

## Next Meeting ?

This Covid-19 situation has certainly changed the way of life as we have known it. One moment we are making plans for our Maine Bicentennial events and organizations and churches are preparing for their fundraisers and the next everything is being postponed or cancelled. It is a strange time. We used to do things together like carpooling to go to events. Now we stay home, to take care of each other. My daughter and I swap goodies and meals by leaving outside on the hoods of our cars. We blow kisses from afar. For Bob and I, when the doorbell rings it is now our only visitor -Candice, our mail carrier. One of her customers, on Garrison Drive, made her a mask to wear and a customer on Cutts Road made masks for all the clerks and carriers in the Eliot Post Office. What wonderful people we have!

This pandemic has certainly not dampened the Eliot resolve. We have found creative ways to keep connected, for schooling to continue, for children to be fed, for community spirits to be kept up and people taken care of. Gradually we become use to this new way of being. It is a slower pace and perhaps a realization that we can survive on much less of "things" and that time is better spent connecting with family and others in these new ways. At the same time, we have to recognize the effects of our slowed economy on those who live paycheck to paycheck and are barely getting by as it was. Our hearts go out to them and we "step up" to give them a helping hand.

This pandemic may have stopped us in our tracks and we have had to find new ways to get things done, but life still goes on - spring flowers coming through the cold soil, the witch hazel blooming, birds coming back and their mating ritual songs filling the air. A rebirth for us all.

In the midst of the postponements and cancellations of our Bicentennial events (A thank you to everyone who was set to go and then had to halt at the last moment. We'll regroup and do it later!) community organizations' fundraising events (including our Antiques Appraisal), community meetings,



churches, gatherings, schools, and town hall the members of our community have stepped forward to assist others, make life a little easier, and keep us all connected.

A HUGE thank you to our town and our State for their concise and well thought out efforts to protect us!

**If you haven't signed up for the Town e-alerts, which will give you the latest information to your email in-box, PLEASE do so now!**

<https://www.eliotmaine.org/>

Here are just a few of things that have emerged in and around our community that you might have missed as we all practice staying home. Remember we are all in this together. Eliot is a great place to live!

**ELIOT STRONG**, an online Facebook page created by Michele Meyers, is designed to be a community support forum for Eliot, Maine. It seeks to inform and mobilize outreach to others, helping to keep us all connected, calm, and safe. Regular postings by members keep us informed as to what the needs are, provides volunteers to help people get things they need, mobilizes individuals to provide cheer for children and adults - a place to connect if you can offer help and if you need help. The group is over 1000 strong. Check it out!

<https://www.facebook.com/groups/222440499140913/>



**Sturgeon Creek Farm**, State Road, switched to offering its spring planting class online. Participants learned how to grow their own lettuce for "come and cut again" as well as how to start veggies and flowers from seed. For more information (603-767-8545) <http://sturgeoncreekfarm.com/>



Amid stores offering “senior hours” and restaurants offering curbside pickup **SANDY HILL FARM** (River Road) began Tuesday and Friday morning drive-thru, offering produce, baked goods, spices and maple syrup and so much more to the public as a way to relieve the stress of having to go out to the store and shop during the need for social distancing. Many people give a few extra dollars to FOOTPRINTS FOOD PANTRY and Sandy Hill Farm matches these contributions with equal valued produce. Volunteers pick up orders for people who do not or cannot leave their homes.

Owner, Bill Widi says the people in his greenhouses had a hard time keeping up with the demand the first day he opened!

<https://www.facebook.com/seacoastcsa/>

Our **schools** closed, but not before they had put a well- thought out plan in place to insure the children’s education would be as uninterrupted as possible and making sure that the food service would also have a planned response so that children who count on having meals would get them. The teachers are utilizing “remote classroom learning” which has brought out tons of creative energy with online lesson plans and creative videos for the children. Thank you!



**Eliot Elementary School** music teacher, **Mr. K.** is using his “online classroom” time to uplift spirits while offering instruction, producing videos, such as this one that was done to the theme of “Mr.



Rogers.” He started in his classroom and then took them outside to practice the art of listening to the sounds around them and discovering the high, low and simple sounds of life. He also wrote a song for the Bicentennial – Maine, the 23<sup>rd</sup> State!

