

Cape St. Claire Improvement Association, Inc. Community Newsletter

OCTOBER 2022

QUARTERLY MEETING TUESDAY OCTOBER 25TH AT 7:30 PM

President's Perspective OCTOBER 2022

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Dear Capers,

Fall is officially upon us at this point, school is in full swing and our lives for the most part resume a pace which for many creates anxiety and stress. This is where we all have to take a step back and realize how fortunate we are to live in a community that is abound with opportunities, activities and natural beauty of our picturesque environment centered around the Chesapeake Bay and its tributaries.

We are also fortunate to have dedicated volunteers, not just with the Cape St. Claire Improvement Association, but with our schools, sports, music programs, non-profits and other extracurricular activities in our community. Merriam Webster's Dictionary defines a volunteer as *"person who voluntarily undertakes or expresses a willingness to undertake a service"*

There are many of you who give your time and service to benefit families others than yours, and I thank you all for your contributions to our community. While it may feel it is not noticed sometimes and certainly it can be a thankless position, I would like to thank each and every one that does that little something to give back.

If you are reading this and you have recently been feeling like you would like to step into assisting with different activities in our community, I encourage you to reach out to the PTO's, CSC Fire Company, Goshen Farm, Cape Conservation Corps, or the Cape Garden Club. There are many other groups that could use a helping hand at events and/ or planning for future projects.

We too at the CSCIA need help though. While many of the above organizations partner with us for different activities & projects, we are need of more helping hands. The CSCIA Board of Governors (BOG) currently is operating with 8 elected members. Thanks to newly elected Gov. Kim Pollock for stepping up and filling Gov. Roche's term through January 2023, we had dropped to 7 members. The BOG can operate with up to twelve maximum Governors. We have not had a full twelve Governors since the beginning of 2014. So if you are interested in learning more about our community, participating and helping plan for our future and making sure that the many community assets we have continue to be maintained and improved for the future, then consider running for the CSCIA Board of Governors this January.

Anyone interested in volunteering for the Board of Governors, please reach out to me directly at President@ cscia.org for information. I'd be happy to discuss the time commitments, responsibilities and roles that we have on the Board of Governors for the Association.

Hopefully, I will see you at one of many events around the community this fall, but be sure to mark your calendars for the following important meetings at our Clubhouse. Look for posted Facebook Events on our page for more information:

- BOG Monthly Board Meeting, Second Monday of each month at 7:30pm at the clubhouse
- October 25th, 7:30pm: Quarterly Membership Meeting, to include presentation of Proposed Fiscal Year 2024 Budget

Best Wishes, Beau Breeden President CSCIA

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Board In Brief CSCIA Board Of Governors Monthly Meeting SEPTEMBER 12, 2022

In attendance in person: Pres. Beau Breeden, Gov's Neil Macindoe, Mary Lamb, Dawn Myers, Joe Angel, and Michele Shipley, Town Manager Ryan Anderson, budget committee chair Charlie Moore, and guests Steve Miller, Stacy Wildberger, Marissa Pimento, Kim Pollock and Becky Benner.

Pres. Breeden called the meeting to order at 7:31 pm and thanked all for coming. He stated that the beach season was successful, thanked beach attendants and other staff for keeping the parks operational and clean, and noted that there has been very little storm damage. It will be a busy fall with the Sep 13 Maryland Transportation Authority presentation on the Bay Bridge crossing study, the Sep 29 Candidate's night, the Oct 12 State Highways night and the Oct 25 quarterly membership meeting.

VARIANCE REQUEST

Town Manager Anderson presented a building variance request for owners who were unable to attend due to a family emergency. They are seeking a 3-foot variance on one side. The application will be discussed in closed session.

SPECIAL REQUEST

Steve Miller of the Little Magothy River Association (LRMA) made a presentation to request funding for a dredge of the channel into the Little Magothy River. The river was first dredged on the condition that the LRMA be formed as a special community benefit tax district (SCBD) with the county, including all waterfront homes on the Little Magothy, regardless of community. Funds are collected via the SCBD tax for dredging to maintain safe navigation and good water flow. The 2021 dredge was coordinated so sand could be placed at the main beach. Since then, high spots formed in the channel. It is not known why the sand has collected. LMRA does not have money available to pay for another dredge this soon. LRMA is requesting that CSCIA pay the \$20-25,000 dredge cost. It would need to occur in the Oct 15-Jan 31 window allowed. A firm price is not known as there is no proposal and a request for proposal can only be done if funds are secured. LMRA agrees to pay any amount above \$25,000. Mr. Miller was informed that the request will be discussed in closed session.

MINUTES AND FINANCIAL STATEMENTS

Minutes of the Aug 8, 2022 BOG meeting were reviewed. A motion to approve the minutes was made and approved unanimously.

The financial statement for June 2022 were reviewed. Pres. Breeden reminded all that the financials were not approved last month due to questions regarding how grant funds were reported. President Breeden read the response from the accountant. The motion to accept the financials as presented passed unanimously. The July 2022 financials were reviewed. A motion to accept was approved unanimously.

