

The Caper



Cape St. Claire Improvement Association, Inc. Community Newsletter

APRIL 2020

QUARTERLY MEMBERSHIP MEETING TUESDAY, APRIL 21ST 7:30 PM

President's Perspective

..... APRIL 2020

Hello fellow Capers.

Allow me to break the fourth wall for a moment. As I sit here typing this, we're under a Federal Nationwide Emergency for COVID-19, otherwise known as the Coronavirus. So many events, especially those with groups over 10 people have been cancelled and we're being told to practice, what many introverts would tell you is their common practice, social distance. The clubhouse is closed to visitors.

I'm worried for those at the greatest risk of this disease. I'm also worried for our economy and the jobs that could be affected by the loss of critical services and events. I feel badly for the kids who have practiced and dedicated themselves to events that will no longer happen. These are strange times. I suppose all we can do is listen to the Doctors, wash our hands, stay home, and hopefully soon, we can get back to our sense of normalcy.

It seems that most events in the foreseeable future have been cancelled, even the 2020 Tokyo Olympics has been postponed until 2021. Right now, the Easter Egg Hunt, scheduled for April 4th has been cancelled. All playgrounds at our beaches and parks have been closed. I urge you to keep an eye on our Facebook page and/or website for more information on which ones are still taking place.

For now, Cape Conservation Corps will be hosting a guest speaker, Chris Pax, on April 17th at 7:00pm. In the springtime future, the Garden Club's spring plant sale will be held on May 16th, 2020. The Strawberry Festival is scheduled for June 6th. 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.

Beach Project Update: We're waiting on final permits for the Beach Project - Site 1. For more information on what is scheduled to take place we have a dedicated page on our website where you can read about it and see the final plans. We are crossing our fingers that work can begin in April. You can expect details on this coming out very soon. You might even see and read about the project on the news. Stay tuned!

Don't forget to mark your calendars for the April Quarterly meeting, which as of right now, is still scheduled for April 21st 7:30pm. We scheduled it early this year because of the primary elections being held on the 28th, however, the primary election has been moved to June 2nd 2020 because of the Coronavirus outbreak.

Your annual lot membership fees were due on March 1st. If you haven't paid yet, not only will you owe an extra \$10 but you won't have your stickers or guest pass for 2020. Please mail your money to the office ASAP, or use the drop box, and be sure to include your vehicle information. For those that have paid, you should be receiving your stickers and guest pass by the time you are reading this.

Stay healthy. Stay safe. By the time you're reading this, I hope we're back out there and saying hi to everyone again.

See you around the Cape - maybe!

Bill Szczytko
President CSCIA

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- Health Notes: Fibromyalgia
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Board In Brief *CSCIA Board Of Governors Monthly Meeting*

MARCH 9, 2020

President Szczytko called the meeting to order in the Cox meeting room of the clubhouse at 7:33 pm.

He reported that Steiny has submitted his resignation. The Board has thanked him for his 14 years of service and is working on finding replacements to cover his duties.

Beach project – permitting is close, funding is here, and some payments have been made. There will be social blasts to announce it when work is about to start.

The minutes of February 11, 2020 were reviewed and approved.

The P&L statement of January 31, 2020 was reviewed and approved.

COMMITTEE REPORTS

Town Manager: Town Manager Anderson reported that the outstanding vegetation management plan is progressing well. The bidding process for mowing of CSCIA properties is underway. The CSCIA work truck was taken in for repairs and recall work. Paperwork for water testing at Main Beach and Lake Claire swim areas has been submitted to the County. The yardarm for the flagpole has arrived and installation will occur soon. The County step pond project on Lake Claire Drive is still underway. The Cape St Claire Road welcome sign is complete and awaiting final inspection. Caper articles are due March 12. Water at the piers is to be turned on March 23, paving of lower part of the Deep Creek lot is scheduled for March 24, portable toilets are to arrive April 1, the piers workday is April 11, pier slip contracts are due March 20. He is working with the piers administrator to make sure all finger piers are in the system and labeled correctly. He has had questions regarding building permits, illegal home businesses and a house in poor condition that the Health Dept has inspected. The SCBD check from the county has been received. He asked that any governors in charge of a budget line item notify him of any conflicts or requests in time for the budget meeting next month. He also asked that governors review the website for any changes or omissions.

Buildings: Governor Roche reported that we are entering the busy season with several new homes being built.

Events: Governor Fairchild reported that plans are underway for July 4th.

Beaches and Parks: Governor Macindoe reported that the beaches have been quiet. Scouts have approached him for project ideas. Governor Breeden reported that information for hiring beach attendants and that the minimum age has been reduced to 16. Anyone under 18 will have to have a work permit.

Budget: Mike Buchet announced that the next budget meeting on March 11 at 7 pm.

BCC: Broadneck Council of Communities held its quarterly meeting on February 27. Town Manager Anderson and Governor Myers attended. Reviews from BBC board say it was well attended and there was positive feedback about the presentations from elected officials and judges. Plans

are being made for the April 23 meeting with a Board of Education representative. Governor Myers reported that the County wants to encourage those on septic systems to convert to sewer and are hoping for state funding. The Cape is already on the sewer system but communities around us on the water are not and that affects our beach water quality.

Piers: Contracts are coming in, next meeting is March 10.

Security: Governor Breeden reported that he is working with the police with some problematic areas.

Clubhouse: Governor Lamb reported she will meet with the Town Manager regarding satisfaction with the current cleaning contractor. There was an incident during a recent rental in which the dumpster corral fence was damaged.

