

Hi Everyone,

Just checking in to make sure you are all doing well. Hope you will all get out of your homes for a little this week and enjoy the sunshine. Things are slowly opening back up and soon we may be back to a semi-normal life. I for one cannot wait!

This past week I have started reading Tell Me Your Sorry from the same author as Viscous. I am only on chapter 10 and so far I think there have been 10 murders and 2 supposed suicides, all connected somehow. I am probably going to be afraid to sleep this week! We went out and got our flowers and plants that my husband does not start from seeds a week early to start the gardens. We usually do everything on Memorial Day, but we figured why wait when it is going to be so beautiful this week. I have been venturing out a little more besides my walk around here I have been going to Laurel Hill Cemetery to walk a few times a week, and I think today or tomorrow I will head to the Franciscan Monastery for a walk. In addition, in my desperate need to get out of Saco I convinced my husband to take a ride and have a picnic somewhere on Sunday. Boy was I happy and surprised when we drove to Pemaquid Point Lighthouse and found everything in Lincoln County open! We had our picnic (on the back bed of the truck) at our favorite rest stop, visited the lighthouse (socially distanced from everyone) and walked Pemaquid Beach (socially distanced of course). He also let me go into Mexicali Blues and Big Al's (with my mask and hands sanitized before and after), I didn't buy anything or touch anything but it felt SO good just to be somewhere other than my neighborhood or the grocery store. My father-in-law is back at Maine Med after his few days back at home, so we are hoping this time they can figure out what is wrong before they send him home again. Best part of my week – my son and daughter-in-law called last night and told me they were relaxing and that I could go over and hold my granddaughter! I had to wear my mask and stay in the mudroom but I was able to hold her for over an hour! She is two weeks today and I am so happy. I told them I will be off Thursday through Monday and am available to hold her at any time and my son replied that he would take me up on that so he can get some sleep!

Thank you to all who sent photos of what you have been up to during this quarantine time. Please keep sending me photos whenever you feel like it. I love to hear how and what all of you are doing.

I tried to keep this e-mail shorter and not send so many links. I also tried to focus on the re-opening and local places this week, but I think I got carried away/distracted and ended up with more resources from elsewhere. In any case, some of you might be brave to head out somewhere, safely of course to some of the local places. If you do please be careful, wear your mask and socially distance from others.

I hope you can find one thing to enjoy.

It breaks my heart that this is the last episode of Some Good News. If you have not clicked on any of the links for this, I suggest you watch all the episodes. There really is a so much good out there.

SOME GOOD NEWS EPISODE 8

<https://www.youtube.com/watch?v=TXdKrtmexWU>

ANIMALS:

Meet and Greet with Goats at Wolfe's Neck Farm

<https://www.wolfesneck.org/blog/goat-meet-greet-with-a-view-video/>

View Mass Audubon's Bird of the Day and Nature in Your Neighborhood videos:

<https://www.massaudubon.org/get-outdoors/explore-nature-at-home/today-s-bird>

Maine Wildlife Park in Gray virtual tours:

<https://www.maine.gov/ifw/programs-resources/teacher-students/fieldtrip-opportunities.html>

ENTERTAINMENT:

Trailer for GREASE Sing-A-Long this Sunday on Sunday Night at the Movies on CBS

<https://www.viacomcbspressexpress.com/cbs-entertainment/video?watch=9cbn4pfc2r>

ACAF Soprano Mary Sullivan, Concert From Your Couch via FB on 5/26 at 7pm

https://www.facebook.com/search/top/?q=acaf%20concert%20from%20your%20couch%3A%20mary%20sullivan&epa=SEARCH_BOX

GARDENING & GARDENS:

4 Tips for Creating a Neighbor-Friendly Pollinator Garden

<https://preen.com/articles/4-tips-for-creating-a-neighbor-friendly-pollinator-garden>

Botanica in Wichita offers videos to Bring the Blooms to You

<https://botanica.org/virtual-tours/>

Tower Hill Botanic Garden offers some online programming including a Signs of Spring Video and tips on Nature Journaling.

<https://www.towerhillbq.org/online-educational-resources-adults-2/>

TOURS – VIRTUAL TOURS OF ALL 50 STATES:

<https://thetvtraveler.com/visit-all-50-states-with-these-virtual-tours/>

CRAFT/HOBBIES:

Make Your Own Tea Station:

<https://makinglemonadeblog.com/self-care-organization-tea-station/>

Watercolor: Paint this “Pot of Lavender” in 10 minutes

<https://www.youtube.com/watch?v=P7SCFdc53k8>

She also has a FREE on line course where you can sample many other courses FREE. Go to:

<https://painting-with-nicola.newzenle...>

NATURE:

North and South Rivers Watershed Association has a short video of a spring wetlands walk

<https://www.nsrwa.org/spring-is-springing-to-life/>

CLEANING: With all this free time, we might as well get down to those things we hate to clean!