COMMITTEE REPORTS

Beaches and Parks: Gov. Macindoe said the beach season is wrapping up and asked that because there are no beach

attendants, if anyone sees an issue at the parks, please email parks@cscia.org or security@cscia.org.

Business Lot Owners Association: See Town Manager report.

Broadneck Council of Communities: Pres. Breeden announced Candidate's Night at the clubhouse on Sep 29 to provide a Q&A session with candidates for county executive and other key offices in county and state government. A panel of members from the sponsoring groups will lead the Q&A session and the audience may turn in questions. Pres. Breeden announced the Oct 12 State Highway Admin hearing at Broadneck High School from regarding Bay Bridge traffic. Tim Smith is to present findings of the various traffic studies. Charlie Moore asked about the Sep 13 National Environmental Protect Act (NEPA) study open house. Pres. Breeden said anyone interested can attend, and added that the study will take 5-7 years, the state owns all land needed to replace the current bridges here, the bridges are near the end of their life expectancies, traffic will increase, and a new bridge will be more economical than repairing the existing spans.

Budget: See Old Business.

Building: Gov. Shipley said the only open application is the one requesting a variance.

Caper: Gov. Lamb stated there are still problems getting the Caper delivered timely. She would like more articles and was pleased to announce a new nursing column by a Cape resident who will answer general medical questions asked by the community.

Clubhouse: Gov. Lamb reported that rentals are going well.

Covenants: No report.

Events: Gov. Lamb announced the Cape Clean Up on Sep 23/24. Halloween Happenings will be on Oct 22 at the clubhouse field and Trick or Treating at the shopping center on Oct 27. Gov. Angel asked how the community is informed (signboard, Caper, Facebook, website).

Legislative: Gov. Myers reported County Councilperson Fiedler has a cluster development bill being heard that does not affect the Cape.

Piers: Pres. Breeden reported that a good boating season and with some slip holders moving away, offers will be made to the waitlist. Slip holders not using their boats will not have their contracts renewed. Subleases can be done through CSCIA. The FY22 budget ended in the black. The proposed FY24, which is for contract year starting Jan 2025, includes slip increases of 10% for all slips except mud slips.

Security: See Town Manager report.

Strawberry Festival: Gov. Lamb said entries are being accepted for the 2023 festival.

Technology: No report.

Town Manager- Town Manager Anderson reported beach attendants have finished for 2022 and he expects several of them to return next year. County water monitoring has ended.

A Message from The Town Manager 🕋 🎰



Capers,

I hope this message finds you in good health. I want to personally thank you for the continued kindness everyone has been showing to their neighbors and our staff. Keep checking in with your neighbors and offering a friendly wave. One act of kindness can change your neighbor's day!

It's that time of year when the leaves will be falling. As beautiful as they look, the falling leaves are a large source of water pollution to our Magothy River Watershed and the Chesapeake Bay. Please do your part and take the time to pick up and properly dispose of the falling leaves. Don't forget to check your closest storm drain for any blockages. For those of you lucky enough to have a sidewalk, please clear the walkway and any leaves stockpiled at the curb. Remember the county will no longer accept leaves and yard waste in plastic garbage bags. Use larger paper bags or cans clearly marked with an "X."

https://www.aacounty.org/departments/public-works/wastemanagement/yard-waste/

https://blog.envirosight.com/fall-foliage-fouls-stormwater-runoff

Our next Quarterly Membership Meeting will be held Tuesday, October 25th at 7:30 pm at the clubhouse. The best way to stay informed is to participate.

Halloween Happenings will be outside the clubhouse Saturday, October 22nd from 10-3. Come out and enjoy the hay rides, pumpkins, face painting, moon bounce, scarecrow making, crafts and more...

Trick or Treat at the Cape shopping center is scheduled for Thursday, October 27th from 5:30-6:30.

Don't forget the clocks "fall back" an hour on Sunday, November 6th at 2:00 am.

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



Board In Brief continued from page 2

Swim buoys and portable restrooms will be removed soon. One restroom might be left year-round. An estimate has been received and permitting is in process for repair to the retaining wall on the east end of the main beach park. Youth sailing camp wrapped up with no complaints. New electrical lines are being run to the flagpole due to damage most likely by tree roots. The clubhouse will be used for the election on Nov 8. Cape Tots is now meeting in the clubhouse on Fridays. Five pier slip reports were conducted. There are 99 people on the waitlist. The next pier meeting will be Oct 4 at Deep Creek. Mr. Anderson commended the Garden Club on the islands at the entrances into the Cape. Two of four security positions are filled. Outdoor dining continues until 2023, the restaurants are pleased, and compliments have been received. The Business Lot owners and Swim Club are up to date on payments. Budget committee will meet Sep 14. There is one maintenance worker and one person interested in filling in.

