footpath. Please be aware that the public is invited to access the Cubby Hole from the north end only (left-side as you look toward the Cubby Hole opening).

Peleg Thomas Fields and Shoreline (TNH, NHSH, Southern Harbor Elder Services): This 8.6 acre property includes a residential care facility with a mowed path leading to the outer point for the community to enjoy.

Crabtree Point Fields: 26 acres of this property owned by the Cabot family are open to public access. The conservation easement protects the land, supports future farming activities, and will forever provide scenic views to all who pass. Pedestrian access is available through the eastern field to Southern Harbor and along the shoreline.

Ames Knob: The Ames Knob trail is an easy walk through a field and fern-laden woods with a fun rock scramble at the top yielding 360-degree views of the Fox Islands. The trail is located on private property, with trail



access generously allowed by the owners. Access to the trail begins on Ames Point Road, with parking available at the edge of the field.

Narrow Place Beach (aka Tar Tank, aka Tank Five): Out on Crabtree Point, this favorite spot, known for its beautiful sunsets, is owned by NHCP. The Perkins Family has generously donated the use of their portion of the beach. The beach is open during daylight hours only, no fires are permitted. Parking is limited.

Pulpit Harbor Property (NHCP): This 3.5 acre property is open for picnics and peaceful contemplation. The property is located between First Bridge and the public landing at the head of Pulpit Harbor.

Mill Stream (NHCP): This 22-acre shorefront property, between Middle Road and the Mill Stream, will continue to protect water quality at the Mill Stream as well as provide valuable habitat at the head of Pulpit Harbor. Mostly wooded, this property also includes two open fields at its northern end and has a pleasant, walkable trail running parallel to the Mill Stream.

North Shore Preserve (Heap) (NHCP) This 31-acre preserve straddles North Shore Road less than a mile northeast from Pulpit Harbor. On the inland side of the road, a spruce/alder forest dominates the property and abuts a conservation property on the North side of Charlie Brown's Pond. This 15+ acre parcel is exceptional habitat for birds and mammals. On the



bay side of the preserve, the 19+ acre parcel extends down to the ocean amid fields and forests. Hikers may enjoy a maintained footpath that leads to stunning views of West Penobscot Bay. Both parcels are open to the public.

North Shore (privately owned by Ranny and Beth Miner): This 9 acre parcel, looking out at the Camden Hills, shares its northeastern boundary with the fields of the Pettit property, which are already protected by a view easement held by Midcoast Heritage Trust. These combined 15 acres prohibit new houses and require the landowners to mow the land annually.

Sage Woods: Ted and Hope Sage donated conservation easements to North Haven Conservation Partners in 2017 and 2019 totaling 14.3 acres. Visitors to the easement area will see the care that Ted has taken for several decades managing the woods and creating trails. NHCP will work with Ted and Hope to maintain this beautiful forest.

Stimpson's Island: Accessible by watercraft, Stimpsons Island is located near the Goose Rock lighthouse and the Little Thorofare. Stimpsons is privately owned but has a conservation easement.

Calderwood Island (MCHT): This 75-acre island northeast of the Fox Island Thorofare boasts open meadows, inviting beaches, and sweeping views of Penobscot Bay.

Vinalhaven Public Library ^{6 Carver St.}

Tue & Thu, 1-5 and 6-8 Wed & Fri, 9-12 and 1-5 Saturday 9-1

vinalhavenpubliclibrary.org vpl@vhaven.lib.me.us 863-4401



Second Hand Prose Open a book, expand your mind

A nonprofit bookstore run by the Friends of the Vinalhaven Public Library Books - Magazines - DVDs & CDs - Puzzles - Games

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Thousands of Plants & Seedlings: Herbs, Vegetables, Flowering Annuals, Perennials. Potted Shrubs • Supplies • Gift Certificates

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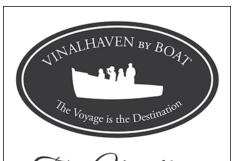
Support Local Economies!

AEROFIT Vinalhaven's Only Full Service Fitness Center

We have weight machines, free weights, kettle bells, and TRX Suspension Trainers. We have a cardio room with treadmills, ellipticals, and rowers. We also have Spin bikes available to use. Group exercise classes are offered! For those that can't be stuck to a class schedule we have a 60-inch big screen television where you can work out with one of our online classes. Personal training is also available.

> Contact Richard Carlsen 207-863-4624 elguapo@myfairpoint.net

Located at Harbor Wharf, just steps from the ferry.



