



# Fathoms

The Newsletter of The Sebasticook Lake Association

Volume 27  
Number 1

*Our association was formed in 1972 to improve and maintain  
water quality and the general conditions of Sebasticook Lake*

June 2020

## **SPECIAL QUARANTINE EDITION**

### **President's Message**

*As the water shapes itself to the vessel that contains it,  
a wise man should adapt himself to circumstances.*

*Confucius*

Greetings, and welcome to the strange new world of The Summer of 2020!!

It is with considerable thought and consultation with state officials and The Maine Lakes Society that the decision has been made to cancel the annual Sebasticook Lake Association Meeting AND FIREWORKS, that were both scheduled for Saturday, July 11, 2020.

In order for each of us to feel safe while freely accessing the resources that we need like grocery stores, doctors' offices, gas stations/service stations for automobile maintenance, hardware stores, the services of plumbers, electricians, furnace/AC technicians, and other home maintenance professionals, we all need to adhere to the recommendations of social/physical distancing, wear face masks/coverings and gloves, and self-quarantine for 14 days after travel into the state of Maine.

No exceptions.

If you love your spouse, your children, your parents, your dear friends and/or your neighbors, wear a mask, limit your exposure to others this summer, and stay home if you experience fever, cough, shortness of breath, loss of taste of smell, sore throat, extreme fatigue with minimal exertion, and/or general malaise.

As we all make these adaptations, modifications, and concessions to these circumstances in our lives this summer, know that the restrictions on Maine's events, activities, eating establishments and destinations are short term, relatively speaking, and we are all still able to celebrate summer, it will just be a little different this year.

This summer may be the perfect time to teach the grandchildren (or refresh your memory) the rules of card games, board games and/or yard games, have rock skipping contests in the water, walk on the railroad bed, read lots of books, plant flowers, establish buffer plants in your yard to minimize erosion, make old fashioned icebox desserts, fish off the dock, watch the loons, eagles and osprey, go to the Drive-In Movies (which is allowed in Maine this summer), and any of those activities on your 'To Do List' that none of us really seriously look too closely at.

This will be a good summer to journal about what you did to entertain yourselves, and it is always a good summer to allow the grandchildren to interview you or a neighbor for insightful, wise advice.

Be safe and well, Muf

***DUE TO THE COVID-19 PANDEMIC  
OUR ANNUAL MEETING  
AND FIREWORKS  
HAVE BEEN CANCELLED***

## Shopping In Newport - It's a Whole New World

Getting what you need, be it food, hardware, or other home essentials, is a bit more challenging during these times of social distancing. Of course, you can always put on a mask and head to Hannaford or WalMart or wherever is your choice, hoping for the best. But if you wish to be more careful, the wise choice, the good news is that most stores have made accommodations for these strange times. The most important thing to remember is that these things seem to be in a continual state of change so do your best to determine that what we cover here is still true.

The shopping choices are pretty much the same but how you go about it can be completely different. With limits on the number of people allowed in any store at the same time (based on the size of the store), a visit during busier times may well have you standing in line (6 feet apart, of course) simply waiting to be allowed in. Most stores have their own set of options, however, designed to keep you safer. Depending on where you spent your winter, you may be surprised at the numerous empty shelves everywhere you go. While things have improved of late, there are still things that are hard to find.

**Hannaford** features an early hour for seniors and other at-risk people from 7 am to 8 am on Tuesdays, Wednesdays, and Thursdays. As of this writing, produce and meats are only a little less plentiful. The seafood counter and deli have only just re-opened and bread aisle and bakery seem largely unchanged. You will rarely find such items as hand sanitizer and sanitary wipes as well as toilet paper but these things do appear now and then. Many other paper products are "hit or miss." I shop once per week at Hannaford, arriving before it opens. Know that at Hannaford, all employees wear face coverings. Hannaford Newport hours are 7 am to 9 pm daily except Sunday hours which are 7 am to 8pm.

**WalMart** has several options. Your best choice is to get the WalMart app for your smart phone and shop using the "Pick Up and Delivery" section of the app. With this part of the app, you can select a pick-up time, with available times at least 1 to 3 days in advance. You can cruise the app adding items to your cart and then pay for them online and pick up your shopping at the designated time, after WalMart notifies you via text or e-mail that everything is ready and if there are substitutions. There is a drive-through pick up area on the I-95 side of the store. Let them know, via the app, that you are there, pop your trunk and someone will be out shortly (my longest wait was 4 minutes), load your stuff, close the trunk and that will be that.

The other option at WalMart is to go early and get what you need and get out. As long as you don't try this on pay days, Thursdays or Fridays or on Saturdays, this is a decent option. Walmart is open every day from 7 am to 8:30 pm.

**Bears** is another choice for grocery shopping. It is well-stocked, has a great liquor department, and of this reporting, is one of the few places in town to get flour. Best of all, you can simply sit in your car waiting for the store to be empty, simply by waiting for there to be no cars out front. The staff is very well-versed in social distancing and on my last few visits, everyone wore masks and gloves.

**Other places**, such as **Aubuchon** or **Paris Farmers** seem to operate as usual, although it is easier with these places to determine, based on the number of cars parked out front, when is the least busy time. Employees at Aubuchon are quite good at social distancing and registers, like Hannaford, feature the now ubiquitous "sneeze barriers." Another choice is **Bud's Shop and Save** in Pittsfield, open 7am-8pm .

