

The Caper



Cape St. Claire Improvement Association, Inc. Community Newsletter

MARCH 2019

President's Message

MARCH 2019



Hello fellow Capers. Did you know that the "winter blues" affects more than 3 million people every year? NIH-funded researchers have been studying the winter blues for more than 3 decades and they say that the shorter days seem to be the main trigger. For those that leave their homes or offices in the 5 o'clock hour, you know what I'm talking about. This year, with the constant rain drops falling from the sky, it's been hard to be out and about for any length of time. Thankfully, we'll soon be able to kick the blues to the curb as the days start to get longer, the sun starts to shine brighter, and Capers start attending the many community events still to come.

Let me give you a quick run down of the events you can expect here in the next month or so. Goshen Farm is hosting their annual Java & Jazz/Tea tunes on March 10th at 3pm at the Goshen Farm. Cape Conservation Corps is hosting their amazing world of native bees, a free event, on March 22nd at 7:00pm at the clubhouse. The Spring Craft show looks to present a host of local wares on March 30th from 10-4 at the clubhouse. Naturally, plans are in full swing to get the Strawberry Festival ready for June 1st. Be sure to check out the website at <https://cscstrawberryfestival.com> or their Facebook page for details as they are announced. Also, keep glued to the CSCIA website for all of your community event needs. I'll certainly try my best to keep that updated.

What would a well thought out Presidential message be without discussions about the board happenings, right? I'm hoping that's why you've read this far. The one big goal we have for 2019 is to update our aging by-laws. What we currently use has been a collective of ideas and thoughts and actions over the past 40 years. There are a lot of modernization opportunities to be had. Did you know that until recently, the board had to be notified about our monthly meeting by a yellow card, which had to be mailed? We also removed the carrier pigeon requirement. One of the larger reasons for updating our by-laws is to allow some flexibility for the types of committees we use as the needs for certain committees come and go with the changing times. We'll have more information at our April Quarterly meeting, which as of right now, is scheduled for April 23rd at 7:30pm. We're hoping you'll embrace the changes we'll outline for you.

We have our variance hearing for the two new playgrounds, one for the main beach and the other for deep creek, which is scheduled for February 26th. If all goes well, we should be able to get the construction up and running and completed in plenty of time for the Strawberry Festival. In beach restoration news, we're planning on meeting with DNR on Friday February 15th (I know this will have passed by the time you read this) with the purpose on trying to get grant money to keep that beach project moving forward.

Don't forget! Your annual lot membership fees are due on March 1st, anything after this date is subject to a late fee. Avoid it by getting your payment to the clubhouse on time. If you've paid your dues and you haven't received your stickers and guest pass, please contact the office.

In Cape History: Ever wonder why the firehouse has a gigantic parking lot next to it? I always thought it seemed out of place. Because we were a closed community, when the shopping center was first built, you still had to check-in through the gatehouse. To avoid the major backups at the gatehouse and allow non-Cape residents to shop, they created that lot so people could park, and walk into the community.

And now you know.

While spring might not be in the air quite yet, don't let the winter blues get you down. Read through this issue of the Caper and prepare yourself for the next few months ahead!

Thank you and see you around the Cape!

Best Wishes,
Bill Szczytko
President CSCIA

IN THIS ISSUE:

- Board in Brief
- Message from The Town Manager
- Garden Club
- Goshen Farm News
- Cape Conservation Corps
- Escape Through The Cape Fun Run
- Annual Easter Egg Hunt
- Health Notes

Board In Brief *CSCIA Board Of Governors Monthly Meeting*

FEBRUARY 11, 2019

President Szczytko called the meeting to order at 7:30 P.M. He said that we will be briefed by Tim Larsen from Oliveri and Associates on proposed bylaw changes.

Guests were Bob Bishop and Becky Benner.

The minutes of January 14, 2019 were read and approved unanimously.

The Profit and Loss (P&L) final statement of December 31, 2018 was approved unanimously.

COMMITTEE REPORTS

Broadneck Council of Communities (BCC): Governor Breeden reported that there was a January 24 meeting with 80 or 90 residents, our 3 Delegates, County Executive Pittman, our Senator, and our Councilwoman with updates on committee activities. He noted that we have House and Senate and Democrat and Republican support for our bond bill. There is a budget meeting coming up on February 26 at Severna Park High School.

Beaches and Parks: The committee met to discuss hiring beach attendants for this summer, along with projects involving Girl Scouts, Boy Scouts, and the Cape Conservation Corps. There will be a hearing on February 26 regarding our playground variances.

Business Lot Owners' Association (BLOA): Governor Breeden met with the Cape Pool board regarding working on the exemption process for septic system failure. Our attorney will need to be consulted.

Piers: Governor Breeden said slip contracts have gone out and are due back March 23. There will be some maintenance work in March.

Security: Governor Breeden met with Officer Cannell to go over issues involving the Cape and homeowners. He will be testifying on April 1 for an ongoing case.

Events: Governor Fairchild said the committee will be gearing up to plan for the 4th of July, and is looking for volunteers to help. There may be a community yard sale or swap in the spring.

Membership: Governor Fairchild had no new reports.

Clubhouse: Governor Lamb said the bathroom renovations have started and will be completed on time. She is considering raising fees in July to deal with ongoing rental concerns.