OLD BUSINESS

Pres. Breeden reported that Sustainable Science continues to monitor transects and the contract was extended through the end of the year. With almost two years of data, they should be able to plan how to best utilize sand to address issues. If a nor'easter storm occurs, they will take measurements after the event and again 4-6 weeks later to see how the sand is shifting.

Regarding the exposed drainpipe on the main beach east of the park by the new jetty, Pres. Breeden was told by the county that they are still in the design function. The original complaint was made in Oct 2021.

At the July quarterly membership meeting, Fairwinds Marina requested an easement across the entrance to the Lake Claire beach to allow hookup to the county sewer line. Pres. Breeden said questions raised have not been addressed but that he will bring updates as he gets them from the county, the owner of Fairwinds, and the engineer. He is concerned about limits to future restoration projects.

Pres. Breeden is working to reduce the environmental impact fee for a potential spur dredge during the county Deep Creek dredge. The Lake Claire beach project was submitted as a fee in lieu of but was denied as it used grant money. It might be possible to do planting of underwater grasses as an offset. It would require seeding from boat for 3 to 5 years at a cost of about \$1,000/yr., significantly less than the \$70,000 impact fee. The piers committee supports the dredge and will pay the cost, including the underwater planting if approved.

Pres. Breeden highlighted lines of the draft budget, noting that changes can be made at the upcoming budget meeting. The final proposal will be presented at the Oct 25 quarterly membership meeting. An increase in clubhouse rental fees and the SCBD tax assessment, as well as reductions in clubhouse and beach improvements, is proposed. The county requires that the budget include \$75,000 per the loan contract, though the actual interest amount is reduced as the principal comes down. Charlie Moore pointed out that the cap was increased two years ago, and it is not being proposed that it be raised this year, nor that the actual assessment be increased to the cap. It is proposed that a \$10 increase of the \$25 potential be used. He noted they discussed what compensation increases are appropriate.

COMMENTS

Becky Benner spoke for the Garden Club, pointing out danger of fast traffic to those maintaining the entrance islands. Please slow down for people working in or near roads. Their Oct 5 meeting, joint with the Annapolis Horticultural Society, will feature a speaker presenting how to maintain gardens through the winter.

Mrs. Benner also announced the Goshen Farm open house on Sep 17 from 10 am-4 pm. There will be tours, discussions, food, birds of prey and butterfly exhibits, and adventures led by the county library. She welcomed all to visit the 22-acre undeveloped property.

Stacy Wildberger announced the Sep 17 Cape Conservation Corps (CCC) plant sale. Spraying of Bush killer vine has been successful but a different herbicide will be used at the Sep. 15 spraying. Weed Warriors continue at Little Magothy beach and Serene Ravine. The Watershed Steward project is on track for October workdays at Deep Creek. Volunteers are welcome. Trees have been ordered for Little Magothy beach and Deep Creek. On Nov 4, CCC will have a speaker from the Nature Conservancy discussing local waterways. Mrs. Wildberger, Pres. Breeden and Christine Ryder are to meet regarding writing a grant for more projects. Pres. Breeden added that Bio Habitats is updating the technical memo for the original 7 beach restoration sites for the grant proposal to be submitted to US Fish and Wildlife asking for up to \$1 million to restore our beaches.

Marissa Pimento introduced herself as a new Cape resident with a political science background interested in local government. She is considering joining the Board when eligible (must be a resident for a minimum of 6 months).

Kim Pollock introduced herself as a long-time resident who has served on the board before and volunteers for the Strawberry Festival. She has a background in accounting, human resources, and event coordination and wants to serve on the Board again. Pres. Breeden explained that the Board started the year with 10 members but currently has 7 due to members leaving before the end of their terms. A motion was made to add a board member to fill one vacancy ending in Jan 2023 and passed unanimously. Kim Pollock was nominated and unanimously voted in as a governor until Jan, when she is eligible to be voted in for a 3-year term.

Stacy Wildberger added that the celebration of life for former Board Pres. Craig Madden was well attended, showing a lot of support for the family. She appreciated the tribute in the Caper.

Gov. Angel asked about appointing non-board members to the budget committee, and the potential for Ms. Pimento to serve there. She was invited to attend the upcoming meeting as an introduction. Gov. Angel commented on the website wordage regarding clubhouse rentals. Pres. Breeden said non-Cape residents can only rent the clubhouse if sponsored by a resident who will attend the event per CSCIA by-laws. Gov. Angel and Gov. Lamb will determine if a change of wording is needed.

CLOSED SESSION & ADJOURNMENT

A motion was made to move to closed session and approved unanimously at 8:56 pm, and a closed session was convened at 9:00 pm. The regular session and closed session of the Sep 12, 2022 meeting were adjourned at 9:33 pm.

NEW BUSINESS No new business.





Locks and Keys and Diabetes: What we all need to know!

Dear Jennifer,

My husband was just diagnosed with Type 2 Diabetes, and myself as pre-diabetic. My granddaughter has Type 1 diabetes. Are these all the same things? Thank you, M.