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



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COVID-19 Disclaimer

As of press time, we don't know if all of the bucket list activities on the next few pages will be available due to COVID-19. We leave them here in the hopes that activities will open up as the summer goes on.

Summertime Bucket List

- Watch the sunset at Sunset Rock or Tip Toe Mountain...bottle of wine, optional (carry in, carry out).
- Take a hike on one of Vinalhaven's many trails. For extra points, hike all the trails in one summer! (See page 29 for the island map and trail descriptions.)
- Go for a swim! Try Lawson's Quarry and Booth's Quarry and see which you like best. For the truly hard-core, head to the ocean at State Beach.
- Check out the Saturday morning Flea/Farmers Market for everything from handmade goods and goodies to attic treasures and more.
- Most definitely, eat a lobster (pro tips on page 53).
- Explore the Basin by kayak. If you don't own your own, rent one from The Tidewater.
- Pick up some new-to-you books from Second Hand Prose.
- Learn more about Vinalhaven's history at the Historical Society.



Good Eats and Drinks Bucket List

- Order up a flight of local beers and enjoy them out on the patio at North Haven Brewing Company.
- Eat where the locals eat and have breakfast at Surfside.
- Grab lunch at Greet's Eats food truck-voted Maine's best lobster roll.
- Enjoy dinner at Nebo Lodge or pizza at Calderwood Hall, both on North Haven.
- Discover Skål! the island speakeasy and enjoy music, full bar, small plates, and fun.
- Turner Farm barn suppers on North Haven on Monday, Thursday, and Friday.
- Grab some of Sherry's Kitchen fresh food offerings each Saturday at the Flea Market.

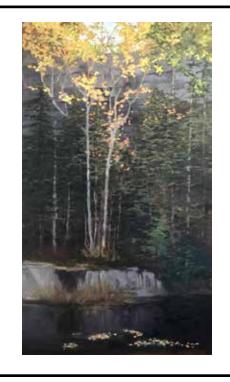
Arts and Artisans Bucket List

- Take to a virtual art tour at New Era Gallery, or go in person on selected days for a socially distanced experience.
- Visit WindHorse Arts online to see beautiful handmade glass jewelry available for purchase.

Excursions Bucket List

- Take a boat ride with Maine Seabird Tours, Vinalhaven By Boat or Fox Island Charters.
- Bring a bike over to North Haven and explore the island.
- Or sail out to Hurricane Island on your own, tie up at one of their moorings (donation requested), and enjoy a hike and picnic on this historic island.





New Era Gallery

A fine arts gallery featuring work by more than seventy locally and nationally recognized artists on a beautiful island in Penobscot Bay

Open May through December

60 Main Street, Vinalhaven, Maine neweragallery.com

at left Elaine Austin Crossman "Hidden Pool" oil on canvas

Health and Wellness Bucket List

- Check out the weight machines and other equipment at Aerofit.
- Experience Japanese healing bodywork at Vinalhaven Shiatsu.
- Take a yoga or pilates class at Vinalhaven Yoga, Pilates & Barre.



Kids Bucket List

- Look for sea glass at the beach (try State Beach or Polly Cove at Eleanor L. Campbell Preserve).
- Pick out a bagful of your favorite penny candy at Go Fish.
- Take swimming lessons at Lawson's Quarry.
- Hike the Story Trail at Granite Island Preserve and read the latest children's book featured there.
- Build a fairy house on your own. Go to the Vinalhaven Land Trust website for guidance. vinalhavenlandtrust.org/kids-summer-programs.
- Get in touch with your inner pirate and see what's going on at Zach's Shack.





ISLAND EXPLORERS Nature-Based Summer Camp

VLT's popular day camp will be back next summer! VLT's camp for rising grades K-2 gets kids outside exploring nature, farms and gardens, and Vinalhaven history.



vltislandexplorers@gmail.com vinalhavenlandtrust.org

Fun Facts about Vinalhaven

Who discovered Vinalhaven?

The first known residents were the Red Paint people, who settled in this area 3,800 to 5,000 years ago. Evidence of their time here has been confirmed by archaeological digs on both Vinalhaven and North Haven. Abenaki and other Native Americans came later.

In 1603, it is alleged that Martin Pring was the first Englishman to sail into Penobscot Bay, on a mapping expedition. Seeing a number of silver foxes along the shores he named the group of islands the "Fox Islands."

Why is the town named Vinalhaven?