Strawberry Festival: Governor Lamb said plans are moving along.

Caper: Governor Lamb said a change in mail routes has caused issues with delivery. The Post Office did deliver this month's to the affected areas and she is working with the printer to resolve the issues by having them delivered to specific addresses rather than by bulk mail.

Beaches and Parks: Governor Macindoe said 10 bat houses have been put around the Cape as an Eagle Scout project and he is working with Scouts on other projects.

Building: Governor Roche said there are 6 building applications so far this year, one of which will need a variance.

Budget: Chairman Buchet said there will be a committee meeting in late March.

Town Manager: Ryan Anderson said the goal is to have the new playgrounds in place before the Strawberry Festival. The

maintenance crew will be working on the Clubhouse rain garden. The bathrooms should be done by March 3. Approximately 10 or 12 pilings at Deep Creek need to be replaced. The ice eaters are working well. He noted that it costs us 7.8 cents a gallon to dispose of Deep Creek boat waste. There are the usual covenant issues. He is looking to hire additional maintenance help and beach attendants. The ongoing tax issue seems to be resolved for the moment. The budget has been sent to the County.

OLD BUSINESS

Governor Breeden and Town Manager Anderson met with Biohabitats to prioritize the plan for moving ahead with the beach projects. The Chesapeake Bay Trust is interested only in the Main Beach part. We are also looking for funds through the DNR trust. All of our elected officials have been invited to attend a walk-through.

Governor Szczytko said that Quickbooks requires us to sign a contract before we can even see what they can do for us regarding online payments. There was discussion of the fees involved and the difficulties of making it work with our varied systems. It was recommended that we table the idea for the time being, and Governor Szczytko will come up with a test program.

COMMENTS

Becky Benner noted that Goshen Farm's Java and Jazz event will be at the Clubhouse on March 10 from 3 to 5 P.M. She also noted that new members at a Garden Club meeting had commented on how nice the Clubhouse looked.

Mike Buchet said that while thinking through the costs of online transactions we need to see how they would impact our budget.

BYLAW DISCUSSION

Attorney Tim Larsen of Oliveri and Associates led a lengthy discussion going over various proposed changes to the bylaws, noting that most of the changes were an attempt to bring them up to date with 21st century technology, along with combining repetitive items and deleting superfluous items.

NEW BUSINESS

Governor Szczytko mentioned that the Fun Run was asking us for a \$250 donation again this year. Governor Breeden noted that we had passed a motion last year to continue giving to events we support without a yearly motion.

Governor Szczytko said that Susan Anderson would like to have Santa at the Gatehouse on December 7 next year. Governor Lamb said that would not conflict with Breakfast with Santa.

ADJOURNMENT

The meeting was adjourned to a closed session at 9:28 P.M.

CLOSED SESSION

A closed session was convened at 9:31 P.M. and was adjourned at 10:12 P.M.

MEMBERS PRESENT

Governors Breeden, Fairchild, Lamb, Layman, Macindoe, Roche, Schmidt, and Szczytko were present, as were Town Manager Anderson and Budget Committee chair Buchet. Governor Zadera was absent.

A Message from The Town Manager



Capers,

The groundhog didn't see his shadow so hopefully we are past the snow days and Spring is right around the corner.

Maintenance fee renewals were due by March 1st but please keep them coming and be aware of the late fees incurred. Double check to be sure you have submitted your vehicle information as well. Sticker and Guest Passes will not be mailed out without vehicle information being provided first. You can mail a check in or come by the office M-F 8:30-2:30 and pay in person. We accept cash and checks payable to CSCIA.

We are still working through critical area permitting process for the playgrounds that have caused a delay in our installation timeline. We are pursuing a variance request through the county inspections and permits office and we plan to get them installed as soon as possible. The goal is to have them installed by Strawberry Festival. All of

the equipment has been fabricated and is patiently being stored in the manufacture warehouse.

Don't forget clocks spring forward Sunday, March 10th.

Our next Quarterly Membership Meeting will be held Tuesday, April 23rd at 7:30 pm.

Please feel free to reach out to me with any questions, suggestions, or if you are in need of assistance.

Cheers,

Ryan Anderson

*Cape St Claire Town Manager
TownManager@cscia.org
443.510.3116*

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**THE EASTER BUNNY IS COMING
TO CAPE ST. CLAIRE
SATURDAY, APRIL 13th
MAIN BEACH - 11:00 AM**

Hop on over and join your friends and neighbors for the Annual Easter Egg Hunt sponsored by the Cape St. Claire Strawberry Festival. The hunt will begin promptly at 11:15 AM on Saturday April 13th. The Easter Bunny will be available on the overlook for pictures. Please bring your own cameras. Hot Dogs, Hamburgers and Sodas will be available for purchase during this event. **ADMISSION TO THE EGG HUNT IS BY TICKET ONLY.** Tickets may be obtained from WHIMSICALITY in the CSC Shopping Center – beginning March 4th during regular business hours (**10:00 AM until 6:00 PM**)



Monday thru Saturday and Sunday (12-4pm). The cost of the tickets is 1 dozen plastic eggs and 1 bag of individually wrapped candies small enough to fit inside of the eggs (**No Hard Candies Please**).



If you should have any questions about the egg hunt please call Mary at (410)757-0593.

