



Friends of Cape Henlopen State Park

PO Box 132, Nassau, DE 19969 302-858-6127

FOCHSP@gmail.com www.friendsofcapehenlopen.org

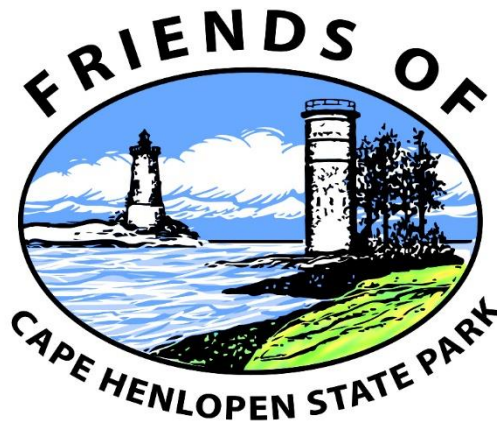
Friends of Cape Henlopen State Park 2023 Newsletters

Friends of Cape Henlopen State Park

newsletter

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The Bike Barn IS OPEN

Visit

[Borrow-a-Bike](#)

for Details &

New Winter Hours

➤ **2023 Events Calendar** ◀

- [MEMBERSHIP RENEWAL](#) ←← Click-the-Link
- **Cape Henlopen Trail Days:** Second Saturday Monthly
(**THIS MONTH**▶ January 14th 8:45 AM at Bike Barn)
- **Annual Meeting:** March 4th 9 AM to 11 AM (Sign-in details TBD)
- **Indoor Flea Market:** March 18th 9 AM to 3 PM
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Osprey Cam Update

December 1, 2022

Yes Friends this month's masthead photo says it all: we are getting ready for the 2023 osprey season. The funds, the locale, the new pole, and the platform are ready to be installed. Updates will be posted as things progress.

Rehoboth Beach Seashore Marathon

December 3, 2022

The Friends arrived eager to help at this years Rehoboth Beach Seashore Marathon held on Saturday, Dec. 3rd. Thirty brave souls provided >167 volunteer hours staffing the Gordons Pond parking lot and Herring Point trail access water stations while also giving directions and encouragement to the runners.



PARK PUZZLE by Carl Frey

		1	2	3	
	4				5
	6				
7				8	9
10				11	
12				13	
14				15	

Across

- 1 Shiny recording media
- 4 January 1 greeting (with 13 ACROSS and 7 DOWN)
- 6 Parisian novelist Zola
- 8 Talk non-stop
- 9 Tree that is often used as a street name
- 10 A hot time for 6 ACROSS
- 11 R&R group with hit 'Evil Woman'
- 12 How some get to Ireland: ___ Lingus
- 13 See 4 ACROSS
- 14 Monopoly quartet
- 15 H.S. final year students

Down

- 1 Cape Henlopen State Park overnights
- 2 Printer spec. (more is better)
- 3 Body parts that can be vented
- 4 Automobile component that once was optional
- 5 Fred Gipson boy and his dog novel: Old ___
- 7 See 4 ACROSS
- 9 Does a summer lawn chore

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Bike Barn News

December 9, 2022

Several FOCHSP Bike Barn ambassadors, assisted the La Vida Hospitality Group in assembling a large number of new bikes which La Vida will give to families in need and organizations that support families in need this Christmas season.



L to R, Ian Friedland, Bob Callahan, Carl Frey, Mark Valesy, John Dean, Tom Blakeley, Fran Giacoma, and La Vida Hospitality Director of Catering and bike giveaway coordinator Kathy McDonald.

FOCHSP Trail Days

December 10, 2022

The FOCHSP December 2022 Trail Days contributed a total of 41 hours of volunteer time. One group started at the Herring Point parking lot and went south about 2 miles on the Gordons Pond Trail picking up about 5 lbs. of trash, trimming tree branches and bushes and filling a few gopher holes on the trail's edge. One industrious volunteer picked up almost 20 lbs. of trash. Our second group also started at the Herring Point parking lot but headed east servicing the drive-on beach access, then the beach north to the pedestrian dune crossing, up to the upper Herring Point parking lot and back down to the lower parking lot cleaning the Gordons Pond trailhead & doing some branch & green briar pruning at the woods-edge trail. Altogether, this group picked up approx. 55 lbs. of trash. Estimate total trash picked up by all groups: 80 lbs. Special thanks to member, Buster Yonych for the most trash collected.



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Local Bike Shops Support FOCHSP Bike Program December 15, 2022

The Friends of Cape Henlopen State Park Borrow-a-Bicycle program received an early present this year. For twenty-five years, visitors have been able to visit the Bike Barn adjacent to the Nature Center and borrow a free bicycle to tour the Park's paths. The Bike Barn holds a fleet of forty-four adult bikes, twelve kids' bikes, and three commercial grade bike trailers.

The bike fleet has always relied on donated equipment, maintained by the talented bike mechanics who are members of FOCHSP's all-volunteer Bike Barn Ambassadors group, but these trusty cycles have been showing their age.

FOCHSP has just announced a major upgrade in the fleet. Thirty-one of the adult bikes in the fleet have been replaced with near-new Electra and Sun cruiser bikes. All bikes are now outfitted with baskets and bike bells. Ian Friedland, the Bike Barn coordinator notes that this upgrade couldn't have happened without assistance from the wonderful folks at Lewes Cycle Sports, Seagreen Bicycles, and Rehoboth Cycle Sports. All three shops continue to provide outstanding support for the program.

Twenty-six of the replaced bikes have moved on to serve a different population. FOCHSP donated them to the Delaware Department of Transportation's (DelDOT) J1 Bicycle program. This program gives bikes to the foreign students who come and work in local shops and restaurants during the busy summer months.

The next time you and your family and friends are in Cape Henlopen State Park, visit the Bike Barn and try out their new bikes. The Bike Barn is currently open on Wednesday through Sunday, 10 am to 3 pm, weather permitting.



