



CHEBEAGUE ISLAND *Maine*

Be Safe * Be Consistent * Be Kind



COVID-19: AUGUST 13th UPDATE to the Chebeague Community

It is August and our friends and neighbors who come this month have just arrived. Chebeague has come together since March 13th when the [State of Maine moved into lock-down](#) in the face of the coronavirus. We've learned what to do to protect each other. Maine is holding relatively steady in the face of the pandemic but many of our annual events and traditions are out. Masks and social distancing are in. So is outdoor activity, lots of hand washing and sanitizing, and creative ways to safely work, live, and enjoy the sunny days of Summer on Chebeague. We welcome those returning. This newsletter is an update to the Chebeague Island community with information on how the island has adapted with new Covid-19 practices to help keep us safe during this unprecedented "Time of Covid."

Latest News

(This update is from the Town of Chebeague and the Community Response Action Team (CART) a Town Committee of volunteers representing the Town, School, Church, and various non profits. The Covid-19 Update can be found on the Town website www.townofchebeague.org, Bev's website www.chebeague.org under the tab "COVID-19" and, the new ChebWeb www.chebweb.com, as well FaceBook. For a hard copy email: townofchebeaguecovid19@gmail.com.)

Chebeague Covid Testing Team (CCTT) Chebeague's own Covid-19 testing team went into action at the beginning of July. The CCTT is here to stop an outbreak. A video overview of the service is linked [here](#). Staffed by 6 medical professionals and led by Dr. Jim Cox-Chapman, Dr. Kip Webb and Jenny Hackel, R.N., you can be tested right here on the island and learn your results without leaving the island. Testing is for people who are high-risk as defined by 1) you think you have been exposed (within 6 feet, for more than 10 minutes, especially without a mask or indoors) to someone with a positive-case of Covid-19, or 2) you do not feel well and have [Covid-19 symptoms](#). To contact the CCTT team, just send a text message to the team's pager at **347-656-7524**. All conversations, testing and follow-up are strictly voluntary and confidential. Click here for [Frequently Asked Questions](#) about on-island testing.

State of Emergency The State of Maine and Chebeague Island are still in a State of Emergency into September. While we have an overall encouraging Covid-19 downward profile compared to many other states, [Governor Mills extended the State of Civil Emergency](#) on August 5th to face the global pandemic of Covid-19. Chebeague Island also remains in a [State of Emergency](#), with Town Administrator, Marjorie Stratton serving as the Emergency Director with support from the Chebeague Fire and Rescue Chief Ralph Munroe and our elected Board of Selectmen.

August 2020 Community Survey on Covid All Chebeaguers, from near and far, are encouraged to participate in a survey regarding Chebeague Island and Covid-19. You may access the [5 minute survey here](#) or contact the Town Office 846-3148, or Erika Neumann at: townofchebeaguecovid19@gmail.com to obtain a hard copy or answer the survey over the phone. We want to hear from you about how we are faring so far, and how we can improve the way we work together in the future.

Keeping Maine Healthy Grant Chebeague successfully secured funding from the State of Maine and the federal CARES Act, to support the Covid-19 efforts to keep the island safe from the coronavirus. The Town

received approximately \$65,000 for personal protection equipment, supplies and emergency Covid-19 support. In addition, the grant aims at increasing public education and information about safe practices through personnel and public outreach. On the island, this includes the extra hours that have been required at the wharf, pier and transfer station as well as *Island Ambassadors* who will support safe practices at larger group gathering places such as the school playground, the Transfer Station, Cousins Island, the Stone Pier and Chandler's Wharf, as well as the market and public beaches. [Eliza Jane Adams will serve as the Covid Coordinator and Erika Neumann as the Covid Communications Officer.](#) For any questions, please email townofchebeaguecovid19@gmail.com.