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 Website: [www.eliothistoricalsociety.org](http://www.eliothistoricalsociety.org)  
 Phone: 752-0174 (Rosanne)



**Meghan Mongroo, owner of Arbella Design Studio** (River Road) is using her skills in helping to raise money for FOOTPRINTS FOOD PANTRY. Meghan operates a portrait photography studio and wanted to give back to her community. Inspired by the #thefrontstepsproject started by Cara Soulia, she brought it to Eliot. After taking the portrait she sends you a digital file and in exchange asks for a good faith donation to the Footprints Food Pantry. She writes “The purpose of this project is to bring us together when we might feel isolated. I aim to highlight the faces of our community during a time when we might not see them in passing at the grocery store, coffee shop, at the park or at the gym. Participating in this project is also an opportunity to step up to help those who need it most right now in Eliot. I will be taking images outside ONLY and from at least 10 feet away. Our session will be brief, 5 minutes. This is not a typical get-dressed-up-and-pose-for-the-photographer session. Get ‘silly, Creative, or just BE YOU! Have a toddler that refuses to get out of their pjs that day, that’s okay! We will capture your family in this moment.” [meghan@arabelladesignstudio.com](mailto:meghan@arabelladesignstudio.com)



When the schools closed **Shilo Farm** on Beech Road immediately saw a need and reached out to families, now with children home and is offering “by appointment only” family visits to the farm for goat petting and/or egg collection. They write: Just text us before your visit at 207-703-8483. We only want one family at a time so we don’t disturb the animals, our neighborhood and also, maintain social distancing. Free Farm tours will be Monday through Friday between 10-4. Currently they are also offering FREE virtual yoga classes on Facebook. All are beginner friendly except for the athletic classes on Wed., Fri., and Sunday at 9am.

The **TOWN OF ELIOT**, in compliance with the CDC recommendations, called for the closing of the basketball and tennis courts. This includes the use of the dog park and open field space. Families and children are asked NOT to use the playground equipment effectively immediately and until further notice. The playground equipment is not manually or chemically sterilized at this time. Playground equipment includes those at Frost Tufts Park and the Boat Basin. Parks are still open as of right now, but people are urged to practice social distancing. The ECSD and the town would like for people to continue to use these spaces and to get outside during this time, however we are at a point where the parks could completely be closed off soon. Our **Community Service Department** organized a Bear Hunt. People put their stuffed bears in the yard; in a window or in doorways, for families to go look for. The hunt began, as family's road around Eliot looking for the bears! Jan's kitty caught her own bear!



Although Churches have closed, they have found a new way to “gather” for worship.... The **Methodist Church** livestreams their services at 10am on Sunday; the **Baptist Church** has placed all their service and offerings for members of all ages, online. The **Congregational Church** has a link through ZOOM for their Sunday services at 10am.

The **Baha'i Community** has been holding their community gatherings, devotions and celebration of Holy Days online and/or through audio access for those who don't have internet access.

**Eliot residents** have joined up with **Seacoast Mask Makers** to make masks for hospitals, nursing homes, and others.



**Birthday Celebrations** have taken on a new twist as “drive-by” caravans are being created. Parents and grandparents have reached out asking for help in making children’s birthdays a little brighter. The caravan of cars, which included police for **Piper’s birthday** down on Old Cottage Lane was even on CNN news!



**Green Acre Baha’i Center of Learning** (Main Street), in response, has suspended its on-campus programming through May but is looking at innovative ways to bring their programs to the public and has begun a series of online events. Please visit their new Beta website - [www.greenacre.news](http://www.greenacre.news) where you can find their online program schedule and contact information.

**Online Programs - This week**

[Kevin Locke: A Bahá’í Perspective on Native Religions](#) - April 2, 8 PM

[Green Acre Morning Devotions](#) | 9 to 9:15 AM  
Weekdays starting April 2nd

Many more to follow in the coming weeks!



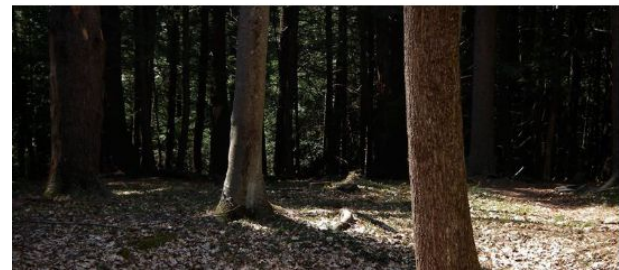
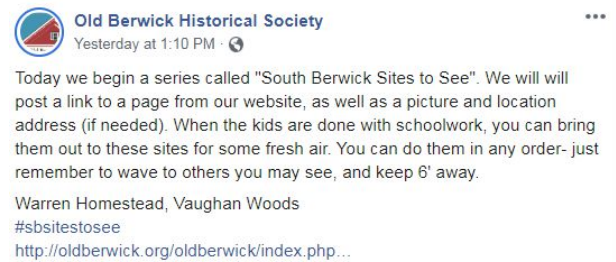
Hanscom Road neighbor **Ron Sauve** recently split 100 brand new high quality N95 masks he had between the York Hospital and the Kittery Family Practice. He encourages other contractors who have these, and who could spare them, to PLEASE consider donating them to a Hospital or healthcare location near you. He says “It could mean the difference between life and death, for the healthcare workers, or even for you, if you contract COVID-19 and have a need for quality healthcare. The healthcare workers are some of our best defense we have against the coronavirus, they’re helping us all, lets help them out if we can”.