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Remembering Friends December 15, 2022

FOCHSP are saddened by the passing of member, Roxanne Nelson. Roxanne loved our park and was very active in the FOCHSP. For many years, Roxanne was the host of our Wine, Cheese and Beer tasting event. She added the extra details that make this our most popular event. Roxanne's positive attitude was addicting, which made many of us work even harder. Let's keep her volunteerism spirit in our thoughts through the years ahead.

The official obituary for Roxanne Nelson is available by clicking the link below;
[Roxanne Nelson Life Celebration](#)



FOCHSP Thanks the Staff of CHSP December 20, 2022

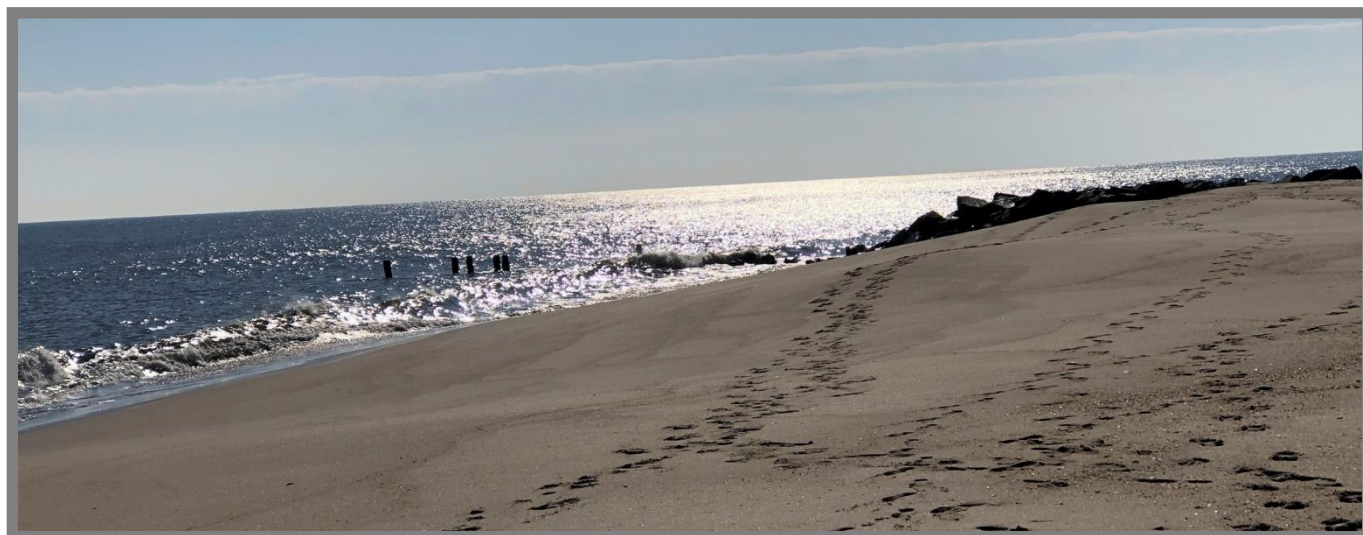
As a special "Thank You" to the staff at Cape Henlopen State Park, the Friends President, John Bracco, and Vice President, Polly White, made a special delivery of a scrumptious holiday pizza lunch. Ho Ho Hold the anchovies!

2023 Membership Renewal Available TODAY!

As we come to the end of the year, I would like to remind our members that it is time to renew your membership with the Friends of Cape Henlopen State Park. Please renew by using the link below. If you are a new member that joined after July 2022, don't worry your membership is good until the end of 2023. We appreciate your support. We could not accomplish what we do without your help.

[Membership RENEWAL](#)

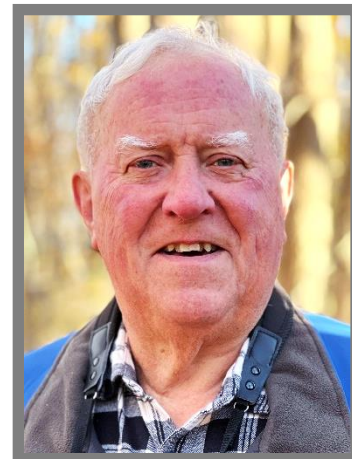
Have a GREAT NEW YEAR!
John Bracco
President
Friends of Cape Henlopen State Park



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Get to Know Our Members – Rob Dandrade

Rob was born in New York City but spent some of his childhood on Long Island. His teen age years were spent on the (northern) Jersey shore even while attending Penn State. Rob started his career journey as an industrial engineer that evolved into facilities/manufacturing engineering for Carrier Air Conditioning. He then transitioned to operations and plant management for Pepsi Cola. Rob continued his journey by switching to the computer industry which blossomed into a 25-year career spanning 3 different companies and 2 mergers. He retired in 2012, leaving a position with HP managing special programs and projects and assisting R&D organizations with his process management skills. Rob and his wife moved from Massachusetts to Lewes in March 2022 so that they could be closer to family and the beach. After visiting the park a few times, they found FOCHSP on the web and joined the Friends soon afterwards. Rob immediately started volunteering for trail days and will soon be our Volunteer Coordinator. He believes the park offers a unique mixture of beaches, marshes, and dunes. And since Rob enjoys bird watching, the park makes for a perfect destination. But his favorite places in the park are Gordons Pond for the bike trail and The Point for its sunsets.



Call for FOCHSP Board of Directors Candidates

The Friends is governed by a Board of Directors dedicated to promoting the enjoyment, enhancement, preservation, maintenance, and improved safety of Cape Henlopen State Park. There are two director positions open for this coming year, 2023. Nominations to the board are now being accepted via email at focbsp@gmail.com. Voting by the membership will take place at our annual meeting in March 2023.

