



The Salty Quill

At the Salty Quill Writers Retreat for Women, you'll find the time and space to write, to share, to relax, to enjoy the camaraderie of other writers, and to learn from an established author. McGee's Island is a magical place with 110-private acres to explore and a grand home brimming with a century's worth of family memories and furnishings. We hope you'll cherish and protect it as you would your own home.

Feel free to hunker down in your room, or tuck into a nook or soft, cushy chair in one of the common rooms, and write the day away. If you're comfortable with watercraft and Maine waters, a few kayaks and canoes are available (to share amongst us), and if you'd rather look at the sea from the safety of terra firma, a fire-driven sauna on the property may tempt you.

Some of the shared common spaces include the living room, the sun room, the front room, the many covered and open porches, and the upstairs library (writers can reserve 2-hour time blocks via a sign-up sheet outside the door). Please don't interrupt writers at work—and do try to keep distractions at a minimum.

Each night after dinner, writers who wish to participate in a sharing-and-critique session meet in the living room. Two or three readers sign up to read a portion of their work each night (usually reading about 10 minutes), and we try to schedule around who wants to read when to assure everyone, including those who come for a half-week, have the chance to share. Critiques generally run about 30-45 minutes. We hope everyone will share their writing during their session but don't feel obligated. (In case you're unfamiliar with critique, we can provide some general guidelines.)

We hope writers will be cognizant of each other's needs, pitch in, share common space equitably, explore the island, share knowledge and experience, and above all, enjoy themselves. We hope to foster an atmosphere of creative pursuit, openness, mutual respect, kindness and love. Lastly, we hope the Salty Quill Writers' Retreat will be filled with drama, but only on the page. In fact, this goes

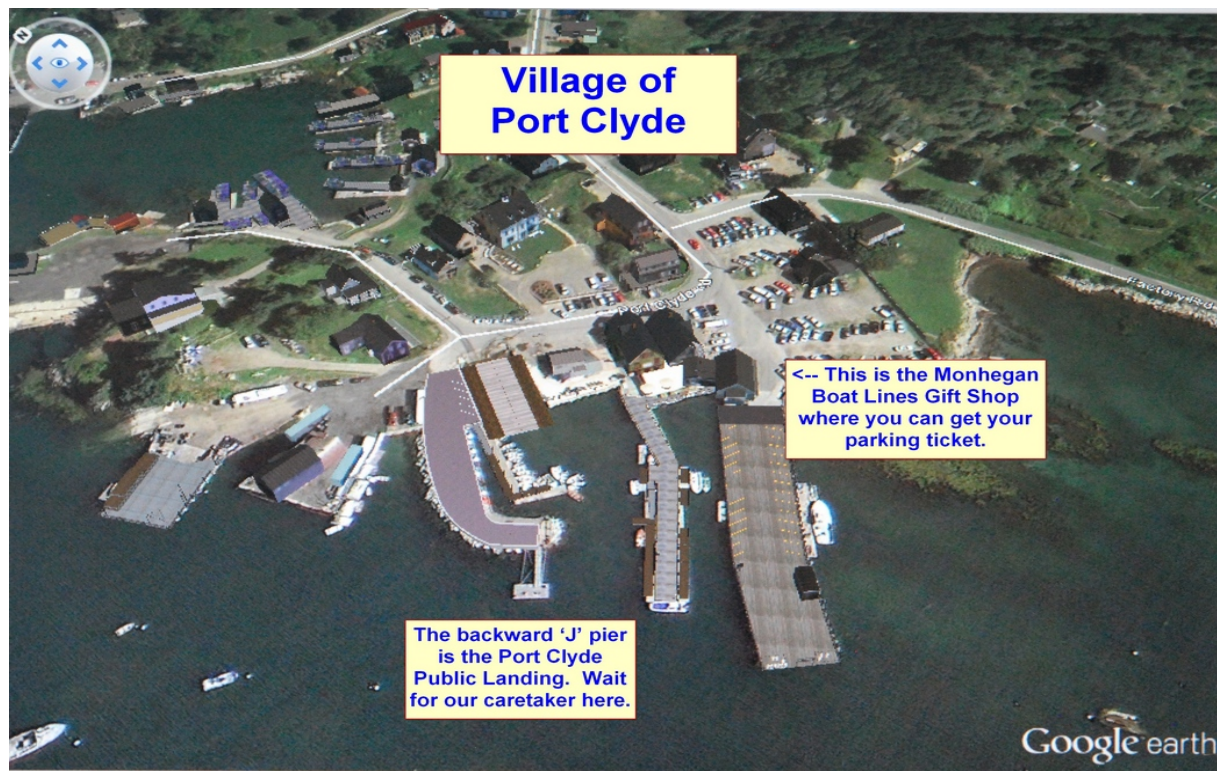
as far as trying to avoid (though it's not always possible) too much talk about divisive politics, simply because our daily lives have been so radically and negatively affected by them these past years that carrying that into this venue defeats the purpose.

