

# The Caper



Cape St. Claire Improvement Association, Inc. Community Newsletter

## FEBRUARY 2023

### *President's Perspective*

FEBRUARY 2023



**Dear Capers,**

I hope you had a wonderful holiday with your family and friends and have had a good start to the New Year! The CSCIA Board of Governors (BOG) has had a very busy beginning to 2023 to say the least!

First and foremost, I want to thank everyone for coming to the annual meeting, which was held on January 10th. We had a good turnout and reached a quorum before our usual start time. The meeting resulted in electing six residents to Board of Governor positions with various terms bringing the BOG to full strength at 12 members for the first time since 2013. I want to thank everyone who ran, whether an incumbent, choosing to rejoin the Board with past experience or the two members who have lived in Cape just over 6 months and wanted to get active right off the bat! So, a big thanks to Merissa Pimenta who will serve a one-year term, Jennifer Connor, who will serve a two-year term and Cheri Fairchild, Matt Layman, Neil Macindoe, and Kim Pollock who will serve full three-year terms, ending in January 2026! The Board then elected its new Executive Members: Mary Lamb as Vice-President, Jerome Zadera as Treasurer, and Kim Pollock as Secretary, and lastly myself, to begin my 7th term as President, in my 11th year as a member of the Board of Governors.

We also held elections for Budget Committee and both Charlie Shoul and Adam "Thor" Harris were elected. Charlie will serve a two-year term and they join Charlie Moore, who has served for 6 years now and was elected to a two-year term in 2022.

Also, the voting membership passed the Fiscal Year 2024 Budget and the \$10.00 Special Community Benefit District (SCBD) fee increase. This brings each SCBD Tax Account Fee up to \$210.00 starting in FY 24, or after July 1st, 2023. Those funds will go towards helping offset the rising cost of inflation on minimum wage increases, contractors, electric, legal, and long-term maintenance of our properties among other categories.

The biggest news to start the year, though, is the CSCIA Board of Governors would like to announce that we have found our new Town Manager! We hired Aerotek to conduct a search for our new Town Manager. Over about 4-5 weeks to end 2022, they accepted applications, conducted screening and interviews, and made recommendations of qualified candidates to the BOG. The Board of Governors interview team made up of Joe Angel, Mary Lamb, Neil Macindoe, Kim Pollock, and Jerome Zadera, conducted interviews and made a recommendation on a

candidate at our BOG monthly meeting on January 9th, 2023.

We extended an offer, and it was accepted by our prime candidate that night verbally and in writing the following day. At that time, we introduced the CSCIA new Town Manager, Frank Tewey, at the CSCIA Annual Meeting. Frank comes to us with wealth knowledge and connections in Anne Arundel County, has extensive leadership qualifications and experience managing both large and small employee groups and involvement in community service and volunteerism. We are excited that Frank will start as Town Manager on January 23rd, 2023. I will let Frank introduce himself in his Town Manger Report, a few pages back in this edition of the February 2023 Caper. I know the 12 members of the BOG and 3 members of the Budget Committee look forward to working with Frank to continue to make Cape St Claire the best place to live!

Next month, I will update you with the different on-going projects and committees, and the goals the 2023 BOG looks to accomplish. For a summary in the meantime, read the Board in Brief from December and previous months to catch up on where we stand on many topics.

I would like to thank all the volunteers who stepped up so far here in 2023, thank the employees, like Leslie Coble, Dottie Ballard, and Jen Williams for really stepping up during the Town Manager search to help me and BOG to cover the gap in responsibilities so we ran as smoothly as possible. I will apologize for any gaps in coverage or lapses in missed emails, text, or calls, that I attempted to cover during the 109-day absences of a full-time Town Manager. As I hope you know, as a volunteer I did my best, but a few things got delayed and I apologize for that.

I look forward to 2023 being a great year, with new energy from volunteers and employees to help guide us to continue the good work of the past.

I look forward to seeing you around Cape!

Best Wishes,  
**Beau Breeden**  
*President CSCIA*

### IN THIS ISSUE:

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- Town Manager
- Cape Nurse
- Goshen Farm News
- Garden Club
- Cape Conservation Corps

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

## JANUARY 9, 2023

In attendance in person: Pres. Beau Breeden, Govs. Neil Macindoe, Mary Lamb, Kim Pollack, Jerome Zadera, Joe Angel and Ed Hayes, guests Stacey Wildberger, Steve Arnold, and Thor Harris. In attendance online: Gov. Michele Shipley.

Pres. Breeden called the meeting to order at 7:33 pm. He wished everyone a happy new year, announced the annual meeting and reported that the yellow maintenance fee postcards were mailed. Payment is due March 1, 2023 and parking stickers will not be sent out to anyone with outstanding maintenance fees.

### **MINUTES AND FINANCIAL STATEMENTS**

Minutes of the Dec 12, 2022 BOG meeting were reviewed and approved unanimously.

Financial statements for Nov 30, 2022 were reviewed. A motion to accept was made. Pres. Breeden noted that we are 5 months into the fiscal year. Piers income is received mostly in Feb, so it is normal to look under budget now and reserves are sufficient for normal pier operations. Caper advertising, clubhouse rentals and HOA packets are ahead of predicted income. Maintenance expenses are high due to removal of several trees. A 2nd SCBD check was received in Dec. The motion passed unanimously.