Park Puzzle Answers

	C	D	S		
	H	A	P	P	Y
	E	M	I	L	E
Y	A	P		E	L
E	T	E		E	L
A	E	R		N	E
R	R	S		S	R

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FEBRUARY 2023

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THIS MONTH ➤ February 11th 8:45 AM at
Whiskey Beach Pavilion, Gordons Pond Trail south entrance
- **Annual Meeting:** March 4th 9 AM to 11 AM at Officer's Club (Zoom Offering Details TBD)
- **Indoor Flea Market:** March 18th 9 AM to 3 PM ***Time to start putting aside your donations!***
- **Wine, Beer & Cheese Tasting:** April 15th 4 PM to 6 PM at Officer's Club
- **Tour de Friends:** May 7th (Rain Date May 14th) 9 AM to 1 PM
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FOCHSP Trail Days

January 14, 2023

Gavin Braithwaite and Rich Suszko led the January 2023 FOCHSP Trail Days group of 19 windblown & quite cold brave souls who provided 52 hours of volunteer time. The team split into two groups:

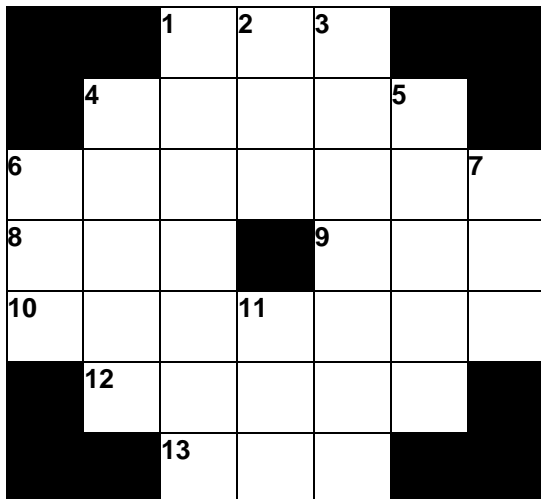
1. Gavin's Group serviced the Playground, The Point and The Point Comfort Station parking lots, the Hawk Watch area, its Pavilion & parking lots.
2. Rich's Group serviced the Seaside Nature Trail, the bay beach along to the Fishing Pier & Pavilion Area as well as the associated parking lots.

An estimate of 60 gallons of trash were collected. Interesting finds included a Rubik's Rectangle, a kite line reel retrieved by Mike Vavrek using his new 96" EZ Grabber and a \$1 bill that Tom Nelson put in the Bike Barn donation box. Both Mike & Joannie Vavrek have received their 96" Grabber Certification.



L to R Tom Nelson (observer), Joannie Vavrek (receiver), Mike Vavrek ("Master Grabber")

PARK PUZZLE by Carl Frey



Across

- 1 Carrier to Copenhagen
- 4 Looks on furtively
- 6 What a surgeon trains to do
- 8 Lord of the Rings goblin
- 9 Momma's boy
- 10 Italian native from the countryside
- 12 London tube
- 13 Bar patron who rarely dries out

Down

- 1 Some are invasive
- 2 You'll find it fresh at Cape Henlopen State Park
- 3 White stuff on a drying Cape Henlopen bather
- 4 Jack that could eat no fat
- 5 Like a beach that's uncomfortable to walk on
- 6 Caveman of the comics: Alley ___
- 7 Roxy Music musician Brian
- 11 Sign on a twisty, poorly graded road

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Bike Barn News January 31, 2023

We saluted our FOCHSP Bike Barn ambassadors at Big Oyster Brewery on Tuesday January 31st. Their outstanding performance this past season was an inspiration to us all. Thanks to their efforts, 2022 sales & donations were the largest ever: exceeding \$16K. Thank you for your service.



Bike Barn Coordinator
Ian Friedland's Encouragement



VP Polly White's Poem



President John Bracco's Thank You

FOCHSP Financial Review January 26, 2023

The FOCHSP Board of Directors met and reviewed finances with our Treasurer Tony Baldino. Since 2022 was the first full post covid year, they were very excited to see that donations exceeded all expectations. The treasurer's reports can be found on our web site by logging into the membership section. First time members must register before admittance.

[FOCHSP WEB SITE LOG IN](#) ←← Click-the-Link

[Call for FOCHSP Board of Directors Candidates](#)

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AmazonSmile Update

Amazon plans to wind down AmazonSmile by February 20, 2023. To help charities like FOCHSP that have been a part of the program, they will be providing a one-time donation equivalent to three months of what was earned in 2022 through the program's close in February. There is still time to register FOCHSP as your designated charity adding more value to your Amazon purchases.

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Get to Know Our Park Staff – Karen Minner

Karen Minner was born in Wichita Falls, Texas at Sheppard AFB. After a short stint in Germany during her early years, she moved back to Wichita Falls and lived there until 1993. Karen went on to attend Midwestern State University and Clemson University. After various career adventures including working in the non-profit sector as a development director, she came to CHSP in March of 2013. Karen is currently our Volunteer Administrator – Internship and Campground Host Program Director and Private Grants Manager. In this position she oversees the internship program, campground host program, and private grants. Julie believes protecting the resources of the park for people to enjoy is one of her primary goals. She loves working with volunteers and educating the public on why protecting the park’s natural resources is so important. Karen is the happiest when she’s in the water so as a water lover, kayaking has become a very special activity now that she is so close to the



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John Bracco- President, Friends of Cape Henlopen State Park

[Membership RENEWAL](#)

Park Updates

- The pothole/dip at the main entrance intersect, which turned out to be caused by a rotted railroad tie, was repaired and new asphalt pavement installed.
- The Seaside Nature Center’s roof was replaced.
- The airline & hose were replaced at the Gordons Pond surf crossing refill station.