And as always remember to thank the kind folks at Whimsicality for volunteering to be our ticket center.

SPRING CRAFT SHOW



SATURDAY, MARCH 30, 2019

10 AM UNTIL...4 PM

**CAPE ST. CLAIRE CLUBHOUSE
1223 RIVERBAY ROAD**



Door Prizes- Cake Wheel- Food

To Benefit PEDIATRIC Brain Tumor Research at JOHNS HOPKINS

This is an indoor show with no admission charges to the public.

For info call 410-991-9610

ESCAPE THROUGH THE CAPE

5K / 1M FUN RUN

WHEN: Saturday April 13, 2019 (Rain or Shine)
WHERE: Cape St. Claire Elementary School (Start & Finish)
RACE TIME:
5K Race Start - 8:30am
1 Mile Race Start - 8:45am

RACE FEE: \$30 (Non-Refundable)
FIT FAMILY FESTIVAL TIME: 8:00am - 11:00am

PACKET PICK UP

When: Wednesday, April 10, 2019; 3pm - 8pm with Spizzico Fundraiser
Or Race Morning, April 13, 2019; 7:30am - 8:15am

Spizzico Italian Kitchen in Bay Hills Shopping Center will donate 20% of dine-in/ carry-out proceeds when patrons mention this fundraiser on that evening.
(Be sure to mention the fundraiser at the point of payment to ensure it is counted.)



Shirts available to those who register by: 3/30/2019



Register online at: <https://runsignup.com/EscapeThroughTheCape>
- online registration closes April 10, 2019



Registrations will be accepted and packets may be picked up beginning at 7:30 on race day.



Fit Family Festival to include: (craft vendors, fun family activities, local vendors and more)



For Sponsorship, vendor, or volunteer information, please contact Race Director:
Laura Girton- cscfunrun@yahoo.com



NEWS FROM

HISTORIC GOSHEN FARM AND EDUCATIONAL CENTER

Goshen Farm Annual Membership Meeting

On January 16, 2019, the Goshen Farm Preservation Society held its Annual Meeting of the Membership. Happy New Year! We wish to thank you, our Members, our volunteers, and Board of Directors for supporting Goshen Farm.

Election to the Board of Directors is an annual meeting requirement and tradition. The slate included Linda Beck, Becky Benner, Roy Benner, Sharon Biondi, Bob Nestruck, and Scott Powers; each was elected by acclamation as they were the only people running for the eleven vacant Board seats. Elections of officers followed: Michael Buchet, Vice President; Sharon Biondi, Secretary; and Linda Beck, Treasurer. No one ran for President.

More information on the status of the Goshen Farm Preservation Society was sent out via email.

Java & Jazz/Tea & Tunes – March 10, 2019, 3:00 until 5:00 PM. We are planning a fun couple of hours to kick back, to relax (of dance if you wish), and to listen to smooth sounds of the Jazz Perpetrators. This event is held annually at the Cape St. Claire Clubhouse to thank our members and supporters and it's free! Donations are welcomed. There will be light fare and assorted sweet treats along with fabulous specialty coffees made with locally sourced ingredients. Specialty coffees are \$5.00 and wine at \$4.00 per glass.

Spring Open House – April 13, 2019, 10:00 AM until 4:00 PM. Raptor's Eye returns to Goshen Farm for the Open House! Naturalist Liz Smith will present her magnificent native birds of prey, which are masters of the sky. Come see owls, hawks, falcons, and more; ask questions about the different birds, their lifestyles, and why they are part of the display; learn about the importance of raptors to us, our environment, and why we should save their and other wildlife's habitat.

Our Open Houses are wonderful family outings that always include tours of the house and tours of the grounds, activities for the children and other fun things to do. Check our web site or our Face Book page for updates.

Kayk Raffle – This is your big chance to win two Emotion Spitfire 8 kayaks complete with paddles. Tickets are only \$5.00 each and only 600 tickets will be sold. Join our six previous winners and enjoy the wonders of paddling around our beautiful waterways and marvel at the scenery and the wildlife. The drawing will be held at our Acoustic Summer Concert on July 26, 2019.

We are very pleased that this year's raffle is being sponsored by Hague Quality Water of Maryland and Richard's Tree Care. Their generosity means that virtually every dollar donated will go to support the Historic Goshen Farm & Educational Center.

You can purchase tickets at all Goshen Farm events starting with our Java & Jazz/Tea & Tunes event at the Cape St Claire Clubhouse on March 10th, and at our Spring Open House on April 13th and the Cape St. Claire Strawberry Festival on June 1st. Tickets are also available on line at this Society's website.