Dear M,

What a great question! The simple answer to your question is "No", these are not all the same things, yet all the diagnoses relate to regulation of blood sugar. To understand the differences, I have an analogy: Imagine the cells in your body as having "doors" to let sugar into them to be used for energy. Imagine the blood running through your veins as the hallways just outside the doors. We have millions of cells/doorways, and long blood vessels/hallways throughout our body. When we eat food, it is broken down into various nutrients our cells need including sugar and those nutrients enter the bloodstream and pass into the cells. The nutrients and sugar are absorbed by the cells and used for energy. But in diabetes, there is a breakdown in the system!

Now! Here's where our analogy comes in. To get into the cells/doors from the bloodstream/hallway, we need a key! Insulin is that key! Insulin opens the door and allows the sugar to leave the bloodstream and enter the cell. Insulin "unlocks" the door! Without insulin, the sugar stays in the blood and the cells starve! Additionally, sugary blood is thick like maple syrup and that thickened blood causes other problems in our bodies like high blood pressure, and kidney damage. Also, our bodies don't like to be out of balance, so it works hard to correct the problem. With diabetes, we get thirsty (polydipsia) to signal our brains to drink more to dilute the sugary blood. We also urinate more often (polyuria) to try and "flush out" the extra sugar. Ironically, we also eat more (polyphagia) because our cells are starving, and the body is confused. All of this causes more strain on the body!

Back to your original question, M: So what do all these classifications of diabetes mean? In type 1 diabetes, the body cannot make any insulin; therefore, insulin must be provided from an outside source. People with type 1 diabetes rely on insulin injections to provide the insulin to unlock the cell doors, let the sugar into the cells for energy use, and out of the bloodstream. Insulin lowers blood sugar by unlocking the door and letting the sugar into the cells. Type 1 diabetes is a lifelong condition, usually diagnosed in childhood after the child experiences an infection. It is an autoimmune disease, which means the body has attacked and killed the cells that produce insulin in the body (cells in the pancreas), and the person is dependent on insulin injections for the rest of their lives. Type 1 diabetes is a "key" problem: the body does not make the key (insulin) to unlock the cell door to get the sugar out of the blood and into the cells.

Type 2 diabetes is a "door" problem. The body produces plenty of insulin, but the doors are stuck from overuse. In other words, the insulin is there (we have a key) but the locks on the doors are rusty and do not open properly, and the sugar cannot enter the cell. In other words, the locks and doors are damaged so even with the key, the sugar cannot move into the cell. Just like in your house, doors breakdown over time and with overuse. A lifetime of poor diet, high in sugar and processed ingredients, overtaxes our doors and we develop Type 2 diabetes. Since Type 2 diabetes is not a problem with our keys (insulin), we do not need insulin injections to regulate our blood sugar. But what do we need? First, we need to change our diet! Eating less sugar and processed food, and adding fresh fruits and vegetables, lowers the demand on our doors and puts less sugar in the blood in the first place. We also need to exercise more since exercise (even walking!) helps process sugar more quickly. Studies show that in Type 2 diabetes, diet and exercise work better than medication in 75% of people in correcting our "rusty locks and sticky doors". For some people; however, medication is the best option for helping the body repair their "doors". A popular medication is called "Metformin" and is prescribed by a doctor.

Ok! So, then what is "prediabetes"? The American Diabetes Association describes prediabetes as a condition "where blood glucose levels are higher than normal but not yet high enough to be diagnosed as diabetes". This means the sugar in the blood is higher than normal and without a change, type 2 diabetes will develop. It is a warning that your "doors" are sticky and even though your body has the key (insulin), the doors are breaking down from overuse! Dietary changes and exercise are the best way to reverse prediabetes before it develops into Type 2 diabetes!

The American Diabetes Association is a wonderful resource for families managing Type 1, Type 2, and prediabetic conditions: https://diabetes.org/. If you are dealing with prediabetes or Type 2 diabetes, talk with your doctor, join a support group, and most importantly get moving! Walking for 30 minutes a day is a great start so find a walking buddy and get outside! Also, eliminate sugary drinks like juices and sodas and drink more water! M, you, and your husband will make a great team in this process, and the Cape is a great neighborhood for walking! Thanks for your question! I hope my answer was helpful!

If anyone has a question for "The Cape Nurse", please e-mail me at: capestclairenurse@gmail.com



NEWS FROM HISTORIC GOSHEN FARM AND EDUCATIONAL CENTER

Wine Tasting Raffle Winners

Monica Tipton- Fire Pit from Cape Ace Hardware

And the Donnelly's Dockside Gift Cert

Alice Willison- gift basket & Certificate- Blue Rooster, and a Gift Card to Color Nails and Spa

Heather Bagnall- Stihl Leaf Blower- Richard's Tree Care

And the 24-hour dump trailer from Matthew's Hauling

Margaret Anzalone- Gift Cards -Broadneck Grill

Bonnie Marino- Gift Certificate- Houck's Menswear and 6 bottles of wine and a Graul's Gift Card.

