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# The Thoroughfare

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Summer 1999

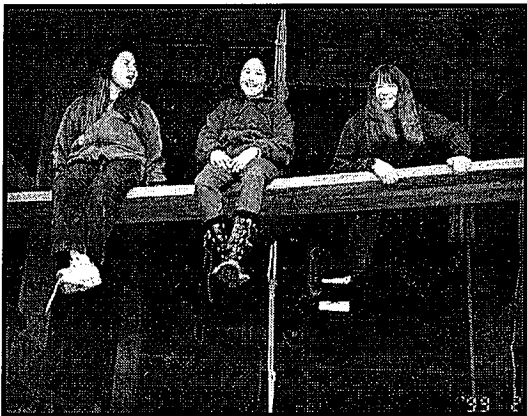
Volume VII, Issue II

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## NEWS FROM ROQUE

On January 1, Wes Rines, his wife Melissa, and daughters, Heather (13) and Misty (12), joined us here at Roque Island. Wes, with a variety of skills, will be the new handyman. He is a licensed electrician, a good carpenter, and a good welder. He will also be serving as back-up boatman. Melissa will be the new housekeeper, both at the Farm House and the family houses. Heather and Misty are helping out both in the Farm House and with farm chores.



*From left to right: Misty Rines, Megan Marshall, and Heather Rines*

Wes has been busy building a new laundry room in the basement and jacking up the foundation of the Farm House; in addition to regular duties, Melissa has been painting its walls and ceilings. Amy has already started seedlings in the greenhouse for later transplanting in the garden. The big project this winter and spring has been cutting logs, as well as firewood, and milling lumber for the new manager's house. The anticipated date to start construction is May 1. It is very helpful to have our own supply of lumber for the many projects that are on the list.

Not much snow this winter. Early March made up for it, but new lambs at the same time let us know Spring was coming.

We are in the process of developing a utilities map for electric lines, water lines, and sewer lines that serve the various buildings on the island. All of these are underground, or are supposed to be (some electric lines were found entirely too close to the surface near the Farm House!). With new electric, water and sewer lines going to the manager's house, we need to know the location of everything before we start digging.

"Hey-Boy" continues to be a fine specimen of a saddle horse and a joy to work with, but he is beginning to show his 28+ years. He has become more selective in what he will eat, and has an occasional stomach-ache. He may need to be limited to lighter use this summer.

Mud-season is nearly here ( This written in March - ed.), but we are already looking forward to warm days and green grass and the return of family members to share the beauty of Roque Island.



*Princess - "a fitting name for Majesty's offspring"*

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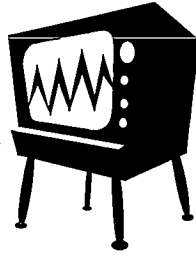
## TOILETS & TV

Why, you may wonder, do these appear in the same headline? They are emblems of our interdependent life on Roque Island. These lines are a request for more mindfulness about how short the distance is between cause and effect on the Island (and also how long the distance between something broken and someone to repair it).

Before we get to toilets and TV, I want to talk about the animals, vehicles, boats and equipment. When any of these are misused or damaged it means not only are they out of commission but staff time is required to put them to rights which may mean taking them off-island and back again. The responsible party is billed for repairs and the required staff time. However, there is no way to recompense other family members for the loss of the use of an animal, vehicle, boat or piece of equipment or loss of staff time for other projects. Please be mindful of others' vacation needs and allow our staff to create rather than back and fill. (By the way, the truck is not to be used as a training vehicle - all drivers must be licensed.)

As to toilets - the septic system can process only human waste and toilet paper. It cannot process: matches, paper towels, cloth towels (!), disposable diapers, feminine hygiene products, etc. Last year the staff discovered all of the above in the system, and it was more than a big headache, as you can imagine... Any extraneous stuff must be disposed of in the wastebasket, or the septic system will get blocked up.

