Cape St. Claire Improvement Association, Inc. Community Newsletter

FEBRUARY 2021

President's Perspective

FEBRUARY 2021

Dear Capers,

Happy New Year to my fellow Cape residents. I am very honored to have been nominated and elected to serve as President by the Board of Governors. As my personal town historian told me, I hold the 72nd term of President of the BOG for CSCIA and am the 34th person to hold this office. I never would have imagined that from a short conversation in the parking lot of the clubhouse after a quarterly meeting in 2016 about concerns over a beach restoration project, that I would end up being the President of the BOG when that same project breaks ground.

I would like to thank Bill Szczytko for his years as president. He had big shoes to fill and did a great job leading us through some crazy times. No one better than our tech guru to lead us through so many virtual meetings! I would also like to thank Matthew Layman for his service to the board. Your opinions on our community matters will be missed.

I am very glad to have the returning members of the board back again to tackle another challenging year in our community, and would like to welcome Michele Shipley as our new addition to the board. Michele has been attending meetings for a while now and is ready to hit the ground running. We are almost always looking for more volunteers to help throughout the year. If you have interest in

helping your community, please email me or the office to find out ways to help!

We as a board continue to push forward on our beach restoration projects. It is really exciting that we are now WEEKS away from beginning our main beach project with our Lake Claire project to follow soon after. This project has been a heavy lift for the BOG, but I would like to thank Beau Breeden for putting more hours into this project than anyone, and I am thankful he will continue to run point on it as our Shore Line Restoration Chair.

Unfortunately, COVID still plays a large role in our day to day lives, and I am sure I am not alone in wishing we were closer to what could be called normal. While I am an introvert, even I miss seeing people. As we welcome a new year please help me and our community at large by staying safe, washing your hands often, and being kind to others.

> Best wishes in 2021, **Jeffrey Roche** President CSCIA

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A Message from The Town Manager



Capers,

Happy New Year !!!

Welcome back to all of our re-elected Board of Governors and a special congratulations to our new President and Vice President, Jeff Roche and Cheri Fairchild! Both Jeff and Cheri have been board members for several years and I am confident they will lead CSCIA in the right direction in the year to come. Thank you to President Bill Szczytko for his outstanding leadership over the past 2 years. Bill successfully led us through some trying times of litigation and historic firsts of online virtual meetings.

Everyone should be receiving their annual maintenance fee renewal forms in the mail. Keep a lookout for the yellow postcards and be sure to pay your maintenance fee by March 1st to avoid any late fees. You can mail a check in or come by the office M-F 8:30-2:30 and use the dropbox outside of the office door. We accept cash and checks payable to CSCIA. If you wish to receive parking stickers and guest passes, you must provide your vehicle information on the postcard.

With recent mail delays occurring, piers contracts were sent out early. Fees are due by March 19th. If you would like to apply to become a slip holder, the link to the application, rules, and waitlist can all be found here.

https://cscia.org/cscia-services/boat-slips-information/

With the new yardarm attached to the flagpole at the Main Beach it will allow us to fly the Yacht Club of Cape St. Claire burgee or any other appropriate pennants. We are hoping to reestablish our annual sock burning bonfire sometime in April if restrictions allow for it.

Unfortunately before we can get to spring boating weather we have to finish out with the remaining winter. It's rumored we are supposed to have a mild winter but please be prepared for the worst.

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.

Snow Removal Tips

- Shovel snow before it gets packed down or endures a freeze-thaw cycle, because it gets a lot harder to remove if you wait.
- DO NOT move snow into the street. It could potentially be plowed right back onto the areas you just cleared. Deposit snow on the front yard or in areas away from the street and sidewalks.
- While you're out there, don't forget to shovel out the fire hydrant. In the event of a house fire, firefighters should spend those precious minutes protecting your house, not shoveling out the fire hydrant. Help them protect your property by keeping hydrants clear.

Keep Your Pipes from Freezing

- Water pipes can freeze in mere hours with sub-freezing weather, especially if they're exposed to cold air or drafts. To help prevent an expensive water pipe break:
- Disconnect water hoses from outside faucets and protect faucets with an insulated cover.
- During extended sub-freezing cold periods, open cabinets in low-heat areas where plumbing is located.
- Install insulation blocks in crawl space vents.
- Check pipes near exterior walls and in crawl spaces. Add insulation if they are exposed.
- Set the thermostat at a minimum of 55° during cold weather, even if the house is vacant.
- Winterize all irrigation systems.
- Snow on the ground insulates underground plumbing better than no snow.
- Keep a plumber's number handy!