Megan Long- Hobo Bag-Whimsicality

Congratulations to all of the winners!



We want to thank all of the businesses that contributed to our raffle: Cape Ace Hardware, Houck's Menswear, Blue Rooster Café, Matthew's Hauling, Richard's Tree Care, Whimsicality, Broadneck Grill, Donnelly's Dockside, Graul's Market and Color Nails and Spa and especially Bella's Liquors for providing the wine and Tony Barrett Catering.

Volunteer Spotlight – Karen Hodges

Karen has lived in the area since 2001. Like many others in this area, her yard is too shady to grow vegetables. She was looking for a community garden and was fortunate

to join the Sharing Garden in its creation. Karen is able to walk through the woods to reach her plot at Goshen Farm. Her favorite volunteer activity is being a part of the self-dubbed "Flash Mob" at the Hoop House. A group of volunteers is called to gather early on the mornings of peak freshness. They arrive to don gloves, grab clippers, and harvest the spinach, kale, or other current crops, to bag and get ready for transport to a local Food Pantry (including My Brother's Pantry, Salvation Army, Broadneck Evangelical Presbyterian, and Celestial Manna). The volunteers try to "beat" their best harvesting time while chatting and cracking puns. Karen finds it gratifying to be a part of an activity that benefits not just her, but also the greater community and she loves seeing the butterflies, dragonflies, foxes, and even eagles while at the farm.

If you would also like to volunteer at Goshen Farm and are a member, please contact us at Communications@ goshenfarm.org.

Fall Open House

Was held on September 17th. Along with our usual attractions; Apiary, many gardens, walking trails, and house tours, we also welcomed Dick Arnold, the Butterfly Whisper, the Broadneck Library, Raptor's Eye, students from AACC Landscaping and Design class, and a dignified guest. Tony Barrett provided lunch. If you couldn't make it to this event, we hope to see you in the Spring.

Harvest Pasta Dinner

This annual event is scheduled for Oct 15th at Gloria Dei! Church. We have not determined if this event will be "eat in" or strictly "carry out". Please like our Facebook page

Help Us Reach Our Goal!

Every month our article includes this plea. So, how are we doing? At this point, we are a little more than halfway to our goal of \$60,000. It is a matching grant, meaning the State puts up a dollar for every dollar we raise. So far, we have raised \$47,083. These funds will be used to stabilize the Farm House so that renovations can begin. Donations can be made online at www.goshenfarm.org (indicate Matching Grant) or by mailing a check made payable to GFPS 1223 River Bay Road Annapolis, MD 21409 – please indicate on the check – Matching Grant.

Fall Membership Drive

If you join in the Fall of 2022 that carries over for your 2023 membership. A Household membership is \$35, and an Individual membership is \$20. You can renew or join online or by contacting our Membership Chair at Membership@goshenfarm.org

All events are subject to change, please like our Facebook page *Historic Goshen Farm & Educational Center* for updated information on all events.

www.goshenfarm.org or email Communications@ goshenfarm.org with questions



As the Fall 2022 rapidly approached, and the Garden Club embraced the passing summer at the September opening meeting of the year, the annual September slide show comprised of member garden photos inspired and provided exciting ideas for next summer. The Garden Club was founded **47** years ago, and yet some things never change: the gathering was warm and welcoming for members, and guests and provided opportunities to share and learn.

In the fall, while many flower gardens have passed their prime, late bloomers like late daylilies, mums, shasta daisies black-eyed susans, and cardinal flowers continue to light up Cape gardens. The 2016 efforts of Garden Club members to renovate the beds flanking the Clubhouse doors have filled in beautifully with purple Aster 'Raydon's Favorite and Chrysanthemum 'Rustic Glow''. Fall veggie crops like lettuce, chard and kale are prime for harvesting throughout the Cape.

In addition to enjoying the fruits of their labor in their own yards, a core of volunteers generously spent many hours this summer beautifying common areas around the Cape, including by the Clubhouse, the islands on Green Holly and Cape St Claire Roads and The Segree Memorial Garden by the library, a process which continues into the winter and spring. These volunteers include B. Arruda, b. Benner, J. Clarke, C. Collison, D. Gair, D. Goldberg, C. Haggarty, K. Hodges, J. Klingler, E. Lynch, T. Millward-Bourne, B. Rappoport, K. Schnell, R. Stocker and E. Sullivan. So if you see them, consider thanking them for helping to make. our neighborhood look lovely.



The Cape St. Claire Garden Club is truly a gem, for those who know lots about gardening and those who know little but are interested in learning, sharing and meeting new neighbors and friends. Guests and new Members are always welcome!– Submitted by Barbara Sugarman Grochal

UPCOMING EVENTS

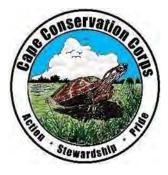
Wednesday, October 5th: Creating Year Round Beauty: Joint meeting with the Annapolis Horticultural Society. Chris Felhaber from Chanticleer Gardens will be speaking starting at 7:00

Sunday, October 16th: Our annual Harvest Dinner at 6:00 to celebrate gardening fellowship and fun! Tuesday, November 1st: Workshop meeting! All elements are supplied. Stay tuned to find out what we'll be doing!