### **COMMITTEE REPORTS**

Note- With the annual meeting occurring on Jan 10, committee reports were postponed until then with the following exceptions:

Grants: Pres. Breeden reported grant committee members and representatives from Alliance of the Chesapeake participated in the phone conference regarding grant applications to be submitted to US Fish and Wildlife, the county, etc. Alliance wants to nominate the

Cape beach project for an AA County BUBBA award (Best Urban Best Management Practices in the Bay Area). US Fish & Wildlife will accept grant applications Feb-Apr for projects in the Chesapeake Bay Watershed, for both the planning/design phase and for construction. Pres. Breeden was pleased that the committee includes residents with skills and experience in fields that should allow for better grant applications and more community involvement. Anyone interested in participating in the committee should contact the board. A response to the application is not expected until the fall. Funds remaining from the Sites 1 & 2 projects are available for preliminary work. Alliance will get more details and contracts will be reviewed by the attorney. Stacy Wildberger noted that a letter of support from the county stating that our projects can be an example for other communities would help the application to stand out.

Piers: Pres. Breeden reported the contractor for the county dredge of Deep Creek, Crandell Marine Construction, is awaiting final approval. Surveyor pontoon boats should be arriving soon. CSCIA was included in the permit for spur dredging and the plan for aquatic vegetation mitigation was approved. The first ever dredge of Deep Creek will remove sediment down to a foot below mean low tide. Due to the size of equipment being used, not all areas CSCIA would like dredged will be accessible. As the expense would not fall within the general operating budget but in the self-funded piers budget, the board can approve it. A motion was made to approve \$75,000 for the dredge. Discussion followed regarding areas to be dredged, the timeline to replace the small Deep Creek pier and dredging in conjunction with that. By being included in the county dredge now, we

would not have to get additional permits or pay for disposal of the dredge material, which is poor quality and not available for use elsewhere. The motion passed unanimously.

Pres. Breeden also said board members had received letters from a slip owner who had received a letter of non-renewal due to non-use of their boat. Discussion followed regarding enforcement of rules, communication, reasonable expectations, reporting of use, terms of probation, misunderstanding of ownership, documentation, etc. It was decided that the board would defer to the piers committee and allow them to decide whether to allow the boat owner to continue to lease a slip.

Security: Twelve of 31 shifts in Jan. are covered by police.

### **OLD BUSINESS**

Pres. Breeden reported that AeroTek conducted the search for a town manager. One qualified candidate was interviewed on Jan. 7.

Further discussion will be held in closed session.

### **NEW BUSINESS**

No new business.

### **COMMENTS**

Resident Steve Arnold reported that the main beach continues to erode behind his property and toward the inlet. He thanked those who helped move rocks and cinder blocks from his collapsed wall and would like more help moving what has collapsed in the storms since the first cleanup. He had a survey of his property completed. His wall is on Cape property at one end and his property extends out onto the beach on the other. Pres. Breeden added that with the beach project and litigation regarding the unapproved pier construction at another beachfront home in the past, the original plats were verified, and riparian rights confirmed. He added that CCSIA and owners of beachfront property work together to reach resolutions. Pres. Breeden said the final sand retention measurements were done in Dec., and the report will be made available on the website as soon as possible.

Stacey Wildberger announced the Cape Conservation Corps (CCC) removed English ivy at Little Magothy Beach and will plant cedar trees there and other locations. Bill Lynch, a teacher in Baltimore, will have students build Leopold benches for installation. CCC is planning a project to spark interest in big trees. It will feature stories of favorite trees, the importance of trees, etc.

Resident Matt Layman said he hopes to serve on the board again.

Resident Thor Harris said he would like to serve on the grants committee and hopes to be elected to the budget committee.

### **ADJOURNMENT**

A motion was made to adjourn to closed session and approved unanimously. The meeting was adjourned to closed session at 8:39 pm.

The Jan. 9, 2023 CSCIA Board of Governors meeting was adjourned at 9:16 pm.

# A Message from The Town Manager



## "Cape St. Claire Welcomes the New Town Manager"

Francis "Frank" Tewey

Dear Cape Residents,

I just completed a 34 year law enforcement career. I retired in 2019 from the Anne Arundel County Police Department as a police captain and served as the commander of the Eastern District, the Community Relations Division and the Technology Division. After retirement, I was appointed to the position of Chief Deputy of the Anne Arundel County Sheriff's Office and served in that capacity for four years. I am a graduate of Salisbury University with a B.S. degree in Mathematics.

I am a husband of thirty years to my wife, Susanne, and father to our now grown sons, Noah (26) and Adam (25). Susanne and I moved to neighboring Saint Margaret's Landing in 2021, but we have been Annapolis area residents for the last 22 years.