Please feel free to reach out to me with any questions, suggestions, or if you are in need of assistance. I look forward to 2021 and all the good things it will bring to Cape St Claire.

Cheers, Ryan Anderson

Cape St Claire Town Manager TownManager@cscia.org 443.510.3116



HOW CAN I POST SOMETHING TO THE COMMUNITY SIGNBOARD?

The signboard can be rented for \$25 for 3 days or \$50.00 for a week. Check availability online at http://cacia.org.cacia-services/community-signboard and reserve your message by using the NEW online reservation form. Once your reservation is confirmed, please forward a check and a printed copy of your message to Leslie at the clubhouse. Message will be posted after 5pm on the first day of your reservation. All checks should be made payable to CSCIA.

If you need further information, please call Mary at 410-757-0593.



Spring is Right Around the Corner!

Spring has always been a symbol of a "fresh start". New beginnings are coming. Many people are cleaning out, cleaning up, purging, painting, replacing, repairing and getting ready for a promising year to move in 2021!



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Board In Brief CSCIA Board Of Governors Monthly Meeting JANUARY 11, 2021

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

President Szczytko called the meeting to order in an online session of GoToMeeting at 7:31 pm. He commented that 2021 has started with the nation hurting and said he hopes we can find ways to move forward. He announced the Annual Membership Meeting for January 12. There will be the election of board members and voting on the proposed budget.

Minutes of the December 14, 2020 BOG meeting were reviewed and unanimously approved.

The P&L statement of November 30, 2020 was reviewed and passed unanimously.

COMMITTEE REPORTS

Town Manager- Town Manager Anderson reported no vegetation management plans. The tree company submitted invoices. A plaque for the Gardner memorial bench is to be ordered. The first principal payment for the beach project loan is due in Feb. The clubhouse is operating with the conditions of 25% capacity, no one-day liquor licenses, masks, and the modified cleaning contract. There has been a request for a weekend rental to be charged at the hourly rate instead of the weekend rates. The guard house final inspection is Jan 13. Caper articles are due Jan 12. There have been mail issues with the dumpster company. The piers committee will meet in March and water may be turned on that month. Piers contracts will be mailed Feb 1 and are due with payment and all paperwork in mid-March. One ice eater needs repair. The gate codes will be changed in the spring. There will be a dredge of Deep Creek by the county, in October. Permit and fee payment were submitted, and we are waiting on the estimated costs. The covenants issue appeal was received Dec 16. Alley boundary survey estimates are being collected. Building plan submittals will start with the Town Manager doing an initial review and then final review by the committee. We have 3 of 4 security officer positions filled and 19 of 31 days of January covered, with Mr. Anderson and Governor Macindoe filling in the remaining open slots. Mr. Anderson requested permission to reach out to the Cape Swim Club for an official update on COVID plans. The attorney is addressing the inquiries prompted by the triennial riparian rights and land use letters. The 2022 Budget Request Form is in the office for the next treasurer. The insurance policy has been renewed. The Worker's Compensation audit will start on Jan 13. Maintenance fee postcards were sent in late Dec and are coming in but with several issues with mailing. There have been numerous calls regarding the calendar that was mailed weeks ago not being received.

Beaches and Parks: Governor Breeden said the Conowingo Dam had been opened, leading to more debris than normal. He invited everyone to help pick it up when walking the beaches. Governor Macindoe reported Eagle Scout projects will begin in the spring.

Budget: Governor Zadera said that he wants to ensure a smooth transition to the next treasurer by helping them understand the budget form and the process with the county.

Buildings: Governor Roche reported that that 2020 had many building requests. He reiterated the plan for the Town Manager to review building applications before the building committee.

Caper: Governor Lamb asks for Caper articles by Jan 12 and said that cost cutting measures have been taken.

Clubhouse: Governor Lamb reported that she has no issue with hourly rental of the clubhouse if all other rules are followed, and the COVID-19 cleaning fee paid. She commented that the final building inspection of the guard house had not occurred because of the open electrical permit.

Covenants: Governor Myers reported bills in process with the General Assembly to address permitting issues such as those that led to the unauthorized pier construction last summer. She intended that the bills focus on fixing the permit process and legislators have taken the idea further, attempting to establish rules about changes in sea level and its effect on riparian rights.