When the people of Fox Islands wanted to become incorporated as a town they sent a petition to the General Court of Massachusetts. John Vinal was appointed as their attorney. His son, William Vinal, settled in the Fox Islands, but it is rumored that John himself never visited the island. North and South Fox Islands were incorporated as the town of Vinalhaven on June 25, 1789. North Haven set apart as its own town June 30, 1846.

When did Europeans first settle on Vinalhaven?

A temporary settlement was made on Vinalhaven in 1760 by Francis Cogswell, who was attracted by the timber growth near the shore and set up a sawmill at the head of Carver's Harbor. Around the same time, several others attempted to establish themselves on the north island, but were run off by Native Americans. The Carver family appeared in 1766 and from then until the beginning of the Revolutionary War many more families settled here.

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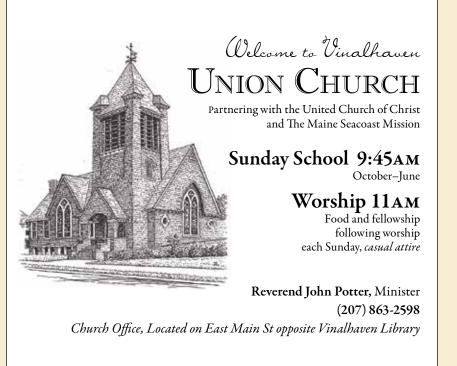
Support VES today and help us continue our mission for years to come! Find out More | Donate | Volunteer | Support | Reach Out vinalhaveneldercare.org | 207-863-9980 | 18 Beaver Dam. Rd. The Fox Islands were originally part of Lincoln County in 1760. After becoming incorporated, Vinalhaven was then a part of Hancock County. On March 15, 1838 it was redistricted to Waldo County and finally, on April 1, 1860 to Knox County.

What is the population of Vinalhaven?

The year-round population is about 1,200 and roughly triples in the summer. In 1880, the population reached its highest peak with 2,855 people living on Vinalhaven, most working in the quarries. According to the first US Census in 1790, there were only 578 people living on the North and South Islands combined.

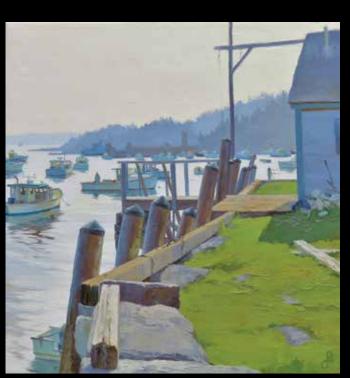
Vinalhaven School

In 1973, fire destroyed the 4-12th grade school. A makeshift structure was built to temporarily house students. Almost forty years later the town of Vinalhaven was fortunate enough to have a new building to begin the 2003-2004 school year. The building houses pre-K through 12th grades, with an enrollment of 175 (for the 2019-2020 school year).



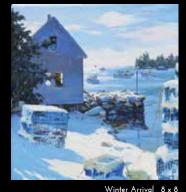


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Summer Light 12 x12

PAM JOHNSON Original Oil Paintings



Represented by

New Era Gallery 60 Main Sreet, Vinalhaven, ME 207-863-9351 www.neweragallery.com

By studio appointment 207-863-4981 pjohnsonoils026@gmail.com

Things to Do on a Rainy Day

- Visit Vinalhaven Land Trust's website to read about trails and print a map for your next hike.
- Discover a new toy, craft, or island-made gift at an island store.
- Play a board game you've never played before, or a favorite old card game.
- · Get out your shells and sea glass and make something.
- Visit New Era Gallery and see some amazing works of art, and take one home.
- Stop in to Good Things Coffee House for a beverage and homemade baked goods.
- Read a book by a local author—call the library to arrange your personal pick-up.
- Learn something new about something old—visit the Vinalhaven or North Haven Historical Society.
- Sit, watch, and count all the people walking off the ferry.
- Bring home a bottle of wine and other goodies from Island Spirits.
- Buy some postcards at Go Fish, fill them out, and mail them to friends.
- Watch a movie that was filmed on Vinalhaven like *Islander* or *Deep Waters*, available at the library.
- Go house hunting and visit with an island realtor...Davidson Realty, Harrison Realty, Lincolnville Real Estate, or RE/MAX Jaret & Cohn.
- Bring home a book or jigsaw puzzle from Second Hand Prose.
- Have a craft day! Pick up supplies from the Island's Closet.



VINALHAVEN COMMUNITY COVID-19 GUIDELINES

We are still in a Pandemic. Do your part to put your safety, your family's safety, and the safety of the community first. Do not take unnecessary risks, and be respectful of others by abiding by these guidelines.