STAYING SAFE ON THE ISLAND

Maine has been successful flattening the curve to eventually stop the spread of Covid-19. As of this publication, Maine's positivity rate is 0.47%, making us the lowest rate in the United States according to [Johns Hopkins University Coronavirus Resource Center](#). We need to keep vigilant, and help Maine hold ground and keep Chebeague safe. As Dr. Nirav Shah says "the virus is everywhere." To date, we have had no reported Covid-19 reported deaths. Also, there has been no outbreak (the definition of an outbreak is 3 cases linked directly to one another.)

That said, on July 4th, Chebeague had a high profile incident of Covid-19 infection. More than 30 people were tested. The island community came together to stem an outbreak with testing, tracing and quarantines. To date, only 5 Covid-19 cases have been [publicly reported](#) on Chebeague, with all successfully recovered or recovering.

A smaller than normal number of Summer residents have returned. Many have successfully quarantined, or came within the Governor of Maine's "[Know Before You Go](#)" order which requires proof of a negative Covid-19 test (within 72 hours of arrival). It has been a quiet Summer on Chebeague. Many long-time Summer friends have not come at all. We miss those island residents and friends. We look forward to a time in the future to mend the stress and harmed relationships caused by the pandemic, the reaction to it and the shifting policies towards Covid-19.

As of this publication, the following **states do not require a 14 day quarantine upon arrival to Maine due to comparable low positivity rates: Connecticut, New Jersey, New Hampshire, New York and Vermont.** [Residents from all other states](#) are required to [quarantine for 14 days](#) upon arrival to Chebeague Island or have proof of a negative Covid-19 test within 72 hours of arrival.

WHAT TO DO IF YOU FEEL SICK AND 911

If You Think You May Be Sick With COVID-19, please call your primary care provider if you have any combination of the [Covid-19 symptoms](#): **fever, dry cough, shortness of breath, fatigue or loss of smell and taste.** Your provider is likely to recommend that you stay home, self-monitor and self-isolate as long as your symptoms do not require emergency care. This puts the fewest people at risk of contracting the highly contagious virus. **If you have an emergency, as always, DIAL 911. The Chebeague Island Emergency Medical Service (EMS) and Fire & Rescue are equipped and ready for all 911 calls.**

If you do not have a provider, [call 211](#) and they will find a healthcare professional and related social services to assist you. In addition, the [CDC](#) has extensive resources for any coronavirus questions and is the trusted source of information. The [State of Maine maintains a list of approved mainland Covid-19 Testing facilities.](#)

Chebeague Covid Testing Team (CCTT) is a safe, reliable on-island option for testing if you think you have been exposed to someone currently with Covid-19 or you are exhibiting symptoms and do not want to risk leaving the island. The CCTT was set up by a volunteer group of medical professionals who will come to your home, and safely guide you through a self-administered "swab and send" test. CCTT viral samples are processed through the State of Maine lab. Test results are being returned in 72 hours or less. For more information, text Dr. Kip Webb, Dr. Jim Cox-Chapman or Jenny Hackel, R.N. at **347-656-7524**. CCTT does not

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provide ongoing medical care. However, the island volunteer professionals are a resource for questions about Covid-19 and for high risk testing. There is no charge for testing. To date, CCTT has responded to more than [60 calls for advice](#), tested 45 people and acted as a support to the 5 positive and recovered or recovering patients.

Mental Health If you, or someone you love is concerned about mental health or are experiencing anxiety, depression or any other emotional health issues, you have many resources. [Maine's 211](#) can link you 24/7 to social services and support programs including mental health. [Click here](#) for a list of resources at the local and state level to support you. You are not alone. Some Chebeaguers with mental health backgrounds can offer you an ear, or help you find the right kind of help including: Melissa Yosua Davis, Eliza Jane Adams, Lola Armstrong, Janna Hobbs, Michael Hollander, Sarah McKinnon, Jackie Trask, Betts Mayer, Vika Johnson Wood and Tracy Calder to name a few.