Events: Governor Lamb is hoping that the Easter Egg Hunt will be possible this year.

Piers: Governor Breeden reported that he and Piers Administrator Williams have worked to have slip contracts ready to mail early to avoid issues caused by postal delays. There are some slip renewals being reviewed because of non-use last year.

Security: Governor Breeden said that the 4th security officer is awaiting paperwork allowing him to do supplemental work.

Technology: President Szczytko reported that he is doing the normal website updates.

OLD BUSINESS

Governor Breeden reported that BioHabitats submitted more paperwork for the permit at Lake Claire. Team calls with CSCIA, Alliance for the Chesapeake and BioHabitats will continue to finalize plans and groundbreaking is expected in 6-7 weeks. CSCIA has paid about half of what it is expected to pay, with the remainder to come from the various grants. He is glad that Alliance will be overseeing the project and making recommendations as experts on the subject. He noted that Alliance of the Chesapeake will want to publicize this and use it as a model for future projects in Maryland, Virginia, Pennsylvania and DC as it is a first for collaboration between a community and all levels of government. There was an article published in the Bay Journal regarding the project. Site #2 is to start immediately after Site #1 if the funding comes through as expected. The dredge of the Little Magothy River will not coincide with the initial construction and using those spoils will not be feasible. The October dredge might provide some sand to be used for maintenance.

NEW BUSINESS

No new business.

COMMENTS

Becky Benner reported the Garden Club annual meeting will be a virtual meeting on January 27 and anyone interested in join should go to www.goshenfarm.org to receive a link. Five major events have been planned pending COVID-19 rules at that time.

Mrs. Benner also reported for the Garden Club, saying that instead of a guest speaker at the February meeting, there will be a car caravan trip to Northwest DC to visit gardens there.

Stacey Wildberger said the Cape Conservation Corps (CCC) is applying for grants and wants places to plant trees and shrubs, possibly behind the shopping center. She and Jeanne Martin are starting Watershed Steward classes and looking for projects.

ADJOURNMENT

A motion was made to adjourn and move to a closed session and approved unanimously. The January 11, 2021 meeting of the CSCIA Board of Governors was adjourned to a closed session at 8:06 pm.

CLOSED SESSION

A closed session was convened at 8:07 pm and adjourned at 8:52 pm.



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Sunday Service online at 9:00 a.m. on our website, Facebook public page, and YouTube Channel

Sunday Morning Virtual Coffee Hour at 10:00 a.m. via Zoom

Friday Night Prayer Session at 8:00 p.m. Facebook Live on our Facebook public page

Monday Night Study at 7:00 p.m. & Thursday Morning Study at 9:00 a.m. via Zoom

Youth Group Meetings at 7:00 p.m.

Mondays - All youth ages for Fellowship & Fun Wednesdays - Middle School youth Thursdays - High School youth via Zoom

Contact: Jeff Conover, Leader - jeff@st-margarets.org

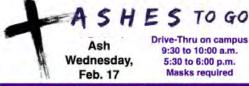
Senior Sessions (for those 65+) with Clergy 2nd and 4th Tuesdays of the month at 10:00 a.m. via Zoom

Women's Guild Monthly Meeting at 1:00 p.m. First Wednesday of the Month via Zoom

Sunday School for Children on Sundays at 10:00 a.m. via YouTube video

St. Margaret's Online

Facebook - www.facebook.com/smcannapolis YouTube Channel - www.youtube.com/c/saintmargaret Website: www.st-margarets.org



Ash Wednesday Online Service at 7:00 p.m.

NEWS FROM



HISTORIC GOSHEN FARM AND EDUCATIONAL CENTER

History Continued...

The Brice's mortgage was declared in default in May 1935, and the County Corporation of Maryland subsequently sold the property to Edwin and Lillian Angerman of New York on September 28, 1935. The property was listed at 179 acres. It is unknown if the Angermans ever actually occupied the house.