Caper: Governor Lamb reported things are going well with the Caper and she will send a reminder of the due date of the 12th. Non-paying submitters are asked to keep article to 1- 1 ½ pages keep costs down. There was a recommendation that instead of a link to a historical aerial photo of the old Cape St Claire road, that the photo itself be printed. Governor Szczytko replied that the photo is the property of historicalaerials.com, not CSCIA, and therefore we cannot print it.

Easter Egg Hunt: Governor Lamb reported all going smoothly for event on April 4, Whimsicality is handing out tickets and collecting eggs, the fire department will bring the Bunny.

Strawberry Festival: Governor Lamb reported that planning is in full swing.

OLD BUSINESS

Governor Lamb reported the county has suggested the use of pavers to make a patio for the clubhouse instead of a deck to reduce grading and disturbance. She will revisit that and get bids.

Governor Breeden reported the Green Holly to Bay Dale phase has two intersections to complete and it may officially open within the next two weeks. Plantings will occur after opening. The phase from 7-11 to Sandy Point is still in the development, design and land acquisition stage. The design for the phase from Bay Dale to Peninsula Farm Road is 95% complete.

Governor Breeden reported that permits have all been submitted and in process. The county and the Chesapeake Bay Trust were out in January and after the \$298,000 grant award, they are interested in funding there also. Site 1 will cost less than planned due to reduction of the cobble bar, so we may be able to expand the project or borrow less. The federal grant will not be awarded until August so that was not included in Site 2 as it is too far in the future to count on. Governor Breeden thanked Town Manager Anderson for doing a great job filling in for him, pulling together grants and representing CSCIA. Fairwinds Marina has offered their support after a presentation by Alliance of the Chesapeake. Governors Szczytko and Breeden commended Alliance of the Chesapeake and Abby, our partner, for their support. Alliance will want to have a conversation with CSCIA regarding promoting the story of the partnership of private community,

A Message from The Town Manager



Capers,

With the Spring months upon us and summer around the corner, I would like to remind my fellow neighbors to be cautious while driving through the streets of Cape. Children will be out and about in full-force and you are more likely than ever to see a distracted child chasing after a run-away ball or riding their bicycles through our neighborhood. Slow down when driving through our neighborhood and be extra aware of what's going on around you. Please remind your children that they have a responsibility to be aware of oncoming cars as well, and to be extra careful when they are in the street. Remind children that walking in the street or through intersections while texting on electronics is just as distracting and dangerous as texting and driving.

Maintenance fee renewals were due by March 1st. If you have not turned yours in, please do so as soon as possible and be aware a late fee will be incurred. Double check 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 use the drop box, which is located next to the office door. We accept cash and checks payable to CSCIA.

We are currently taking applications for Beach Attendants at this time. This year we have lowered the minimum age to 15. The primary duties will involve screening visitors for access eligibility and logging visitor statistics as well as enforcing Beaches and Parks policies. Shifts are mainly on weekends and afternoons and will start in mid to late May and run until Labor

Day weekend. Weekend availability is key and employees must be able to work on Memorial Day Weekend, Strawberry Festival 6/6, and the evening Independence Day 7/4. If you are interested please come by the office and fill out an application this month.

Portable restrooms will make their return after COVID-19 gathering restrictions are removed. Water will be turned on at Deep Creek piers and Lake Claire piers as well.

Piers work day is still scheduled April 18th as of now. We will meet at the boat ramp at 9:00 am.

Our next Quarterly Membership Meeting is scheduled Tuesday, April 21st at 7:30 pm. There is a good chance this date could change, especially with the Primary Elections being postponed. We may have to move the Quarterly Membership Meeting to April 28th or even later.

Primary Elections have been rescheduled for Tuesday, June 2nd. Be sure to vote.

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

Cheers,

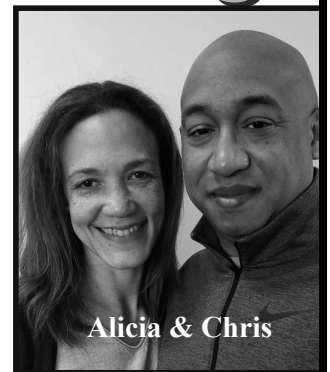
Ryan Anderson

Cape St Claire Town Manager
TownManager@cscia.org
443.510.3116

Meeting Mona was a Blessing!

From the day we sat down with Mona, we both knew that she was the person to represent us. And when I say represent us, that is exactly what she did! It was a reassuring feeling knowing Mona went above and beyond to not just sell our house and find a new house but that we were able to get the "best offer" on our house and have a contract on the house in one day and get everything we needed including the right price on the new house. Mona is a very special person who takes care of her clients. Very knowledgeable, professional and did a wonderful job of keeping us focused on task. Being able to settle on two houses (on the same day), move and have all this done in a month and half could not have happened without Mona!

"Mona, thank you for making our dream home a reality and making the process so seamless!"



Alicia & Chris



MONA

LaCovey
Associate Broker
CRB ABR CRS
Certified Negotiation Expert



This is not a solicitation for currently listed properties.



Mona Moves You !

Direct Connection:

410-703-4411
410-757-7080

Mona@MonaLaCovey.com
http://www.MonaLaCovey.com

RE/MAX
ONE



410-224-4400
Independently Owned & Operated

state and non-profits. CSCIA may be the first community in the state to make it work in the way we are. Alliance and BioHabitats are working together with a moving timeline to keep them available to do the work when it is all approved. The work should all be based from the water, not land, so work should not significantly impact the beach, park or Strawberry Festival.

NEW BUSINESS

There was no new business.

COMMENTS

Garden Club: Becky Benner reported that they will have Potting Parties in which Garden Club members will dig up plants from those yards where people would like to donate their extras for the plant sale. Their plant sale is one of the latest yet most popular due to the quality of their plants.