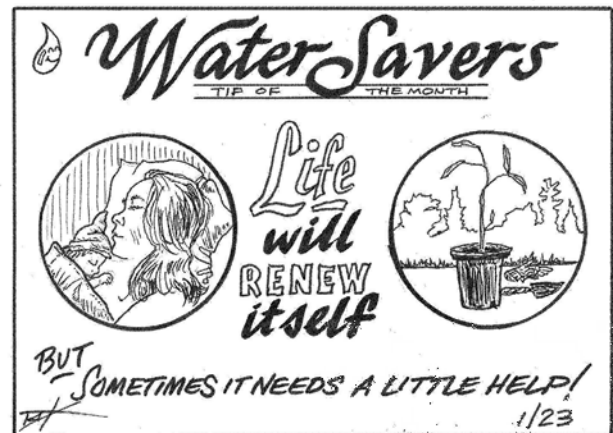
I am an active volunteer with the Law Enforcement Torch Run (LETR) for Special Olympics, Maryland and served as its immediate past Director. I participate in the Polar Bear Plunge each year and continue to serve on the LETR Executive Council.

I am an amateur sports photographer who has enjoyed photographing my sons' sports teams. I have also traveled to New Jersey, Los Angeles, Austria, Seattle, Abu Dhabi (UAE) and Austin (TX) to photograph the Torch Run and Special Olympic national and international games.

I am excited to take on this new endeavor and wish to be of great service to the residents of Cape Saint Claire.

"Stay happy and healthy"

Frank



## Buyer Demand Index

**REAL ESTATE FACTS FROM "BUYER DEMAND INDEX"** (source is Bright MLS)  
**Our 21409 zip code was limited (36), which is less than the overall AA County of an already low (58).**  
**This is much lower than the previous year pace. This is attributed to:**

1. **Higher mortgage rates**
2. **Economic uncertainty**
3. **Usual seasonal slowdown**

**As of 01/22/23, in Cape St. Claire we have 1-Coming soon, 3-Under Contract, And 8-Settled in the last 60 day.**

**JUST REMEMBER, IT IS ONLY JANUARY. WELCOME HOPE AND A NEW CHANGING MARKET. PEOPLE ARE ALWAYS MOVING! IT'S EARLY!!**



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## NEWS FROM

# HISTORIC GOSHEN FARM AND EDUCATIONAL CENTER

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### Super Stars!

Goshen Farm is proud to have not one but two of our Board members win awards for their outstanding volunteerism. Roy Benner won the Chesapeake Crossroads Heritage Area Volunteer of the Year Award. Anyone who has visited Goshen Farm has probably met Roy or you have seen his handy work and landscaping skills. As Grounds Chair, Roy keeps the property in shape while also informing newcomers to the farm of its history. Erik Wallace won Second Prize in the Comtech "Above and Beyond" award for not only his work as Goshen Farm's VP, Events Chair and Beekeeper but also for his work with Scouts BSA. Erik's award came with a \$1,000 donation which he directed to Goshen Farm. Congratulations to you both!

### Volunteer Spotlight – Eloise Ullman

Eloise moved to Winchester on the Severn in 1994 and from Montgomery County has lived there ever since. She attends Broadneck Baptist Church, on the corner of Hilltop & Cape St. Claire Road. In the spring of 2021, the church reached out to Goshen Farm to assess the possibility of holding its annual summer Music & Arts Camp at Goshen Farm. They weren't yet comfortable having a large group of children meeting inside their building due to COVID and were trying to come up with some alternative formats. Goshen's board welcomed us and did everything it could to facilitate our new venture. The church loved the experience (as did the kids) of learning and playing outside. They included aspects of the Farm's history in the curriculum, and several experts taught the children about the mission of the Farm today. They also held some worship services at the Farm which allowed them to finally meet in person, rather than on Zoom, as they had been for 2+ years. The church was so grateful to the Goshen Farm board of directors for creating this partnership with our church. Currently, they work into their worship schedule some Sunday mornings at Goshen Farm and other activities throughout the year. For all of the reasons above Eloise feels very strongly that if you wish a place or organization or any other entity to survive, it's important that you "walk the walk." Although she is 73 years old, there are activities she can do to help and assist with Goshen's programs. Eloise is a Master Watershed Steward (Severn River) and is also inspired by Goshen Farm's commitment to environmental education. Since the church is one of several on the Broadneck Peninsula that supports My Brothers Pantry, she appreciates

Goshen Farm's partnership with the Pantry to supply their clients with fresh farm goods during the growing season. Finally, she just gets really good vibes being at Goshen Farm; there is a sense of welcome, stewardship of the property, respect for the memories of the people who lived on the land, love of nurturing plants, animals, and people, and great creativity.

If you would also like to volunteer at Goshen Farm and are a member, please contact us at [Communications@goshenfarm.org](mailto:Communications@goshenfarm.org).

### Java and Jazz-Tea and Tunes

Our Annual Java and Jazz will be held on March 12th from 3 pm to 5 pm at the Cape St. Claire clubhouse. This event features the Jazz Perpetrators, an array of sweet and savory appetizers, as well as coffee, tea, and cocoa. The family-friendly event is free, but donations are welcome and appreciated.