SAVE-THE-DATE

February 27, 2023, will be the Friends first chance to participate in Dine to Donates nights at Nicola Pizza. From 4pm to 8pm on Monday February 27th, 20% of your dine in receipt will be donated to FOCHSP. Imagine, you can donate to Friends just by eating pizza. What’s there not to like?



Park Puzzle Answers

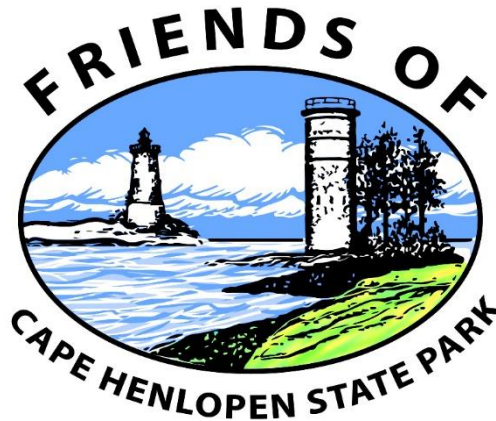
		S	A	S		
	S	P	I	E	S	
O	P	E	R	A	T	E
O	R	C		S	O	N
P	A	I	S	A	N	O
	T	E	L	L	Y	
		S	O	T		

Friends of Cape Henlopen State Park

newsletter

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Your Board Candidates



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Bike Barn News February 5, 2023

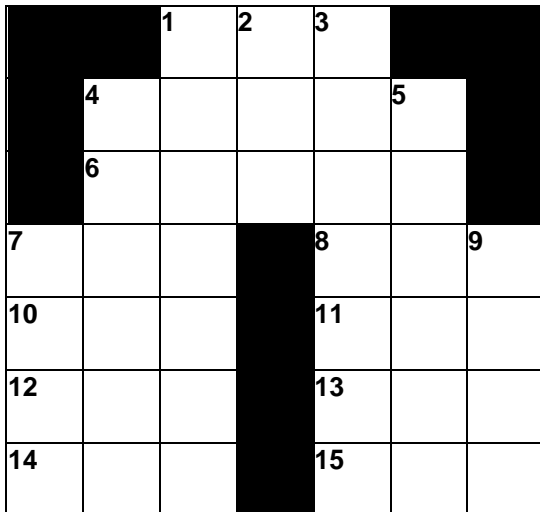
Bob Callahan of The Friends delivered two bicycles retired from our Bike Barn to Tom of Trap Pond. These bikes will now have a second life as part of the Trap Pond free bike program.



Osprey Cam Update February 14, 2023

We're getting close. All we need is electricity and an internet connection. Here we see Sean Cain and John Bracco lending a hand. We expect to be live just in time for nesting. The nest, however, is ready and waiting for its new occupants.

PARK PUZZLE by Carl Frey



Across

- 1 Jumpin' Jack Flash it's a ___
- 4 Like Dogfish Head 60 Minute IPA
- 6 Shaw who when not playing clarinet married 8 times
- 7 Last song listed on *Abbey Road*: The ___
- 8 Capture a lawbreaker
- 10 When doubled, a traditional New Orleans Mardi Gras song
- 11 US codebreaker org.
- 12 French-American writer Anaïs ___
- 13 UFO pilots
- 14 Some graduates of MIT or RIT or RPI
- 15 Grain figuring in a Salinger title

Down

- 1 Popular pond at Cape Henlopen State Park
- 2 Fitting or expected
- 3 Type of fishing lure
- 4 Sneeze catcher
- 5 Odor of some fermented products
- 6 Mozart's serenade ___ *Kleine Nachtmusik*
- 7 Safe spot for a successful hitter

FOCHSP Trail Days February 11, 2023

The Friends monthly Trail Days event had a record breaking 50 volunteers that were led by Fran Giacomia and Gavin Braithwaite. A total of 119 hours of volunteer time was performed. Our volunteers met at Whiskey Beach on the Rehoboth Beach end of the park and quickly split-up into three groups: parking areas and beach entries, Gordons Pond trail and beach truck entrance, and the main beach. Approx 100 lbs. of trash was collected.



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FOCHSP Annual Membership Meeting UPDATE

March 4, 2023

This year's annual membership meeting, March 4, 2023, will be a combination in person and virtual ZOOM event. For those attending in-person, welcome coffee and donuts will be served from 9:00 to 9:30 AM. We plan on the meeting lasting until 11 AM. The annual meeting is a free event, which is open to the public, however, **PLEASE NOTE** that Park entrance fees will be in effect.

The program includes:

- John Bracco, Friends President, reviewing Friends programs, and accomplishments for 2022 as well our planned events and volunteer opportunities for 2023.
- Sean Cain, Assistant Superintendent CHSP, reporting on park activities through the past year.
- Ray Bivens, Director of DNREC Division of Parks and Recreation, offering a summary of 2022 activities at other Delaware State Parks.
- Tony Baldino, Friends Treasurer, will present the organization's 2022 annual report.
- Election for our two open Board Member positions.
- Guest speaker, Red Moulinier, board member and past President of the Delaware River & Bay Lighthouse Foundation, will present a fascinating look at the Foundation's work and the Harbor of Refuge Lighthouse restoration.

For more information on connecting via ZOOM

Click-the-Link → [2023 FOCHSP Annual Membership Meeting](#) ←

FOCHSP Annual Indoor Flea Market

March 18, 2023

Yes, Friends, the time is once again upon us. FOCHSP Annual Indoor Flea Market needs donations of your slightly used, in good working order, items to the Officers' Club inside the park on Friday March 17th 10 AM until 1 PM.

NOTE: We cannot accept clothing items (e.g. shoes), outdated text books (e.g. computer software guides), dictionaries or encyclopedias.

This year's event is sure to provide exciting bargains and loads of fun, so mark down the date:

FOCHSP ANNUAL Indoor Flea Market Saturday March 18th from 9 AM to 3 PM

Park Updates

- The main beach parking lot is closed for repaving and is planned to reopen Memorial Day.
- Entrance fee collection begins March 1st.