Tuesday, November 29th: Wreath-making event. Come help us make wreaths for areas around the Cape and for downtown Annapolis!

Congrats to our September Yard of the Month Winners!

Area 1: Michael & Ciny Maggio 1313 BreezewayArea 2: Maryelle LaVerdiere1189 St GeorgeArea 3: Ryan & Roxana Perry1015 Lake Claire DrArea 4: Angie & Sean Sample942 Blue RidgeArea 5: Marguerite & Craig Stevens700 Broadmoor





Upcoming Events 2022

- Deep Creek Invasive Removal and Native Planting Days October 1st and October 8th
- October 19th 5-7pmFundraiser Night at Broadneck Grill 10% of food proceeds benefits CCC
- Weed Warriors continues through October Every Wednesday
- November 4th 6-9 pm Speaker Jackie Specht of The Nature Conservancy on Erosion Control
- November: Mulching the Serene Ravine Path- any Scouts looking for a work day?
- Contact me at president@capeconservationcorps.org to sign up for any of our events

2nd Habitat Hero 2022 Brendan and Thea Curran

I have been trying to come up with our next Habitat Hero of 2022 and I was looking for something that we have not seen in the past when I came upon a post from Brendan Curran asking for ferns and other plants he could use in his turtle rescue habitat and a light went off (well it took a week but it eventually went off). I contacted him about being our next Habitat Hero and asked him to tell me more about his turtle habitats as well as what else he was doing to make a welcoming place for the native fauna. His response blew me away. His love of turtles was obvious and made him a hero in my book but Brenden is actively working to improve his piece of nature and learn more. He is learning the benefits to planting native plants and creating a healthy space for his turtles, his family and the backyard wildlife. He know has hummingbirds, monarchs and many birds using the space. He has plans to add more gardens, reducing the amount of traditional lawn and he wants to add a pond which will greatly enhance his ecosystems and his ability help species of turtles that need the water! As he adds more gardens he will be adding native plants. Below is his journey to Habitat Hero in his words.

"I moved to the Cape from Colorado three years ago. Aside from five clumps of maiden grass, my yard was completely barren. The social media posts from the Cape Conservation Corps, Garden Club, and Cape Gardeners influenced me to pay more attention to what I was planting, why I was planting it, and how I tend to the environment. My yard is a mixture of natives and non-natives. I have invested a lot in establishing butterfly weed and cardinal flowers throughout for pollinators (I recently discovered that hummingbirds love it as well!). This was the first year that I saw multiple monarch larvae and butterflies taking advantage of the plants. I planted a variety of sunflowers this year that have been a buffet to gold finches, squirrels, and even served as a playground for fox kits. I've enjoyed the personal journey of caring less about aesthetics and more about what benefit I'm bringing to my little slice of terra firma here in Cape St. Claire. I'm really proud of the habitats I have established for Eastern Box Turtles. I'm part of the Mid-Atlantic Turtle and Tortoise Society; an all-volunteer organization directed by concerned hobbyists and professionals who saw a need to reach out to the public and improve the conditions under which captive chelonians are kept and try to protect local species and their habitats.

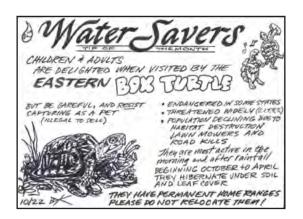
Click to read the rest of Brendan's story https://capeconservationcorps.org/habitat-heroes/

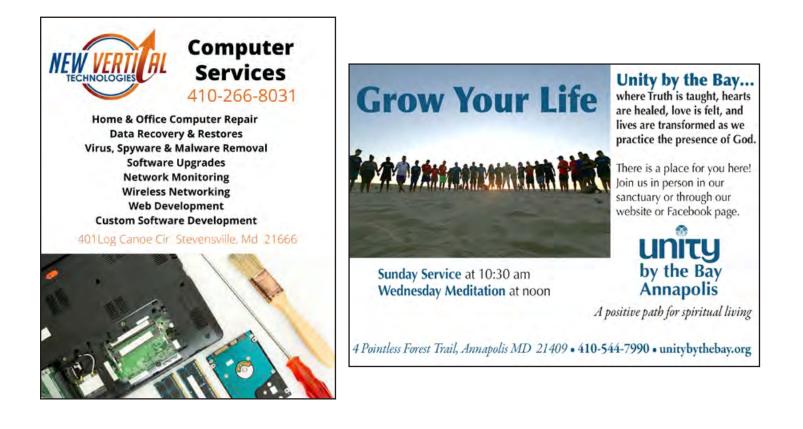
Few Fall "Clean Up" Reminders:

Stacey Wildberger, Cape Conservation Corps

Thank you all for coming out and supporting our 6th Native Plant Fest and Sale. It was a huge success. So many native plants will now go in the ground in Cape St Claire to help support the local flora and fauna creating healthy habitats and functioning ecosystems (like the one you just read about).