### Maryland Day Tour

Goshen Farm will be participating in The Maryland Day activities on Saturday, April 2, 2023. House and Garden tours will be available by reservation only. The event is free however you must reserve a ticket on Eventbrite and only a limited amount will be available. <https://www.eventbrite.co.uk/e/maryland-day-tours-of-the-historic-goshen-farm-and-gardens-tickets-471920235127>. For more information on this event please contact the Communications Chair at [communications@goshenfarm.org](mailto:communications@goshenfarm.org). Would you like to help with either of these events? You must be a current member. Watch for a SignUpGenius in the near future.

### What does your membership get you?

An online newsletter with behind-the-scenes information on our progress, discounts on merchandise, advanced notice on Honey sales, opportunities to help with clean-ups or projects around the Farm, volunteering at our many events, and instant gratification from all that you have accomplished. Plus getting to know a great group of people!

***Please like our Facebook Page  
Historic Goshen Farm & Educational Center***

[www.goshenfarm.org](http://www.goshenfarm.org)  
email [Communications@goshenfarm.org](mailto:Communications@goshenfarm.org)  
with questions.



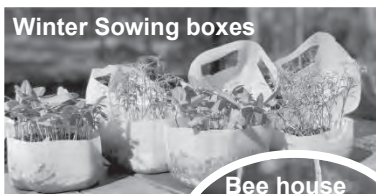
# Cape St. Claire Garden Club

Despite common assumptions, winter months are not a time when our Cape gardeners push the thought of gardening out of mind. In fact, quite the opposite. Whether sunny and brisk, icy, or just plain bleak, these are the days for some to imagine, dream, learn, and plan. Meetings spark new ideas and provide materials for some beneficial projects. While walking around Cape, one can already see winter jasmine, winter honeysuckle, lenten roses, snow drops, and witch hazels blooming away, and some of these are even fragrant! Those of us who really thought ahead might have potted crocus, daffodils, and hyacinths blooming indoors, induced by warmer temperatures to bloom early.

Winter is a lovely time for gardeners to repair, sharpen, maintain, or build things needed in the garden. Stone walls, newly mulched paths, a new garden bench, perhaps? In keeping with this, Garden Club Members and Guests at our January meeting created mason bee houses using upcycled tin cans & hollow stems from the garden such as milkweed, bamboo, rushes, or phragmites, with a piece of twine added for hanging in a tree or porch. These hollow sticks provide important habitat for insects to lay their eggs and grow their young. Each participant received a packet of information about mason bees, including recommended placement of the bee houses. Members also took home seeds for them to Winter Sow outside using translucent boxes, continuing a long-standing tradition in our Club. What heralds spring like fresh sprouts of green *outdoors* in late February?



Snowdrops, witch hazel, lenten rose, crocus & Members' new bee houses



Winter Sowing boxes



Bee house



In response to member interest regarding ***Vegetable Gardening***, Cory Stephens of Anne Arundel County Lawn & Garden will be sharing his expertise at our next meeting on **Tuesday, February 7<sup>th</sup>**. Cory has been providing healthy vegetable starts to our Plant Sale and our wider community for decades, and we look forward to hearing his expertise on this important topic. New members and guests are always welcome to come learn with us. Which reminds us – a very warm welcome to our newest Member who joined in January, Beth!

If you're new to gardening, our blog has gardening tips geared specifically toward our sandy Cape soil – please visit [capegardenclub.wordpress.com](https://capegardenclub.wordpress.com). Another great site is the University of Maryland Extension Home & Garden Center's webpage, at <https://extension.umd.edu/programs/environment-natural-resources/program-areas/home-and-garden-information-center>, which offers specific answers (see *Find an Answer*). Enjoy the tail of winter, and we hope to see you at an upcoming meeting!

– Submitted by Barbara Sugarman Grochal

Please visit the Garden Club's informative blog full of gardening tips: [capegardenclub.wordpress.com](https://capegardenclub.wordpress.com)  
Garden inspiration, pruning tips for spring cleanup, upcoming events including our annual Plant Sale

## UPCOMING EVENTS

**Tuesday, February 7: *Vegetable Gardening*** by Cory Stephens of Anne Arundel County Lawn & Garden

**Tuesday, March 7: *Anniversary Dinner Potluck*** celebrating 48 years of gardening fun & fellowship

**Tuesday, April 4: *Dividing Perennials Workshop*** – learn how to divide yours!

**Saturday, May 20: *2023 Plant Sale*** Mark your calendars!!!





## Final Habitat Hero Award for 2022 goes to

### Rob Wood

*Rob lives off of Lakeview Dr near the edge of the Serene Ravine. As the name of the street implies he lives on the edge of Lake Claire. With that lake view comes a full view of phragmites. He has spent a lot of time managing the phragmites to allow for native plants to take over and thrive creating a beautiful habitat. He also removed some invasive nandina bushes around his deck and replaced with native Spicebush trees that will support caterpillars of the spicebush swallowtail butterfly. Along the front edge of his property he has landscaped with some native grasses. Please see the full story here*

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

## UPCOMING EVENTS 2023

- March 8th 6:30 PM Speaker Event County Forester Bud Reeves
- April 1st Project Clean Stream 9am-noon
- April 4th Weekly Weed Warriors every Wednesday through October we will meet to remove invasive species
- April 21st Weed Warriors Open House at Little Magothy Beach food and beverages provided.