Now what about TV? What I really mean is what about the Farm House? Our staff is a resource as important as any of our natural resources. We need to honor their space and privacy. They are trying to reconfigure the public rooms to eliminate walk-throughs by the family: Ed is moving the office to the front sitting room so that it is readily available from the front door. For about twenty years there has been a presump-

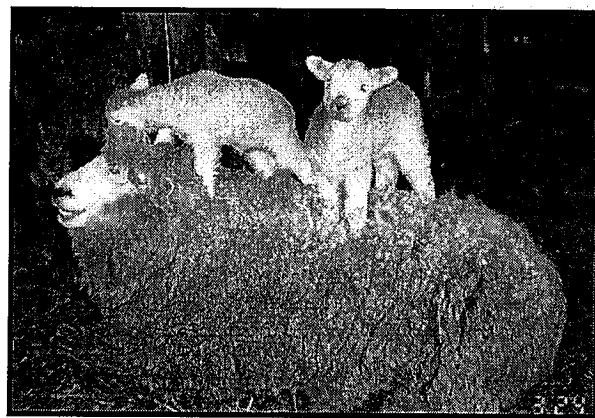


tion of an "open-house" policy which has never been appropriate and is definitely not so now. We need to reconfigure our attitudes about what is off-limits and what is fair game. In order to protect our staff we ask that the Farm House itself be considered off-limits except for business, which can be consultations in the office, telephone calls wherever we set up our phone, and picking up farm products. This last has been problematical with the younger set (15 and under) who have been known to go into the walk-in and take products without signing up. The staff does not feel comfortable policing this aspect so we ask that heads of household take responsibility.

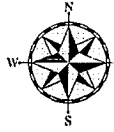
Which brings me at last to TV. The Farm House is not our social center, it is theirs (and their working and living quarters as well). We cannot assume they want to share TV time, nor can we assume they want to share meals with us. They would like to occasionally invite a guest or so, but it is not for us to ask.

Many people have worked hard to bring the Island into good working order- let's maximize this effort by giving our staff breathing room, and respecting our systems and equipment.

*Ann Barry for the Board*



*Rodney and two of his babies, Mayberry (left) and Blackie*



## CAMP KIDS AND DADS

by Lyn Goodhue

Nearly fifteen years ago, a tradition began in our family on our annual visits to Roque, a tradition which has become treasured over the years. I'm not sure exactly how Camp Kids and Dads started, but it might have been a combination of outer island exploration and the mothers of our group wanting a night off.

Camp Kids and Dads has been to many locations, including Marsh Island, Patten's Cove, Lakeman's, Bear's Nose, Bear's Claw, Indian Landing and more. Full camouflage is required (kids love this), only fathers and children are allowed (mothers and wives love this), and the same menu is prepared each year - steak, baked potatoes, peas and s'mores for dinner; and pancakes for breakfast.

It's always an adventure. Logistically, the Jos Peabody drops them off with plenty of daylight. Camping gear, fishing rods, food supplies and water are ferried to the site in a small outboard. The putt-putt is left for evening fishing and for emergencies. The big boat returns shortly after breakfast the next day (Dads are anxious to get back to the farm).

Tents are pitched, children collect firewood, a lavatory is established, complete with hanging mirror, cup, toothpaste, soap and washcloth. The galley is placed near the fire in a make shift lean-to (the rains have come over the years), and soon all is prepped before the oncoming darkness.

But with what's left of daylight, everyone prepares for a hiking expedition into the unspoiled wilderness around them. Randy, of course has given everyone a



Willy Goodhue (age 10), Camp Kids and Dads, August 1998

rundown of what has happened on this site over the past 200 years, gleaning what he can from the History of Roque Island. Perhaps they'll look for the site where the hermit brothers lived, or find an Indian shell-heap left so many years ago. Or they may take the outboard through the Thoroughfare, exploring hard-to-get-to coves in that glorious sunset light that allows you to see straight to the bottom. They have even caught a few fish on their fly-rods, and thrown them on the fire for a special treat. In these few hours before darkness they soak up the best of Roque and its heritage

They have spotted eagles feeding their young, and seen a Great Blue Heron flying mightily through the Thoroughfare. One cannot help but believe these same sights were seen in the same pristine surroundings hundreds of years before.

