



Cape St. Claire Improvement Association, Inc. Community Newsletter

## SEPTEMBER 2020

### *President's Perspective*

SEPTEMBER 2020



Dear Capers,

As hot and rainy as it's been, I've still managed to find time to walk the newest section of the College Parkway Trail. It's hilly but worth the walk for those so inclined. For all of the machinations and anxiety it caused in people because delays caused it to take much longer than expected, the narrative has certainly moved away from that, hasn't it? It's truly amazing the difference only 6 months can bring to perspectives.

As has been mentioned, probably too many times, COVID has truly affected our daily lives in so many ways. Not all of it has been negative. The daughter of a friend of ours was able to purchase her first car from proceeds making masks for members of our community (and beyond). It's certainly changed how we conduct business. Remote meetings, although popular before, have exploded in popularity. The more popular memes are those mocking Grandma using Zoom incorrectly. Funny not funny I suppose. We've all had to adapt to the new normal. We might not all love it but it is what it is. What other more permanent changes have you seen?

#### **Beach(es) Project(s)**

We've received most of the required permits to get started on the beach project(s). Now, we have to wait for the contractor(s). Due to the project's delays, we won't be able to start in 2020 but we're on target to start (and complete!) work on both projects at the same time in the spring. We absolutely cannot wait for that. It's been a long road to get to this point. Thanks to all board members for their hard work this year and in previous years to get us to where we are today.

#### **Cape Events**

Cape Clean up is still scheduled for September 18th and 19th. If there's any change to that we'll let

you know. We're also working on plans to maybe host some virtual events this year. A few come to mind, such as decorating contests where residents can vote online for their favorite, and win prizes! We're also working towards getting electricity to the guardhouse and tree so our Christmas Lighting ceremony can take place. Whether that's in person or over streamed over the interwebs still remains to be seen..

Clubhouse rentals are open again. Please contact the office if you're interested in renting the clubhouse. Don't forget that there's a COVID cleaning fee of \$100 but we've reduced rental fees to help offset this cost.

#### **Quarterly Meeting**

We hosted our first virtual Quarterly meeting back in July. It was a little rough and is something we definitely want to work on before our October meeting. Allowing a vote and being able to share documents are two issues we want to figure out. We'll need to be able to allow votes by our January meeting (if we're still not allowed to meet in person). Details on the quarterly meeting in October will be coming out soon.

#### **Stay Safe**

Stay healthy. Keep your mask on or stay at home. Either way, I truly hope to see you around the Cape!



*Bill Szczytko*  
**Bill Szczytko**  
President CSCIA

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- Health Notes

# **Board In Brief** *CSCIA Board Of Governors Monthly Meeting*

## AUGUST 10, 2020

In attendance were: Governors Bill Szczytko, Dawn Myers, Jeff Roche, Beau Breeden, Mary Lamb, Cheri Fairchild, Lisa Schmidt, Jerome Zadera. Matt Layman and Neil Macindoe, Town Manager Ryan Anderson, Budget Committee members Michael Buchet and Charlie Moore, and guests Michele Shipley, Becky Benner, Sam Papps, Stacey Wildberger and Larry Jennings.

President Szczytko called the meeting to order in an online session of GoToMeeting at 7:36 pm. He thanked the beach attendants for their continued hard work, stated that voting will not take place at the clubhouse in 2020 and introduced Sam Papps, a local Eagle Scout candidate.

Sam Papps presented his desire to construct benches for the Serene Ravine based on plans by Aldo Leopold, a noted conservationist for his Eagle Scout project. Each would have a plaque with a quote from Mr. Leopold. Fundraising is part of the learning process and Sam would be asking local businesses to sponsor and CSCIA to offer some financial help. Stacey Wildberger added that the Cape Conservation Corps (CCC) has committed to help. Sam is to submit expected costs to the Board before a vote can take place.

Minutes of July 13, 2020 were reviewed and unanimously approved.

The P&L statement of June 30, 2020 was reviewed. Discussion followed regarding the check from Anne Arundel County that was supposed to be received in FY20 but has not arrived. A motion was made and approved to table the approval until the report could be reviewed further and discussed with the accountant and auditor.

### **COMMITTEE REPORTS**

**Town Manager-** Town Manager Anderson reported the outstanding vegetation management plans, and a complaint by a resident that another had trimmed within the critical area buffer. Mr. Anderson has spoken to both residents and is working with the covenants committee on the issue. The yardarm for the main beach flagpole is awaiting installation. He discussed the beach attendant schedule. The Mosquito Spraying program information and maps are available on the CSCIA website. The clubhouse opened for 50% capacity rental bookings, but the county is not issuing one-day liquor licenses, so alcohol is not permitted. Masks are required in any shared spaces when not actively eating or drinking. Due to water infiltration in the chimney during the tropical storm on August 4, the fire annunciator system had to be serviced. The Cape Clean Up is scheduled for September 18 & 19. The Oyster Spat Program has been approved and spat will go to the Horn Point Laboratory and Oyster Nursery. He discussed overgrowth on county property along Cape St Claire Road at Mountaintop. It has been reported but there has been no response from the county. The new security officer was trained and August has coverage 23 of 31 days. The office remains open by appointment and customers must wear masks and remain outdoors. The outstanding check from the county for FY2020 SCBD payments has not arrived. The Swim Club paid

their portion of the property taxes and we are awaiting the BLOA portion. The Swim Club is currently closed due to an electrical bonding issue.

**Beaches and Parks:** Governor Macindoe reported a tree came down during the storm at the entrance to Lake Claire and was removed by Richard's Tree Service the next day.