The Island Council's Wellness Center is open for routine care. Dr. Heidi Larson, a Family Practice doctor will see patients of all ages. Masks required. If you are concerned that you may have Covid-19 symptoms, have a known exposure, or want Covid-19 testing, please do not come to the Wellness Center. Please call your physician or call Dr. Larson directly at 233-2502 to discuss testing and follow up care.

GETTING TO THE ISLAND

Seasonal homeowners, workers traveling to Maine, and other visitors may utilize a recent negative COVID-19 test as an alternative to the required 14-day quarantine in Maine.

[How to Quarantine on Chebeague](#), a helpful chart outlining the specifics of self quarantine including what island activities are safely permitted during a 14-day quarantine.

Chebeague Transportation Co. (CTC) Visit the [CTC COVID website](#) to sign up for emails and texts on fast changing COVID-19 updates, reduced schedules, and changes to CTC COVID-19 safety procedures for crew and passengers. Masks are mandatory and boats are limited to ensure social distancing. The CTC has the highest level of precautions and safety for passengers and crew. All updates and schedules are posted at the very top of their home page (www.chebeaguetrans.com). Please read the August 9th [Frequently Asked Questions](#) for details of the CTC coronavirus response.

For those coming to the island from out-of-state, the CTC offers barging to travel to the island safely for those who plan to quarantine upon arrival. Contact the office (846-3700) for more information. Again, please sign up on their website for the latest, as things are swiftly changing. Stay in the loop and travel safely.

Casco Bay Lines (CBL) 774-7871, cascobaylines.com. The Spring 2020 Amended Schedule of Portland to Chebeague service is [here](#).

SHIPPING/PROVISIONING AND CHANDLER'S WHARF

- One vehicle at a time is permitted on Chandler's Wharf
- No cars are allowed while the Casco Bay Lines is loading and unloading
- Masks are required in public spaces (on all wharves, in all crowded island public locations where it is difficult to maintain 6 feet of social distance (e.g. all piers and wharves, The Transfer Station, Post Office, Boatyard, The Store, Slowbell, Food Pantry)
- Wherever possible, group your packages and shipping dates to minimize impact on delivery teams
- **Break down cardboard boxes as part of recycling at the Transfer Station**
- Chedemption is closed for the season

WHAT IS OPEN ON THE ISLAND

Food

Slowbell check [online here](#) for updates or look on FaceBook and Chebeague.org for the latest from May Hall about the weekly specials and hours at the Slowbell. Curbside service, outdoor eating, ice cream and take out are all options. Call 846-3078.

Niblic for lunch, their current hours are 8am to 2pm Thursday thru Sunday. Please call the Niblic phone number 846-1015 to place your lunch order. Our menu is on [FaceBook](#) or their [website](#).

Island Market curbside service if you call ahead to Julie at 846-9997. Check updates on [FaceBook](#), M-Sat 9-3:00pm, closed Sundays.

Second Wind Farm is brimming with fresh veggies. Everything has been pre-packaged into paper bags and ready to go. Choose single-bagged items such as potatoes or green beans at various prices, or a large bag of assorted items for \$10. Current harvest includes white potatoes, blue potatoes, garlic, onions, leeks, Swiss chard, beet greens, basil, carrots, tomatoes and fresh cut flowers, all grown right here on Chebeague. The farm stand is by honor system and open every day from at least 10 am-2pm but usually later.

[Click here for a list](#) compiled as a welcome packet for people quarantining or just coming to the island and wondering what the Covid-friendly food options are.

[Otto's pizza delivery](#) from the Portland restaurant comes to the island on Wednesdays if you place your order by 1pm. Pick up is at the Stone Pier at 5:30pm.

Addie Todd is doing lobster delivery (207-712-7350) and the Loder family is running the new [Chebeague Lobster Company](#) from 445 South Road (corner of Littlefield across from Island Commons). All Lobsters are islander caught, with special thanks to Hank Whetham, Jeff Putnam, and their families in support of the launch. Store hours are Monday - Saturday from 4pm to 6pm for pickup. Reservations may be made on the website. Credit Cards and Cash accepted. Special "porch delivery" if you are in quarantine.