Back to the camp site. The fire is lit and dinner is prepared. The bug spray comes out and the kids collect their marshmallow sticks. Brilliant pinpoints of light populate the dark sky. Songs are sung, ghost stories retold and shortly after the marshmallows the kids are sent to their sleeping bags (never an easy feat). Dads philosophize around the burning embers and feel sated, content with all that surrounds them.

Meanwhile back at the farm, the mothers enjoy a somewhat empty house. Dinner for them is pasta and salad after an evening ride to Great Beach. A good long read by the fire and an early bedtime all add up to heaven.

Camp Kids and Dads is something we look forward to. Mothers love the peace, fathers love the wilderness survival, and the kids will love the memories.



From left to right: Susannah Ames, Eliza Cutler, Chris Cutler, Sam Campbell, Sam Ames, Randy Goodhue, and Tim Haydock, Camp Kids and Dads, August 1998

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## FROM THE HISTORICAL RECORDS

As we approach the nuptial season, it seemed appropriate to look back on past customs in this department. The following is an excerpt from a letter, dated June 13, 1794, from Samuel Pickering Gardner to Judge John Lowell, requesting permission to court his daughter, Rebecca, then aged 15.

*In several of my late visits at your house I have endeavoured that my conduct should so far explain my feelings as to render an address of this kind unnecessary; but such was the extreme improbability of even the existence of the sentiments which I possess that they were not seen at all, or if seen, were probably misconstrued. To prevent any erroneous conclusions I determined (after considerable conflict with my feelings) to discover to you an attachment which (from the disparity of age) I have not dared to disclose to anyone; and I dread your disapprobation will be equal to your surprize when I inform you the object of it is your daughter, Rebecca. I am fully aware of the feelings that this discovery is calculated to inspire, and more especially so, as she is probably ignorant of the passion which she has excited..."*

*"My fears so far predominate over my hopes that I dread your decision, but if it should be less severe than I anticipate, I will with pleasure submit to such delay as you may think necessary, but on the contrary if every objection from which I apprehend disappointment should be realized I shall submit in silent regret and endeavour by absence "to eradicate those impressions that I have too imprudently cherished. In that unhappy event I request that the content of this letter may forever remain in a secret with yourself and Mrs. Lowell..."*

*With the most respectful sentiments of esteem,*

*Your humble servant,*

Mr. Gardner's suit was successful: he and Rebecca were married in September, 1797.

(Our thanks to G.G. Herrick for providing this historical nugget. The editors.)



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## FLOTSAM



A Traitor to his Class: Robert A. G. Monks and the Battle to Change Corporate America by Hilary Rosenberg was just published in January. It has been very well received; see in particular George Herrick's excellent review on Amazon.com.

Sarah Alexander is getting married in Genoa, Italy on July 31 to Francesco Lagutaine. The couple will be coming back to live in the States after the wedding.

Alexandra Higgins is graduating from the University of Arizona this June.

In her thesis for a doctoral degree from the University of Maine on the subject of spruce stands in coastal and interior Maine, Molly Schaufler included some research that she did on Roque Island.

She has found that spruce has been a dominant tree on the island since its arrival following deglaciation, about 9500 years ago. As to evidence of fires, she quotes an item from the Machias Union of 1854, which describes an extensive fire on Roque Island. (That particular summer was a very dry one and there were many fires throughout the state). This is the fire that is mentioned in the History of Roque Island which consumed the woods on Great Head.

Household assistant and childcare: Erica Famous, daughter of Norm, our consultant on Natural resources, will be available this summer to assist with meal preparation and clean-up, picnic lunches, child care and nature-related activities for youngsters. Her fee is \$10 an hour. Her telephone: (207) 255-4933; Norm's is (207) 255-8943 or 623-6072. Erica is a second year student at the University of Maine, where she is majoring in speech therapy..



## FROM THE FARMHOUSE KITCHEN

by Amy Hilchey

Cooking in the Farmhouse is a treat for me, an adventure in culinary science and art. It's exciting to have such a selection of fresh ingredients at my fingertips, the restaurant style range and walk-in, a well-organized workspace and the flexibility to create. I never thought I would choose cooking as an occupation, but the potential for creation has enticed me.