Stay home if you are exhibiting symptoms of COVID-19 or if you are in guarantine. Limit any unnecessary travel.

Maintain physical distance by keeping at least 6 feet away from others unless you are from the same household.



Do not gather in groups of more than the permitted number according to current guidelines.



Wear a face covering^{*} when in public, including places of business, downtown, on the ferry, and all areas where keeping at least 6 feet away from others is not possible.



Comply with CDC guidelines. Do not touch surfaces unnecessarily. Wash/sanitize hands often.

Comply with guidelines for businesses.



Stay safe. Keep others safe. Be kind.

www. townofvinalhaven.org for Vinalhaven COVID-19 Information

Questions? Comments? Contact the Vinalhaven Emergency Operations Center (EOC) (207) 863-2168 or VHEOC@townofvinalhaven.org

*CDC guidelines state that children under age 2 and anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to

remove the mask without assistance should NOT wear a face covering.





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The Vinalhaven Fisherman's Co-op was established in 1974 and has been an integral part of the Vinalhaven business community for over 40 years. Stop by our retail store and pick up your live lobsters!

11 West Main Street ~ Vinalhaven, Maine 04863 207.863.2263 coop_office@my fairpoint.com www.vinalhavencoop.com

When did quarrying start?

Possibly as early as 1826 in Arey's Harbor. There was some action in 1846, but things really began to take off in 1849 at East Boston Quarry.

How deep are the quarries?

Booth's Quarry (Pequot Road) is around fifty feet deep. Anything below twenty feet gets dark and cold with poor visibility. Lawson's Quarry (North Haven Road) is only about fifteen feet deep. East Boston Quarry (East Boston Road, privately owned) is the deepest. It is at least seventy feet, but could be over one hundred feet in some spots.

How much does granite weigh?

The weight of a cubic foot of granite varies depending on the coarseness of its make-up. "Rough" granite weighs about 165 pounds per cubic foot and "fine" granite about 200 pounds or more per cubic foot.

How was granite shipped?

Granite was loaded onto schooners, sloops, and barges and taken to the mainland – Rockland, Boston, New York, and ports as far as Pensacola and New Orleans. Depending on its purpose, the granite might then have been loaded onto a train and sent to its final destination.

Where was the granite shipped?

Vinalhaven granite fountains, commissioned by the National Humane Alliance, were sent all over the country, with some states receiving more than one. Many of them no longer exist, but there are a few still functioning. Vinalhaven granite also went to many cities in the form of paving blocks, foundation pieces, columns, and other decorative pieces. Some notable places to receive granite were:

- Rockland Breakwater 21,125 tons
- Holyoke Dam, MA
- Brooklyn Bridge, NY
- Carved eagles for the Buffalo, NY, Post Office
- Eight Faces of Mankind, New York Customs House
- Thousands of tons of paving blocks
- Forts along the Atlantic and Gulf coasts

Thanks to the Vinalhaven Historical Society for use of the FAQs and information about Vinalhaven's quarrying history.



You choose to live in Maine because you believe the best days are ahead. We agree. So let's start building together and see how great we can make this place we call home.



Bangor • Bar Harbor • Blue Hill • Boothbay Harbor • Calais • Camden • Damariscotta • Eastport Ellsworth • Northeast Harbor • Rockland • Rockport • Southwest Harbor • Waldoboro • Wiscasset

How to Get the Best of a Lobster

To Prepare

A single lobster will satisfy an average appetite. Two will satisfy heartier souls, and a fortunate few can eat three or four. To begin, cover the table with something you don't care about, like newspaper, grocery bags, or documents from the IRS. If you care about your table, use an oil cloth or extra layers of paper. Bring a couple of inches of water to a boil in a lobster kettle or other suitable container. Leave heat up and drop the live lobster in, headfirst. Turn up the radio or engage your companions in lively debate until the screams and clattering in the pot subside. Your dinner is now steaming (not boiling) to perfection. In about 15 minutes, the tasty crustaceans should be bright red. Melt some butter in a bowl and give each diner his or her own little cup. Turn off the heat and – with tongs – remove the lobsters from the pot. Empty the pot. Serve each lobster on a plate big enough to hold it, or just put them on the table. Place the empty pot in the middle of the table to receive shells and debris. Serve with steamed clams, corn on the cob, potato chips, and your choice of beverage!