Summer Acoustic Concert Series

The performers for Summer Acoustic Concert Series are not yet finalized, but we have tentative dates for the concerts. They are:

- June 28: 6:30, TBA; 7:40, TBA
- July 12: 6:30, TBA; 7:40, TBA
- July 26: 6:30, TBA; 7:40 TBA
- August 9: 6:30, TBA; 7:40, TBA
- August 30 (Member Appreciation Night): 6:30, TBA; 7:40, TBA

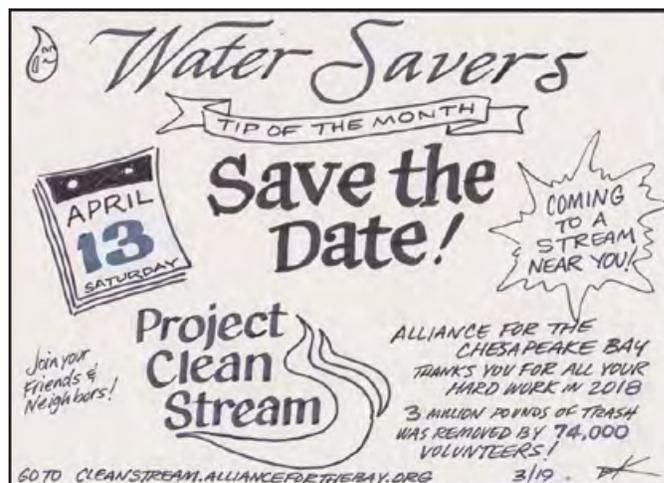
All concerts are held at Goshen Farm, 1420 Cape St. Claire Road, and include two local performers or groups. They are free but donations are welcomed and appreciated.

As acts are confirmed, details on will be available on the Society's website and on its Face Book page (<https://www.facebook.com/goshenfarm.org/>).

Renewal Letters Have Been Mailed

Membership Chair, Becky Benner, mailed membership renewal notices in November. If you did not received yours or have mislaid it, please go to the Goshen Farm web site and download the fillable form and email it back to Membership@goshenfarm.org. While you are there, you can pay your dues on-line.

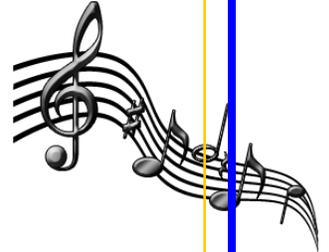
If you are not currently a member of the Goshen Farm Preservation Society, please consider joining us in our efforts to preserve and protect this wonderful community resource.



The Goshen Farm Preservation Society, Inc.
cordially invites you to an afternoon of



Java and Jazz Tea and Tunes



A Coffeehouse Experience

Sunday, March 10, 2018 – 3:00 to 5:00 PM

Cape St. Claire Clubhouse

1223 River Bay Road

Annapolis, MD 21409

ADMISSION IS FREE!

Coffee and tea, treats and snacks are free, "Specialty" coffee drinks \$5.00. and wine
\$4.00 per glass

Donations are welcome and all proceeds benefit the restoration of the
Historic Goshen Farm and Educational Center.

Historic Goshen Farm & Educational Center 6th Annual Spring Open House

**Saturday, April 13, 2018 10:00 am until 4:00 pm
1420 Cape St. Claire Road**

**The Historic Goshen Farm & Educational Center invites you to
"Explore Goshen Farm Day"**

Raptor's Eye returns! Naturalist Liz Smith shares the stories of magnificent native birds of
prey: owls, hawks, falcons, and more; see them up close

Tour the 1783 Farm House and the 22-acres of Goshen farmland

Visit the newly installed Pollinator Garden and Monarch Waystation

Reflect in the Henson-Hall Slave Garden about the produce grown by enslaved people
who lived and labored on the property

Learn the sweet pleasures of beekeeping

Family, Friends, Fun, Food = a Fantastic Day at the Farm!

More details at <http://www.GoshenFarm.org> or www.facebook.com/goshenfarm.org

It's so thrilling! Garden Club Members have been excitedly sharing news of little plant noses pushing up from the soil and leaves. Have you noticed daffodils or crocuses peeking out? The plants are as eager as *we* are to see spring arrive. That doesn't mean there aren't still some winter blooms out there reliably adding color in our winter gardens: witch hazels, winter aconite, winter jasmine. Speaking of color, at our February meeting, the garden club had a wonderful presentation on *Color in the Winter Garden* given by our very own Catherine Salam.

We learned how our eyes perceive color only in bright, even light, and Catherine presented beautiful garden photographs from the entire color wheel. She recommended the USDA plant database as a good resource. Catherine reminded us of the intrepid explorers who brought home seeds and cuttings of exotic plants from Europe, Asia, and the Middle East, giving us garden stars like Camellias, witch hazels, and all our spring-blooming bulbs: daffodils, tulips, crocuses, etc. Members admired Helleborus 'Jacob's Gold', with upright, January blooms, and compared notes on Viburnum 'Blue Muffin', whose vibrant blue berries are usually devoured by birds long before winter arrives. It was a pleasure to see the inspiring photographs and learn about various plants in Members' gardens that are showing off this winter! It made me think that Yard of the Month could, possibly, be undertaken in the winter months, but then I realized that people want to hibernate, even as some plants and animals still awaken on even the coldest days.



Yard of the Month judging will begin anew in April; we thought you might be interested in how Club Members make this happen in the Cape. Cape St. Claire is divided into 5 zones for judging, and there are 5 teams of regulars who rotate to judge different zones each year. Each team comprises 2-3 Members who spend an hour or so walking or driving through their area each month, gazing at front yards for likely candidates. If you love gardening, this is the job for you: permission to ogle beautiful front yards! Each team has a checklist that includes color, neatness, variety, and overall appeal. Of course, judging is not a mechanical process. Judges' evaluations are informed by their personal perspectives. So there is often a lively debate between judges over who will win each month, given how many lovely gardens in our community are deserving of recognition! Judges also take note of gardens they'd like to revisit in following months, when their plantings will show to better effect. There are yards that look wonderful in all seasons, and there are yards that simply shine in early spring or mid-summer. We like to reward both well-established gardens and also those that have recently been re-worked in an effort to stand out. Judges have awarded the sign to large, burgeoning gardens and smaller, more-contained ones, to shady yards, as well as gardens lush with sun-drenched annuals. Some judges like to seek out hidden gems that use hardscape, structure, and outdoor art such as gazing balls, pots, and bird baths. Overall, we hope those who win feel proud and happy, and that their neighbors enjoy viewing the winners each month, perhaps even feeling inspired to try something new and different in their own yards!