The day begins around 5:00 a.m.; Ed is usually up and has stoked the fire to take the chill off. By 5:30 the bacon is sizzling and by 6:00 the rest of the crew has risen for a cup of coffee before chores. The table is set and chores carried out, breakfast is on at 7:00. Everyone has their own special preferences - be it eggs and bacon, pancakes or waffles, muffins or toast, home fries, fruit, or hot cereal. There is an option for everyone, to which we help ourselves buffet style.

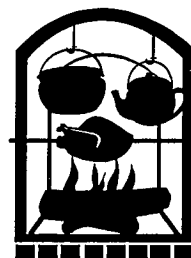
By 8:00 the table has been cleared and the kitchen returned to order. The crew is off to begin the day's projects.

Depending on the number of people present for lunch (anywhere from three to fifteen) and their respective tastes, appetites and special diets, I may begin prepping for lunch. There is a window in which I may be able to start some bread, mix up some cookies or begin marinating meat. This is also an opportune time to plan the menu. Depending on how much time it will take to prepare, I may have time to venture into the garden for a fresh harvest of vegetables and herbs, work in the greenhouse, or browse through cookbooks for new recipes before I begin cooking the noon meal.

At 12:00 noon lunch is announced by ringing the dinner bell (on the front porch). This is the largest and most formal meal of the day. A variety of meals are prepared throughout the week: the main dish may be a casserole, a roast, chowder or barbecue. The heaviness or lightness of the meal will relate to the weather and the extent of physical activities for the day. It is important to match the mood of the crew to the meal being served if it is to be eaten heartily.

When lunch is over and cleaned up, the afternoon is free to fulfill my other responsibilities. Dinner is a "help yourself" affair, preferences ranging from leftovers to hot dogs to cereal (a favorite). In the evening I may prepare some things for breakfast, such as potatoes or muffin mix, so as to get a head-start on the next day, especially if the house is full. I also remove meat from the freezer to defrost in the walk-in, and may make up some bread so that it can rise overnight. As I bake, I double the recipes so that a loaf of bread or a batch of cookies can be put in the freezer to use on a hectic day. I also prepare other things for the freezer; for instance, we are still enjoying pesto, tomato sauce, green beans and broccoli from last summer's harvest.

I enjoy creating and experimenting with new recipes and providing interesting and nutritious meals. Although it can be demanding to plan, prepare and present meals that everyone will enjoy, it is also challenging and rewarding.





## Cranberry Scones



Sift together:

2 cups all purpose flour  
3 tsps. baking powder  
1/2 tsp. salt  
1/2 tsp. nutmeg  
1/4 cup sugar (more or less to taste)

Rub or cut in until like bread crumbs:

4 tbsps. butter (at room temperature)

Add:

1/2 cup cranberries  
1 tbsp. orange zest (optional)

Mix together:

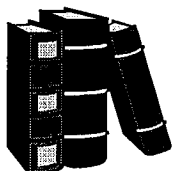
1 egg  
2/3 cup cream or evaporated milk

Add this to the crumb mixture lightly but quickly.

Turn out onto floured surface and knead gently until the dough holds together (8-10 folds). Shape dough into a ball and flatten to about 1 1/2 inches thick, cut into pie shaped pieces, and place on a cookie sheet. Bake for 15-20 minutes in a 425F oven, until lightly browned. When slightly cooled these can be drizzled with confectioners' sugar glaze.



### THE LIBRARY CORNER SUMMER READING



Battiscombe, Georgina. English Picnics (1949) History of the picnic.

Bosker, Gideon and Leneck, Lena. The Beach (1998) History of the beach.

Cross, Amy Willard. The Summer House (1992) A sort of history of the summer house.

Garland, Joseph E. Boston's Gold Coast. The North Shore 1890-1920 (1981)

Neustadt, Kathy. Clambake, A History and Celebration of an American Tradition (1992)

Paterson, Stanley and Seaborg, Carl G. Nahant on the Rocks (1991) The origin of summer vacation in America.

Teale, Edwin Way. Journey Into Summer (1960) The coming of summer across America.

Trowbridge, Clinton. The Crow Island Journal (1970) The best of the island journals.

G.G.H.