Goshen Farm: Becky Benner announced the open house scheduled for April 25 from 10 am – 4 pm. There will be children's activities, tours of the house, gardens and shallow water wildlife pond. On March 21 as part of Anne Arundel County's celebration of Maryland Day weekend, 9 historic signs will be placed throughout the county. Goshen Farm is the only that will have a public unveiling, at 3pm.

Cape Conservation Corps: Brad Knopf announced Project CleanStream is scheduled for April 4. The Weed Warrior kickoff party will occur March 13 at 5:30 pm to celebrate the weekly weed cleaning of the Serene Ravine at 1036 Lake Claire Drive. There will be planting of the ravine, along with the help of some Girl Scouts, from 9-noon on April 25. The speaker series will feature Chris Packs on April 17 at the

clubhouse at 7 pm. He introduced Replant Anne Arundel, a co-op between the county, watershed stewards, the Alliance and the Helena Foundation that will be planting trees throughout the county.

Governor Breeden informed the board of a Capital newspaper article by Maureen Thomas about Olivia West, a local Girl Scout who helped with plantings at Lake Claire. It was a good article about involvement of youth, CCC, and the Cape.

ADJOURNMENT

A motion was made that the meeting be adjourned to a closed session and unanimously approved. The March 9, 2020 meeting of the CSCIA Board of Governors was adjourned to a closed session at 8:25 pm.

CLOSED SESSION

A closed session was convened at 8:28 pm and adjourned at 8:52 pm.

MEMBERS PRESENT

In attendance were: Governors Bill Szczytko, Dawn Myers, Jeff Roche, Beau Breeden, Mary Lamb, Cheri Fairchild, Lisa Schmidt and Neil Macindoe, Town Manager Ryan Anderson, Budget Committee chair Mike Buchet, and guests Becky Benner, Bob Bishop, Michelle Shipley and Brad Knopf.

Save the Date!
May 9, 2020 10am – 2pm
CSCVFC
Touch a Truck
Cape St. Clubhouse
Suggested family donation of \$10



UNITY BY THE BAY SPIRITUAL CENTER

4 Pointless Forest Trail
Annapolis MD 21409
410-544-7990
admin@unitybythebay.org



Tom Kimmel and **Tom Prasada-Rao** in Concert

Friday, May 1, 2020 • Doors open at 6:30 / Concert at 7:00

Unity by the Bay is excited to welcome these two legendary singer-songwriters to our coffeehouse!

Tom Kimmel is a songwriter, entertainer, poet, and teacher. His compositions have been recorded by Linda Ronstadt, Johnny Cash, Joe Cocker, and Randy Travis and were featured in the films *Twins*, *Serendipity*, and *Runaway Bride* as well as the television shows *Miami Vice* and *Touched by an Angel*. Tom brings a lean, acoustic approach to his music and a humorous spirit to his poetry and storytelling.



Tom Prasada-Rao has been a popular performer in the DC area since the early 1990s. He was named "Best Male Vocalist" by the Washington Area Music Association in 1994. He combines a rhythmic approach to the acoustic guitar with soulful vocals and well-crafted lyrics, creating a unique sound that blends pop, R&B, and world music influences.

Both men were winners in the prestigious "New Folks" competition at the Kerrville Folk Festival in Texas. They have toured the country together as the "singer-songwriter supergroup" Shepas.

Unity by the Bay is a spiritual center near the Broadneck peninsula. The May 1st concert will be held in our stunning sanctuary. We invite you to join us for this memorable evening of fine entertainment by two outstanding artists.

Go to <https://bpt.me/4524732> to purchase tickets (cost, \$20).

Spiritual Leader: **Reverend Baine Palmer**

Music Director: **Stef Scaggiari**

Unity by the Bay is a loving, welcoming spiritual community. All are welcome here!

unity
by the Bay
Annapolis

A Positive Path to
Spiritual Living

To all of our Community Members and Their Families

During this difficult time, please remember to be
kind & considerate of your neighbors who may need
support or assistance.

Above all, be safe & follow the Covid-19 Rules.

Together, we will persevere!



NEWS FROM

HISTORIC GOSHEN FARM AND EDUCATIONAL CENTER

The History of Goshen Farm and Other News

Ft. Madison was a masonry fort designed to hold 13 guns and one company of soldiers. Another fort, Fort Nonsense, was an earthen fort, most likely constructed as an outer defense of Ft. Madison. Remnants of Ft. Nonsense are the only remaining evidence of the defenses of Annapolis during the war of 1812.

Richard Gardiner served 15 days at Ft. Madison during September 1814. John Gardiner served at Ft. Madison and Sandy Point during 1813 and 1814. They were joined by many of their neighbors and extended family members. On the list of militia stationed at Ft. Madison during September 1814 are Merriken, Duvalls, Stinchcombs, Brices, Mackubins, and Pumphrey's, among many others (names we still see in this area today).

Luckily for the defenders of Annapolis, Admiral Cochrane was fixated on the destruction of Baltimore, which he considered a "nest of pirates".

On September 12 the British landed at North Point where the Americans fought a delaying action during which the beloved British General Robert Ross was killed. The British encountered a much different enemy than the one they faced at Bladensburg. By the time they reached Hampstead Hill (Current day Patterson park) they faced approximately 10,000 troops and 100 cannon. In the lead up to the battle, militia, regular troops, and private citizens flooded into the city from the surrounding countryside in order to defend the city.

Meanwhile, commercial vessels had been sunk across the Patapsco to prevent a landing and the bombardment of Ft. McHenry had failed.

The British sailed away and according to G.R. Gleig, came close enough to the shore to witness the people once again stirred into a panic around Annapolis.

The following was printed in the Maryland Gazette: "Annapolis abandoned — Most of the inhabitants have left town and every article of any value is removed, so that should the British make an attempt to possess the place, which they may easily take having no military force to defend Annapolis, they will find nothing. Letter from Maynadier, Sept. 16, 1814."