On **Tuesday, March 5th**, we'll have our 44th Anniversary Potluck celebrating our Club's founding. Then on **Tuesday, April 2nd**, we'll have a ***Pruning & Dividing Workshop*** starting at 6:30pm, where we will divide up massive clumps of perennials like phlox, hellebore, & hosta and pot up the results. We've welcomed four new Members already in 2019 and we are always happy to meet new people, so come on out! And please mark your calendars for a Cape tradition: our annual plant-a-palooza:

 **PLANT SALE on Saturday, May 18th, 8am-2pm** 

(Rain date Sunday May 19th). You can read more at capegardenclub@wordpress.com, where we also list upcoming meetings and show some of our recent meeting activities and slide shows. Also, under the LEARN tab, you can read all about gardening tasks month-by-month, planting instructions, native plants, helping the bees and butterflies, and even edible weeds!



-- Submitted by Jeanne Klingler

GARDENING TIP OF THE MONTH

MARCH is time for **SPRING CUT BACK** before new growth starts.

Make room for your crocuses and daffodils to shine!

1. Cut sedums, asters, mums, and other perennials to the ground
2. Cut fountain grasses to 6-12" high
3. Prune butterfly bushes (Buddleia) back to 6" high to promote bushy new spring growth
4. Prune red and yellow twig dogwoods (Cornus): cut back old wood to promote bright colored new shoots for next winter
5. Prune crepe myrtles: remove all twigs thinner than a pencil, dead or crossing branches, and shape to please the eye
6. Use your mower or leaf vac to clean up leaves from the lawn & driveway, and add them as mulch to your planting beds



START SEEDS inside or out

1. Start some seeds right in the ground: peas, lettuce, chard, kale, and other winter greens
2. Start tender seeds indoors, under grow lights or in a sunny window: tomatoes, peppers, eggplants, squashes, etc.

CAN'T STOP GARDENING?

1. Fertilize your emerging bulbs with Bulb Tone, Biotone, or compost
2. Mulch your planting beds and garden paths
3. Hoe or chop any germinating weed seedlings – a stitch in time saves nine!
4. Lime the lawn; Sharpen and oil your gardening tools
5. Fix or build hardscaping like edging, stone paths, garden walls, etc.

capegardenclub.wordpress.com/learn/

CAPE COMMUNITY SWAP

Sunday, Apr 7, 10am-2pm, Clubhouse Field

Please join us for a day of community and family fun. Keep your goods out of the landfill and help raise funds for charity! Please bring your used goods and swap them for something new!

All are welcome – please invite your friends! You do not have to bring goods in order to attend.

- Toys, games, puzzles, books
- Clothes & Shoes: women's, men's, children's, babies'
- Household goods & tools
- Small appliances & electronics in working condition
- Anything you think another family might enjoy



\$2 entrance per family will be collected for the Chesapeake Bay Foundation. (Rain date Sunday Apr 14.)



Habitat Hero Nominations

Please continue to submit your nominations for a Habitat Hero. We are looking for a 1st quarter Habitat Hero that is a good steward of the land by using environmentally safe gardening practices, removing invasives and planting native plants. We would love to hear from you on how you trying to change your yard into a more sustainable, healthy habitat for wildlife to flourish. It can be a “work in progress” not a masterpiece!

Click her for more information or to nominate yourself or a neighbor.

<http://capeconservationcorps.org/habitat-heroes/>

Upcoming Events:

Project Stream Clean will be Saturday April 13th 9am-Noon. We will be working to clean up the areas behind the ballfields and firehouse that have recently been restored. Meet at the parking lot across from Graul’s. Gloves, bags and light refreshments will be provided. Let’s work together to make our streams cleaner and safer! Contact Brad Knopf @ 443-324-1130 or bdknopf@gmail.com with any questions. Great opportunity for Scouts, and Service Hours!!

Rain date Sunday April 14th 9am-Noon



Stay tuned for an exciting day of restoration planting at the Little Magothy Rain Garden and the Lake Claire Ravine. We will be planting *Packera Aurea* golden ragwort to act as “green mulch” and combat the invasive garlic mustard that is prolific at the Ravine. Day and time TBD

Preparing Your Site for a Successful Garden

By: Stacey Wildberger

Preparing an area to install a new garden is an important step that must be done with care and consideration. The site needs to be clear of all existing vegetation in order to minimize weed growth. How you prepare the site will affect the environment and the success of your garden. There are many weed seeds hidden in the soil. Once the soil is disturbed and the seeds are exposed to sunlight, they will quickly sprout and take over the area making establishing your plants more difficult. One of the worst things you can do is till the area as this will quickly bring dormant seeds to the surface.