**Budget:** Budget committee chair Buchet reported that the budget process is well underway and can be finalized when the June 30 report issue is resolved. Governor Zadera recommended keeping the next meeting as scheduled and try to have a resolution by then.

**Covenants:** Governor Layman reported the request to the county for a non-conforming use permit for 2 dwelling units on a single lot has not been decided yet. The county project officer is awaiting more information from the residents and will call when a decision is reached.

**Clubhouse:** Governor Lamb said that she would present new rental fees in closed session due to the capacity limits, hours changes and alcohol prohibition.

**Caper:** Governor Lamb reported new advertisers and the addition of a puzzle this month. She requested articles.

**Strawberry Festival:** Governor Lamb reported that the Strawberry Festival is canceled and there will be a wait and see approach to Halloween Happenings and Breakfast with Santa.

**Buildings:** Governor Roche asked that anyone submitting a building request please read it thoroughly and submit ALL requested information with the application to save time and energy.

**Events:** Governor Myers recommends an email blast for those residents who prefer email over social media. It would be through a service such as Mail Chimp with no maintenance of the email list by the CSCIA office. Governor Fairchild stated that planning is underway for the tree lighting and children's sing-along. The first ever virtual quarterly meeting took place on July 28 and lessons were learned on how to make that work better.

**Piers:** Governor Breeden reported the next piers meeting on August 11. The piers budget will be emailed to the piers committee for review. The power outage was regional, not just the pier. Slip holders who did not have a boat in their slip for 3 consecutive checks were notified.

### **OLD BUSINESS**

Governor Breeden announced that due to the present litigation regarding the pier under construction of Riverbay Rd, an effort is being made to better record the reasons why certain lots have riparian rights (such as those that had houses prior to the existence of the CSCIA) to avoid another such incident in the future. A meeting was held with the attorney for the CSCIA to work on phrasing of the triannual letter sent to those with riparian rights, with more detailed wording to better protect CSCIA property. Governor Breeden reported ongoing permitting for the beach restoration project.

*continued on page 4*

# A Message from The Town Manager



Capers,

I hope everyone took full advantage this summer of all the gorgeous outside space our neighborhood had to offer. One positive effect of COVID-19 has been more family time enjoying the great outdoors! I would like to take this opportunity to thank all of our community beach attendants for their hard work throughout this summer season. They braved this summer's crazy weather to ensure that our beaches, parks, and boat ramp were safe for all Cape residents.

With lots of people spending more time at home during the COVID-19 pandemic, there has been an increased interest in home improvements. If you're planning a major home project, please verify the necessary permitting requirements for both CSCIA and Anne Arundel County Inspections & Permits. Make sure you have a copy of your plat for your lot and research the required setbacks, height limitations, and other code requirements. AACo violations can be reported via the 311 app, calling 3-1-1, or online.

Fall is the best time of year to renovate your lawn. Bare soil is a major contributor of erosion and runoff of nutrients and sediment into the Chesapeake Bay. The easiest way to combat bare soil is with turfgrass. Turfgrass is easy to grow and maintain and serves as a great canvas for any landscaping projects you may take on in the future. Living near the bay watershed, we must be aware of the impact fertilizer can have on our environment. Maryland has laws in place that restrict fertilizer use for homeowners from November 15th through March 1st of the following year. The saying goes "...

if you're going to fertilize at all... fertilize in the fall." Fertilizing in fall helps encourage deep root development and helps the turfgrass survive the cold winter soil temperatures. Look for a phosphorus free fertilizer for established lawns to even further help reduce the impact on our local watershed. Applying a crabgrass pre-emergent in the spring will prevent crabgrass from germinating and taking over all of your beautiful grass and hard work.

Cape Clean Up is scheduled for September 18th and 19th. Dumpsters will be ready around noon on Friday. Saturday morning they will open up early and close out around noon. Be prepared and show up early.

Our next Quarterly Membership Meeting is scheduled for October 27th at 7:30 pm. Please check our website or Facebook page for the link and instructions to the virtual meeting.

The clubhouse will not be a polling place this year for the 2020 General Election on November 3rd. Those who wish to vote in person should visit Cape St Claire Elementary School instead.

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*

## When should I move?

*Confused about the right time is to move in the middle of uncertain times?*

*This is a question on the minds of many.*

**Here are some thoughts:**

- ⇒ We are currently in a strong sellers' market!
- ⇒ Interest rates are the lowest EVER!
- ⇒ Do you have a Realtor in whom you can rely on for honest advice?

***I am here for you to count on my truthful, knowledgeable wisdom. All you have to do is CALL ME.***



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410-224-4400

Independently Owned & Operated

This is not a solicitation for currently listed properties.



## NEW BUSINESS

No new business.

## COMMENTS

Stacey Wildberger thanked the many volunteers who have shown up on Wednesday evenings as Weed Warriors to tackle the prolific weeds. CCC Native Plant sale will occur with social distancing on September 26 from 9 am to noon, or until sold out.

Michael Buchet announced the Goshen Farm Phantom Winetasting & Raffle fundraiser to fund upcoming major projects. See the Goshen Farm events page of their website for details and more information on the great raffle baskets and services.

Becky Benner announced the next Garden Club meeting to take place socially distant in the corral behind the clubhouse.

## ADJOURNMENT

A motion was made to move to a closed session and approved. The August 10, 2020 meeting of the CSCIA Board of Governors was adjourned to a closed session at 8:22 pm.