Erratum: in the last issue, the game mentioned in Jane Austen's Northanger Abbey is "rounders" (not "bounders").

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## SQUIRE'S POINT

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### VERANDAHS

The Mansion House verandah is true to the architectural style of 1900 when it was built. It was the time of the pen air movement when sleeping porches, verandahs and camping came into fashion. It is not known when the old Farm House verandah, since pulled down, may have been constructed.

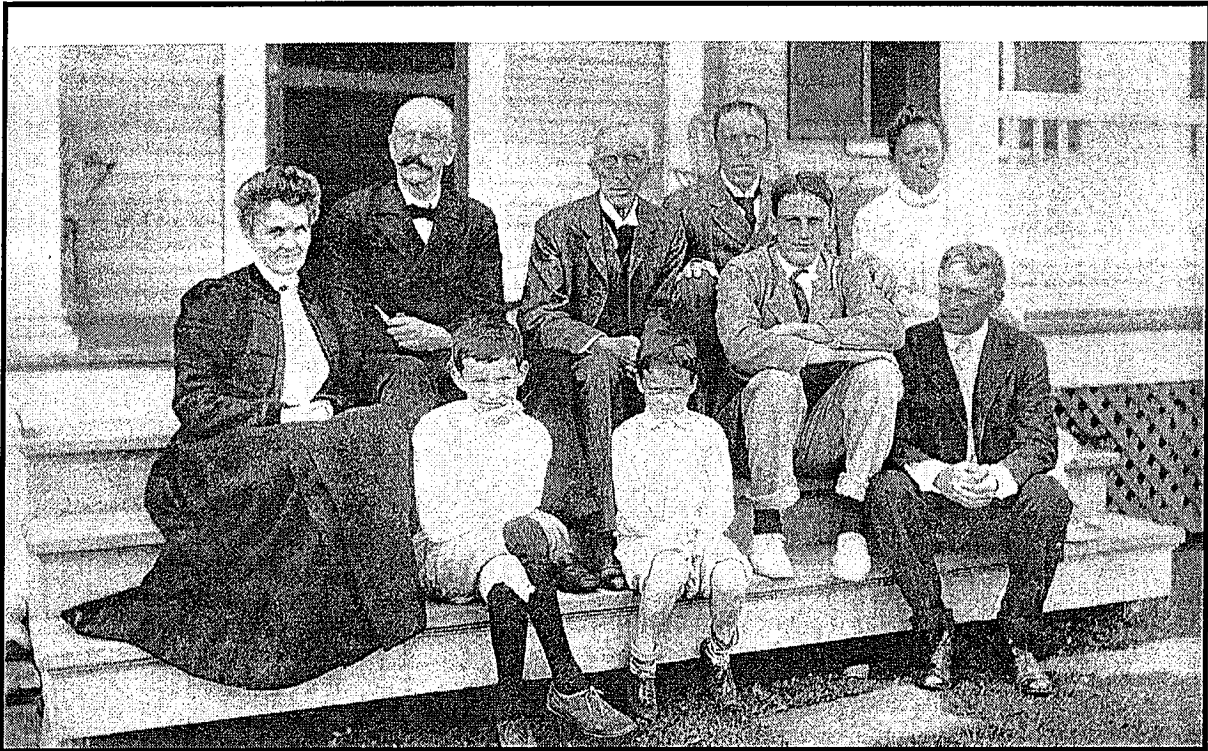
The word "verandah" came from the Portuguese language via India and entered Western vocabulary through England. A verandah is an open, gallery-like structure, with its own roof, attached alongside a house but not necessarily at its main entrance. Verandahs are larger than porches and often wrap around the sides of a house. A

primary function of the verandah is to help cool the interior of a house by shading the porch.

But a verandah is much more. It bridges the gap between unbounded open space and protected shelter, providing a transition between the public and the private. It provides a vantage point over the surrounding landscape and activities in it. It has a social function as a gathering space or a place for informal entertainment. It gives the illusion of being out of doors in nature without being deprived of civilized comforts. It can be a place for all manner of games. Some verandahs have game boards painted onto the porch.