Eliot Post Office ~ Keeping staff and the public safe!

**Old Berwick Historical Society** launched a new series on Facebook and Instagram called "South Berwick Sites to See". Each weekday (in good weather) they will post a South Berwick historical site, with a link to their website with more information. The idea is to get the kids outside after they are done with their schoolwork.

<https://www.facebook.com/OldBerwick/>



**Seacoast Rep** launched their Friday night at the Cabaret series. Some of the region's best theatre performers will livestream their favorite songs every Friday night at 8pm in a Friday Night Cabaret at the Seacoast Rep.

<https://www.crowdcast.io/e/fridaynightcabaretmarch27>



You can tip artists through Venmo, chat with other guests in the live-chat, and feel a little less alone and cooped up. A donation of \$10 or more gets you in, or if you're a senior or healthcare worker get in free (though donations are still appreciated). Send an email to [kathleen.cavalero@seacoastrep.org](mailto:kathleen.cavalero@seacoastrep.org) and request to be added. Want access to all of our

livestream events? Join our Patreon at the \$50 or higher and get free access to all of our upcoming livestreams! <https://www.patreon.com/SeacoastRep>

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**Great Works Regional Land Trust – the trails are open!****Self-Guided Hike Series  
Spring 2020**

*Hit the trails with this  
seasonal guide.*



**Social distancing? Head outside!** Great Works is offering a self-guided hike series for you and your family to enjoy. We suggest locations and times outings to take advantage of the wonders of spring on Great Works preserves near you. Please maintain 6 feet of distance from other hiking groups. If it seems crowded, come back another time.

Sign up with Great Works to receive weekly emails with the suggested preserve, trail map, an educational hand-out and activity sheets specific to the preserve. Email [jane.adams@gwrlt.org](mailto:jane.adams@gwrlt.org).

**Kenyon Hill Preserve**  
*The week of April 1st*  
110 Ogunquit Rd, South Berwick

**Vernal Pool Walk: Tatnic Woods Preserve**  
*The week of April 8th*  
2460 Tatnic Rd, Wells

**Tree ID Walk, Keay Brook Preserve**  
*The week of April 18th*  
251 Hubbard Road, Berwick

**Wildflower Walk: Negutaquet Conservation Area or Orris Falls Conservation Area**  
*The week of April 25th*  
219 Lebanon Road, North Berwick  
551 Emery's Bridge Rd., South Berwick

**Birding Walk: Savage Wildlife Preserve or Beach Plum Farm Preserve**  
*The week of May 2nd*  
15 Dover-Eliot Rd, South Berwick  
610 Main Street, Ogunquit

**Kimball Farm North Preserve & The Ogunquit River Trail Network**  
*The week of May 9th*  
Ogunquit/Berwick Road in South Berwick/Cape Neddick



It's not known when we might be able to meet again but we are all being presented opportunities to slow down and be more mindful. It's also brought out some interesting behaviors that just have to make you smile.



## NEWS AND EVENTS

**The theme for the April display at Eliot Elementary School** centers around the William Fogg Library and Fogg House which are the focus of this year's 2<sup>nd</sup> grade Eliot History studies. I didn't get a chance to get back there to take a picture before the school closed so you'll all have to wait along with the students!

### **Update – York River - Wild and Scenic designation.** The

Maine State Legislature unanimously approved a joint resolution supporting designation of the York River into the National Wild and Scenic Rivers. The resolution was sponsored by Representatives Lydia Blume, Patty Hymanson, **Michele Meyer**, Tiffany Roberts, and Deane Rykerson and **Senator Mark Lawrence**. York River Study Committee members were guests at the House session on February 25.