Park Puzzle Answers

	G	A	S		
H	O	P	P	Y	
A	R	T	I	E	
E	N	D		N	A
I	K	O		N	S
N	I	N		E	T
E	E	S		R	Y

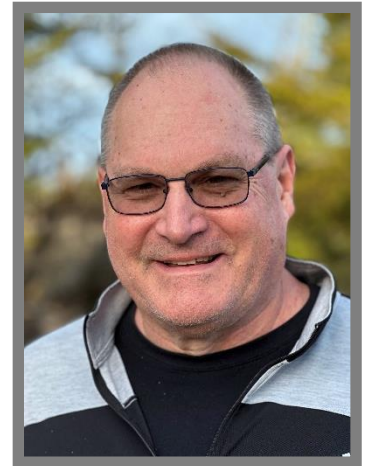
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FOCHSP Sponsor Event February 27, 2023

Thanks to all the Friends who came out and participated in our first Nicola Pizza Dine to Donates night. We were able to enjoy their new venue and great food while they donate 20% of our dine in receipts to FOCHSP.

Get to Know Your Board Candidate – Barry Snyder

Barry Snyder was born and raised in Dayton, Ohio. After graduating high school, he moved to Millsboro, DE and attended the University of Delaware. Graduation found Barry moving to Wilmington, DE where he began a 40-year career at Delmarva Power raising to Logistics and Work Management systems and processes. He and his wife Kathi bought their first Sussex County beach area property in 1992 and have been regular visitors to CHSP for over 30 years. They've attended many Friends events over the years so after retiring to Lewes in 2019, becoming members of Friends was a given. As a member, Barry has served as a Bike Barn Ambassador, helped on various Trail Days, lent a helping hand with event setups, and offered support at water stops for a variety of marathons. Barry's favorite things to do in the park are hiking, biking, and visiting the beaches. His other interests include traveling in their motorhome, spending time with family, and attending University of Delaware football games as a long-time season ticket holder. Barry also has previous volunteer experience as a Board Member of Brandywine Warriors Youth Football and Cheerleading for 12 years. He has also served as their Vice President and Equipment Manager as well as being involved with coaching, fundraising, concessions, field maintenance and PA announcing.



Get to Know Your Board Candidate – Jeff Underwood

Jeff Underwood grew up in Delaware. Cape Henlopen State Park has always been his favorite place to spend time camping, visiting the beach, and studying the regional environment through high school and University of Delaware marine studies classes. After graduating from the U of D with a degree in biology, Jeff moved to Mississippi to pursue a master's degree in Wildlife and Fisheries management where he expanded his passion for natural resources conservation. This passion became the theme of his 45-year professional career. Jeff returned to Delaware with his wife at the end of 30 years with the U. S. Fish and Wildlife Service (USFWS) where he held positions as Deputy Assistant Director of Fish and Aquatic Conservation, Acting Dean of Dept of the Interior University, USFWS Liaison to the Army in the Pentagon, Deputy Assistant Regional Director of Ecological Services, Program Supervisor/Geographic Associate for the Mid-Atlantic States and National Spill Response and Damage Assessment Coordinator. He offers his commitment to effectively communicate, listen to all, and help maintain Cape Henlopen as the park we all love and cherish. Jeff also brings to the board his natural resources conservation background, administrative/management skills, desire to always learn, and his strong interest in community and people.



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The Bike Barn IS OPEN

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New Winter Hours

➤ 2023 Events Calendar ◀

- [MEMBERSHIP RENEWAL](#) ← Click-the-Link
- **Cape Henlopen Trail Days:** Second Saturday Monthly
(THIS MONTH ► April 8th 8:45 AM at the Bike Barn)
- **Wine, Beer & Cheese Tasting:** April 15th 4 PM to 6 PM at Officers' Club
- **Earth Day Cleanup:** April 22nd 9 AM at Johnny Walker Beach parking lot Lewes
- **Tour de Friends:** May 7th (Rain Date May 14th) 9 AM to 1 PM
- **National Trails Day:** June 3rd 9 AM to Noon
- **Youth Fishing Tournament:** September 9th (Rain Date Sep. 10th) CHSP Fishing Pier 8 to 11 AM
- **Chocolate Tasting:** September 9th 1 PM to 4 PM at Officers' Club
- **Coastal Clean Up:** September 16th 9 AM to Noon
- **Hawk Watch:** Every day September 1 to November 30 (Hawk Watch Pavilion Lot)
- **Birdseed Sale:** Order by October 2nd / Pick Up on Oct 14th at Park Maintenance Garage
- **Christmas Boutique & Book Sale:** November 18th 9 AM to 3 PM at Officers' Club

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FOCHSP Annual Membership Meeting March 4, 2023

Thanks to all for attending our Annual Membership Meeting and signing up for various volunteer opportunities. We are happy to report that Barry Snyder and Jeff Underwood were both voted in as members of our Board of Directors. Current Board members Dave Frazier and John Placko both received a confirmation vote for an additional 2-year term. The meeting also saw us honor our former Treasurer, Tony Baldino, for his outstanding and dedicated service to the Friends. If you missed the event and would like to view the meeting or our guest speaker's presentation,

Click-the-Link → [2023 FOCHSP Annual Membership Meeting](#)



L to R John Bracco (Pres) & Sussex County Councilman Mark Schaeffer



PARK PUZZLE by Carl Frey

1	2	3		4	5	6
7				8		
9				10		
11				12		
	13		14			
	15					
		16				

Across

- 1 Gee, it's cold!
- 4 Chinese philosophy regarding the natural order of the universe
- 7 Wide shoe size
- 8 With 1 DOWN and 4 DOWN, FOCHSP April 15 event: Wine, Cheese __
- 9 Byrnes who played 'Kookie' on 77 Sunset Strip
- 10 Lawn that comes in a roll
- 11 Uncooked
- 12 Stat for an NFL game
- 13 It's the truth!
- 15 Bugs Bunny and Mickey Mouse
- 16 Pluto, for instance