The British made no attempt to land, and moved on to New Orleans, where they experienced further defeat at the hands of Andrew Jackson.

On December 24, 1814, the Treaty of Ghent was signed, ending the war of 1812. Peace returned to the Chesapeake and lasted for over 40 years. The Gardiners, along with their neighbors, got back to the business of farming.

John Gardiner eventually married and moved away to Baltimore. Richard Gardiner Jr. became sole owner of Goshen in 1839. There is no record of him ever getting married or having children. He died in 1847 and left his estate to Thomas Jefferson Hall, beginning a new era in the history of Goshen Farm.

Java and Jazz- Thanks to all that came out for Java & Jazz Tea and Tunes. We hope you had a great time. We appreciate our sponsors: Cape Ace, Graul's, Connect Electric, Delmarva Financial and Mona Lacovey and Pizza Hut.

Historic Sign Unveiling

Unfortunately, we had to cancel our Historic Sign unveiling on March 21st. We hope that life resumes normalcy soon and that we can still hold our Spring Open House on April 25th. The event includes house tours, property tours, sharing garden, slave garden, butterfly garden, beehives and activities for the kids. Food and beverages will be for sale. Please keep checking our website and Facebook page for updates on if this event will still be held.

Kayak Raffle- You know what is great for social distancing? Kayaking in your new Emotion Spitfire kayak. Visit www.goshenfarm.org and purchase your Kayak Raffle tickets – Tickets are \$5 and the prize is two Emotion Spitfire Kayaks and paddles. For up to date information on events please Like Us on Facebook!

Anne Arundel County 3-1-1 Customer Service Program - Call or Click for Quick Response

Citizens can access the system by simply dialing 3-1-1 for all municipal services. Operators are available from 8 a.m. to 4:30 p.m., Monday through Friday. Please dial 9-1-1 for emergencies and medical assistance. Citizens can also download the mobile app through the App Store (iPhone) and Google Play (Android). Only a simple signup process is required. Just hit the magnifying glass and search for "Arundel 311."

The mobile platform, through the See-Click-Fix application, allows citizens to report a lost pet, a pothole, a missed trash collection, traffic signs, illegal signs, and many other issues. Using your mobile device, you can take a picture, set a location, and receive updates on the response to your issue.

GOSHEN FARM SPRING OPEN HOUSE



**APRIL 25, 2020
10 AM TO 4 PM
1420 CAPE ST. CLAIRE RD.**

- Tour the 18th Century Farm House
- Take our guided walking tour of the property
- Visit the Beehives, Monarch Butterfly Garden, Sharing Garden and Slave Garden
- Activities for kids

The Event is Free!

Food and Beverages will be for sale

www.goshenfarm.org and Like Us On Facebook

Well, March really *did* come in like a lion! Hopefully, most Capers dodged problems with trees and limbs falling. The harsh winds did not seem to disturb all the many little blooming things – apparently, spring has sprung, too! If you winter-sowed seedlings in your own mini-greenhouses, as Members did at our January meeting, tiny plants are probably pushing their way through the soil. It won't be long before they can be planted out in the garden. Members have reported germination with peas, kale, lettuces, & even sunflowers – outside!

Members gathered together in early March for our annual Anniversary Dinner celebration, bringing a potluck of delicious foods and gorgeous plants together to mark 45 years of gardening fun and fellowship! We were especially happy to honor our founding Member, Doris Clair. She and our other founding mothers began the very Garden Club that continues to give us all so much fun learning and growing together year after year.

Happy 45th Anniversary!



Garden Club

We will likely follow the lead of other community groups and cancel our April meeting due to public health concerns. We'll continue our planning behind the scenes, as well as our potting parties all through April, where small groups of Members meet to dig, divide, and pot up all kinds of plants for our May sale: bee balm, hostas, black-eyed Susans, sedums, iris, ferns, & other garden staples. If you'd like to join the fun, please email capegardenclub@gmail.com – it's a great way to get to know some new friends in the neighborhood and learn some gardening skills.

We hope that the sunshine will have triumphed by May, and things in Cape and Maryland will be back to normal. We'll meet again on Tuesday, May 5th, for final planning leading up to our time-honored Cape tradition, the Garden Club's annual

Plant Sale, on Saturday, May 16th from 8 a.m. - 2 p.m.

in the big field behind the Cape St. Claire Clubhouse (rain date Sunday, May 17th). We will have all the usual suspects: colorful annuals, hanging baskets, tomatoes, vegetables, & herbs, native perennials, and plenty of tough-as-nails perennials that thrive in our Cape St. Claire environment, all at bargain prices. As always, garden experts will be on hand to answer questions, and we will be providing mosquito dunks and compost – for free!

In June, we're excited to host our first ever **Wild Herb Walk** on Tuesday, June 2nd, at 7pm, with Debby Ward of Prior Unity Garden. She'll be taking us on a walk through a local park, to discuss the medicinal and edible properties of our area's wild growing plants. We'll also host our popular Secret Garden Tours in mid-June. In addition, our Yard of the Month judging teams will be active April-September, judging yards for color, neatness, and form – all Cape gardens are automatically entered every month. And our Members will be hard at work maintaining the community gardens flanking the Clubhouse doors, the two island beds on Cape St. Claire & Green Holly Drives, and the Segree Memorial Garden behind the Broadneck library. If you'd like to help, we'd love to get to know you – please email capegardenclub@gmail.com to volunteer!

Finally, please check out our informative blog at capegardenclub.wordpress.com, where we list upcoming meetings, and post previews of our 2020 plant sale offerings, as well as photos & slideshows from our recent meetings. And photos of winning Yard of the Month gardens are displayed for your inspiration!