## CLOSED SESSION

A closed session was convened at 8:23 pm and adjourned at 10:35 pm.



# 2020 CAPE CLEAN-UP



**Friday, Sept. 18<sup>th</sup> & Saturday, Sept. 19<sup>th</sup>**  
*Corner of Broadview and Cape St. Claire Road*

Anne Arundel County Waste Management has graciously offered Cape Residents a weekend in September for our 2020 Clean-Up. The Clean-Up will begin as soon as the County arrives on Friday (before Noon). We will make every effort to operate the Clean-Up until 4:30 PM on Friday, space permitting. On Saturday the Clean-up will begin at 7:30 AM and continue until approximately 12:00 noon, space permitting. In an effort to protect our environment and dispose of our trash properly, Anne Arundel County will be providing the clean-up with cans for recycling and 2 on-site Anne Arundel County Employees to assist the residents with the proper disposal of their TRASH. When you arrive at the clean-up you will be asked to dispose of your TRASH in the proper cans. Please keep this in mind as you load your vehicles. Try to keep your recyclables together (Glass, Cardboard, Paper, Metals etc...)

The following is a list of “unacceptable” materials:

Junk Automobiles	Oil Drums or Tanks	Tires
Trailers	Liquids	Paints
Gas and Propane	Hazardous Waste	Refrigerators
Tanks	Boats	Air Conditioners

If you should have any questions about the clean-up please Contact  
**Mary Lamb at 410-757-0593**



## NEWS FROM

# HISTORIC GOSHEN FARM AND EDUCATIONAL CENTER

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### History.....continued

In 1853 Henry Tydings purchased Goshen Farm in a sheriff's auction, which made his property adjacent to his in-laws on Persimmon Point. Shortly afterwards, a two-story outbuilding was moved and attached to the existing farmhouse.

Henry's family were landowners in what is now Severna Park and Arnold.\*\* In 1849 he married Margaret Stinchcomb, who had grown up in the Stinchcomb house on Swan drive.

The farm grew a variety of crops, including fruit and corn. The current site of Cape St. Claire elementary school was one of Henry's pear tree groves.

Henry and Margaret's four children were born prior to the Civil War. Son, Henry, became an Orphan's court judge and lived in the Tydings House, still occupied at Tydings on the Bay. Son, Oliver, became a dentist, moved to Chicago, and invented the Tydings Snare, used for the removal of tonsils.

During the Civil War the Broadneck Peninsula became a popular recruiting ground for the Union army, despite being populated by many confederate sympathizers. In 1864, Henry was one of many local residents that formally complained to the Union army that troops were on the north side of the Severn river impressing both free and enslaved African Americans against their will. ....to be continued

### Volunteer Spotlight

#### ***Nathan Cavaliere***

Nathan, a lifelong Cape St. Claire resident, is a rising Senior at Broadneck. He learned about Goshen Farm from his Environmental Science teacher, Ms. Bourgeois, when seeking out places to volunteer. Ms. Bourgeois pointed Nathan in our direction. With the onset of the Coronavirus, Nathan was looking for opportunities to get outside, have social interactions, exercise and do something good for the environment. Nathan's tasks so far include weeding out and repairing the compost containers.

#### ***William Hays***

Bill, and his wife Patty moved to the Cape in 2001. They read about Goshen in the Caper and saw ads for Goshen events, which they attended. They didn't become members until they got their dog, Kelsey and began to walk the property. This inspired Bill to volunteer and to "always leave things better than you found them". This was also a good way to fill time during this Covid period.

Thank you, Nathan and Bill for your service!

If you would also like volunteer at Goshen Farm please contact us at [Communications@goshenfarm.org](mailto:Communications@goshenfarm.org).

### Phantom Wine Tasting

As you may have seen from our Facebook posts, MailChimp and Website, we had to cancel our Annual Wine Tasting and Silent Auction. The event was replaced with a Phantom Wine Tasting, inviting attendees "not to come!" The Non-Event was held on August 22nd and the ticket cost had the potential to go towards our matching grant. We also had some excellent raffle prizes donated by Julianne Sullivan at Bella's Liquors (basket of Liquor), Melissa Wade at Cape Ace Hardware- (Yeti Cooler), Christy Folderauer of Richard's Tree Care (Leaf Blower), and Mathew Toronto of Mathew's Hauling (a pickup truck full of junk removal). All of these businesses have been very generous to both Goshen Farm and the Cape Conservation Corp in the past. We thank you for your continued support and we thank all of you that "did not attend" our Phantom event but did buy tickets!

### The Last two Goshen Farm Events – will they happen?

These last two events are subject to the state and county rules on gathering and maybe cancelled. Please check our Facebook page and/or website for further information.

**Goshen Farm Open House-** September 12th from 10 am to 4 pm at the farm- 1422 Cape St. Claire Rd

**Harvest Dinner-** October 10th from 5 pm to 7:30 pm at Gloria Dei! Lutheran Church

### Matching Grant....your help is needed!

We are still accepting donations to be matched by the state for our Bond Bill. If you can give, please consider Goshen Farm in your charitable donations. Donations can be made online, at our website or by check. Please write on your Check "**Matching Grant**" and/or use the **Matching Grant** button on our website if paying with Paypal.

Please mail payments to:

Goshen Farm Preservation Society  
1223 River Bay Rd,  
Annapolis, MD 21409

Please stay safe and Like Us on Facebook!