- Plant! Fall is the best time to plant so the roots get established and get a jumpstart for a strong spring. Less heat = less stress. You won't need to water as much.
- Leave the leaves: leaves create insulation, they are a natural mulch. Next year butterflies and moths are hibernating in them, making a feast for birds and other wildlife as well.
- Keep your stems standing, don't cut back the stems from your flowering plants. The seed heads are bird food, the hallow stems of Joe-Pye weed, coneflowers, Bee balm and many other house overwintering insects including many of our beneficial bees. Cut back to 12-18' in LATE Spring







St. Andrew by the Bay

701 College Parkway ~ Annapolis, MD ~ 21409 410-974-4366 ~ www.standrewbythebay.org ~ sabbanna@archbalt.org

Want to Become Catholic?

What do Catholics believe? And why the heck do we do that? Have you considered becoming Catholic? Ever? Do you have questions about us? Please contact Father Andrew Defusco at adefusco@standrewbythebay.org

Archdiocese of Baltimore Grief Ministry Pantry Food Drive: October 8 - 16



If you are troubled by the tragic loss of life in Baltimore City and wondering how to help, please consider supporting our food drive at the church during all Masses on October 8 - 9 and 15 - 16 and during office hours from 8:30am - 4:30pm the week of October 10 - 14. At the conclusion of the drive, volunteers will deliver items to the Archdiocese of Baltimore Grief Ministry Pantry, which was developed as part of a larger initiative to offer support and healing to families in Baltimore City who have lost a loved one to violence. Items needed include:

Pasta Noodles Mac & Cheese Condiments Coffee Toiletries Spaghettios Salad Dressing Pancake Mix Laundry Detergent Snack Food (especially for kids) Cereal Pancake Syrup

Thank you for your support! For more information on our food drive call 410-974-4366. To learn about the Archdiocese of Baltimore Grief Ministry, visit https://www.archbalt.org/grief-ministry.

All Saints Day Masses Tuesday, November 1 9:00am & 7:00pm



Service of Prayer & Remembrance



Join us in prayer on Sunday, November 6 at 7:00pm as we remember our loved ones gone before us, support one another, and stand in witness to our own grief and the grief of others. Please send the names of those deceased for whom we should pray aloud at the service to <u>stephany.crane202@gmail.com</u>

Weekend Mass Times Sat. 5pm Sun. 8, 9:30 & 11:30am Daily Mass Times M W Th F 9am Tues. 9am Prayer w/ Holy Communion **Confession** Wed. 5-6pm Sat. 8:30-10am

Adoration Wed. 9:30am-6pm

2022 HALLOWEEN HAPPENINGS

Trick Or Treat At The Cape St. Claire Shopping Center THURSDAY, OCTOBER 27, 2022

Join your friends and neighbors as they dress up and trick-or-treat at the cape st. Claire shopping center. Trick-or-treating will begin at 5:30 pm and last until 6:30 pm or until the candy is gone !!! Look for the signs in the windows of the local merchants to identify those participating.

AS ALWAYS DO NOT FORGET TO SAY THANK YOU!!!!

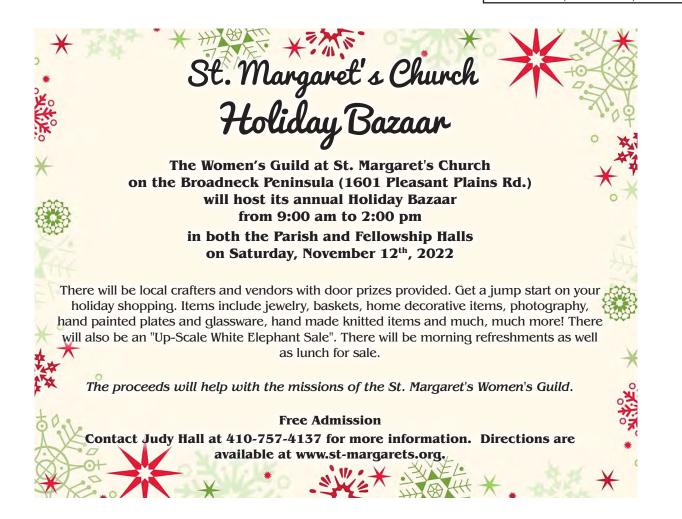
Hay Rides, Pumpkins, Face Painting, Moon Bounce, Scarecrow Making, Crafts And More ...