We hope to see you at our upcoming meetings and at our wonderful Plant Sale!

-- Submitted by Jeanne Klingler



Cape St. Claire Garden Club

Plant Sale

Saturday May 16 8am-2pm

Cape 

COMMUNITY SWAP

Sunday, Apr 19th 10am-2pm

Cape Clubhouse field at Cape St. Claire Rd. & Broadview Dr.
(Rain date Sunday Apr 26th)

Invite Your Friends!

- * Toys, games, puzzles, books, DVDs
- * Household goods & tools
- * Clothing & Shoes: Women, Men, Children, Babies
- * Small appliances & electronics in working condition
- * Anything another family might enjoy

*You are not required to bring goods to participate.
All leftovers will be donated to charity.
Questions? Want to volunteer?
zerowastecapers@gmail.com*

**\$2 entrance per family will be collected
for the Chesapeake Bay Foundation.**

Holy Week 2020 @ St. Margaret's

Palm Sunday
Sunday, April 5
7:30 a.m.
9:00 & 11:15 a.m. - Procession of the Palms

Maundy Thursday
Thursday, April 9
Music with the Third Sunday Band
7:00 p.m.

Good Friday
Friday, April 10
Noon Family Service
7:00 p.m. Regular service

Great Vigil of Easter
Saturday, April 11
8:00 p.m.
First Celebration of the Resurrection

Easter Sunday Services
7:30 a.m. - Eucharist/without music
9:00 & 11:15 a.m. - Eucharist w/music

Children's Easter Egg Hunt
10:30 a.m.

 1601 Pleasant Plains Road
Annapolis, MD 21409
(410) 974-0200
info@st-margarets.org
www.st-margarets.org

**God loves you.
No exceptions.** 
The Episcopal Church Welcomes You.

**All are Welcome.
Always.**



News & Events:

Wednesday Weed Warriors: Starting **Wednesday April 1st** we will begin weeding at the Serene Ravine on a weekly basis (mostly contingent on volunteers) We will be out fighting invasive weeds at the Serene Ravine and other natural areas in the Cape. Email me to get on the volunteer list president@capeconservationcorps.org for more information. We are also hoping to plant some native Carex at Serene Ravine if you would like to help us or have a group looking for a service project let me know! Service Hours available for all work be doing, planting, clean up and weeding.

Project Stream Clean: **April 4th 2020 9am-noon** meet at the CSC Rec Area Parking Lot (across from Graul's)

Broadneck Grill & Cantina Fundraiser: 10% of your food bill comes to CCC on **April 15th 5-9 PM**

Guest Speaker Series: **April 17th 7-9 pm** Cape St Claire native landscape designer Chris Pax will be our guest speaker **FREE EVENT**

Habitat Hero Tour: **June 20th 9am-noon** Join us as we tour each of 2019 Habitat Heroes yards to see what they are doing to make a difference and get ideas to be our next winner! You will see all 4 2019 winners Katie Scott-Kelly, Jennifer Crews-Carey Ginny

Klocko and Julianna Sharp. Don't miss this opportunity to what your neighbors are doing to be a HABITAT HERO!!

Native Plant Fest & Sale: **September 19th 2020 9am-noon.** Low, low prices on native plants that benefit our local ecosystem. Experts on hand to answer questions and recommend the right plant for the right place.

Can we be Nature's Best Hope?

By: Stacey Wildberger

Wouldn't you love to step out into your yard and be in the largest National Park in the U.S.? To be part of the solution to diminishing ecosystems and loss of habitat? According to Doug Tallamy, author and entomologist at the University of Delaware if we convert just 1/2 of the turf lawns covering our country we could create the largest National park in the U.S. We would have the largest National Park- bigger than the combined parks of the Everglades, Yellowstone, Yosemite, Grand Teton, Canyonlands, Mount Rainer, North Cascades, Badlands, Olympic, Sequoia, Grand Canyon, Denali, and the Great Smoky Mountains National Parks! He would call it Homegrown National Park. Over 40 million acres of turf grass cover the United States (roughly the size of New England), our small state of Maryland alone has 1.1 million acres. (Tallamy, 2020). In his new book, *Nature's Best Hope*, Tallamy tells how and why we should be removing the turf and planting native plants- shrubs, trees, herbaceous perennials, ground covers. The plants that our native fauna has co-evolved with for hundreds of thousands of years.

The numbers say it all- insects pollinate over 87% of all plants and 90% of all flowering plants, 97% of terrestrial birds rely on caterpillars and insects to feed their babies. Native plants are vital to sustain caterpillars with specific species being far superior (Tallamy & Shropshire 2009). The *Quercus* (oak), *Prunus* (cherry) and *Salix* (willow) can host hundreds of species of caterpillars while introduced species such as *Cladrastis* (yellowwood) and *Empetrum* (crowberry) have almost no record of hosting caterpillars.

We can start small removing the turf. I don't think it is realistic to go out and rip up half of your lawn all at once. You can implement gradual changes, small steps. I would suggest carving out a small "island" garden in the middle of a big patch of grass you have or setting up a small shade garden under an oak tree. By adding some shade tolerant plants and allowing at least some of the oak leaves a place to linger you will be creating the perfect habitat for overwintering insects. Since the oak tree, as superior host plant that can support 534 species of caterpillars, it is important to let their leaves lie. The soil beneath the tree can become somewhat compacted

Cape Conservation Corps
SPEAKER SERIES

PRESENTS...