On August 28, 1939 the Angermans sold the property to Roland Edgar Bell. It has been reported that he had moved from New York to Maryland to keep an eye on his mother, who had married a younger man. The younger man was Simon DeKorsakoff, originally of Russia. A New York Times article of February 11, 1914 noted his arrival in New York. He had resigned from the Russian military where he had been a Lieutenant in the aviation school. The story goes that Mr. Korsakoff's boat, disabled, ended up at Sharpe's point, where the widow Bell was living. They met and were quickly married in 1931. Roland Bell's father had been a successful investment banker, and he suspected that Korsakoff may have been after his mother's money. Mr. Bell eventually had his mother declared legally incompetent and she passed away in 1937.

Roland Bell was born in Spokane, Washington in 1896 but grew up in northern New Jersey, and as of 1930 was living in Manhattan. He was a World War One veteran and had attended Princeton University. Upon arrival in Maryland, he purchased and lived at several locations until moving to Goshen farm in 1939. He listed his occupation in 1940 as a farmer, but also worked for the Marine Air Research Corporation on Maryland Ave. in Annapolis. It appears that the Bell's were fairly well off, and employed a British born governess named Bertha Watson for their two daughters.

By the mid 1940's the Bell's had left the area for Winter Park, Florida. Mr. Bell died in 1952.

to be continued....

Volunteer Spotlight – Louis and Sharon "Smitty" Biondi

Lou & Smitty (which is how most people refer to her) moved into the Cape 42 years ago, on the 4th of July, after receiving their occupancy permit for the house they had just built. Smitty became interested in Goshen Farm after a conversation with the late Sam Gallagher who had started the History Committee as part of the CSCIA. He told her what was then known about Goshen and before long she was attending Goshen Farm Preservation Society meetings. In 2009, the then Secretary resigned because of a family obligation, and Smitty was asked to finish out her term... and for the last twelve years she has continued in that role.

After six years of serving as President of the Society and at least four years founding and creating the Society, Barb Morgan decided it was time for new leadership. After hearing about Barb's dilemma, Smitty came home, sat Lou down and said, "You have to run for next President of the Society." At that time, Lou had decided that his 30 years with the CSCIA and its Budget Committee had earned him a reprieve from volunteer work and he was reluctant to ger involved. Smitty convinced him to talk with Barb and during that conversation. they struck an agreement. Barb would spend one more year as President and teach Lou the ropes while he served as Vicepresident. Lou has served as the Society's President for six of the last seven years, and working as a team, he and Smitty, along with a host of dedicated Board Members, have helped the Society become a highly respected, incredibly active, and financially stable preservation organization and educational center. The dream he shares with the rest of the Board and the Society's members is the complete restoration of the Goshen Farm House.

If you would also like volunteer at Goshen Farm please contact us at Communications@goshenfarm.org.

2021 Event Schedule

In hopes that the virus is contained, and the Executive Orders are lifted. Here is our 2021 schedule of Events:

March 14 Java & Jazz- Tea & Tunes- CSC Clubhouse

April 24 Spring Open House

August 21 Wine Tasting
September 18 Fall Open House

October 16 Harvest Spaghetti Dinner

*Friday Night Summer Concerts- Dates and Performers TBD

**Kayak Raffle will kick off at the Java & Jazz

Have you renewed you Membership?

If you have been a Member in the past, you should have received your Membership Renewal letter. Memberships are Annual and follow a calendar year. A Household Membership is \$35, and Individual is \$20. Garden Plots are a separate fee. Contact Membership@goshenfarm.org for questions regarding membership.

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

For the most up to date info Like Us on Facebook!

Well, Capers, Happy New Year! We sure hope it will be better than the last year – in many ways. Like everyone else, the Garden Club adapted to the 2020 craziness, by continuing our monthly events, only now outdoors, smaller, and socially distanced, or via Zoom. We've been thrilled to see the uptick in gardening interest!

Our first event of the year was our traditional Winter Sowing Workshop, behind masks and in the open air. We enjoyed seeing one another, welcomed guests, and even added 3 new Members to our ranks. Attendees brought their own translucent containers and sowed seeds in soil provided by the Club to create miniature greenhouses to place outside in a sunny, protected spot. Many plants will germinate in March or even late February, providing a burst of green new growth that cheers the heart of any gardener! Members also painted decorative rocks and tried their hand at sharpening tools using a file. There was



also a virtual offering, which will be posted on our blog for those who wish to try their hands at starting seeds in this easy, low-key way.