THE DETAILS

This document has been compiled with the goal of being comprehensive. Please be sure to read through it and print it out to bring along with you on the trip. If you have questions you can't find answers to here or on the Facebook page, feel free to email Pam.

GETTING THERE

Writers are responsible for making their own arrangements to get to and from Port Clyde, Maine (see directions below). We cannot make travel arrangements, but writers often arrange to share rides to and from Boston via a private Salty Quill Facebook page you'll be invited to once you are confirmed. There, you can arrange ride-sharing, share info, and chat with other attendees. If you're



Facebook averse, don't worry—once all writers send in their bios and contact info, you'll receive a Bio sheet with the names and contacts of all attending.

Driving Directions: Port Clyde is a small village in mid-coast Maine at the end of Route 131. Enter 'Port Clyde 04855' into Google Map or MapQuest for directions to Route 131. But once you turn onto Route 131, follow the instructions below (GPS directions have been unreliable in the past.)

- once you reach Thomaston, Maine and turn onto Maine Route 131:
- drive 10.3 miles to Tenants Harbor, go through the town, and turn left at the white church on the right
- continue for another 3.2 miles into Port Clyde and turn right just in front of the Monhegan Boat Wharf
- drive about 30 yards past the Port Clyde General Store (on the left)
- turn left onto the Public Landing at the Mosquito Island Lobster building
- drive to the parking end of the Public Landing and unload your luggage & supplies on or near the J-Pier as pictured below—this is your point of departure for McGee's Island.
- Joe Bonney, the caretaker, should be at the J pier at the end of the Public Landing (see photo)

- **PARKING.** If you are driving a car, please call Monhegan Boat Line Ticket Office at 207-372-8848 to give them your details and reserve a spot well in advance. You can pay for your ticket in advance by charging it over the phone; or ask to make an unpaid reservation and pay when you get there (in which case, you'll need more advance time before loading onto the boat).
- When you arrive at the J pier pictured above, after unloading your belongings on the pier, stop by the Monhegan Boat Line Ticket office to pick up and/or purchase your parking ticket. The office is located at the beginning of the large pier at the far right in the photo. At the time of writing this, Weekly rate was \$42, by day, \$7 a day. Find one of the lot attendants, let them know you're here, and that you're with the Salty Writers group going to McGee Island, and a shuttle bus will greet you, follow you to the lot where you'll leave your car, and bring you to back to the Public Landing. *(Remember to turn off your headlights, bring your phone, and lock your door.)*



Please arrive with plenty of time to meet Joe, our caretaker (see photo below) and fellow writers embarking with you. If you are running late, please text and call Pam at 617-834-4110 and let her know in advance. If you can't make the departure time, additional passage may be possible, conditions allowing, by arrangement with the boat captain, but he may charge you \$50 an hour, and you may have to wait until the next day for a boat to McGee's Island. There may be circumstances such as severe weather, low tides, ocean conditions, which could prevent your transport to or from

the Retreat at the designated departure time. Should this occur, we will contact you with a different time to pick you up in Port Clyde or depart McGee's Island.

PORT CLYDE B&B: If you want to make the trip to Port Clyde the previous night, there are a couple of B&Bs very close to our departure point. One B&B that is really sweet and affordable is The Mill Pond House: www.millpondhouse.com.

ARRIVAL & DEPARTURE FROM MCGEE'S ISLAND

Please arrive at the dock at Port Clyde, ME, with plenty of time to meet the boat on your arrival date (the time will be set by the island's caretaker as we get closer to the date, but you'll likely leave Port Clyde (in two separate groups) sometime midday or in the afternoon Saturday, and leave the island the following Saturday after breakfast around 10a.m. On our last day, the Main House needs to be vacated by 8:30a.m. when the cleaners arrive. Please leave your luggage on the front porch so our caretaker can take it to the dock for you. Breakfast will be provided in the Cook House the last morning, so you'll be well fed before you leave the island.

Please bring and wash any glassware you might have used to the back kitchen before you leave, and if you have time, strip your sheets and drop them in the basket in the laundry room.