CHRIS PAX MLD

OF ANNAPOLIS NATIVE LANDSCAPE DESIGN, AND THE
CO-FOUNDER AND LEAD DESIGNER OF THE ADKINS ARBORETUM
NATIVE LANDSCAPE DESIGN CENTER

"HEALTHY CONNECTIONS: WILDLIFE CORRIDORS AND OUR HEALTH"

- RECENT STUDY: 120 MINUTES IN NATURE PER WEEK GENERATES NUMEROUS HEALTH BENEFITS FOR PEOPLE.
- WHAT DOES A "CORRIDOR" LOOK LIKE TO A BIRD OR BUTTERFLY?
- KEYSTONE SPECIES.
- NEIGHBORS COLLABORATING TO CREATE IMPACT.
- DESIGN IDEAS THAT MAKE IT EASIER TO SPEND 120 MINUTES IN YOUR OWN BACK YARD.
- PLANTS FOR PEOPLE- PLEASING WILDLIFE CORRIDORS.

FRIDAY APRIL 17th 2020
7PM DOORS 6:30

CAPE ST. CLAIRE CLUBHOUSE MAIN ROOM
1223 RIVER BAY ROAD
ANNAPOLIS MD 21409

LIGHT REFRESHMENTS — BYOB

over time so that a caterpillar looking for loose soil to borrow into will have to travel a great distance to find an ideal spot. Or the caterpillars looking for leaf litter to spin their cocoon in will find no leaves if you have raked them all away and hauled them from your property. After munching through the oak leaves as a caterpillar many of them drop to the ground to pupate. They need the cover of the oak leaves and native plants in order to be protected. The leaves will break down overtime creating a richer, loose soil that the caterpillars and other insects will find much more useful. I would plant *Heuchera Americana* Alumroot in mass for a stunning display, or *Tiarella cordifolia* foamflower mixed with *Polystichum acrostichoides* Christmas fern for some evergreen coverage. If you decide to carve out an island garden in a sunny spot of your yard you could use *Penstemon digitalis* beardtongue, *Echinacea purpurea* coneflowers, *Asclepias tuberosa* butterfly weed (milkweed), *Eupatorium dubium* "little Joe" Joe-Pye weed, *Solidago sp.* goldenrod and *Aster laevis* smooth aster. This combo would offer continuous blooms from early spring right through fall. It is important to always have something in bloom for the pollinators. The late season asters and goldenrod will be an excellent source of energy for fall migrators such as the monarch. As we know the monarch requires milkweed as a host plant but it also needs a nectar source in the fall to begin the migration with lots of energy.

While I do recommend the use of mostly (ideally all) native plants I understand that is not the possible in most cases. What I am advocating is for you to start educating yourselves on the importance of native plants and begin to select natives when you are starting a new garden or replacing plants in an existing garden. Look for a native that will work in your conditions. Learn and understand how that native plant will contribute to biodiversity and enhance the ecosystem. What is its importance in the food web? I am not asking you to rid your yard of all non-natives but consider getting rid of the ones that can become invasive such a butterfly bush, nandina, barberry, non-native wisteria, English ivy and vinca.

Instead of shopping for your plants at big box stores look for local native plant sales and nurseries. It may be a little more effort to get to them but they are well worth it. I recommend Chesapeake Natives in Upper Marlboro. They will have their first open house of the season on March 30th. Check out their website for additional dates or to schedule an appointment to visit them. They also have a list of their available plants so you can pre-plan your trip! They only sell Chesapeake Bay Watershed provenance Local-Ecotype-Native* (LEN) Plants. <http://chesapeakenatives.org/plant-sales/>

Another great place to find native plants is Adkins Arboretum in Ridgely, just off 404 on the Eastern Shore. They have their open house on April 24th-26th and thereafter will be selling plants during the days that the visitor center is open. Check out their website here <https://adkins.donorshops.com/shop-for-plants>.

And finally since fall is the best time to plant you can Save the Date for Cape Conservation Corps Fall Plant Fest and Native Plant Sale. September 9th We will have many experts on hand from Master Gardeners, Master Naturalists, Watershed Stewards Academy, Author and native plant and wildlife expert Nancy Lawson, as well as Cape St Claire resident and native landscape designer Chris Pax. Check out Chris' website <https://www.annapolisnativelandscap.com/> to sign up for her newsletters, online classes, and to see how she help you with your small scale garden designs at affordable prices. Or come check Chris out in person. CCC will host Chris Pax as our next guest speaker on April 17th at the Cape St Claire clubhouse starting at 7 pm –doors open at 6:30pm. See the top section for more information about the even.

My last recommendation to keep learning more about creating your own backyard connection to nature is to read Doug Tallamy's new book "Nature's Best Hope". I promise it will change the way you think about your yard and your responsibility to those with no voice!



HIDDEN GEM: **THE CAPE ST. CLAIRE SWIM CLUB**

Nestled in the heart of our community within the shade trees behind the Cape Shopping Center is an amenity unknown to many. Each summer, the sounds of children's laughter, splashing, friendly volleyball matches, and parties drift down the hill and out into the Cape, suggesting the staycation excitement taking place inside this relaxed enclave.

Since it's incorporation in 1967, the Cape St. Claire Swim Club (CSCSC) has provided endless entertainment and dog days relief for your Cape neighbors and has become as quintessential to Cape life as the Strawberry Festival or BHS Homecoming Parade. CSCSC bondholder members share ownership of the pool facility, and possess the ability to optionally lease their memberships each year.

Volunteer leadership has worked hard to keep our facilities current and to add many new amenities over the past fifty-plus years. We've improved the main and baby pools, modernized infrastructure, added volleyball courts, hosted innumerable barbecues and late swims, and even held an annual dance for many years. In service of our membership, 2020 plans include our traditional live music for key holiday weekends, themed days, cookouts, and a new tie-dye experience for our younger members.