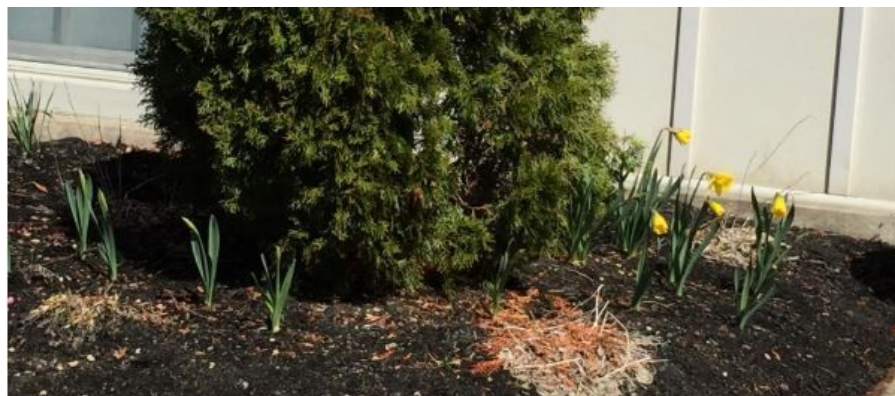
On January 10, 2020, the National Park Service released its [York River Wild and Scenic River Study Report](#) that confirms the eligibility of the York River for designation into the National Wild and Scenic Rivers System as a partnership river. The report describes the approach and findings of the local York River Wild and Scenic Study and includes outcomes of votes taken in the four watershed communities in support of designation in late 2018, along with 33 letters of support from local groups and community leaders. The report was posted on the National Park Service’s Planning, Environment, and Public Comment (PEPC) website for review and is accepting comments through April 10<sup>th</sup>. <https://parkplanning.nps.gov/YorkRiverStudy>.

**Information posters:** The Study Committee developed two display posters for recent outreach events that are also available for online viewing - [York River and Climate Change](#) and [York River's outstanding resources](#). News, reports, and other information can be found on the York River Wild and Scenic Study website: [www.YorkRiverMaine.org](http://www.YorkRiverMaine.org)

**The History Corner**

**2020 marks the centennial of the 19th Amendment to the US Constitution, granting women the right to vote. Remember those daffodils that were planted throughout the town last November on Election Day? Well, they are starting to come up and bloom. As you are riding around see if you can spot them!**





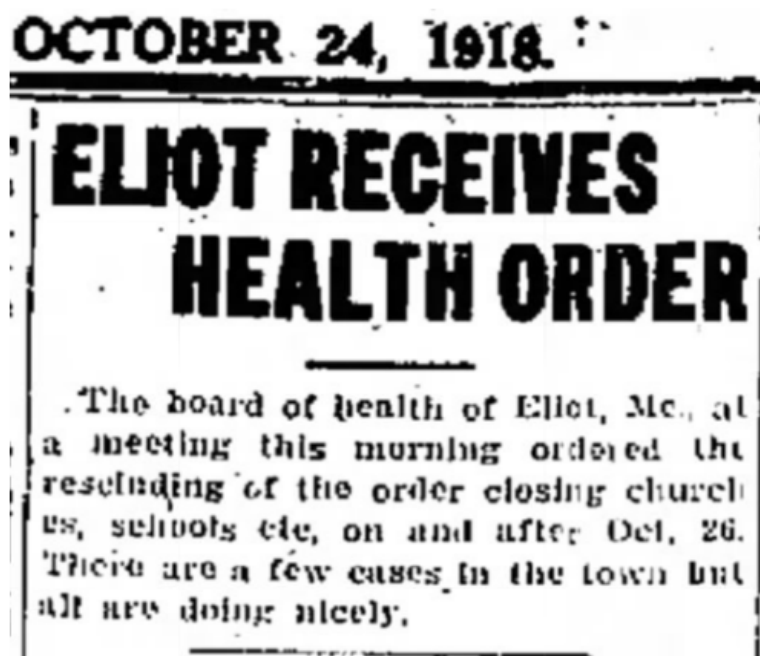
Our webmaster **Eric Christian** writes: Hello, I hope everyone is staying healthy. I have been finding it interesting to look back at the Portsmouth Herald in October, 1918 which seemed to be the height of the 1918 flu pandemic in this area. Public places were closed, bans on public gatherings. People didn't travel as widely as they do today, but there was a war going on.

**Did YOU Know?**

That we can thank a curious microbiologist and his visit to Yellowstone National Park for the coronavirus tests that are so urgently needed during the ongoing COVID-19 pandemic? Back in the 1960s, **Thomas**

**Brock** was exploring the park when he noticed a bunch of colorful, stringy mats of microbes in and around the hot springs. His interest piqued, he took some samples back to the lab, and the results changed medical science forever. Brock discovered extreme bacteria in those mats that produce heat-resistant enzymes, which other scientists then used to improve a process known as PCR—a key ingredient in viral tests, such as the ones used to track COVID-19.

At the time, Brock had just wanted to know how those hot springs and their slimy mats worked. But without his fundamental discovery, who knows when or if PCR would have become as fast and efficient as it is today.



PHOTOGRAPH BY RAUL TOUZON, NAT GEO IMAGE COLLECTION