Food Pantry was transformed in March to provide food for all islanders to have access to fresh food and provisions and *avoid a trip to the mainland*. The Chebeague Island United Methodist Church Food Pantry is open to ALL each Wednesdays 10:30 - 12:00 in front of the Parish House on North Road. The food pantry offers fruits and vegetables, meats/poultry as well as canned/ jarred and dried foods. Supplies like sponges, paper towels, and trash bags as well as personal hygiene products are available as well. It is possible to arrange pick up or delivery at other times as needed. Please bring a bag, stay 6 feet apart and wear a mask. You can also email us a list of items the night before and we will package them and bring them outside for you to pick up. Contact: Polly (pkwentworth@gmail.com, 207-233-8382) Denise (207-838-6107) or Jessie (802-279-5410). Donations are not necessary however they are appreciated and can be made [here](#).

Services

Post Office is following all required Covid-19 protections. After an abbreviated schedule, on June 27 the mail resumed coming to the Island in the mornings. Saturday hours are 8:00a-12:00p, (M-F hours remain 8:30a-3:30p). Residents are encouraged to pick up larger parcels at the Post Office.

Chebeague Island Boatyard with marine services, gas pump and The Niblic is open for the season. [Click here](#) for hours and services.

FOR ANY Covid-19 QUESTIONS: CONTACT the Town Office at (846-3148).

School playground is now open. All children and families are asked to wear masks when six feet of distancing is not possible. No public bathrooms, nor drinking fountains are available at this time, so please plan ahead. Island Ambassadors will be there Monday-Friday, 9-11am and 3-5pm to help support safe play and clean the structure, provide masks, hand sanitizer and support to parents to help kids play safely outside. For questions, contact Eliza Jane Adams, Covid Coordinator.

Island Commons/Red Studio All continues to be safe and sound at the Commons. In a creative twist to their annual fundraiser, each week the Commons is running a Summer online auction of treasures. Check out the [Bid Hello to Summer auction](#) and support all the invaluable services and care provided by the Island Commons. On August 1st, the **Red Studio** re-opened its doors with strict Covid-19 safety procedures and will be open on Saturdays from 10am-noon and by appointment.

The Church has creatively adapted with Zoom services (Meeting ID: 308 728 697 Password: 20152020), a book club and other community outreach. [Click here](#) for their updates.

Masks Sewing Group The Chebeague sewing volunteers have donated hundreds of masks since March and continue to create gorgeous safe face coverings and masks. You may contact Polly (pkwentworth@gmail.com, 207-233-8382) to obtain home-sewn cloth face coverings.

The Library is open for curbside service on Wednesday, Friday and Saturdays, 10-1pm. [Click here](#) for an update.

The Historical Society is offering its annual lecture series via ZOOM ([info here](#)) and has announced their [new online store](#) where you can find a wonderful selection of items available for mailing or pick up at the Museum. [Project Resilience](#) continues to collect creative works made during the pandemic from verse to film to photography, please send in your submissions.

Golf The Great Chebeague Golf Club (GCGC) course is open to members and family with special restrictions. [Click here](#) for the most up to date Covid-19 practices and contact information.

Tennis [click here](#) for the latest tennis opportunities from the private club, The Great Chebeague Tennis Club and changes they have made in light of the coronavirus.

Island Riches is open for curbside service and flower orders. Phone ahead to Florence at 846-4986.

Chebeague Recreation Center (CRC) Tennis/PickleBall courts are open. Fitness Room is open to members by appointment only. On August 21 and 22nd, the CRC will be hosting two unique, Covid-safe events. First - a photo exhibit of panoramic views of Chebeague, by Richard Hackel on Friday, August 21 from 5pm-7pm. On Saturday, August 22nd, the Rec will hold a community concert on Volunteer Field featuring the Westenders. Contact Steve Auffant for more information at 846-5068 or visit the [website](#) for specific Covid-19 safety measures and to donate.