SATURDAY, OCTOBER 22ND, 10 AM - 3 PM

JOIN YOUR FRIENDS AND NEIGHBORS FOR A HALLOWEEN EVENT IN THE CLUBHOUSE CORRAL (next to the clubhouse) THIS EVENT HOSTED BY THE STRAWBERRY FESTIVAL COMMITTEE WILL BENEFIT "MY BROTHERS PANTRY" via Food Donations Admission to the event requires \$5.00 per child and the donation of non-perishable food items such as peanut butter and jelly, pasta sauce, cereal and canned meats.

Please be generous as this organization provides food to the needy on the Broadneck Peninsula. Food donations will be collected at the event.

| ADVANCE | D REGISTRATION IS REQUIRED | SUPPLIES NEEDED FOR EACH |
|---|----------------------------|--|
| FAMILY NAMEPHONE # | | SCARECROW: |
| ADDRESS | | 1 Pair Of Pants With Belt Loops, |
| CHILDS NAME AGE | | 1 Long Sleeved Shirt, Panty Hose (1 Pr) And A Straw Hat Or A Ball Cap |
| CHILDS NAME | AGE | E REGISTRATION SHOULD BE MAILED AS |
| CHILDS NAME | AGE | AS SPACE IS LIMITED!! — PLEASE COMPLETE THE REGISTRATION |
| # OF CHILDREN ATTENDINGX \$5.00 = (Adults are free) | | FORM AND RETURN to Strawberry Festival C/O Mary Lamb, 1180 SUMMIT DRIVE, ANNAPOLIS, MD 21409 |
| # OF SCARECROWS TO BE MADE (see necessary supplies) | | |
| | | (410-757-0593) |



All are welcome at CHRIST OUR ANCHOR PRESBYTERIAN

Join Us for Our Sunday Worship Service

10:00 am In Person and Facebook Live featuring our Sanctuary Pray-ground



Check COA Facebook Page for Updates Inclement Weather Date will be the Second Monday of the Month Questions? Contact pastor@christouranchorpc.org

Mark Your Calendars



FALL 2022 Classes on 2nd & 4th SUNDAYS:

Sept 11 (Rally Sunday) & 25 Oct 9 & 23 Nov 13 & 27 Dec 11



Welcome Back Families and Teachers!



Annapolis, MD

Firepit, Friends, & Fun Night

Friday, October 21st from 6:00 - 8:00 pm



Smores | Gaga Ball Games | Playground Firepit | Food Truck

Pastor Jessie Lowry www.christouranchorpc.org coa_office@christouranchorpc.org Phone: 410-974-1713

> 1281 Green Holly Drive Annapolis, MD 21409

d Megan Ostwind, Director Office: 410.757.6556 aawpreschool@christouranchorpc.org www.aawpreschool.com

October 2022



THE HEART OF THE LIVING CHRIST ON EARTH

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

If you would like to receive a Zoom invite for the service, please email: office@capeumc.org **Children's Sunday School** - 9:00 AM Sundays. Kindergarten through 5th grade.

Office Hours: Tuesday, Wednesday, and Thursday 9:00am to 12pm.

If you need immediate assistance, please contact Pastor Dale (240) 682-6395 or dale@capeumc.org.

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.

We invite all to join our Sunday services, in person or on Zoom, where together we seek God and feel His Presence.

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

Pastor Dale



October 31st - 6:00 - 8:00pm Cape St. Claire UMC Parking Lot (855 Chestnut Tree Drive)

Decorated trunks with treats for everyone! Hot Chocolate and Popcorn available for all See you there!



Cape Methodist Church are distributing food for Backpack Buddies. This ministry provides weekend food to children in need at elementary schools on the Broadneck Peninsula.

We welcome food or monetary donations to support this important ministry to our community. Please consider helping us! The food items we need are single serve cereal and instant oatmeal, single serve applesauce and fruit, granola bars, peanut butter crackers, single serve pudding, family sized mac & cheese, canned chicken or tuna and snack items.

Donations can be dropped off at the church office at 855 Chestnut Tree Dr. between 9 AM and Noon Tuesday, Wednesday or Thursday. We appreciate your support for children in Broadneck communities!



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.

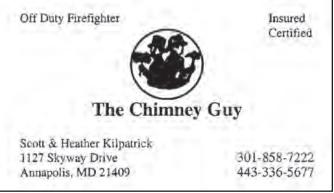


October 2022





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Caper Manager:

Mary Lamb / 410-757-0593 / capermanager@cscia.org

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POLICY FOR ARTICLE SUBMISSIONS

All submissions for The Caper must be received by the editor on the 12th of the month prior. Text ads should be submitted in Microsoft Word format (PC only), and image ads should be submitted in Jpeg or TIFF format with a resolution of 300 dpi or greater. All articles/ads must be submitted electronically to capermanager@cscia.org. DO NOT submit as inline text of email. All articles should be clearly labeled with the 1) submitter's name, 2) phone number and 3) article filename (s). Please keep a backup copy of each file. The Caper Staff and the Cape St. Claire Improvement Association reserve the right to refuse any article, letter or advertising that it deems inflammatory, in poor taste or inappropriate.

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www.cscia.org

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