Hello, everyone! All of us in the Garden Club hope you are all doing well during this crazy covid-19 summer. Remember: together, we got this! I want to comment once again on how good the Cape is looking these days – lots of folks are putting effort into their yards and environs. And it's really paying off! I have heard from several Yard of the Month judges that it's getting harder to choose among yards in their areas. This is in spite of the heat we've had this month and the occasional drenching rains – keep up the great work, Capers!

This summer's gardening theme seems to be “*What is it?*” In the Facebook **Cape Gardeners** groups, almost every day, someone posts a photo and wonders, “Is this a weed? Is this something I want?” It's nice to know that I am not the only person around who is scratching her head about many plants. So, what is a weed and why don't we want them?

“Weeds are flowers too, once you get to know them.” A.A. Milne

“The only difference between a flower and a weed is judgment.”

“A weed is but an unloved flower.” Ella Wheeler



Let's just say that a weed is a plant that grows where you don't want it. By that definition, *any* plant can be a weed. Some plants commonly called weeds around here include dandelion, buttercup, henbit, smartweed, garlic mustard, Virginia creeper, wild violet, and fleabane. Weed or not, I always look forward to the blooming of my fleabane; I find the tall stalk and the little flower a cheerful addition to my garden. If I had enough sun for buttercups, I would encourage them; I love seeing them in the big field along Cape St. Claire Road. And wild violets, which we generally consider to be a nuisance, support a lovely species of butterfly, the fritillary. These are weeds *I* love, yet some weeds like English ivy and Oriental bittersweet can strangle young saplings and even larger trees. I must admit that I often have problems distinguishing weeds from desirable plants. When working alone weeding the island on Cape St. Claire Road, I always find something that I *think* shouldn't be there, and I have to wait until my Garden Club colleagues can give me a good I.D. before finishing the job. For more information on weeds and gardening tips for our own Cape St. Claire, please check out our blog at [capegardenclub.wordpress.com](http://capegardenclub.wordpress.com), and click the **LEARN** tab. There you can find a page listing the most common **Fall-Flowering Weeds**, with photos as well as links to comprehensive weed ID sites, including one by the University of Maryland Extension service.

The Garden Club will meet on **Tuesday, Sept 1<sup>st</sup> at 7pm** for a socially-distanced outdoor viewing of our usual September **Members' Sharing Slideshow**, where Members share pictures and stories from their summer gardening adventures. We see pictures from Members' gardens, community gardens, and even gardens our Members have visited. We'll provide a remote option for those Members who prefer to participate from home.

Then **Tuesday, October 6<sup>th</sup>, 5-6pm**, we'll host our annual **Seed and Cutting Exchange**, outdoors with social distancing, in the parking corral behind the Clubhouse. Cuttings of coleus, sweet potato vine, basil, blood leaf, & begonia can all be easily rooted and overwintered in water. And seeds from columbine, iris, coneflower, dianthus, & many others will be on hand for trade as well. Please join us and take home all these seeds and cuttings!

On **Sunday, October 18<sup>th</sup>**, the Garden Club will celebrate another year of gardening fun and fellowship with our annual **Harvest Dinner**, our first ever outdoor, socially-distanced dining event. Though we usually host each season's Yard of the Month winners at this dinner, we will regretfully postpone these invitations until the pandemic passes – and may it be soon! Stay safe and healthy, fellow Capers!

**Congratulations** to these hardworking gardeners, our *Yard of the Month* winners from the last 2 months:

#### **JULY**

Area 1: Matthew & Cindy Hoffmann, 1071 Park Circle

Area 2: Steve Shade, 1191 Bayview Vista

Area 3: John Randolph, Jr., 963 Highpoint Drive

Area 4: Julia Apgar, 1209 Summit Drive

Area 5: Suzette & Chad Langley, 833 Harbor View Terrace

#### **AUGUST**

Area 1: Betty Snyder, 1291 Cape St Claire Road

Area 2: Rita Sasdelli, 1049 Oak Tree Lane

Area 3: Fran Bents, 1191 Southview Drive

Area 4: The Hoffmans, 1228 Hampton Road

Area 5: Bruce Lawton, 702 Mount Alban Drive



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## WE WELCOME YOU!

Whoever you are ...

Wherever you're from ...



*Find peace, joy, and community in this unsettled time.*

## Virtual SEEKERS GROUP - Fall 2020

- Are you searching for meaning? ...
- Wondering if there's something more? ...
- Asking where GOD is in your life? ...



- All you need is a sincere & seeking heart.
- Meeting by Zoom at a time that works for you

- **Contact Stephany at [stephany.crane@archbalt.org](mailto:stephany.crane@archbalt.org)**
- *What do you plan to do with your one wild and precious life?" -Mary Oliver*



## An evening of Prayer & Comfort

**Sunday, September 20, 2020 at 7 p.m.**

- In the peace of the candle-lit church
- Let beautiful music and scripture wash over you
- **LIVESTREAMING** on facebook
- Reserve your spot to here to come in person
- <https://www.signupgenius.com/go/60B0A48ABA92FAA8-taiz>
- Masks & social distancing required

*"Peace I leave you; my peace I give to you." Jn 14:27a*



## Come worship with us—Covid style

- We are social distancing & wearing our masks, and ask you to, too.
- Reserve your spot here for weekend masses [www.standrewbythebay.org/connect/pray&worship/masstimes](http://www.standrewbythebay.org/connect/pray&worship/masstimes)
- OR participate virtually [www.standrewbythebay.org/connect/pray&worship/livestream-masses](http://www.standrewbythebay.org/connect/pray&worship/livestream-masses) on Sunday @10:30am or MWThF @ 9am





**SATURDAY**

SEPTEMBER  
**26<sup>th</sup>**  
 9 AM to NOON

TALK WITH NOTED AUTHORS  
 MASTER GARDENERS  
 LOCAL EXPERTS  
 WATERSHED STEWARDS  
 MASTER NATURALISTS

\* FOLLOWING SOCIAL DISTANCE \*  
 GUIDELINES

# Fall Native Plants Fest

RIDICULOUSLY LOW PRICES!