### Cape Champion/Story Tree: Latrobe Drive and St John Rd

Sometimes a great story tree is also a champion. This 3 foot diameter 70+ foot tall Dawn Redwood is one of a kind in the Cape and probably on the Broadneck peninsula. Longtime Cape resident Marie Dunmeyer planted this tree in her yard 50 years ago. She purchased the seedling when it was only a few feet tall at Evergreen Nursery for \$30 in 1972. It was the most expensive plant she ever bought. Marie bought the tree because she had become intrigued by the story of the rediscovery of the dawn redwood in China. Long thought to be extinct, the Dawn Redwood (*Metasequoia glyptostroboides*) was rediscovered deep in a valley in central China in the 1940s. The Arnold Arboretum of Harvard University then distributed seeds across the world, playing a big role in the tree's international conservation. A living fossil, this tree was found in North America until the last ice age! The Dawn Redwood is in the sequoia family and one of only 3 species of redwood in the world. It is a deciduous conifer, which means it is one of a few species of conifer (think pine cones) that sheds its needles in the winter.

Marie is very proud of her tree and how it has grown and thinks that it is a magnificent tree.

*We totally agree!*

### We are looking for Champion Trees!

A tree is a "champion" when it is the biggest of its species in terms of diameter, height and canopy. Do you think your oak or maple or cherry is the biggest in the Cape? Or do you have an unusual species of tree on your property that you think might be the biggest or best of its kind?

Nominate your tree by contacting  
[trees@capeconservationcorps.org](mailto:trees@capeconservationcorps.org)

### We are looking for Story Trees!

Even if your tree is not the largest in the Cape, it might also have a special history - a story to tell! We want to share some of these stories with others to help grow the appreciation of and love for Cape trees.

Share your tree and its story by contacting  
[trees@capeconservationcorps.org](mailto:trees@capeconservationcorps.org)



## WINTER TIP:

### Show Cape Trees a little love: Removing Ivy

By: Al Todd English Ivy

(*Hedera helix*), was long used as a groundcover and was valued for its appearance and ability to cover large areas. However, it was quickly apparent that ivy did not stay where it was intended. It is now considered highly invasive. This time of year, it is easy to spot trees that are infested with English ivy. When an ivy stem reaches a tree's trunk, it attaches itself to the tree's bark and heads upwards into the tree's crown. This is where the problems start. Ivy uses root hairs to attach to the bark and excretes a kind of "glue" to bond to the surface it's climbing. If you've ever tried to pull ivy off a fence you know how strong that "glue" is! Once secure they grow upward and outward in search of sunlight. However, once ivy begins climbing up a tree it grows quickly and isn't likely to stop.

- As ivy smothers a tree's trunk, it siphons resources (water and nutrients) to support its own growth, taking those resources away from your trees.
- A thick coating of ivy harbors fungal spores and other pests.
- Ivy uses your tree as a scaffold to climb, its weight creates unbalanced branches that are more likely to break, especially during storms.
- In the crown of a tree, ivy can overtake the tree's own foliage, blocking the sunlight that foliage needs to photosynthesize and make energy stores.
- When English Ivy reaches full sunlight, it's leaves may change shape and it begins producing seeds that birds can spread far from the source. Over time, all of these weaken a tree, reduce its lifespan and its benefits to the local ecology. The most effective way to control English ivy is to manually remove it.
- First sever the ivy stems on your tree's trunk with clippers and remove ivy that's growing in the ground around your trees.
- The most effective way to get rid of ground ivy is to pull out its roots. It can be tough going so try watering the area beforehand to soften the soil (or wait until after a rainfall). Let's show some love to our trees and get rid of English ivy!

## MEMBERSHIP RENEWAL

Please consider renewing for 2023 or becoming a new member. There are 2 easy ways to join or renew

- Visit our website at <http://capeconservationcorps.org/product/yearly-dues/> and pay online or
- Mail checks payable to Cape Conservation Corps to CCC 1223 River Bay Rd, Annapolis MD 21409.

Please include your contact information (name/address/email/phone#)



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**Worship Services**

**10:00am Worship (Traditional/Contemporary)**  
Virtual service available on Facebook Live

**Celebrate the upcoming Season of Lent and Easter with Us!**

Shrove Tuesday Pancake Supper 2/21 5:30 PM  
Ash Wednesday 2/22 7 PM (Services in person and online through Facebook)  
Palm Sunday 4/2 10 AM (Services in-person and online through Facebook)  
Easter Egg Hunt 4/2 11 AM (after worship service)  
Easter Sunday 4/9 10 AM (Services in-person and online through Facebook)



**WINTER SERMON SERIES**

New Year, Same Promises.  
Sundays January 8th - February 18th

We have many opportunities for virtual fellowship each week. All fellowship opportunities can be found on our website at:  
<http://www.ChristOurAnchorPC.org> and  
<https://www.facebook.com/ChristOurAnchorPC/>



Jody Brooks, Director  
Office: 410.757.6556 | Fax: 410.349.2240  
aawpreschool@gmail.com  
www.aawpreschool.com

*Mark Your Calendars*




*Classes on 2nd and 4th Sundays*

January 8 & 22  
February 12 & 26  
March 12 & 26  
April 2 & 23  
May 14 & 28  
June 11



Pastor Jessie Lowry  
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Annapolis, MD 21409  
Phone: 410-974-1713  
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## 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. 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.