So, we're off – on to a new year of programming! And very soon, our gardens will be off and running, as well, with new sprouts in February, we all hope! Most plants in our gardens are dormant now, despite the relative mildness of our winters. It's a wonderful time to watch birds and squirrels enjoying the natural leavings of last season's growth, and always soothing to walk around and admire the garden in winter. As we saw abundantly in November's program featuring a film of the amazing gardens of Piet Oudolf, the winter garden can have a quiet beauty all its own. And when we can't get outside, we can still daydream about and prepare for spring's approach, for both planting and decorating. For example, I'd like to build a new arbor for my native honeysuckle and I'll try to do it with found materials like tree branches or repurposed lumber. I'm also visualizing birdhouses in new spots around my garden. And astute readers might recall that last year I began a major renovation of my front garden area – I can't wait to see if it's going to fill in a bit this season, and I have more plants I yearn to add as well. Of course, there is a wealth of information out there for all of us to enjoy: seed

catalogs, Pinterest, landscaping and gardening magazines, as well as websites like the **LEARN** tab at our Club's blog capegardenclub.wordpress.com, and our local Maryland Extension: extension.umd.edu/hgic.

Not all is resting, ruminating, and dreaming, however! A few in our Club report that they have plants blooming away in January: pansies, of course, as well as lenten roses, camellias, and winter jasmine. There are even bright yellow daffodils blooming along a south-facing wall right on River Bay Road, just past main beach! By the time this goes to print in February, crocuses, rock garden iris, & paperbush will be showing their colorful faces as well. Though many of us are resting along with our plants through these winter months, the die-hard gardeners among us are finding things to do outside: sharpening tools, cleaning up potting areas, getting tree work done, grading the soil in new beds, sowing seeds, building stone walls, mulching paths. By late February, we expect to be pruning crape myrtles and last year's growth from grasses & sedums, to prepare a clean slate for spring's new shoots.

In February, our Club is planning a nature walk at a local botanic garden, to see the witch hazels bloom in brilliant hues of yellow, gold, orange, and red. Then in late March, we will gather outdoors for a picnic, to celebrate the 46th Anniversary of our Club's founding in 1975. If you'd like to join the fun, please contact us via email at capegardenclub@gmail.com and we'll add you to our list! Otherwise, visit our blog or keep an eye on this page for our upcoming events – we plan to continue our club doings, so long as we can do it safely, following county and state guidelines. We look forward to the time when everyone can return to a sense of normalcy!

- Submitted by Jeanne Klingler



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- If you'd like to join us in person . . .
 Please reserve your place for Saturday or Sunday masses:
 www. Standrewbythebay.org/connect/pray&worship/masstimes
- Please be sure to wear a mask & follow Covid guidelines
- Masses are <u>live-streamed</u> on Sundays @ 9:30 & 11:30



Prayer for COVID-TIME



God is always close, and in this divine closeness, we remember we are one no matter how far apart we seem. God of silence and stillness, we trust you are with us in this difficult time. Whisper your words of comfort, encouragement and hope to all

who need them. Draw close to those who are sick, and those who risk illness caring for them. We pray for all who are sick or isolated, for health care workers, caregivers, first responders, essential workers. For families who cannot be together. For grieving ones and broken ones. For all facing an uncertain future. We hold in tenderness and prayer the collective suffering of the world.

Heal us, Lord. AMEN

Join us for...

Small Group this LENT

- Meet in virtual groups of 5 to 7 people from the comfort and safety of your own home and convenient times
- Learn about & reflect on Lenten Scripture readings
- Get to know people in our faith community and neighborhood. Even invite friends from out of town. All are welcome.
- Groups begin week of February 14. Choose your time.
- Contact <u>Stephany.crane@archbalt.org</u>

LENT begins...
ASH Wednesday Services
February 17

Prayer Services

&

Distribution of Ashes

www.standrewbythebay.org/connect/pray&worship/masstimes







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.



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



For our in-person for Sunday Worship Services in the Sanctuary, face coverings must be worn, sanitizing stations are available, and social distancing is observed



We are also gathering for worship services 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



Ash Wednesday Service

February 17th, 7pm Sanctuary



Currently our office hours are
Tuedsday, 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.



In-person worship sign-up sheet

With attendance being limited, if you are interested in worshiping with us, please call the church office at (410-757-4896 to be signed up. The best time to call is during office hours (Tues., Wed, Thurs 9:00am-12:00pm. If you call outside of office hours, be sure to leave a message letting us know you would like to be added to the inperson worship sign-up sheet.