IN THE FIELD BEHIND CAPE ST. CLARE CLUBHOUSE  
 1223 RIVER BAY RD ANNAPOLIS MD 21409



## Maryland Department of Agriculture

Office of Plant Industries and Pest Management

Larry Hogan, Governor  
 Boyd K. Rutherford, Lt. Governor  
 Joseph Bartenfelder, Secretary  
 Julianne A. Oberg, Deputy Secretary

### Mosquito Control

The Wayne A. Cawley, Jr. Building  
 50 Harry S. Truman Parkway  
 Annapolis, Maryland 21401  
[www.mda.maryland.gov](http://www.mda.maryland.gov)

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 410.841.5835 Fax  
 800.492.5590 Toll Free

### PLEASE SHARE THIS INFORMATION WITH YOUR COMMUNITY

- Your Community's assigned fog night is: **Wednesday**
  - Your community will only ever be fogged on Wednesday nights during the 2020 season, except possibly in case of disease response
- Fogging can occur anytime between 7:00 PM and 2:30 AM
  - The fog program will begin on June 3.
  - Fogging will not begin until the community has been notified and we have received the Community Notification Verification Form
  - October 6 is the estimated last day of fogging for 2020
- Residents who do not wish their property to be fogged may file an exemption. The exemption policy and form can be found on our website: <https://mda.maryland.gov/plants-pests/Documents/Exemption%202018.pdf>
- Please stay indoors while fogging operations are being conducted
- For Further information:
  - [http://mda.maryland.gov/plants-pests/pages/mosquito\\_control.aspx](http://mda.maryland.gov/plants-pests/pages/mosquito_control.aspx)
  - [mosquito.control@maryland.gov](mailto:mosquito.control@maryland.gov)
  - 410-841-5870, [mosquito.control@maryland.gov](mailto:mosquito.control@maryland.gov)
  - For information on the products used: [http://mda.maryland.gov/plants-pests/Pages/mc\\_product\\_labels\\_material\\_safety\\_data\\_sheets.aspx](http://mda.maryland.gov/plants-pests/Pages/mc_product_labels_material_safety_data_sheets.aspx)





## Cape St. Claire United Methodist Church

855 Chestnut Tree Drive  
Annapolis, Maryland 21409  
**Phone:** 410-757-4896  
**Website:** capeumc.org  
**Facebook:** facebook.com/cscumc  
**Email:** office@capeumc.org  
**Pastor:** Dale Thomas



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

**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.

.....



**We would love to have you join us Sunday mornings at 9:00am in person or on Zoom to share in God's love and Christian fellowship**



**Our in-person Worship Services have resumed in the Sanctuary  
Face coverings must be worn, we have sanitizing stations,  
and are observing social distancing**

**For all the safety precautions that are being followed,  
please check the re-entry letter on our website: capeumc.org**



**We are also still offering gathering for worship on  
Zoom Sundays at 9:00am. If you would like to receive a Zoom invite for  
worship services, please email Pastor Dale - dale@capeumc.org**



**Currently our office hours are Tuesday, Wednesday,  
and Thursday from 9:00am to noon.  
We are monitoring emails and voicemails. If you need immediate  
assistance, please contact Pastor Dale at (240) 682-6395  
or dale@capeumc.org.**



**May the grace of the Lord Jesus Christ,  
the love of God, and the fellowship of the  
Holy Spirit be with you.**

**God bless you,  
Pastor Dale**



### News & Events:

**Wednesday Weed Warriors:** Every Wednesday we work to remove invasive plants @ the Serene Ravine email me [president@capeconservationcorps.org](mailto:president@capeconservationcorps.org) to help!

**Habitat Hero Tour:** POSTPONED until further notice

**Native Plant Fest & Sale: September 26<sup>th</sup> 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.

## Cape Conservation Corps Fall Native Plant Fest & Sale

By Stacey Wildberger

What can we say about 2020 that hasn't already been said? Everything has been cancelled or "postponed" or reimagined. This year nothing has been the same but people have found a way to persevere, find new hobbies, spend quiet time with their families, and escape the hustle and bustle of life. After much thought Cape Conservation Corps is pushing forward for their annual Fall Native Plant Fest and Sale with of course a few modifications. We will of course be following all state and local protocols for social distancing, including requiring masks to be worn. If anything changes before the sale we will make adjustments up to and including online orders with curbside pickups but for now the sale is ON!

We are once again offering a variety of native plants that will bring all the pollinators to your yard, contribute to a healthy ecosystem and create a beautiful landscape for you to enjoy. The selection of plants will include many fall bloomers for show stopping autumn color and fuel for migrating butterflies as well as summer bloomers, ferns, groundcovers, grasses and my favorite group the grass-like sedges. Many of these are host plants for butterflies and moths, offer nesting sites for overwintering insects (the hollow stems of Joe-Pye Weed) and food sources for birds, small mammals and pollinators. We will have sun loving plants as well as many plants ideal for the shady gardens of the Cape!

**Ferns-** We will have three varieties of ferns this year in a quart size. They will include *Polystichum acrostichoides* Christmas fern, *Athyrium filix-femina* Lady Fern and *Dryopteris marginalis* Eastern wood fern. These make great additions to your shaded woody areas.