We will examine four methods to prepare your site to minimize disturbance and be safe for the environment. Even though synthetic herbicides such as Round-Up are effective and cheaper than organic herbicides their long term effects can be devastating to the ecosystem. The process of site preparation should not be rushed; don’t be in a hurry to plant or sow your seeds. The better prepared your site is the less time you will spend controlling weeds in the garden down the road.

Smother method is the process of using organic material to kill the vegetation. You will need some basic tools such as a wheelbarrow, mower, shovel and rake in addition to newspaper, cardboard, organic product and mulch. Start by mowing the area in the design you wish the garden to be, cover with 4-5 layers of newspaper, then 1 layer of cardboard, spread weed free mulch over the top and level it off. The next step is the hardest-let it sit for 3-12 months! I like to either start the process in early spring and plant in the fall or prep in the fall for spring planting. Once you are ready to start planting, cut a slit in the cardboard and newspaper if it is not fully decomposed and plant directly into the hole you formed. Tip: do not use plastics or other non-organic materials that will not decompose over time or add nutrients to the soil. They can also generate too much heat, killing the good soil organisms. To speed up this process you could spray the area with a non-synthetic natural herbicide prior to layering the newspaper.

Strip method involves removing the vegetation, including the roots with a sod cutter or hand tools. This method can be a little costlier if you need to rent the tools but it allows you to remove a large area of vegetation quickly. The composted sod becomes rich soil that can be used in other areas as well. Start by defining the shape of your bed using a garden hose, paint or flags then strip the vegetation in your area with the sod cutter to remove it—composting it. Apply

a natural herbicide to any new growth. Tip: you can use the smother method to prevent the re-growth if you are plating plugs or plants, not seeds.

Spray method uses non-synthetic, natural herbicides to kill the vegetation. You will need a tank sprayer, safety glasses, gloves, dust mask, spreader and a chemical safe measuring cup as well as Colorant, blood or alfalfa meal, water and herbicide. There are several benefits to this method, including being able to cover a large area, and when used on slopes it can diminish erosion. The negatives are cost (a concentrate can save you money), and you may have to apply up to 6 applications and it still won't kill certain vegetation, including woody plants. Once again stake your design, mix the concentrate with water, mixing only what you will need for the measured area, spray evenly and repeat until all vegetation is killed off. Now you can plant! Examples of natural herbicides are Burnout, Matran, Scythe, and Nature's Avenger.

Speed is the final method; it involves stop mowing and plant directly into the lawn. With a few simple steps to avoid soil disturbance you can begin planting immediately with this low cost, environmentally friendly method. This method works great if you are trying to establish a meadow. Select your plants, dig a hole about twice the diameter of the pot, shake off the loose dirt, place the plant in the hole and fill it with the soil from the area. There is no need to amend the soil if you are choosing native plants, they do not need it! All it will do is encourage strong growth of the weeds. Right plant, right place. You can mulch deeply around the plants in the beginning until the plants begin to establish themselves and grow together to form "green mulch".

As always, I encourage you to choose native plants to add to your newly established gardens as the local fauna has co-evolved with these native plants over thousands of years and they depend on each other for their survival. You may see native pollinators on a non-native plant but many times it is not getting everything it needs nutritionally from that plant—like when we eat ice cream and other junk foods. Your landscape can provide two things living creatures need, food source and a place to live, make it the best environment for them to not only survive but thrive in. Please choose the best plants for this-Native Plants.

If you begin your site prep this spring it will be ready for fall planting. You can stop by Cape Conservation Corps annual Fall Plant Fest for a great selection of native plants at low prices and speak to the many experts we will have on hand to answer your questions. Happy Planting!

Join us for a FREE EVENT Identifying Native Bees with Sam Droege

Please mark your calendars for this remarkable lecture and stunning slides with Sam Droege on Friday March 22nd 7:00 PM (doors open 6:30 PM). Sam is wildlife biologist at Patuxent Wildlife Research Center. Sam will be talking to us about the importance of native bees in our ecosystem and how to identify and name these beneficial insects. The pictures contained in the slide show are truly remarkable and not to be missed.

Sam Droege has spent most of his career at the USGS Patuxent Wildlife Research Center. He has coordinated the North American Breeding Bird Survey Program, developed the North American Amphibian Monitoring Program, the BioBlitz, Cricket Crawl, and FrogwatchUSA programs and worked on the design and evaluation of monitoring programs. Currently he is developing an inventory and monitoring program for native bees, online identification guides for North American bees at www.discoverlife.org, and, with Jessica Zelt, reviving the North American Bird Phenology Program. His group maintains high resolution photographs of insects and other macro natural history objects at: <http://www.flickr.com/photos/usgsbim/>

Light refreshments provided. Please bring your own adult beverages. Admission is free!

HEALTH NOTES:

Gout



Gout defined

Gout is a common, but complex type of arthritis that can affect anyone. It causes sudden, severe attacks of pain, tenderness, swelling and redness in joints, frequently affecting the joint at the bottom of the big toe. An attack of gout can occur without warning, often waking people up in the middle of the night. It often feels like the big toe is on fire.

Who it affects

About 3% of the worldwide population has gout. It is more common in men earlier in life than women and rarely occurs in children.

Cause

Gout is caused when individuals with high levels of uric acid in the blood develop sharp urate crystals that can cause joint pain and inflammation. Not everyone with elevated uric acid levels will develop gout.