Creating Your Backyard Habitat By: Stacey Wildberger

The Habitat Hero Award is something we have been handing out for three years now to people in the neighborhood who are creating wildlife habitats in their own back yards. Many people are unsure what means or how to get started. Some of you are already doing it and don't even realize it. Where and how do you get started on creating backyard habitats? All living creatures have basic needs of shelter, food and water so we will examine how we can provide that on our property for the local fauna.

Water is a very basic need we all have it is very easy to provide water sources for wildlife. It can range from a backyard pond to a bird bath to a water station or even as small as a dish of water with pebbles. The pond will not only provide the needed water but will become a haven for frogs, toads, dragonflies, and pollinators. A bird bath or water station is simple to put out and maintain. What fun to look out and see a small flock of blue birds crowded in your bird bath splashing around! Of course be sure to empty and clean it often to avoid mosquito larvae.

Another necessity to sustain life is food. Obviously each species has its own requirements for food but we will examine a few natural ideas. Food sources can be as basic as leaving dead leaves or keeping a partial trunk from a dead tree (called a snag). Birds can find all kinds of insects in the leaf litter and in the trunk of that tree. Woodpeckers will delight in beetle larva, flickers will search through the fallen leaves for hours. Native plants will bring in the butterflies to lay their eggs on their favorite host plants and those caterpillars will be used by 96% of the terrestrial birds to raise their babies. Did you know it takes 7,000-9,000 caterpillars to raise a clutch of chickadees? Consider adding in some night blooming plants to support moths, having something in bloom throughout all seasons and having a variety of types of plants, groundcovers, flowering plants, shrubs and trees. The plants will provide nectar, seeds, nuts, berries, pollen and insects; something for everyone!

Shelter and nesting areas are also an important need for survival. Animals need a place to feel safe from predators to raise their young. We can help birds by providing nesting boxes in a variety of styles for different species or nesting materials (natural is best) such as small twigs, dead leaves, dried grass, feathers, plant "fluff", pine needles and bark strips; all make safe and excellent nest materials. Avoid string, plastics, tinsel, cellophane, foil and dryer lint. Planting shrubs and trees will provide natural areas for nest building, and so is leaving a "snag" on your property. The cavity nesters will love to carve out a nest in the decaying bark. Some birds will also use mud. So if you keep a bare spot in the landscape you could help swallows, phoebes and robins construct their nests. Other wildlife will benefit from the fallen leaves to shelter in. Did you know there are hundreds of caterpillars that will complete their life cycles on a single species of tree - the Oak - which is considered a keystone species (Doug Tallamy)? The butterfly or moth will lay their eggs, the caterpillars will hatch, eat the oak leaves, hang on to a branch as chrysalis or drop to the ground to pupate in the ground. In a typical landscape that tree will be surrounded by grass or worse pavement and typically that moth or butterfly will die because it cannot penetrate the ground. If instead we flipped that on its head and planted around our trees a layered garden to include groundcovers, flowering perennials, small shrubs you will greatly increase their chance of survival and you will have a lovely landscape as well.

After a storm we go out into the backyard and clean up all the leaves, twigs, branches that may have been blown down and set them out on the curb, off to the landfill. What if instead you took the "debris" and made a small pile off to the side or

back of the property to provide a safe haven for wildlife, a rabbit may seek shelter, a salamander may call it as it home, snakes may hunt rodents there, butterflies and other insects may overwinter and birds can use it as a hiding spot or safe place as the go-between area of the yard. Consider placing it in between two areas like the woods edge and a pond. It is a great transition area as they move between the two spots. Allowing vines to grow over the brush or log pile will help keep it looking well intentioned. I leave my Christmas tree in the very back of property ever year as it offers the benefits of a brush pile. Of course a pond can provide many opportunities to shelter for amphibians and aquatic life, no matter the size.