**Groundcovers-** There will be several groundcovers to create that "green" layer to reduce our dependency on mulch. Plants make the best "mulch" to suppress weeds. Our selection includes, *Chrysogonum virginianum* Green and gold, my favorite work horse that will outcompete invasive plants *Packera aurea* golden ragwort, *Antennaria plantaginifolia* plantain-leaf pussytoes – the host plant of the American Painted Lady butterfly. Low growing *Phlox stolonifera* and *Phlox subulata* will be on hand for your early blooming needs as well as *Salvia lyrata* "purple knockout" lyre-leaf sage. Did you know there is a great native *Pachysandra*- *Pachysandra procumbens*? Well, we will have it too. While it is a slow grower, it makes a beautiful shade

groundcover. We will also have four species of *Carex* sedges that make groundcovers. My favorite is *Carex pensylvanica*- perfect for the dry shade.

**Grasses-** Our selection of grasses include the upright Switchgrass *Panicum virgatum* "North Wind" which will give structure to the landscape, *Schizachyrium scoparium* Little bluestem that will withstand the toughest conditions and *Muhlenbergia capillaris* Pink muhly grass for the beautiful foliage.

There is a long list of **early to late summer bloomers** that will offer all the nectar the butterflies and other pollinators are looking for from *Amsonia*, *Eupatorium dubium* Joe-Pye Weed, *Chelone glabra* Turtlehead, *Echinacea purpurea* Purple coneflower, Swallowtail magnet *Phlox* "Jeane", *Lobelia siphilitica* great (blue) cardinal flower, and *Vernonia noveboracensis* New York ironweed – a towering 6-8' tall beauty.

What's a fall sale without fall bloomers? We will have several varieties of *Solidago* Goldenrod and *Asters* that the fall migrating monarchs need to fuel up for their long trip ahead. In addition to the butterflies you will see a high number of bees and other insects on these. There are Goldenrods and *Asters* for the sunny to part shade to shade areas of your yard.

**Don't worry we didn't forget *Asclepias* sp.** Milkweed. We will have two – Swamp milkweed (pinkish) and Butterfly weed (orange). As we know they are the host plants of the much beloved Monarchs but don't forget there are many species of butterflies and moths that have specific host plant requirements and we will have those too! These include the Turtlehead (Baltimore checkered spot), Pussytoes (American Painted lady), *Panicum* for a variety of Skippers. *Solidago* Goldenrod, and *Asters* are the top two host plants for a number of *Lepidoptera* (butterflies and moths). And did I mention the super low prices: quarts \$4, gallons \$6 and assorted prices of flats of plugs (16-25 count trays)? Experts on hand, including Nancy Lawson author and wildlife blogger. See you there (from a distance of course!)

In loving memory of  
*Josephine Martha Gardner*  
1943 - 2020



Josephine Martha Gardner (nee Saia), 77, a resident of Annapolis, passed away on June 30, 2020 at Anne Arundel Medical Center in Annapolis. Josephine was born on April 5, 1943 to Louis and Alverta Saia in Baltimore, Maryland, where she was raised. She married Carl Gardner on July 23, 1961 and previously lived in Cape Saint Claire where she was a board member of Cape Saint Claire Improvement Association for 30 plus years. She was employed as an Office Manager for a Defense Contractor and was a Partner with American Plate and Dial Company. Josephine enjoyed gardening, sketching, and MMA fights. She was preceded in death by her husband, Carl Gardner. She is survived by her sons, Anthony Gardner of Greensboro, MD, Thomas Gardner of Annapolis, John Gardner of Annapolis, MD and David Griscom of Boynton Beach, FL; one daughter, Carol Gardner of Bristol, TN; five grandchildren and two great grandchildren. All services are private.





# Memories of Josephine

I know a lot of you knew my mom as a woman that spoke her mind and was very passionate about this community.

What a lot of people didn't see was the softer side of my mom. When I was little my grandma had a swimming pool.

We would walk around the pool pulling little boats by a string. One day I fell in and at that time I couldn't swim.

As I struggled to get to the top, I remember seeing my mom diving in the water over me. she pulled me out of the pool and held me tight.

That was the first time I saw my mom cry.

She loved us kids and loved our friends growing up to the point where they called her mom and the door was always open for them.

When you hugged my mom your hands didn't touch but that was because of her big heart. She spent a lot of time in the CSCIA because she loved this community.

It meant a lot to her to be part of such a great place for us kids to grow up in. She made super cookies during Christmas and there was always an Italian meal on Sunday.

Whether it was spaghetti and meatballs or chicken cacciatore, you knew it was going to be good and everyone was welcome.

From cooking, to the Cape, to the kids that called her mom, she always gave her all.

You will be missed, but not forgotten,

Love you mom,  
**John**

P.S. Kinda ironic how tropical storm Josephine is hanging out in the Atlantic as I write this....



I had the honor, privilege, and joy of serving on the CSCIA Board of Governors with Josephine for many years. She was my mentor, along with Gretel Derby, in my early days of service and my collaborator in my last ten years on the Board. We would always talk before each meeting discussing how we should vote on pending issues and I would milk her vast knowledge of the history of Cape St. Claire and its Board of Governors. But when we were not talking business, we had a lot of laughs. Because of our shared Italian heritage, we would share stories about growing up in an Italian family and share the occasional Italian joke. After we left the Board, we would talk several months or so keeping up with what was going on in our lives. Josephine was gregarious and could be devastatingly direct in sharing her opinions. I found out early that if I did not want to know what she really thought about an issue, I better not ask. She was a dear friend who will be deeply missed.