**Office Hours:** Tuesday, Wednesday, and Thursday 9:00am to 2pm. **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. As we move into Lent it is hoped that everyone's heart will prepare room for Christ to enter in.

We invite all to join our Sunday services for worship and fellowship where you can feel the Presence of God!

Blessings to All!

Pastor Dale



Cape Methodist Church is 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!



## Ash Wednesday Service February 22, 7pm

We would love to have you join us in this worship service as we enter into the Lenten season



## My Brother's Pantry

My Brother's Pantry has been serving Broadneck families since 1986 and as now made the transition to a healthy family choice pantry. Families coming to the Pantry now come in to select what they need right from our shelves!

We gladly accept both monetary and food donations – please check out our website to find out how to donate, [www.mybrotherspantry.org](http://www.mybrotherspantry.org) or call the Pantry at 410-757-5190.



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You owe it to yourself to have every advantage in getting your home sold. It's important to work with an agent with the market knowledge and experience to position your home effectively. There is no agent who knows the Cape St. Claire market better. In addition to my knowledge and expertise, my respect and appreciation for our community runs deep. I've been a Cape St. Claire resident for over 30 years. My sons attended the Broadneck schools, played ball on the ball fields, and sailed with the youth sailing camp. Perhaps you've seen me each year at the Strawberry Festival. I imagine you chose the Cape for many of the same reasons I did – for its beautiful beaches, water privileges, top notch schools, and its convenient shopping and commuting. When it comes to selling your Cape St. Claire home, you deserve an agent who appreciates the value of your home and can get it sold quickly and for top dollar.

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"Cathy really helped us feel at ease throughout the entire process. She was able to get our home sold quickly and also helped us navigate the purchase of the most amazing condo that meets all our needs. She reminded us that a great real estate agent is worth every cent in commission. I've already recommended Cathy to several friends and will continue to do so. She's a true professional and really understands this area, the neighborhoods and community."

*- Jeanne & Peter Nardi, Arnold MD*



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# Cape St. Claire 2022 Sales