Down

- 1 See 8 ACROSS
- 2 Little biter with 6 legs
- 3 Sequoia
- 4 See 8 ACROSS
- 5 I'm positive these are battery electrodes
- 6 Calculation for a gambler
- 14 Where to go in London

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Remembering Friends March 14, 2023

It is with much sadness that we report the passing of former Friends of Cape Henlopen State Park President, Richard Thatcher. Richard was 83 years old and lived in Lancaster, PA. Although no longer living in the Lewes area, Richard was still a supporter of the Friends. In past years, Richard would attend our annual meetings and express his love of Cape Henlopen State Park. The FOCHSP [Thatcher Education Fund](#) (← **Click-the-Link**) is named after Richard and his wife Mirth (whose death preceded him). The Thatcher fund was started under Richard's administration and pays for transport and program fees to bring school children to take part in Nature Center programs. The memorial page for Richard is available via **Click-the-Link** → [Richard S. Thatcher Life Celebration](#)



Seashore Striders Shamrock Shuffle March 5, 2022

Twenty-four Friends volunteers helped provide water and support to the runners at this year's Seashore Striders Shamrock Shuffle 10-mile, 10-mile relay, and 5K running events. A picture can say a thousand words about the Gordons Pond water stop. Thanks ladies.

Bringing Fido to the Beach by Carl Frey

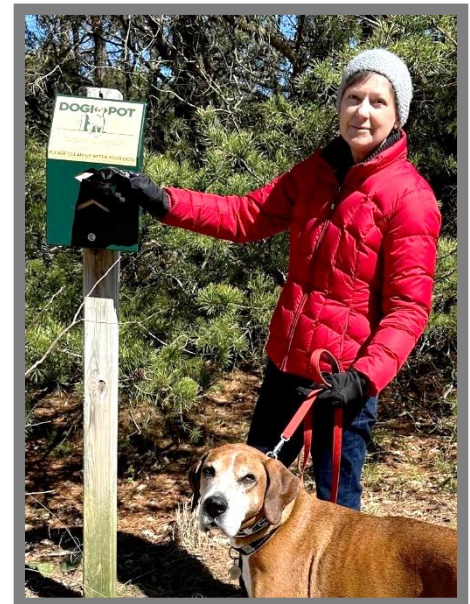
Spring is here and that means bringing the family to the beach. If your family includes a dog, please note that while Cape Henlopen State Park welcomes visitors to bring their dogs, the Park requires owners to be responsible pet owners. The Park has guidelines in place to ensure that everyone has a fun, safe time when they visit the beach:

Click-the-Link → [Pets at DE Parks](#)

Here are a few of these:

- owners must clean up after their pet
- pets must be licensed, with proof of a rabies vaccination
- owners must clean up after their pet
- pets must be under control and on a leash no longer than 6 feet
- owners must clean up after their pet
- pets are prohibited on guarded beaches from May 1 to September 30
- owners must clean up after their pet
- pets are ALWAYS prohibited from bay beaches, bird nesting areas and picnic areas

And by the way, enjoy the beach, clean up after your pet and remember to Carry In – Carry Out all your trash, including Fido's.



Julie & Stanley say "Don't forget. Carry In – Carry Out is the rule at all DE parks. That includes dog waste.

FOCHSP Annual Flea Market March 18, 2023

The Friends of Cape Henlopen State Park had our most successful Flea Market EVER!! Over the course of the three days (two setup days and the event day), we put in a total of over 475 volunteer hours. We appreciate the many generous donations and the many discerning shoppers who lined up over an hour before the event even started.



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FOCHSP Annual Flea Market (cont.) March 18, 2023



L to R John Bracco (Pres), State Senator Russ Huxtable, Polly White (VP)



Kelsey Doyle Delaware Park System Regional Manager of Volunteers



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Wine, Beer, & Cheese Tastings in the Park



Saturday, April 15th. 2023
4:00pm - 6:00pm
The Officers' Club
Cape Henlopen State Park



Tickets: \$27 in Advance*
Tickets: \$30 at the Door
*includes Park Admission

TICKETS AVAILABLE AT:

R&L Liquors, 2nd.St. Lewes 9am - 10pm
Cape Henlopen State Park Office 9am - 4pm
Lewes Chamber of Commerce 10am - 4pm

Craft Beers & Wines provided by selected distributors. Cheeses by local vendors

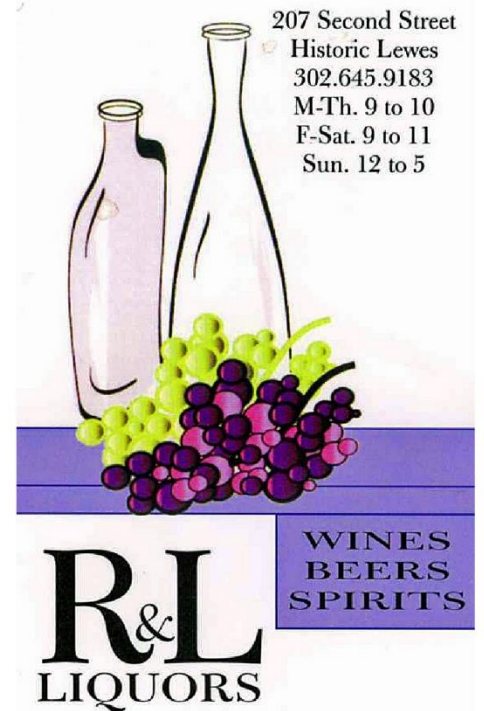
207 Second Street
Historic Lewes
302.645.9183
M-Th. 9 to 10
F-Sat. 9 to 11
Sun. 12 to 5



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Tour de Friends

CAPE HENLOPEN STATE PARK

2023

**A family-fun biking event with a bike accessible scavenger hunt
After party for all plus safety & maintenance demonstrations**

On Sunday, May 7th (rain date May 14th), the FOCHSP will be holding its 2nd Annual Tour de Friends family-friendly fun biking event. The focus of the Tour will be a bicycle-accessible scavenger hunt for individuals, families, and teams of all ages and sizes. All participants will have the opportunity to win one of the available prizes from among a selection donated by many of the local bike shops.