EXTRA TRAVEL. If you need to get to the mainland during the retreat, please discuss any unplanned trips to and from the island with Pam and she will arrange them with the caretaker. The lot of us, including the chef, can arrange for one additional boat per day, in total. These are arranged according to weather, tide and availability of caretaker. Additional/private boat trips can be arranged at \$50 an hour, again depending upon tide and availability.

TIPPING. Writers have often appreciated the efforts of the chef, caretaker and cleaning staff who work behind the scenes, and have wanted to express their appreciation via tips. You are not required or expected to tip or have any need for cash while on the island. Should you feel compelled, envelopes will be set out on the entry room table at the end of the week for those who choose to tip.

WHAT TO BRING

The buildings are built as summer cottages so they are not designed for exceptionally cold weather. The early fall can be gloriously warm, with cooler nights, great for sleeping, but we cannot predict the weather or provide refunds in the event that we experience inclement weather. Cold, rainy days are great for sitting around the fire and writing. Bring layers, warm clothes, a warm sweater and coat, a waterproof jacket, walking shoes, and boots/wellies/waterproof footwear, slippers, whatever. Feel free to wear the same clothes days in a row if you wish. Above all, dress for comfort—this is *not* a formal affair. Know that there is a washer/dryer. If you think you might use the sauna or swim in Maine's icy waters, bring a bathing suit. Other items to consider are a flashlight, bug spray, hat, scarf, gloves, and, again, whatever snacks, wine, coffee and creamer (cream/soy/milk) you prefer. We'll

provide coffee, tea, sugar, and half & half. All linens will be provided—no need to bring your own unless you must have that special pillow or blanket. The linens and pillows on the island are fresh, clean, and chosen for comfort.



FOOD

Nancy Wood, our invaluable chef, will prepare and set out breakfast and lunch buffet style, and each evening will serve dinner, family style, each day in the Cook House. The bell rings for dinner, but feel free to wander down to breakfast and lunch without awaiting a bell (she may forget to ring it for earlier meals):

Breakfast—8am to 10am daily

Lunch buffet—12pm-2pm daily

Dinner—Served around 6:30pm daily

The first day, we'll have snacks available to tide you over until dinnertime. The last day, we'll have breakfast at 8:30am. If you are leaving mid-week, your departure schedule may necessitate that you skip lunch, but we will arrange for a box lunch for you to take for your journey home. If you are arriving mid-week and miss lunch, we'll feed you when you arrive.

ALLERGIES AND FOOD PREFERENCES. All meals will feature vegetarian options, and most meals will also feature meat or fish dishes. Desserts will be provided occasionally but not necessarily always. Not everything on the table may be devoid of the ingredients every writer wishes to avoid. If you have questions about the ingredients of a dish, please be sure to ask the chef. Unfortunately, due to the geographic isolation and preparation venue, we cannot accommodate moderate or severe allergies or dietetic restrictions but if you do have minor allergies, it's likely you'll be able to eat 'around' ingredients you want to avoid. *While there, please do not ask the chef for leftovers, special preparation, or other special accommodations.* Believe me, you will have plenty to choose from. If you have any minor allergies, please make note of those in and at the time of your application. If your application notes minor allergies, we will discuss with the chef ways to accommodate them, and if we can, we will do so and let you know. Certain restrictions like lactose-intolerance, for example, can be worked around: if we know this in advance, we can provide non-dairy coffee creamers, for instance.

SPECIAL ACCOMMODATIONS. Unfortunately, because this is an island, getting to and from it and around on it requires a certain level of mobility. The boat and property are not handicapped accessible. Similarly, because the location is isolated (see Medical section below), sadly we may not be able to accommodate your needs. For instance, if you have moderate or severe allergies, we you may want to investigate other retreat venues. Please contact us before or at the time of your application to find out whether we can accommodate your needs.

FOOD PREFERENCES & AVERSIONS. You are more than welcome to share your food preferences & aversions—common likes and dislikes may help define the menu but we can't make promises.

THE CHEF. The Cook House kitchen is the central working space for meal preparation and is off-limits during meal preparation time—this is the Chef's domain. Please be aware that the provisions in the chef's refrigerator have been purchased in quantities designed to meet the needs of the group—so please don't conduct late-night raids unless you want to row to the mainland to replace provisions. Basically, the only person with access to the Cook House kitchen and refrigerator is the chef.