CSCSC offers a full lineup of professionally-facilitated aquatics programs—most available to nonmembers—including our successful Dolphins competitive swim team, affordable swim lessons, Masters Swimming, and our ever-popular water aerobics classes.

As summer approaches, consider how your family might benefit by taking advantage of Cape's hidden gem. There is a good chance a neighbor you already know might want to treat you to a pool day as a guest, and a handful of memberships and leases are also currently available. Visit our website, capepool.com, for more information on how your family can enjoy time together at Cape's Swim Club this summer. We're looking forward to seeing you at the pool!

—CSCSC Board of Governors



Broadneck Baptist Church

NEWS ALERT: Church Services through "Zoom" – until we can meet again in person

Worship with us ONCE, SOMETIMES or ALWAYS – Sundays at 10:00 am

Broadneck Baptist Church is a unique progressive Baptist community made up of people of all ages, ethnicities, backgrounds, and perspectives. This is a place where all are welcome: old and young, different phases of life, different perspectives, different backgrounds... - in other words: YOU will fit in.

Location in the Cape: 1257 Hilltop Drive, around the corner from Graul's, but currently Sunday Service is held virtually, with all of us participating from home using "Zoom". This is possible since we are a small congregation and while computers and tablets may enhance the experience, you can also call in by phone.

We would love to meet you: Our facebook is www.facebook.com/broadneckbaptistchurch or visit our webpage www.broadneckbaptistchurch.org or email Pastor Abby Thornton Hailey at broadneckpastor@gmail.com

A Prayer in a Season of Pandemic

Oh God, so much seems uncertain in our world.
When we need each other more than ever,
we are asked to keep more distance.
So help us stay connected to one another and to you,
looking out for the most vulnerable,
putting the needs of others above our own conveniences.
Help us love our neighbors as ourselves,
cooperating as local and global community.
Help us to find deep reserves of patience, courage, resolve, and peace,
to open ourselves to how your Spirit
might work even in these unnerving days.
Bless government decision makers, medical professionals, and those
who carry heavy burdens of responsibility for all of us.
Bless those wondering what to do without a paycheck,
or aware of their body's own fragility.
Bless those who are afraid and uncertain.
Lead us to respond to one another out of love, not fear;
out of hope, not despair;
out of compassion, not desperation.
May we do all these things knowing you are with us always,
even to the end of the age (Matthew 28:20).
Amen.

**Holy Week and Easter: You are invited to join us
in person or (if necessary) virtually**

Sunday, April 5 at 10am: Palm Sunday Worship

Thursday, April 9 at 6:30pm: Maundy Thursday Worship

Friday, April 10 between 11am-12:30pm: Good Friday Journey with Jesus at Asbury-Arnold UMC (78 Church Road)—this outdoor, 15-to-20 minute meditative walk geared towards all ages can be undertaken alone when you arrive or in small group walk-throughs that will begin at 11, 11:30, and 12

Sunday, April 12: Easter! Sunrise service on Main Cape Beach at 6:30am, worship at Broadneck at 10am



Mark your calendars for **Music and Arts**
Week 2020, July 13-17, 9am-Noon daily -
registration opens on our website in April!

In the recent meetings of our **Community**
Conversations on Race, we watched the
first two parts of the acclaimed Netflix
miniseries *When They See Us*, which tells
the harrowing true story of five Harlem
teenagers who become trapped in a
nightmare when they're falsely accused,
convicted, and imprisoned for a brutal
attack in Central Park. We are planning to
meet on the third Sunday in April at 4pm.
Check for updates. (The usual meetings are
on the second Sunday of the month at 4pm,
but all gatherings may need adjusted plans.)

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Worship Service Times

9:30am Traditional

11:00am Contemporary

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Children's Sunday School offered during 11:00 am service



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- Regular Services at 9:30 and 11:00 am, every Sunday,
- Palm Sunday 4/5, Two services at 9:30 and 11:00 am with an EASTER EGG HUNT between services at 10:30 am,
- Maundy Thursday 4/9, 7:00 pm Service with Communion,
- Easter Sunday 4/12, Sunrise Service at Cape St. Claire Beach,
- Easter Services 4/12, at 9:30 and 11:00 am, with Communion at 11:00 am Service ONLY, at Christ Our Anchor Presbyterian Church.

ANNOUNCEMENT; Sunday, April 19th, **SINGLE SERVICE** at 10:00 a.m. with Youth Preachers!

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: 4/17, 5/8, 5/29 and 6/19/2020

For more information, contact the church

Office at 410-974-1713 or coa21409@gmail.com.



Mikaely Hentnick, Director

Hours: Monday-Friday 9am-3pm

Office: 410.757.6556 -

Fax: 410.349.2240

aawpreschool@gmail.com

www.aawpreschool.com

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 Wednesdays, 4/8 and 5/13, 5pm-9pm. Mark your calendars! See you there!

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!

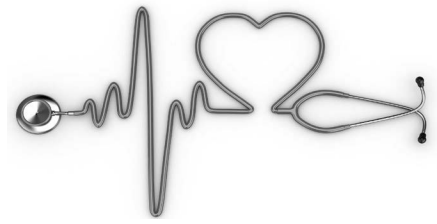
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www.christouranchorpc.org**



HEALTH NOTES:

Fibromyalgia



What is fibromyalgia?

Fibromyalgia is a disorder in which there is musculoskeletal pain throughout the body accompanied by fatigue, sleep, memory and mood issues. Researchers believe that fibromyalgia increases painful sensations by affecting the way your brain processes pain signals.

Symptoms can sometimes begin after physical trauma, surgery, infection or significant psychological stress. In other cases, symptoms gradually build up over time with no specific triggering event.

Women are more likely to develop fibromyalgia than are men. Many people who have fibromyalgia also have tension headaches, temporomandibular joint (TMJ) disorders, irritable bowel syndrome, anxiety and depression.