Address	Beds/ Baths	Sold Price	Seller Subsidy	Days on Market	Address	Beds/ Baths	Sold Price	Seller Subsidy	Days on Market	Address	Beds/ Baths	Sold Price	Seller Subsidy	Days on Market
1334 Swan Dr	4/3	\$647,500	\$2,500	6	1255 Hilltop Dr	4/2	\$405,000		19	1145 River Bay Rd	5/3	\$578,000		3
1176 Green Holly Dr	4/2/1	\$719,900	\$24,900	103	1080 Crestview Dr	3/2/1	\$485,000		19	1006 Mount Holly Dr	4/3/1	\$730,000		0
1244 Ramblewood Dr	3/2	\$467,000		8	995 Highpoint Dr	3/2/1	\$515,000		29	1006 Shadyside Ct	3/2	\$480,000		1
994 Round Top Dr	5/2	\$505,000	\$7,000	3	1325 Cape St Claire Rd	5/3	\$560,000	\$11,200	19	1166 Latrobe Dr	4/2	\$411,000		44
1173 Idlewild Dr	4/2	\$485,000	\$14,500	31	1142 Skyway Dr	4/3/1	\$735,000		1	1035 Oak Tree Ln	4/2	\$511,000		4
1281 Cape St Claire Rd	3/2	\$546,000		14	1328 Swan Dr	4/3	\$525,000		6	1235 Green Holly Dr	3/2	\$390,000	\$11,700	22
1188 Hampton Rd	5/3	\$545,000	\$5,000	96	1097 River Bay Rd	4/2	\$699,000		13	1040 Oak Tree Ln	3/2	\$430,000	\$10,000	9
1151 Locust Tree Dr	4/3/1	\$550,000		4	1310 Cape St Claire Rd	3/3	\$525,000		2	712 Fairway Dr	6/4	\$600,000		18
1123 Broadview Dr	4/2	\$450,000		72	1042 Lake Claire Dr	5/3	\$550,000	\$3,000	4	1231 Mount Pleasant	4/2	\$468,000		3
1312 Breezeway Dr	3/2	\$565,000	\$8,000	38	1065 Lido Dr	3/2	\$450,000	\$1,500	3	1055 Lido Dr	3/2/1	\$500,000		4
1286 Cape St Claire Rd	3/1/1	\$439,900	\$7,500	10	1300 Swan Dr	1/1	\$265,000		0	1089 Little Magothy Vw	4/2/1	\$791,000		2
970 Round Top Dr	3/2	\$450,000	\$5,000	18	1256 Cedar Tree Ln	4/3/1	\$751,000		4	1214 Summit Dr	5/3/1	\$815,000		4
1379 Greenway Dr	4/3/1	\$465,000	\$10,000	24	1134 Skyway Dr	5/3/1	\$806,125	\$5,000	1	799 Rolling View Dr	3/3	\$676,000		6
1315 Seabright Dr	4/2	\$470,000	\$2,000	41	1183 Latrobe Dr	3/1	\$450,000		36	1161 Skyway Dr	4/3	\$505,000		0
1148 Summit Dr	4/3	\$579,900	\$5,509	15	1054 Sun Valley Dr	3/2/2	\$550,000		1	976 Mount Holly Dr	4/2/1	\$485,000		1
844 Harbor View Ter	5/3	\$850,000		6	1136 Skyway Dr	4/2/1	\$732,323	\$5,000	17	1234 River Bay Rd	4/2/1	\$750,000		1
1095 Crestview Dr	4/2	\$495,000	\$10,000	12	1127 Little Magothy Vw	3/2	\$445,000		9	979 Mount Holly Dr	4/2	\$415,000		11
907 Forest Ter	4/3/1	\$781,008		1	1228 Hampton Rd	4/2	\$467,500		5	1302 Seabright Dr	5/3/1	\$600,000		6
1229 Blue Ridge Pl	4/2/1	\$570,000		7	892 Chestnut Tree Dr	5/2/1	\$570,000		3	1182 Idlewild Dr	3/2/1	\$629,000		4
1128 Broadview Dr	4/2/1	\$370,000		12	992 Saint Johns Dr	4/2	\$485,000		4	976 Round Top Dr	7/4/2	\$740,000	\$1,000	8
952 Highpoint Dr	4/3	\$535,900	\$1,500	5	1280 Cape St Claire R	4/3	\$510,000	\$8,000	7	1164 Little Magothy Vw	4/2	\$350,000	\$10,500	0
1099 Little Magothy Vw	3/2/1	\$560,000		5	1285 Seabright Dr	4/2/1	\$435,000		4	989 Westway	3/1/1	\$435,000	\$10,000	1
1057 Saint Margarets D	3/2/1	\$540,000		5	822 Chestnut Tree Dr	4/2	\$490,000	\$750	10	1309 Cape St Claire R	4/2/1	\$640,000		15
1156 Saint Catherine	3/2	\$415,000	\$10,000	17	1214 Ramblewood Dr	5/3/1	\$815,000		28	1149 Latrobe Dr	3/3/1	\$440,000	\$10,000	39
1005 Lake Claire Dr	3/2/1	\$607,500	\$3,500	14	1095 Little Magothy Vw	3/2	\$475,000		1	1172 Ramblewood Dr	4/2	\$494,000	\$5,000	14
961 Dogwood Tree Dr	4/2	\$500,000		5	1198 Highview Dr	3/2/1	\$525,000		4	1007 Westway	4/2/1	\$430,000	\$13,400	29
1179 Southview Dr	3/1/1	\$430,000		4	1112 Skyway Dr	4/3	\$530,000	\$1,500	4	993 Westway	4/2	\$455,000	\$5,500	32
1377 Greenway Dr	3/3	\$450,000		9	834 Harbor View Ter	5/4	\$1,010,000	\$11,000	12	1048 Little Magothy Vw	5/3	\$905,000		5
1248 Ramblewood Dr	4/2/1	\$479,000	\$8,000	6	1171 Bayview Vis	3/2	\$489,000	\$14,000	9	707 Hillcrest Dr	3/2	\$409,500		35
1178 Bayview Vis	5/2/1	\$675,000	\$1,000	5	1237 Hampton Rd	4/3/1	\$712,500		4					

\* All information, taken from the Multiple List Service, is believed to be accurate but should not be relied upon without verification. This list consists of listings from various brokers, not intended to make the representation that all of the listings belong to eXp Realty.



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# The Cape Nurse



## The ABC's of Primary Care!

With the holidays feeling long gone, and as resolutions fade to the background of our lives, we turn the calendar to February, and a focus on all things hearts and love! February is "Heart Month", and one of the best ways to care for your heart is to have a good working relationship with your Primary Care Practitioner (PCP). Primary Care is one area of wellness that doesn't get much fanfare yet is incredibly important! According to the Center for Disease Control's (CDC) website 88.1% of Americans had a doctor visit in 2021; however only 76.2% took advantage of a wellness visit ([https://wwwn.cdc.gov/NHISDataQueryTool/SHS\\_adult/index.html](https://wwwn.cdc.gov/NHISDataQueryTool/SHS_adult/index.html)). Although these percentages are surprisingly high, wellness visit percentages are trending down! Even a decrease in 2-3% has a significant impact on the health of the nation! And if maintaining health and wellness is not enough of a reason to establish a relationship with a PCP, saving money might be. Studies show that individuals who see a PCP regularly have less trips to the Emergency Room and less admissions to hospitals (Harvard Health Publishing, [www.health.harvard.edu](http://www.health.harvard.edu)). One thing to

remember is that health care takes time, and we often feel like we do not have enough time. However, it is important to establish a relationship with a PCP, oftentimes beginning with an annual wellness check, because issues may not be relieved or even uncovered in one visit. Sara Headley, a Family Nurse Practitioner at a community health center stressed the importance of multiple visits because patients often arrive "in distress" and cannot participate in care under the emotional strain. Additionally, she stressed that figuring out medical needs takes time, and one visit may not be enough to get a full picture of a patient's needs. Ms. Headley stressed the importance of beginning a health relationship with well visits, if possible, but if that is not possible then follow up care and care across the weeks, months, and years is incredibly important for a practitioner to fully understand what is going on with a patient. Like any good relationship, communication, openness, and time spent are incredibly important. Your heart and health will thank you for the investment you make with your PCP!