We do not have wait staff, servers, or cleaning staff. The chef may ask you to clear your plates to a dish bin or to leave them in place. Please also return any dishes or glasses you take with you to their proper places and wash your own glasses in the Main House.

Coffee, tea, water and other beverages will be available in the Cook House during meals but will also be available for your use in the Main House kitchen, where there is a refrigerator (but no stove or cooking facilities), sink, coffee maker, electric tea kettle, and coffee, tea, etc., provided by the Salty Quill. Please feel free to bring snacks, your favorite coffee or tea, wine, beer, whatever you wish. Bottles of wine are often brought and shared amongst the group. When packing your own provisions, keep in mind you'll be sharing the refrigerator space with up to 10 others. You might want to label your stuff and limit the amounts you bring. You will be so well fed while here, you probably won't want snacks. One last note: cooking is not allowed by anyone other than the chef—hotplates are prohibited—after all, you're here to relax, not cook and clean.

THE HOUSE

FIRES. The living room fire can be set as needed and desired. Please be cognizant of the fact that the fire screen can be laid down in front of the mouth of the fireplace to keep sparks off the wooden floor and carpet, and if leaving the fireplace in the Main House living room unattended, the fire screen always should be placed upright and against the mouth of the fireplace in a manner that covers it completely. If you are the last to leave the room, please be sure the screen is up in front of the fire.

Writers are encouraged to help keep the fire going by stoking it, bringing in wood from the stockpile near the front steps, gathering kindling, etc. Writers can decide whether or not they wish to have a fire. Open fires are prohibited anywhere on the Property except in the fireplace in the Main House living room, or by arrangement with the Organizers in the fire ring located outside the Cook House. The fire ring, if in use, must be monitored at all times and not left unattended without first being extinguished.

HEAT AND ELECTRICITY. Firewood is plentiful and fully stocked for the Main House living room fireplace, the main source of heat in the house. Should we have a chilly day or night and choose to get the fire going, please feel free to pitch in, and bring in wood for and stoke the fire. All beds are fitted with electric mattress pads. The Property has electricity, but the system is of limited capacity. Therefore, the owners suggest you do not to operate appliances which place a heavy load



on the system such as hairdryers.

USE OF FACILITIES. With the exception of the Sauna, out-buildings not specifically mentioned by the organizers as available may not be entered or used. Locked storerooms or obviously meant to be locked storerooms or closets should not be entered, nor anything taken from the house. If you move something from its original location, please be sure to return it. If you take chairs outside that were

inside, please return them inside when you're done. Simply exercise common sense. Please don't leave anything out in the rain that wasn't already outside.

COMMUNICATION SERVICES. Cell service is available on the island (Verizon and US Cellular have the best reception), but can be spotty and weather-dependent, as can be internet/wifi service. There is no landline service on the island. guests can install apps such as Skype, Wi-Fi Calling, Google Voice, and Talkatone on their mobile phones and make calls through the Internet (VOIP). The Main House's wifi is provided via satellite, and its download data is limited. *While the data download allowance is sufficient for most purposes, it is not sufficient for purposes requiring large data downloads such as streaming videos. When the data download allowance is exceeded, the Internet Service Provider essentially cuts off internet access.* So please don't stream videos and films, as you may inadvertently be cutting off wifi supply for everyone else.

LAUNDRY. A washer and dryer are available for laundering your clothes. If you choose to do laundry, please move it through the cycles promptly as the washer and dryer are often in high demand.

RECYCLING. Please put newspapers in the brass cauldron located next to the Main House living room fireplace as guests use them to start fires. Please place glass and metal in cardboard boxes in the laundry room.

McGEE & BARTER ISLANDS

You can find history of the islands and its families on the desk in the living room. Barter Island is reachable via a kayak or by foot at low tide (don't stay so long that you have to swim to get back).

CHALLENGING TERRAIN. Guests typically are brought to the dock on McGee. The tides can rise and fall as much as 11 feet and, if the tide is too low, guests may need to climb a ladder to get to the top of the dock or be ferried with their stuff via rowboat. So, *being able to maneuver these moves is a necessity to get on and off the island*. Although the area between the buildings is mostly grass, there are rock outcroppings and a reasonable degree of incline from the water's edge to the Cook House and Main House and between the buildings. (Guests are urged to bring flashlights with them at night when walking between the buildings as it can be very hard to see the path in the dark. Flashlights are provided in every bedroom.) Beware, rocks can be very slippery, whether they look wet or not. Please be careful.