**Lou Biondi**

Mid-day June 30th, we received the sad news that long time Cape resident and CSCIA Board of Governor member, Josephine Gardner, passed that morning at 77 years of age. Having the opportunity to serve with Josephine in 2013-2014 on the Board of Governors just as she decided to retire from volunteering. She volunteered in the community for more than 40 years including 33 plus years on the CSCIA Board of Governors. She has the unique title of holding the position of President of the Association, a record six times.

I learned so much of the history of Cape and the Association through her and long time Board Member Lou Biondi and Admin Assistant Elaine Barnhart in 2013 & 2014. These were my first two years on the Board and while taking on the President role in 2014. The three were instrumental in assuring me, I was the right person for the position at 36 years old. All three left at the end of 2014 and it sort of marked a new era of Board Members & Staff, where we were without nearly 100 years of institutional knowledge and service to the Association. I'll never forget Josephine's call and discussion about hanging up her hat, having given her all to the Cape in nearly three plus decades of volunteering. I swung by her house to pick up her documents, binders and keys. She sort of joked, "the keys are yours now", a passing of the torch so to speak.

This was right in the middle of the Cape St Claire Road Project, bringing water near the shopping center and expanded the road, while adding sidewalks and the bike path extension. She called, texted and emailed often with her observations of the County and Contractors work. She regularly sent me messages of interest regarding Caper information and local issues that we may or may not want to weigh in on as an organization. Josephine was always direct and if you asked for an opinion or assessment, you got one and sometimes when you didn't ask also. She was a fierce defender of Cape St Claire and our community.

Having been on the Board only 8 years and President 5 times, I have a clue of how much time and effort she gave, and I have nothing but respect and admiration for her efforts to help better her community. She was one of many pillars of the community over our 71 year history to make it a great place to raise a family and live on the Chesapeake Bay.

Thanks Josephine for working so hard to make, Cape St. Claire the best it can be! We hope to pass it on to future generations, in the same or better condition that you left it.

Sincerely,  
**Beau Breedon**



When I first met Josephine Gardner I was 2 years new to Cape St. Claire and on a mission to bring the Strawberry Festival back to the community. Guarded and concerned for the community, especially the clubhouse, Josephine met the committee with many questions and concerns. Although I was a bit intimidated at the time, I quickly learned that she as a long time Caper and Board member always had the community's best interest at heart. Shortly there after I joined the board and was honored to serve alongside Josephine and many other long time Capers. Josephine taught me what it meant to be a representative for the community. She was a mentor and a valuable resource especially where Cape history was involved. I was truly blessed to have Josephine in my life, as a mentor and a friend. She will be deeply missed by all.

*"Rest in Peace My Friend"*  
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## THE CHURCH IS NOT CLOSED!

We have been meeting virtually in small groups over coffee; prayer groups over lunch; committee meetings over Zoom; birthday parades and reverent worship at home. Our giving is better than ever, and we have dozens of new faces joining us as regulars in worship.

On our Website or on our Facebook page, you can find recordings of our Sermons (dating as far back as 2016); Fellowship Opportunities to connect with Small Groups, Bible studies, Prayer Groups, and connect with our fun and exciting Youth Group; and even enjoy the Virtual children's lessons from our Vacation Bible School program called "Hero Helpers" which includes ten-minute videos that can be viewed at anytime.

A full list of all our virtual connection opportunities can be found on the church's website at: <http://www.christouranchorpc.org/coa-and-covid-19/>,  
And on our Facebook page at: <https://www.facebook.com/ChristOurAnchorPC/>

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# HEALTH NOTES:

## Vitamin D Deficiency



### Definition

Vitamin D deficiency is defined as when the level of vitamin D in the body falls below 30 nmol/L. Normal Levels of Vitamin D are 30-100 nmol/L

### What Vitamin D does

Vitamin D has a lot of health benefits. It is key in absorbing calcium to maintain bone health and strengthen your bones. It also helps support a healthy brain, heart, teeth and lungs. Vitamin D keeps your immune system strong and can help regulate insulin levels. It keeps your energy levels up and enhances your mood, too.

Newer studies suggest low levels of vitamin D can be linked to numerous health problems including diabetes, pain in your muscles and bones, high blood pressure, multiple sclerosis and even some types of cancer. Studies of children receiving vitamin D supplements during the winter suggest a reduced risk of Influenza A.

### Symptoms

- Fatigue
- Bone and back pain
- Depression
- Impaired wound healing
- Bone loss
- Hair loss
- Muscle pain
- Getting sick more often than you normally would

### Causes

- Limited sunlight exposure
- Not consuming enough in the diet
- Obesity
- Kidney cannot convert vitamin D
- Celiac disease
- Air pollution
- Crohn's Disease
- Smoking
- Liver Disease

### Can Vitamin D prevent Covid-19?

There is a lot of interest in how vitamin D could potentially help prevent or even treat Covid-19. These theories are early in the investigative phase but look promising. It is

known that vitamin D is an important part of the body's immune system, both by making it stronger in general, and by preventing it from overreacting when challenged with an infection.

Everyone should be vitamin D aware during the Covid-19 pandemic. The public health requests to stay home may be causing you to stay indoors more, which can lead to low vitamin D levels. Anyone with a known vitamin D deficiency should follow the recommendations of their doctor regarding supplements, evaluations and lab work to ensure the deficiency is corrected.