CLOSED/CANCELLED

The Inn; all public bathrooms; Sailing School; The Hall; Chedemption; Transfer Station give-aways; The Church (Sunday services via Zoom); The Parish House; The Historical Society; Jenny Wren Walk/Run; Memorial Day Events; 4th of July Parade/ Road Race/Picnic; CRC Summer Frolic; SchoolHouse Seconds (formerly the Grange); Waves on Water Summer Concert; MacBeth Concert Series; The Whalers; The Pool; Chebeague Water Taxi; Kids Place (re-opening in September); CRC programs (estimated for September).

KEEPING INFORMED ON CHEBEAGUE

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TOWN MEETINGS VIA ZOOM During the crisis, all Town meetings are now being conducted remotely via [ZOOM](#). Meetings are listed on the Town website and are open to the public. You may listen via phone too. All information is available on the [Town website](#), (ZOOM # 326 962 753, passcode 175989).

CHEBEAGUE ACTION RESPONSE TEAM (CART) This volunteer task force is made up of elected officials and community leaders with co-chairs, Donna Damon and Melissa Yosua-Davis. All meetings are open to the public. The “CART” meets most Tuesdays at 2pm on the Town [ZOOM](#).

CHEBEAGUE SCHOOL COMMITTEE meetings are held on the first and third Tuesday of every month at 6pm and held via Zoom on the Town’s number (326 962 753, passcode 175989). Contact: Ann Kirkpatrick, kirkpatrick@chebeagueschool.net.

PAST COVID-19 UPDATES and KEY RESOURCES

[Click here](#) to view videos produced by Dr. Kip Webb and Chip Emery on Covid-19:

["Quarantining"](#)

["What To Do If I Have Been Exposed"](#)

["Travelling Safely to Chebeague"](#)

["The Quiet Summer"](#)

["The Importance of Masks"](#)

["CTC SERVICES"](#)

["Keeping Each Other Safe on Chebeague"](#)

From the Town Administrator, Marjorie E. Stratton

[Letter from July 24, 2020](#) Marjorie E. Stratton, Emergency Director, outlines recent Governor’s announcements, a recap of the local elections for the Town, news that Chebeague Island received a Keep Maine Healthy grant for Covid-19 public health services, education and infrastructure.

[Letter from July 8, 2020](#) setting out the emergency response to July 4th exposure, testing options and a call to action for safe Covid practices: “...you know what to do- wear a mask, socially distance of 6 feet or more, practice hand hygiene and disinfect surfaces regularly. Together we will get through this.”

[Letter from July 3, 2020](#) a letter to set up the 4th of July safety measures, as well as the “Know Before You Go” policy set forth by Governor Janet Mills of Maine based on state by state positivity rates and quarantine requirements for non-residents.

[Letter from May 15, 2020](#) Getting to the island safely and Gov Mills’ latest orders.

[Letter from April 22, 2020](#) how the island is affected by the Governor’s “Keep Healthy At Home” and restriction for essential service definitions and the community’s ability to respond to the emergency.

Covid-19 Updates

[June 15th COVID UPDATE TO THE CHEBEAGUE COMMUNITY](#)

[May 8th COVID UPDATE TO THE CHEBEAGUE COMMUNITY](#)

[April 15th COVID UPDATE TO THE CHEBEAGUE COMMUNITY](#)

RESOURCES & SCIENTIFIC ARTICLES ON COVID-19

[Maine CDC](#)

[CDC](#)

[Governor Janet Mills “Keep Maine Healthy/Know Before You Go”](#)

Erin Bromage, [What’s The Deal with Masks? And How to Have a Safer Pandemic Memorial Day?](#)

Atul Gawanda, [The New Yorker : “Amid the Coronavirus Crisis, a Regimen for Reentry](#)

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POEM "[CORONA](#)" by Suhail Bisharat