Symptoms of fibromyalgia may include:

- Widespread pain. The pain associated with fibromyalgia often is described as a constant dull ache that has lasted for at least three months. The pain usually occurs on both sides of your body and above and below your waist.
- Fatigue. People with fibromyalgia often wake in the morning feeling tired, even though they report sleeping for long periods of time. Sleep is often disrupted by pain, and many patients with fibromyalgia have other sleep disorders, such as restless legs syndrome and sleep apnea.
- Cognitive difficulties. A symptom commonly referred to as «fibro fog» impairs the ability to focus, pay attention and concentrate on mental tasks.

Diagnosis

There is no definitive test for fibromyalgia. A diagnosis is made when a patient has the symptoms of the disease. Frequently, other conditions are ruled out before making the diagnosis. Sometimes, people are misdiagnosed with fibromyalgia when they actually have another similar condition.

Fibromyalgia can also frequently co-exists with other painful conditions, such as:

- Irritable bowel syndrome
- Migraine and other types of headaches
- Interstitial cystitis or painful bladder syndrome
- Temporomandibular joint disorders

Causes

It isn't known what causes fibromyalgia, but it probably involves a variety of factors working together. These may include:

- Genetics. Because fibromyalgia tends to run in families, there may be certain genetic mutations that may make you more susceptible to developing the disorder.
- Infections. Some illnesses appear to trigger or aggravate fibromyalgia.
- Physical or emotional trauma. Fibromyalgia can sometimes be triggered by a physical trauma, such as a car accident, or psychological stress.

Risk factors

Risk factors for fibromyalgia include:

- Your sex. Fibromyalgia is more common in women than in men.
- Family history. You may be more likely to develop fibromyalgia if a relative also has the condition.
- Other disorders. If you have osteoarthritis, rheumatoid arthritis or lupus, you may be more likely to develop fibromyalgia.

Complications

The pain and lack of sleep associated with fibromyalgia can interfere with your ability to function at home or on the job. The frustration of dealing with an often-misunderstood condition also can result in depression and health-related anxiety.

Treatment

While there is no cure for fibromyalgia, a variety of things, in addition to medications can help control symptoms including exercise, relaxation and stress-reduction measures. Good nutrition and adequate rest are also essential. Medications such as Ibuprofen (anti inflammatory), antidepressants and lyrica (for nerve pain) and sleeping medications such as melatonin have been known to be helpful.

Outlook

Although there is no known cure, the symptoms caused by fibromyalgia can be controlled. Hopefully the future will bring us new tools to help with this condition.

Health Notes is a monthly article written by Deborah Campbell, a local nurse practitioner and long-time Cape resident who makes house calls to local residents for a nominal fee. She can be contacted at 443-362-2400 or by email @Debbie@annapolishealth.com.



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9:00 a.m.

Morning Prayer

7:30 p.m.

Mass of the Lord's Supper
Adoration follows in the Upper Hall

10:00 p.m.

Night Prayer in the Upper Hall

GOOD FRIDAY, APRIL 10

9:00 a.m.

Morning Prayer

1:00 p.m.

Children's Stations of the Cross

3:00 p.m.

Liturgy of the Lord's Passion

7:30 p.m.

Stations of the Cross

HOLY SATURDAY, APRIL 11

9:00 a.m.

Morning Prayer

12:00 p.m.

Easter Blessing of Foods

7:30 p.m.

Celebration of the Easter Vigil

EASTER SUNDAY, APRIL 12

7:30 a.m., 9:30 a.m. and 11:30 a.m.

Masses in the Church

9:30 a.m. and 11:30 a.m.

Masses in the Parish Center Upper Hall
(Children's Liturgy at 9:30 a.m.)

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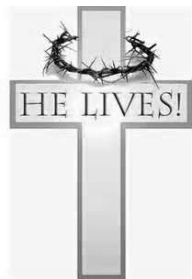
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Website: capeumc.org
Facebook: facebook.com/cscumc
Email: office@capeumc.org
Pastor: Dale Thomas



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.

.....



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 celebrate Easter and beyond, 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 Dale



Free Family Movie Night

Bring the whole family and join your neighbors for a family movie night with drinks and popcorn.

Frozen 2
May 15th
Gather at 6:30pm
in the Fellowship Hall



Easter Egg Hunt April 5th Palm Sunday, 12 noon - 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 at [facebook.com/cscumc](https://www.facebook.com/cscumc)
and follow the link to Tickets so we know the number and age of those children planning to come.

Cape Backpack Buddies provides weekend food supplements to children at local schools. We are supporting children this year at Cape Elementary, Broadneck Elementary and Belvedere Elementary schools.



With the help of the community's generosity, Backpack Buddies has been able to provide needed assistance to these children and their families. Please consider joining this effort.

The following items would be greatly appreciated

Individually packaged cereal, oatmeal, breakfast bars, granola bars, peanut butter, family size mac & cheese, peanut butter crackers, dried fruits, raisins, nuts, pudding, Jell-o, fruit cups, applesauce cups, and healthy snack items.

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.



Sanctuary Services

Palm Sunday - April 5th - 9:00 a.m.

Maundy Thursday Service - April 9th - 7:00 p.m.

Prayer Vigil to follow the service

Good Friday Service - April 10th - 7:00 p.m.

Easter Celebration Service - April 12th - 9:00 a.m.
He Is Risen! Hallelujah!



Community Easter Sunrise Service

April 12th - at the Main Beach. Time: 6:15am
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

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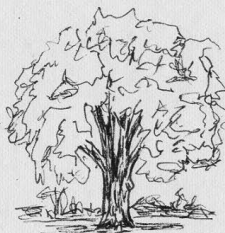
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