If you don't have a vitamin D deficiency, or don't know if you are vitamin D deficient, it's still a good idea to include foods in your diet with naturally occurring or fortified vitamin D. There can be consequences to taking too much vitamin D, so high levels of vitamin D supplements aren't meant for the average person.

### Who is at the most risk?

People who spend most of their time indoors, such as older individuals, or those who live in a facility like a nursing home, have increased risk. People with darker skin, or those with light skin who minimize exposure to sunlight, are also at risk. Certain medical conditions can increase the likelihood of vitamin D deficiency. Those with GI tract diseases, like celiac disease, and those who've had bariatric surgery, are more likely to have a deficiency. Finally, people with chronic kidney and liver disease are at risk.

### What foods have Vitamin D?

You can also get more vitamin D from foods by adjusting your regular diet. Some vitamin D food sources include:

Fatty fish like salmon, tuna, herring or sardines

- Cheese
- Milk
- Egg yolks
- Beef liver
- Cod liver oil
- Shrimp
- Mushrooms

Other processed foods with added vitamin D usually say "fortified with vitamin D" on the package. These products include dairy products, orange juice and cereal.

### How much vitamin D do you need?

The Recommended Dietary Allowance (RDA) for adults is 600 international units (IU) of vitamin D a day. That goes

*continued on page 13*

up to 800 IU a day for those older than age 70. To meet this level, choose foods that are rich in vitamin D. For example, choose fatty fish, such as salmon, trout, tuna and halibut, which offer higher amounts of vitamin D, or fortified foods, such as milk and yogurt.

Don't overdo it, though. Very high levels of vitamin D have not been shown to provide greater benefits. In fact, too much vitamin D has been linked to other health problems.

If you're concerned about whether you're getting enough vitamin D, talk to your doctor about your diet and whether a vitamin supplement might benefit you.

### **Stay Safe and Stay Healthy**

*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*



Priority One Pet Services (POPS) is a CSC owned professional pet care business which opened in 2014 and employs several local individuals. Fully licensed, insured, and bonded, they offer pet sitting, exercising and dog walking services.

With over five decades of combined pet experience, the staff specializes in dogs, cats, and small mammals. POPS' immediate service area is a 5-mile radius of Broadneck High School. "We purposely have limited our market area...employees don't want to be on the road all day; they want to be spending time with, helping and enjoying, the pets (which pet owners appreciate)" says POPS owner, Shari Medina.

Popular pet sitting services include "The Out of Town" vacation visits and "The Neighborhood Watch" weekday dog walks. Whether you are going on vacation or a long day/weekend trip, a POPS employee will visit and care for the pet(s) several times a day at your home. Weekday walks range in length from 20 to 30 minutes and generally between 10am to 4pm.

Pet owners receive an electronic note from their pet sitter/dog walker after every visit with details of what occurred as well as the status of the pet(s). Notes,

future scheduling, and other actions are available to the clients via assigned accounts in the POPS on-line pet portal.

Per Mrs. Medina, "...our focus remains on developing trustworthy long-term relationships with pets and their people. We're much more than a dog walking company as we help with pet education, reinforcement training, palliative care and anything that gives complete peace of mind to the pet owners."

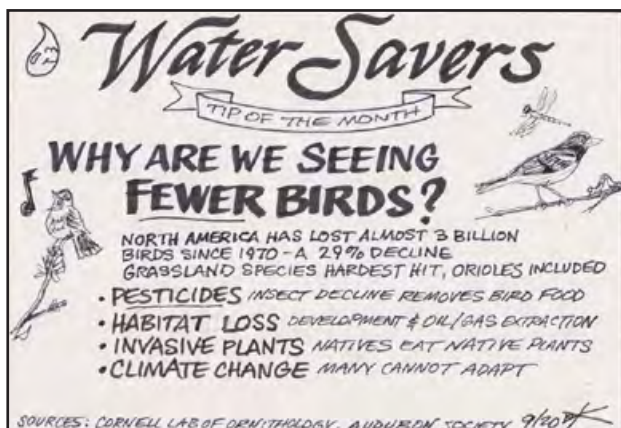
Mrs. Medina resides in CSC with her husband Guido, a federal law enforcement K-9 handler. Currently the couple's canine kids consist of a retired Springer Spaniel service K-9, Taz the Pomeranian guard dog and an in-service Labrador K-9 Linda.

**For more information or questions, contact Shari at 410.443.9549 or email [p1petservices@gmail.com](mailto:p1petservices@gmail.com)**

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## My VISION

- by Dr. Sandra Leni

My medical school and internal medicine residency training was at State University of New York at BUFFALO from 1993-1998, and 1998-2001 respectively. I also participated in the Women's Health track during my residency which gave me more experience in Women's medicine. I received my Master's Degree in Natural Sciences and conducted breast cancer research at Roswell Park Cancer Institute from 1991-1993. Since moving to Maryland in 2010, I have practiced in a number of medical establishments, including Johns Hopkins Community Physicians, Ginger Cove Subacute Rehabilitation, and Potomac Physicians.

I recently recertified with The American Board of Internal Medicine from 2018 to 2028. Setting up my own medical practice will finally allow me to practice medicine in an atmosphere that will feel welcoming, caring, and unhurried to my patients. My goals are to provide high quality care to my patients in the fields of medical and physical wellness, preventive medicine, nutrition, mental and emotional health, gynecological care, and management of chronic medical conditions. The practice will offer comprehensive physicals, sports physicals, college physicals, annual gynecological exams, preoperative examinations, chronic care visits, follow up visits, and sick visits.

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