Foraging. There are patches of raspberry and blackberry bushes (watch out for thorns). There are gooseberries on a small island named Two Bush located off the northwest side of McGee. You might find tart green apples, possibly forebears of the Granny Smith, on a tree slightly uphill from the Big Boat House. If you know your mushrooms, you often can find Chanterelles in the woods of Barter Island. Small native sorrel plants growing low to the ground can be found in clearings all across McGee. The leaves are smaller and have a slightly sharper lemon taste than French Sorrel. They add great flavor to a green salad and many people just like to chew on some freshly picked leaves.

BOATING/KAYAKING. Always check the weather before going out and never go out if a storm is approaching. Always tell someone on shore where you are going and when you expect to return. Always carry: a proper-fitting life vest for every person in the boat, a bailer to bail the boat out if it should take on water, a communications device such as a walkie talkie or mobile phone sealed in a waterproof plastic bag in case you unexpectedly wind up stranded at sea or fall into the water. Be very careful when leaving the protected areas of the harbor and tidal pool. The wind, waves, and currents can be significantly worse outside of these areas. When you are done, please return the rowboat or kayaks where you found them. Please also make sure the rowboat is securely attached to the outhaul and is pulled all the way out on the outhaul otherwise it might end up high and dry or even suffer extensive damage from banging against the rocks. Return the kayaks to their proper place underneath the Little Boat House. If the life preservers get wet, please rinse them with fresh water and let them air dry before returning them to the life preserver locker.

LYME DISEASE. Lyme Disease has not been a significant problem on McGee & Barter Islands in the past because as an island, McGee has no White-Footed Mice and few deer. Nonetheless, deer do sometimes swim to the islands and a couple of years ago, someone visiting contracted Lyme (though the owners are not certain it resulted from a tick bite on McGee). The owners recently introduced Guinea Hens to McGee as they have a reputation for being voracious tick-eaters. Still, you might want to take measures to help ensure you remain disease-free. Specifically:

Wear long pants and tuck the bottoms into their sock when hiking around the island.

Consider spraying pant legs and shoes with Permethrin, contained in spray bottles in all the main buildings. Permethrin is deadly to ticks AND CATS—if you use it, even brushing by your cat a week later could have fatal consequences. If you have no cats, and won't be around them then you may want to use them. In 0.05% concentration it is relatively non-toxic to humans and is a long-lasting chemical—it will remain effective for up to 10 washings so you don't have to spray your clothes every time you go on a hike. If you do use it, please keep your sprayed clothing separated from pets until you've washed it repeatedly.

Check your body after walks to ensure there are no ticks. Please note, the ticks that carry Lyme Disease are the nymphs or babies which are very small so people should look closely. The following URL describes how to identify Deer Ticks: <http://www.wikihow.com/Identify-a-Deer-Tick>

If anyone finds a tick embedded in their skin, remove the tick as soon as possible, place it in plastic wrap or some other container, and get it checked to see if it carries the Lyme Disease bacterium. An infected tick is unlikely to transmit the disease if it is removed within the first 12 to 24 hours. The following URL describes how to remove an embedded tick: <http://www.wikihow.com/Remove-a-Deer-Tick>

Finally, if anyone contacts flu-like symptoms and especially if they develop a 'bullseye' on their skin, seek medical attention immediately.

MEDICAL. Medical staff is not present on the island, but a first aid kit is, as are an Automated External Defibrillator ((AED) in the Cook House Kitchen), and other medical equipment in the caretaker's possession. Rapid access to comprehensive medical treatment is available only through Maine's LifeFlight Medivac helicopter service. If you have any particular health concerns that may impact your stay, please do so prior to your arrival. Please remember that this is an island and as such, it is isolated. Regrettably, we are unable to accommodate those with mobility issues, or allergies which cannot be addressed with over-the-counter medications alone.

BE CAUTIOUS. Please don't use a kayak unless you're aware of the tide, very comfortable with sea kayaking and/or with an accomplished kayaker. Even if you are an expert, please consider pairing up with another writer for safety's sake and be sure to tell someone that you are headed out and in what direction. Please do not go out (or stay out) on any watercraft after dark (the sun will be rising around 6am and setting around 7pm). *We are not insured for boating, so do this at your own risk.* Similarly, if you go out exploring on foot, consider leaving a note or letting someone know if you plan to go far. If you have any health concerns that might impact your stay, please share them with Pam before the retreat, and while there, with anyone else with whom you feel comfortable. If you are drinking alcohol, please do so responsibly and in moderation (e.g., please do not wander off towards the water's edge or forest, disrupt others' writing or concentration, etc.). Whatever you choose to do, know that you do so at your own risk. Please be aware that you absolutely must not combine use of

the sauna with alcohol use or post-alcohol use — this is extremely dangerous. If you use the sauna, please stay hydrated and don't stay in longer than is comfortable for you.