And here you go, an actual list of the ABC's of Primary Care:

More reasons why it is important to establish a relationship with a primary care provider:

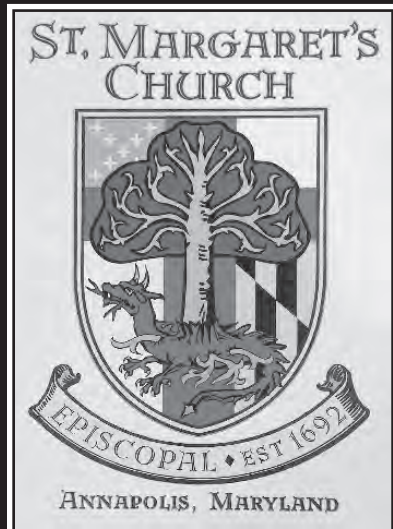
- |  |  |
|--|--|
| A - Annual visits aid in prevention                        | N - Navigates care and medication management                 |
| B - Blood pressure checks                                  | O - Ongoing support  |
| C - Cholesterol screening                                  | P - Prevention! Prevention! PREVENTION!                      |
| D - Depression screening                                   | Q - Quality advice   |
| E - Early detection of issues                              | R - Regular health checks catch problems early               |
| F - Family health  | S - Specialist referrals                                     |
| G - Generates saving money                                 | T - Tobacco cessation (Stop Smoking!)                        |
| H - Health goals and holistic care & Heart health          | U - Understands your personal health needs                   |
| I - Illness management                                     | V - Vaccines   |
| J - Joint care   | W - Wellness checks are important (see letter P!)            |
| K - Keepers of health history                              | X - eXpertise in managing multiple treatments                |
| L - Listens to concerns ****if they don't find a new one!! | Y - Yearly physical  |
| M - Medication management                                  | Z - Zygote care through elder care: Care across the lifespan |

Naturally, this list is not exhaustive or all inclusive!

Bottom line: it is important to establish care with a PCP, even if you are not "sick"! Additionally, all insurance companies cover annual wellness visits! So, what are you waiting for? Now that the holidays have whirled by, make an appointment in 2023 and show your heart and yourself some love!

In wellness,

Jennifer Barrett, BSN, RN

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### 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

## Lent 2023



### Shrove Tuesday Pancake Supper

February 21

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All are welcome!



### Ash Wednesday

February 22

Mass with Distribution of Ashes  
9am, 4:30pm (Children's Choir), 7pm

Eucharistic Adoration 10am-4pm

Confession 6-7pm

Private Distribution of Ashes

Narthex: 10am-4pm



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<b>JUNE 26-30</b> <b>American Girl Dance Camp</b> (5-9 yrs) <b>9 am - 1:00 pm</b> \$265 Non-DDA students \$225 Current DDA students	<b>July 3-7</b> <b>Fancy Nancy Camp</b> (5-9 yrs) <b>9 am - 1:00 pm</b> \$220 Non-DDA students \$180 Current DDA students	<b>JULY 3-7</b> <b>Jo Jo Hip Hop Camp</b> (5-9 yrs) <b>9 am - 1:00 pm</b> \$220 Non-DDA students \$180 Current DDA students	<b>JULY 3-7</b> <b>Little Mermaid Ballet Camp</b> (3-6 yrs) <b>9 - 11:30 am</b> \$175 Non-DDA students \$135 Current DDA students
<b>JULY 10-14</b> <b>Broadway Stars Camp</b> (7-10 yrs) <b>9 am - 1:00 pm</b> \$265 Non-DDA students \$225 Current DDA students	<b>JULY 10-14</b> <b>Encampo Dance Camp</b> (3-6 yrs) <b>9 - 11:30 am</b> \$205 Non-DDA students \$165 Current DDA students	<b>JULY 31-AUG 4</b> <b>Sophia the First</b> (3-6 yrs) <b>9 - 11:30 am</b> \$205 Non-DDA students \$165 Current DDA students	<b>JULY 31-AUG 4</b> <b>Encampo Dance Camp</b> (3-6 yrs) <b>9 - 11:30 am</b> \$205 Non-DDA students \$165 Current DDA students
<b>JULY 31-AUG 4</b> <b>Aladdin Dance Camp</b> (5-9 yrs) <b>9 am - 1:00 pm</b> \$265 Non-DDA students \$225 Current DDA students	<b>AUG 7-AUG 11</b> <b>Descendants Hip Hop Camp</b> (5-9 yrs) <b>9 am - 1:00 pm</b> \$265 Non-DDA students \$225 Current DDA students	<b>AUG 7-AUG 11</b> <b>Incredible Acro Camp</b> (5-9 yrs) <b>9 am - 1:00 pm</b> \$265 Non-DDA students \$225 Current DDA students	<b>AUG 7-AUG 11</b> <b>Frozen Ballet Camp</b> (3-6 yrs) <b>9 - 11:30 am</b> \$205 Non-DDA students \$165 Current DDA students

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