The Mansion House verandah has seen many uses over the past 100 years. It has been used for reading, entertaining, star gazing, bird watching, changing boots, courtship, playing games and just plain passing the time of day. It will always be an essential part of that house.

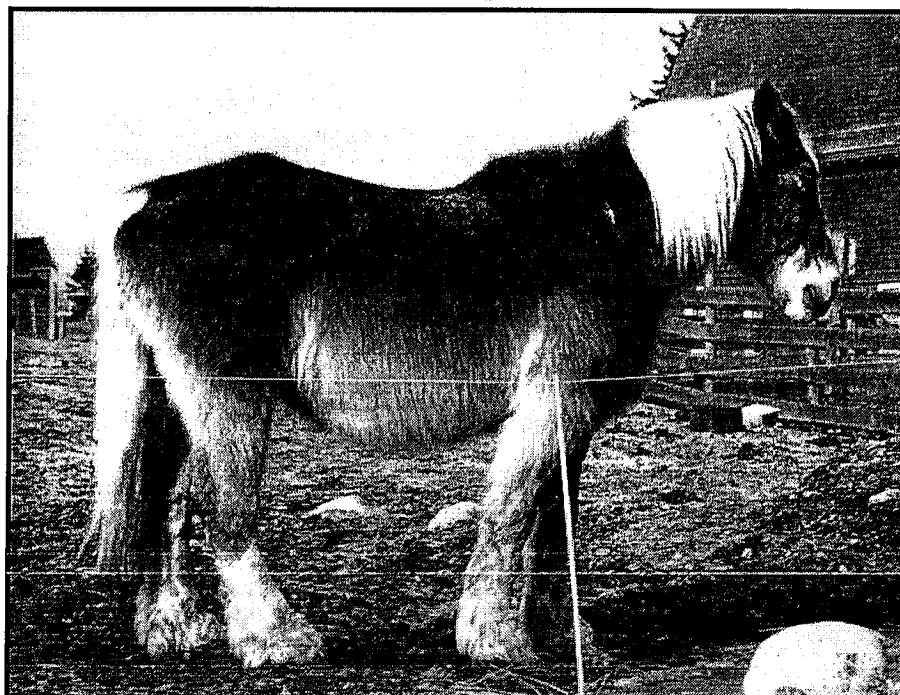
*George Herrick*



Group on steps of New House, Roque Island, September 1907  
(Back row) George P. Gardner, George A. Gardner, John L. Gardner, 2nd, Olga E. Monks. (Middle row) Esther Gardner, George P. Gardner, Jr. (Front row) G. Gardner Monks, John P. Monks, George H. Monks.  
Photo scanned from "History of Roque Island, Maine"

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*Farewell to Ike, who is going back to his previous owner. We will miss him!*



*Ike in his Winter coat*

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**The Thoroughfare**  
C/O RIGHC  
45 Exchange Street  
Portland, Maine 04101



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**Notes from the Trustees...**



**Construction Projects.**

The foundation for the manger's house is being built. The "Wood-Mizer" is holding up very well: 90% of the lumber for the manager's house has been cut with it. The Mansion House has undergone extensive repairs and will be re-opened the end of May. Difficulties that we have had with contracted work underline the necessity of having a more formalized process of review. From now on, the Operations Committee will appoint a group to negotiate a particular contract, which will then be reviewed by a lawyer before being signed by the chairman and/or treasurer.

**New staff**

In addition to Wes and Melissa Rines who came to the

island in January with their two girls, another couple, Milton and Anna Barrington have been hired for six months for the high season.

**Cemetery**

Nick Higgins gave a report on a proposed site and design for a burying ground. A committee has been formed. It will be reviewing the plan and setting guidelines for inclusion in the cemetery.

**Trustee Election**

This fall there will be two vacancies to be filled on the Board as George Herrick and Jennifer Donaldson will be rotated off as required by our by-laws. Both positions are for "at large" trustees to be voted on by the entire membership. Please start thinking of candidates - yourself or others - and get in touch with the Nominations Committee (Nina Herrick, Ann Barry, Posy Dana, and John Higgins)

**Staff Update:**

*Wes and Melissa Rines* resigned in early June.  
*Milton and Anna Barrington* resigned in late June for health reasons