SMOKING: Smoking is not permitted in any of the buildings. Extinguished cigarette butts should be disposed of in the Main House living room fireplace or in a trash receptacle. Please do not flush cigarette butts down a toilet as they will not disintegrate in the septic system.

EXTENDED STAYS. You may not hold over beyond your Session unless a room is available, and you have arranged payment with the retreat organizers.

LOST ITEMS. If you believe you have left something behind, please notify us and describe the items; and, we will arrange for a search to be made for the missing items. If the items are found, we can arrange to have them mailed to you at your expense. We are not responsible for lost items.

LOSS & DAMAGES. Please do not remove anything or damage anything belonging to the Property. Should you do so, you shall be liable for the cost as determined by McGee Island, LLC, to restore the Property to its condition prior to your arrival.

CARETAKER and RETREAT ORGANIZERS reserve the right to request the departure of any guest who is not abiding by the guidelines laid out herein or by any instructions organizers or Caretaker may give to prevent potential injury, death, or damage. Writer shall not be entitled to any refund as a result of being removed from the Property prior to the end of the Session.

BIOS and CONTACT INFO. Once you are confirmed, please send a bio and a photo via email to retreat@thesaltyquill.com. We'll send a compilation of bios to all participants, along with contact information, prior to the retreat. You may want to contact each other to share a ride, provisions, whatever, before our departure.

RESPECT & SHARE SPACE

This retreat is treasured by the people who come in part due to the freedom, space, ease, and mutual respect it allows writers. Please be courteous of others' personal, mental and physical space and value systems. Try to share common space equitably (move around and enjoy the many different spaces and avoid settling into one spot which others may want to experience). If you want to stay up late, try to choose a spot that won't disturb writers who are sleeping or writing. If you use the library, please remove your stuff when you're done so someone else can use it. There are ways to enter and exit most rooms without passing through others. In general, particularly when bedrooms are occupied, use the other entrypoints like the porch doors to bedrooms. If a bedroom is occupied, please don't walk through it (except for the Jewett room which the writer in the Hurston room must go through to access the bathroom). Although we have oodles of food and lots of comfort, we don't have housekeeping service while at the retreat. Feel free to make yourself at home and find an extra towel, blanket, toilet paper roll, etc. if you need it. The closets are stocked full of these necessities. If you hear four baths running at once, you might give the hot water heaters a few minutes to

regenerate (there are two simultaneously running which has been more than sufficient in the past). And always, if you notice something isn't working, or are in search of something, feel free to ask Pam or someone else who has been to the retreat before and knows where what you need may be located.

AFTER-DINNER CRITIQUES. Although attending critiques is not required, we all benefit from each other's feedback. If you would like to get feedback, we hope you'll sit in and feel free to give it too. If you choose not to, please consider writing in your room or in some area which does not distract the group. And, if you need to take a call, please take it in another room. We all value feedback and hope to give as much as we receive. Try to avoid writing, napping, chatting, or being otherwise engaged while others are reading or critiquing if you're in the same room.

CANCELLATION. If you wish to cancel and do so before June 1, 2019, we will refund your deposit less a processing charge of 18 percent (18%) of the total cost as set by your room choice; if you cancel by July 28th, you'll receive your deposit back less 25% of total cost, provided we (the; Salty Quill organizers) can fill the spot for the full price for the full session; if you cancel after July 28th, we will return your deposit less 50% of total cost provided we (the; Salty Quill organizers) can fill the spot for the full price for the full session.

CONFIRMATION. By signing and returning this page of the Details and Confirmation form, you confirm that you understand and agree to abide by the information herein during your time at the Salty Quill.

Name _____ Signature _____

Date _____ Street _____

City/State/Zip _____ Email _____

Cell phone _____ Emergency Name _____

Emergency Contact Address _____

Emergency Cell and Email _____

Please return this last page signed with your application and your first check (50% of room cost) made out to the "Salty Quill Writers Retreat." Your second, final payment must be made by July 28, 2018 (for Sept. 28-October 5) and sent to: The Salty Quill Writers' Retreat for Women, 11 Willow St., Hull, MA 02045. Please feel free to call Pam Loring at 781-925-6167 / cell 617-834-4110 if you have any questions at all.