<https://www.theguardian.com/lifeandstyle/2020/apr/03/from-mouldy-showers-to-junk-drawers-how-to-clean-the-10-things-annoying-you-most/>

WHICH IS BETTER? SOAP AND WATER OR HAND SANITIZER? This is from TED (no idea if it is FACT – I just found it interesting)

<https://www.youtube.com/watch?v=x7KKkElpyKQ>

EVENTS:

On Thursday, May 28 at 6:30 p.m., Friends of Sears Island and the Belfast Free Library will co-host a virtual presentation about wildflower identification with Maine Master Naturalist Roberta Sharp. The program will be offered live via Zoom. To register for the program, visit belfastlibrary.org/events or email bharrington@belfastlibrary.org.

NOW OPEN:

Seashore Trolley Museum is re-opening under Phase 1 of Maine's Plan to Restart the Economy, and the Guided Outdoor Activities provision. Hooray! For Maine residents and non-residents who have completed a 14-day quarantine in the State of Maine, will be offering **Docent-Guided Museum Tours!** Tickets are available at <https://docentguidedtour.eventbrite.com>

Chipman Farm U-Pick Tulips (Poland)

The season runs about 3 weeks long. Do not miss it!

<https://www.chipmanfarm.net/upick-tulips>

Some Parks & Beaches in Maine Re-open

<https://www.necn.com/news/coronavirus/popular-maine-parks-and-beaches-begin-to-reopen-with-restrictions/2271620/>

Just type in your zipcode to see just what's open in your area or check out all that is open:

<https://www.newscentermaine.com/maine-is-open-for-business-results?Zip=04072&Distance=5&Hiring=>

RESOURCES: If you know of someone who might need these resources please pass on this info.

Life Essentials - South Portland Church of the Nazarene

Food drop off

Have diapers available for South Portland residents only

The Point Church

Food drop offs and limited essentials to greater Portland area

Spectrum - 2 months of internet for \$5.00

RECIPE: No name for this – I guess I will call it Chicken and Rice

1 pkg. Chicken Legs (I arrange them each one opposite so there is room for more)

Instant Rice

2 cans cream of mushroom soup

1 can golden mushroom soup

2.5 cups water

Spray 9x13 glass casserole dish or pan. Spread rice over bottom of pan. I do not measure I just cover entire bottom and add a little more. Then add soup and water to rice, mix all together good. Wash chicken legs; lay on top of rice/soup mixture, press them down a little into the mixture, and sprinkle with Lawry salt. Bake at 400 for 35 to 45 minutes or until chicken is as crispy as you want.

TRIVIA:

What was the major international event of 1957?

- a. World's first Triple-Bang H-Bomb tested.
- b. Eisenhower Doctrine of sending Nixon to Mars.
- c. Sputnik.
- d. American Bandstand born.

JOKE:

Three old ladies are sitting in a diner, chatting about various things. One lady says, "You know, I'm getting really forgetful. This morning, I was standing at the top of the stairs, and I couldn't remember whether I had just come up or was about to go down."

The second lady says, "You think that's bad? The other day, I was sitting on the edge of my bed, and I couldn't remember whether I was going to bed or had just woken up!"

The third lady smiles smugly. "Well, my memory's just as good as it's always been, knock wood." She raps the table. With a startled look on her face, she asks, "Who's there?"

Hints:

Do you save your eggshells? Collect your eggshells then dry them in an oven at 200 degrees for 10 minutes then crush them. After they cool, keep in a mason jar. Use to sprinkle at the base of plants like peppers and tomatoes to prevent blossom rot and it is great for pests as well.

Cooking Bacon: Spread tinfoil on a cookie sheet. Split bacon into two batches. Lay bacon on cookie sheet. Bake at 400 degrees for 20 minutes (you can turn over once while cooking if you want). All pieces come out straight and perfectly cooked. After tinfoil cools, throw away with the grease! Easy!

Extra: I also received this tip from Martha. When going to get take out now that things have re-opened such as Ken's Seafood, bring along your own tray (you know have lots of them from the dollar store) to eat on in the car. Brilliant! Also, remember to bring your own utensils if you can. Thanks Martha!

QUOTE:

I know this may be hard right now but I hope we can all do our best to do this one:

DON'T COUNT THE DAYS, MAKE THE DAYS COUNT...Muhammad Ali

Take care and stay safe and healthy,
Your friendly Senior Coordinator, Karla