In addition to the scavenger hunt, DeIDOT, Sussex Cyclists, and other organizations and local bike shops will be on hand to conduct a bike rodeo for children ages 4 to 13 years old, hands-on workshops on bicycle safety and basic bike repair/maintenance, and other fun activities for the whole family. Crooked Hammock will again be the premier food and beverage sponsor for the Tour and will provide a luncheon/after-party following the conclusion of the scavenger hunt.

On-site registration and check-in will start at Hawk Watch Pavilion at 9 am; the Scavenger Hunt will start at 10 am and run through 11:30 am. Crooked Hammock will be serving food and drinks from 11:30 AM to 1:00 PM and will provide entertainment and lawn games for all.

The bike rodeo, sponsored by DeIDOT, will be held in the main beach parking lot next to Hawk Watch Pavilion from 9:30 AM until 11:00 AM.

Registration fees for the Tour de Friends are: \$35 for individuals; \$60 for family groups of up to four participants, and \$10 for each additional family member up to a maximum of 8 for \$100. Advance registration is preferred, although limited on-site registration will be available as well (via cash or check only). Total participation will be limited to 200 bike riders, so please register soon to avoid disappointment! All major credit, debit cards and PayPal are accepted for advanced registration.

Participants will receive a free commemorative t-shirt while supplies last. Once you've registered, please send an email to tourdefriends102@gmail.com with your preferred t-shirt size(s).

Park Updates

- The main beach parking lot continues to be closed and is planned to reopen Memorial Day.
- Entrance fee collection began March 1st.
- A section of the Junction & Breakwater Trail along Kings Hwy has been rerouted due to future construction/development.

Get to Know Your Members – Suzanne Langwell

Suzanne Langwell was born in Brooklyn, NY but grew up and settled in Long Island, NY. After finishing her higher education, she worked for 38 years at NBCUniversal in the Technical Operations Department. Suzanne and her team were responsible for the delivery, storage, and receipt of commercials for 21 broadcast and digital networks. She was also responsible for Vendor/Client relations, pioneering new workflows for commercial content along with managing and maintaining operational applications across the business. Downtime provided Suzanne many wonderful family vacations in Delaware which is how she and husband Rich became familiar with Southern Delaware. In 2015 they learned that good friends and extended family members purchased homes in Lewes, so they decided to do the same and purchased a home in the same community which they have been using for holidays & vacations since 2016. In fact, 2016 is the year Suzanne heard about FOCHSP from a good “friend” who volunteered at the Bike Barn, and has been volunteering whenever possible ever since. They officially joined the Friends in 2021 when they moved to Lewes full time. Suzanne is currently responsible for the Friends Facebook page. She really enjoys engaging with the community, sharing news and photos of all the great Friends events as well as posting volunteer opportunities happening throughout the year. Suzanne’s best memory of FOCHSP, so far, is the making new friends. As far as her experiences at CHSP, she really loves how all her senses mushroom when she hears the waves, wind and the birds, smells the pine and the salt, sees how the park’s landscapes and vistas change from one day to the next providing a feeling of peace and tranquility. Suzanne’s favorite places in the park are The Point with its breathtaking views as well as Gordons Pond Trail which provides fresh pine and sea scented air every time she visits.



FOCHSP Park Donation- Playground Sign March 20, 2023

The Friends donated the funds to purchase a new sign to help visitors looking for the children’s Playground & Picnic area.



Park Puzzle Answers

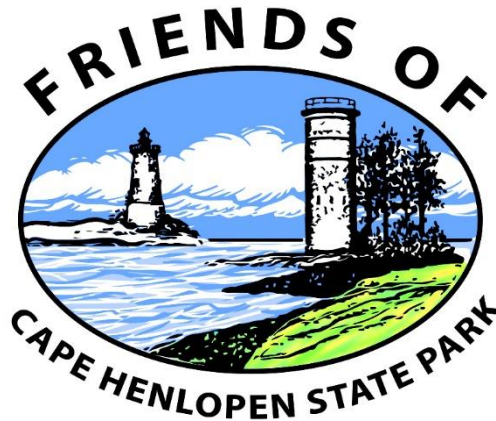
B	R	R		T	A	O
E	E	E		A	N	D
E	D	D		S	O	D
R	A	W		T	D	S
	N	O	L	I	E	
	T	O	O	N	S	
		D	O	G		

Friends of Cape Henlopen State Park

newsletter

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- FOCHSP Trail Days
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- Running Festival Support
- Wine, Beer & Cheese Tasting
- Earth Day Clean-up
- Tour de Friends Update
- FOCHSP Park Donations
- Park Updates
- Getting to Know Park Staff
- Puzzle Answers



CONTACTS

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FOCHSP Trail Days

April 8, 2023

The FOCHSP April 2023 Trail Days cleanup was led as usual by Fran Giacomia and Gavin Braithwaite. Eighteen volunteers contributed 54 hours of volunteer time. Fran led his crew to the Playground where they fluffed the mulch. Afterwards they continued cleaning and pruning along the Bike loop in a clockwise direction, going up the trail to the entrance of Fort Miles Battery 519. Gavin's crew also started at the Playground continuing along the Bike Loop in a clockwise direction sweeping pine needles and sand off the trail as well as cleaning and trimming. Around 25 pounds of trash was collected.