One last thing to mention is that Hannaford does not allow personal grocery bags unless you pack them yourself. So that is the current state of shopping in Newport. We hope that this has been of some help.

### RIVERWALK FESTIVAL 2020

The Fourth Annual Riverwalk Festival is still scheduled for August 1st. The committee is considering a much-modified event that reflects respect for any pandemic concerns. We will still have a FUN day! We are including pony rides, a bigger obstacle course, duck race, many children's games, crafts, food and the Great Sebasticook Chili Contest! We may also be re-introducing Newport's Got Talent!! Save the Date! Watch for future postings on our Facebook Page!

### Photo Contest Redux

This is the second photo contest we've held for our members since 2014. This year seems a good time to find beauty in a world that has been a little scary lately. You are invited to submit your favorite photographs of Sebasticook Lake for inclusion in a photo gallery on our website [sebasticooklakeassociation.org/](http://sebasticooklakeassociation.org/). The winner's prize will be to have their photo highlighted on our home page with name recognition. Runners up will be shown on the photo gallery page of the website. Please include the location of your photo and name of photographer for recognition and make emailed photos in a jpeg format if possible.

Pictures can be any other activity or area, such as people fishing, boats or landscape but must also show the lake. Please email [dferrell@outlook.com](mailto:dferrell@outlook.com) with your submissions. All photos will be reviewed and posted as space is available. Contest deadline is July 31st.

## Maine Re-Opening Schedule for Businesses and Public Spaces

Probably the single most important thing to know about the reopening of Maine is that restrictions are subject change. Like other states, there have been numerous protests demanding that Maine open immediately. Governor Mills' answer to this has been to open the 12 rural counties that do not yet have community transmission. These include: *Aroostook, Piscataquis, Washington, Hancock, Somerset, Franklin, Oxford, Kennebec, Waldo, Knox, Lincoln, and Sagadahoc counties*. Within state restrictions and guidelines, these counties are now allowed to have open restaurants, retail stores, and wilderness campgrounds. As of this writing, the remaining counties (including Penobscot) have to follow the guidelines below.

### PHASE ONE Began May 1:

The prohibition on gatherings of more than 10 people continues, but the following can reopen:

- *Health care providers, with recommendations that they prioritize care for patients with time-sensitive conditions*
  - *Personal services: barber shops, hair salons and pet grooming*
  - *Limited drive-in, stay-in-your-vehicle religious services*
  - *Drive-in movie theaters*
- *Outdoor recreation: guided outdoor activities (hunting and fishing) and restricted use of golf and disc golf courses*
  - *State parks, state-owned public land trails and historic sites; certain coastal state parks will remain closed*
  - *Auto dealerships and car washes*

### PHASE TWO Began June 1:

The limit on gatherings rises to 50 people. Some people can return to their workplaces, including state employees. With limitations, the following can reopen:

- *Restaurants*
- *Fitness and exercise centers and nail technicians*
- *Retail stores*
- *Lodging and campgrounds, for Maine residents and those who have met the 14-day quarantine requirement*
  - *Day camps for Maine children and those who have met the 14-day quarantine requirement*
  - *Coastal state parks*

### PHASE THREE Begins July 1:

The prohibition on gatherings of more than 50 people continues.

The following can reopen:

- *Hotels, campgrounds, summer camps and RV parks for Maine residents and visitors. Reservations should not be taken until state guidelines are issued.*
- *Outdoor recreation such as charter boats and boat excursions*
  - *Bars*
- *Personal services such as spas, tattoo and piercing parlors, and massage facilities, among others*

### End of Restrictions - Time Undetermined:

The final stage of reopening lifts all restrictions and allows all businesses and activities to resume with appropriate safety precautions. The state does not anticipate accepting any cruise or commercial passenger ships with more than 50 people this summer and will review the assessment in September. The prohibition excludes passenger ferries working between Maine ports.

## Water Quality Monitoring and Summer 2020

*By Debbie Ferrell*

As you may remember I retired as your SLA water quality monitor last year. This year our new water quality monitor is Andre Cushing. Andre worked with me last year and will do an excellent job of monitoring the lake for us. This fall Andre and I will work together to inform you about the testing results for this summer and comparisons to previous years.

Last winter the water regulation committee decided to keep the lake at its drawdown level until spring to improve our water quality which had deteriorated over the previous two years. Whether that was a downward trend, or a two-year anomaly is yet to be seen. This summer please let me know if you see any bloom, unusual aquatic growth, or anything that appears odd. Email me at [dferrell@outlook.com](mailto:dferrell@outlook.com) or comment on our website at [sebasticooklakeassociation.org/](http://sebasticooklakeassociation.org/). Also, you can let me know what you thought about the full winter drawdown and how it affected your property this spring. I expect the committee to agree to do another extended drawdown this coming winter unless we see a reason not to do that.



# Sebasticook Lake Association

## Membership Form

Name \_\_\_\_\_  
Address (Summer) \_\_\_\_\_  
Address (Winter) \_\_\_\_\_  
Telephone (Summer / Winter) \_\_\_\_\_  
E-Mail Address \_\_\_\_\_

Please check if this is an address change for you

Dues for July 2020—July 2021 :  
Regular \$10.00    Associate \$8.00

Make Checks Payable To:  
*Sebasticook Lake Association*

Rick Berry  
3332 Kindle Avenue  
The Villages, FL 32163

*SPRING 2020 ISSUE*

ADDRESS SERVICE REQUESTED

22 Loon Drive  
NEWPORT, ME 04953