Diagnosis

Gout is diagnosed when there is a tender, painful, swollen, red joint in the presence of an elevated uric acid level.

Treatment

Medications for gout have two purposes: to ease the pain and inflammation of acute attacks and to control uric acid levels to prevent future attacks. Some medications may be used only during attacks while others must be taken long term, even when you have no symptoms.

NSAIDs are a large class of drugs used to relieve pain and inflammation. In gout, they are often given during acute attacks. Allopurinol is an oral medicine called a xanthine oxidase inhibitor (XOI), which reduces the body's production of uric acid.

Allopurinol reduces how often gout attacks occur and makes them less severe. However, you may be at increased risk of an attack immediately after starting this drug. Taking allopurinol during an attack may actually make it worse. In rare cases, it can cause a severe allergic reaction. There are other drugs in this class which may be used instead of allopurinol, which basically do the same thing.

Prevention

You can help reduce gout attacks by adjusting your diet.

Avoid some, but not all, foods with purines. Include some foods that can control uric acid levels

Recommendations for specific foods or supplements include:

- Organ and glandular meats. Avoid meats such as liver, kidney and sweetbreads,
- Red meat. Limit serving sizes of beef, lamb and pork.
- Seafood. Some types of seafood — such as anchovies, shellfish, sardines and tuna — are higher in purines than are other types. But the overall health benefits of eating fish may outweigh the risks for people with gout.
- High-purine vegetables. Studies have shown that vegetables high in purines, such as asparagus and spinach, don't increase the risk of gout or recurring gout attacks.
- Alcohol. Beer and distilled liquors are associated with an increased risk of gout and recurring attacks. Moderate consumption of wine doesn't appear to increase the risk of gout attacks. Avoid alcohol during gout attacks, and limit alcohol, especially beer, between attacks.
- Sugary foods and beverages. Limit or avoid sugar-sweetened foods such as sweetened cereals, bakery goods and candies and fruit juices.
- Vitamin C. Vitamin C may help lower uric acid levels.
- Coffee. Some research suggests that drinking coffee in moderation, especially regular caffeinated coffee, may be associated with a reduced risk of gout.

By Deborah Campbell CRNP, a local Nurse Practitioner who makes home visits in the Cape area for a nominal fee. Call Annapolis Health 443-362-2400 for further information.



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Upcoming Events

Shrove Tuesday Pancake Supper
Tuesday, March 5
4:30 to 7:00 p.m.
Parish Hall
Tickets: \$6 for adults,
\$4 for children
Includes pancakes,
sausage, and applesauce.



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Ash 
Wednesday
March 6
Services @
7:30 a.m., Noon, 7:00 p.m.

Lent 

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Wednesday Evenings
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psalms and peace



Sunday Mornings
10:20 a.m.
Book Study with the Rector
"Hanging by a Thread"
by Samuel Wells



Monday Evenings
6:45 p.m. - Dinner at 6 p.m.
Fellowship Study
"Hallelujah—The Bible
& Handel's Messiah"



Thursday Mornings
9:15 - 10:30 a.m.
Nursery care provided
Book Study -
"The Last Week"
by Bord/Crossan





Celtic Services
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9:00 & 11:15 a.m.



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Ash Wednesday March 6

9:00 a.m. - Mass with
Distribution of Ashes

12:00 p.m. - Prayer Service with
Distribution of Ashes

7:00 p.m. - Mass with Distribution of
Ashes (with Music)

You're Invited!

Join us for Lenten Soup and Salad Suppers on Fridays during Lent from 5:00-7:00pm in the Upper Hall of St. Andrew by the Bay. Enjoy delicious soup made by our Hospitality Committee, as well as community fellowship. Join us for one or all five suppers! A free-will offering will be accepted.



- March 15 Crockpot Loaded Baked Potato Soup
- March 22 Broccoli Cheese Soup
- March 29 Corn Chowder Soup
- April 5 Crockpot Loaded Baked Potato Soup
- April 12 Vegetable Crab Soup

Bingo by the Bay



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After All Masses on March 23-24 and March 30-31

For more information or questions contact Meredith Powell at
mpowell@standrewbythebay.org or 410-974-4366.

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- Palm Sunday 4/14, Two services at 9:30 and 11:00 am and EASTER EGG HUNT between services at 10:30 am,
- Maundy Thursday 4/18, 7:00 pm Service with Communion,
- Easter Sunday 4/21, Sunrise Service at Cape St. Claire Beach,
- Easter Services 4/21, with Communion, 9:30 and 11:00 am at Christ Our Anchor Presbyterian Church.

De-Escalation in Crisis, 2/26-6:30-8:30 pm All are invited to a special presentation by Officer Steve Thomas focused on de-escalation and interaction tips for folks in our community who may be dealing with behavioral or mental health concerns. Instead of reacting in fear, let's learn how to be proactive with love and compassion and research based techniques. All are welcome, but RSVPs are appreciated at coa21409@gmail.com or (410)974-1713.

Parents of Young Children Group: Bring your little ones and come enjoy the company of other parents seeking spiritual growth.