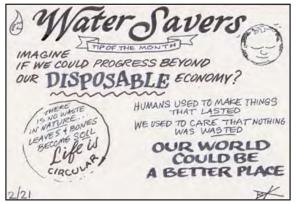
I watched the entomologist Doug Tallamy today and I am going to close with the eight things he suggests we can do to restore the ecosystem to your backyard which will create a habitat-friendly yard:

- Cut your lawn area by at least ½ then add in native plants
- Plant for specialized bees, the generalist will use them too
- Remove the invasive plants from your yard that are outcompeting the natives (English ivy, Barberry, porcelain berry, privet, to name a few)
- Plant keystone species that will offer the most bang for your buck (oak, native cherries, native willows, goldenrods, aster and native sunflowers)
- Landscape for caterpillars see my description above about layering plants around your trees
- Reduce light pollution- use motion sensors, replace white bulbs with yellow or use LED lights
- Cancel your mosquito spraying- the sprays kill anything despite what "Joe" tells you. Natural products are still poison! Need to stop them at the beginning of the life cycle –larval stage. Fill a bucket then add a mosquito dunk after they have laid their eggs.
- Eliminate all insecticides. Insects are not the enemy, they are bird food

I highly recommend you read Doug Tallamy's new book "Nature's Best Hope" this winter in preparation for this spring. It will help you plan your gardens and landscape to create a more friendly and inviting habitat to the "little things that run the world"- insects - (E. O. Wilson.) If we start by creating a safe place for insects the birds, mammals, amphibians and reptiles will follow. It is no longer enough to think nature exists somewhere out there, it begins in your own backyard and Tallamy's book will help you create your own Homegrown National Park, and maybe you will be our next Habitat Hero. I am happy to help you come up with some ideas of where to start.

Contact me at president@capeconservationcorps.org





HEALTH NOTES: Influenza "Flu"



To Prevent the Flu

It is easy to get a flu shot. It is available at most pharmacies, walk in health clinics and doctor's offices. If you have health insurance, the flu shot is probably covered. If you do not have insurance check with your local health department, they usually have days where they do free flu shot clinics.

Everyone should get a flu shot, but is especially important for those < 2 or > 65 years of age, those with respiratory conditions such as asthma, COPD, chronic illnesses such as diabetes, and those with weakened immune systems. But don't forget the other ways you can protect yourself. Wash your hands frequently, avoid people who appear to be sick, and stay away from crowds. With the holidays coming up, many people may be exposed to the flu due to the fact that people will be gathering in groups to celebrate. People are traveling from different parts of the country and world to celebrate with family and friends. They may bring with them germs and viruses from their region and spread them in ours. Every year people die from the flu, many of them being children, the elderly and those with chronic illnesses. That's why it is important to get a flu shot now, before a major outbreak occurs. It takes about 2 weeks from the time you get your flu shot to develop full protection.

How to Know if you Have the Flu

Influenza otherwise known as "the flu" strikes every winter season. Symptoms of the flu may include rapid onset of chills, high fever, severe body aches, pain in the chest while coughing, and severe weakness and fatigue. Also, some people develop a stuffy nose, sore throat, headache and nausea and vomiting. Some may get a mild case of the flu while others can get a severe case.

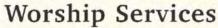
What to do if you Think You Have the Flu

If you think you might have the flu, go immediately to your doctor, a walk-in clinic or an urgent care. If you are very ill, having trouble breathing or are dehydrated go to your local emergency room. Of course, if you are having severe breathing problems you should call 911. The flu can be treated. If you are diagnosed with the flu within 2-3 days of when your symptoms began there are antivirals that may be helpful in your recovery. Otherwise, drink plenty of fluids, get plenty of rest, treat your symptoms, and stay home so you won't infect others. Symptoms of the flu may last up to 2 weeks. Treatment with antivirals may shorten and lessen the severity of the flu. Antivirals may also be given to prevent family members of flu victims from catching the virus if started quickly.

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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Worship Services: To address the health and safety of our congregation, Christ Our Anchor continues to offer virtual Worship Services on Facebook Live, Sundays at 10:00 a.m., and an additional monthly Communion Service on the 3rd Sunday of each month on Zoom. You DO NOT have to subscribe to Facebook or Zoom to participate in these virtual opportunities. See below for more information about the church and all of our services and activities, including worship, education, and other fellowship opportunities offered at Christ Our Anchor.

Anchors-A-Wee Preschool is pleased to announce the appointment of a new Director. Jody Brooks and the AAW staff are already hard at work making plans for a safe, fun and educational reopening when it is deemed safe by public health authorities for us to reopen. Keep an eye on AAW's website for updated reopening information (www.aawpreschool.com)

*A full list of all our virtual connection opportunities can be found on the church website at:

http://www.christouranchorpc.org/coa-and-covid-19/ as well as on our Facebook page at: https://www.facebook.com/ChristOurAnchorPC/

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