To Eat

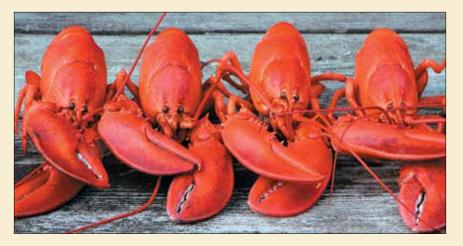
- 1. Twist off each claw and knuckle assembly.
- 2. Hold claws over pot to let the juices drain.
- 3. Break the knuckle off the claws.
- 4. Taking the body in one hand and the tail in the other, bend them backwards until the tail comes off (being careful to aim the underside toward the person who offended you during the preceding political argument, see "To Prepare").
- 5. If there is red roe attached to the underside of the tail, it's edible. Lobster caviar.

SKÅL!

An island speakeasy with a Scandinavian flair. Music, full bar, small plates—and fun, fun, fun!

A "Vinalhaven Secret"

6 Bodwell Lane 207-863-4882 ~ Islandspeakeasy.com



- 6. Break the fan off the end of the tail and see if you can persuade the delicate wedges of meat from each segment.
- 7. Break the small pincher off each claw gently, so the tiny sliver of meat remains intact. The practiced accomplishment will draw a smattering of applause.
- 8. Crack the large claw sections with almost anything you can lay your hands on and extract the meat within.
- 9. Drop the meat into your hot butter and let it rest a while.
- 10. Remove meat from the knuckles with a lobster pick, or break them with nutcrackers. Put this meat in the butter, too.
- 11. Straighten the tail as much as possible and, abandoning whatever pretense of delicacy that may remain, shove your strongest finger into the tail from the small end. Properly done, this movement (known as the "Fungoo thrust") will force the meat out the other end in one delectable piece. Discard the shell, remembering to remove your finger first.
- 12. Hold the tail meat lengthwise and peel back either side. This will reveal a dark vein, which should be removed and discarded for the gulls who'll eat anything. Continue peeling until the halves separate, and put them in the butter.
- 13. At this point, those with patience will attack the body itself, breaking it open from the underside in order to remove every morsel from the thoracic cavity. Others will take the same approach, but only get at the tomalley or liver, (the green stuff).
- 14. Eat the meat that has been luxuriating in the butter. You'll find different parts have different textures, but all are indescribably wonderful.
- 15. Don't talk with your mouth full.





A aroft Cum

We love new members!

Join the Vinalhaven Chamber of Commerce! Go to www.vinalhaven.org to join. Membership is only \$80 a year!

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Single-Stream RECYCLING

VH Recycling is EASY – No Sorting! FMI islandwastewatchers@gmail.com and the Recyclopedia app at

ecomaine.org/RECYCLOPEDIA | Drop off at the VH Transfer Station

| | Plastic with ave #1-#7 symbol on it rigid containers only, leave recyclable lids on | Yes ✓ all rigid containers marked #1–#7 | No ➤ plastic bags! plastic film of any kind |
|-----|---|---|---|
| | Paper Cartons empty & remove plastic caps | milk & juice cartons aseptic containers | wax-coated material |
| 25. | Cardboard & Mixed Paper must be clean and dry (no greasy-gross pizza or food boxes) | all paper, cardboard paperboard, shredded paper (in clear bag only) | wax-coated material loose shredded paper |
| | Glass jars & bottles, all colors remove caps & lids (recycle metal lids) | clear & colored glass bottles & jars | window glass |
| | Metal tin & aluminum | tin cans, pots & pans, lids aluminum cans & clean foil empty aerosal cans | scrap metal paint cans gas cylinders |



FOOD SCRAP COMPOSTING HOW-TO GUIDE Vinalhaven Community Compost at the Transfer Station

Yes√

FOOD SCRAPS vegtables, fruit, peels, grains, coffee grounds eggshells, fish, spoiled and leftover foods **UNCOATED FOOD PAPERS** tea bags, coffee filters, soiled napkins





MEAT, BONES, DAIRY no meats and dairy, no large quantities of oil **COMPOSTABLE "PLASTICS"** no bags/pail liners, no cups, no cutlery **PRODUCE STICKERS** remove produce stickers



FMI about VH Community Compost visit the WasteWatchers page at www.townofvinalhaven.org



Summer Time and The Living's Easy

There's always something happening on the farm. Come by boat and dock at our wharf. Summer events include: Barn Supper | Monday Night Dinners | Farmstand and Market Barn Rental | Tent Site for Rent Learn more at Turner-Farm.com



Promoting and Celebrating Maine Island Living



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