Where: Christ Our Anchor Presbyterian

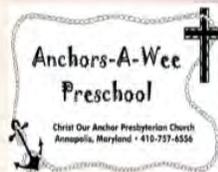
When: Fridays, 9:00 to 11:00 am

Dates: 3/29, 4/12, 5/3, 5/31/2019

For more information, contact the church Office at 410-974-1713 or coa21409@gmail.com.

Community Office Hours - Pastor Jessie will be available for impromptu visits and conversation, every Thursday from 8:00 am to 10:00 am at the Blue Rooster Café in the Cape St. Claire Shopping Center. No appointment needed!

Fundraiser with Broadneck Grill Restaurant - Join us at Broadneck Grill for a night out and in support of Christ Our Anchor's mission and outreach programs. Next scheduled nights out at Broadneck Grill are Wednesday, March 13th, April 10th and May 8th, 5pm-9pm. Mark your calendars! See you there!



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Website: capeumc.org

Facebook: facebook.com/cscumc

Email: office@capeumc.org

Pastor: Chris Broadwell

Worship Service - 9:00 AM on Sundays in the Sanctuary

Children's Sunday School - 9:00 AM Sundays. Kindergarten through 5th grade. After the Children's message in our worship service, the teachers take the students to their classroom. There they learn the stories of the Bible and participate in fun activities and create crafts that reinforce the lessons.

Youth Group - 1st and 3rd Sundays of each month, Fellowship Hall, 5-7pm



If you are looking for a church home, we would enjoy having you visit our community of faith and share God within our church family. As we move through Lent to Easter, it is hoped that everyone's heart will prepare room for Christ to enter in.

We invite all to join our Sunday services as we create worship that is spiritually filled with signs and symbols, wonderful music, and fellowship where you can feel the Presence of God!

Blessings to all

Pastor Chris



The following events are offered to bless you
and bring your family closer together

Shrove Tuesday Pancake Supper – March 5th at 5-7 pm in the Fellowship Hall.

Pancakes, sausage, and applesauce will be served

Adults - \$5.00, Kids 6-12 - \$3.00, 5 and under - free

Ash Wednesday Service - March 6th at 7:00 pm in the Sanctuary.

Family Movie Night



Bring the whole family and join your neighbors each month for a free family movie, drinks, and popcorn.

Gather at 6:30pm, Movie begins at 6:45pm

March 22nd - Christopher Robin

April - no movie due to Easter Week Services



Annual Coffee House

March 30th - Saturday in the Fellowship Hall.

\$4/adult -\$1/child

6:30 p.m. - seating and refreshments, 7 p.m. - "curtain rises".

Join us for an evening of entertainment, laughter, and fellowship



Easter Egg Hunt

April 14th

Palm Sunday, 12noon - 1pm

Arrive by 12 noon in the Fellowship Hall so we can get everyone in age groups

Age groups: 0-2, 3-4, 5-6, 7+ Bring your basket

We will again this year have crafts & treats from 12:30-1pm

Allergy friendly candy exchange table for those with food allergies.

Please RSVP to and follow the link to Tickets so we know the number and age of those children planning to come.

<https://www.facebook.com/events/1222948647742983/>



Sanctuary Services

Palm Sunday – April 14th - 9:00 a.m.

Maundy Thursday Service - April 18th - 7:00 p.m.

Good Friday Service - April 19th - 7:00 p.m.

Prayer Vigil to follow the service

Easter Celebration Service - April 21st - 9:00 a.m.

He Is Risen! Hallelujah!



Community Easter Sunrise Service

April 21st - at the Main Beach. Time 6:15

All are invited to celebrate the Easter sunrise with your community.

Following the service, the Cape St. Claire United Methodist Men will be serving breakfast in the clubhouse

Cape Backpack Buddies



Cape Backpack Buddies provides weekend food supplements to children at local schools. It is a mission program sponsored by Cape St. Claire United Methodist Church right here in the Cape.

This mission program is supported by donations of food and funds from the congregation Cape UMC, from friends of the program in the community-at-large and several local organizations. We are supporting children at 3 local schools this year – Cape Elementary, Broadneck Elementary and Belvedere Elementary schools. Because of the generosity of people right here in the community, Backpack Buddies has been able to provide needed assistance to local children and their families over the past 4 years and we need your help again this year!

What a great way to impact the lives of our children!

For more information and to make donations, please contact the office at Cape St. Claire United Methodist Church at 410-757-4896, by email at office@capeumc.org or on the web at www.capeumc.org.

Cape Shred It Day!

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2pm - 4pm

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The Board of Governors Committees:

Caper - Governor Lamb	BCC - Governor Breeden
Clubhouse - Governor Lamb	Personnel - Governor Breeden
Strawberry Festival - Governor Lamb	Security - Governors Breeden & Macindoe
Events - Governors Fairchild & Schmidt	Mosquito Control - The Executive Committee
Erosion Control - Executive Committee	Legislative - The Executive Committee (Pres., Vice-Pres., Secretary, Treasurer)
Piers - Governors Breeden & Roche	Roads - Executive Committee
Membership - Governors Fairchild & Schmidt	Beaches and Parks - Governor Breeden & Macindoe
Technology and Communications - Governor Szczytko	Goshen Farm Liaison - Beau Breeden
Covenants - Governors Layman & Schmidt	Budget Committee - Governors Breeden & Zadera
Building - Governor Roche	
BLOA - Governor Breeden	

Cape St. Claire Improvement Association

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