PARK PUZZLE by Carl Frey

			1	2	3	
	4	5				
6						7
8				9		
10			11			
	12					
	13					

Across

- 1 CIA forerunner
- 4 Subject under discussion
- 6 *Get Smart* organization similar to 1 ACROSS
- 8 ___ Wiedersehen ('See you later' in Berlin)
- 9 *Livin' Thing* R&R band
- 10 See 4 DOWN
- 12 Waste material
- 13 Poetic end of day

Down

- 1 Select
- 2 Some police or fire alarms
- 3 Reprimands
- 4 FOCHSP May 7 event (w/10 ACROSS)
- 5 Aflame
- 6 De-___ for me, or I'll never sleep.
- 7 ___ Angeles or ___ Cabos
- 11 It's like, forever

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Bike Barn News

April 15, 2022

One of our members donated a Haro Impulse bicycle, purchased in the early nineties, to the Bike Barn. A gentleman in Ontario, Canada saw it for sale on our Facebook page. He had one when they first came out and regretted letting it go ever since. After some discussion, he purchased the bike from us and paid to have it shipped all the way up to Canada. Our friends at Seagreen Bicycle packed and shipped the treasure for us. We now have a happy customer in Canada.

At long last, I once again own an Impulse. I had one exactly like this when they first hit the stores.
Big thanks to Bob Callahan for getting it all the way here from Delaware.



Coastal Delaware Running Festival

April 16, 2022

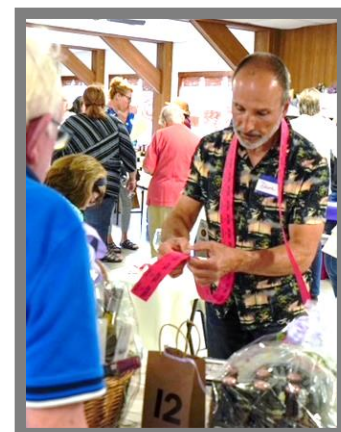
The Coastal Delaware Running Festival featuring full and half marathons, saw 29 FOCHSP volunteers show up to help staff two water stops, one at Herring Point the other at the intersection of Transmitter and Dune Roads, in support of about 3,000 runners taking part in the running events. Our crew accrued more than 119 hours of volunteer time.



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FOCHSP Wine, Beer & Cheese Tasting in the Park April 15, 2023

Friends of Cape Henlopen State Park once again held our annual Wine, Beer and Cheese Tasting in the Park. The event was a great success with all attendees walking out with big smiles on their faces. Eleven members helped with the Friday setup logging in 23 hours of volunteer time. The event found 39 members who took care of the appetizer serving, bucket dumping and cleaning which added up to 150 hours of volunteering.



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Earth Day Cleanup April 22, 2023

This year, The Friends were joined by the Zwaanendael Women's Club for our Earth Day cleanup. East Lewes was our destination, where we cleaned up the town beaches, Cape Henlopen Drive, East Savannah and Anglers Rd. Our haul came in at about 70 pounds of premium trash.



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Tour de Friends

CAPE HENLOPEN STATE PARK

Sunday, May 7, 2023

(rain date: Sunday, May 14, 2023)

A family-friendly bike scavenger hunt in Cape Henlopen State Park, for individuals, families, and teams of all ages

Bike Rodeo for children 4 – 13

Workshops on bike safety and repair

Fun, games, food and beverages provided by Crooked Hammock Brewery

A Park fundraiser by the Friends of Cape Henlopen State Park

Click-the-Link → [Tour de Friends Registration](#) ← Click-the-Link

or via this QR code



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FOCHSP Donations- Thatcher Education Fund

April 2023

The Friends board approved two Thatcher Grant requests;

-\$1,000 to South Dover Elementary School for 130 3rd graders attending “Seeing The Bay” this May.

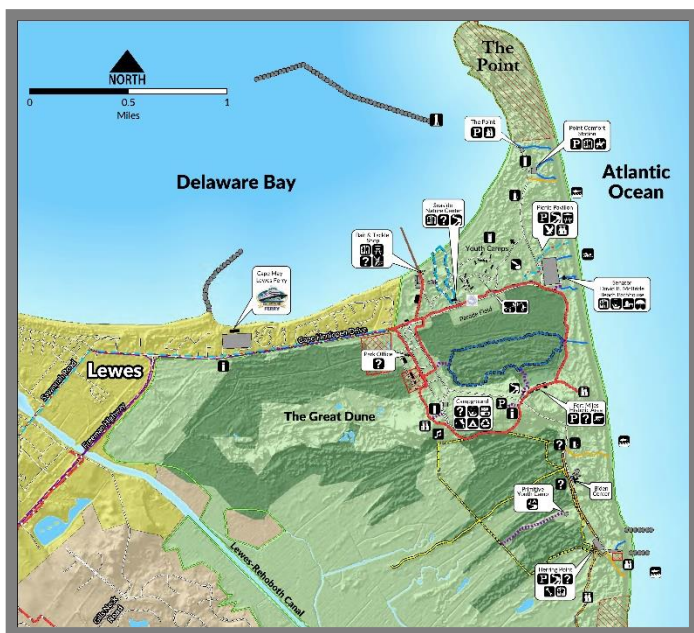
-\$508 to H.O. Brittingham Elementary School for 89 3rd graders attending “Beach Detectives” this May.

Park Updates

- After 36 years with the DNREC, our southern coastal region of state parks superintendent Pat Cooper will be retiring as of June 1st. Thanks Pat for your service and help.
- Though some minor items need to be addressed, the main beach parking lot is OPEN!!

Get to Know Your Park Staff – Venus Barr

Venus Barr was born and raised in Duncannon, PA. Her formative education years were spent at Susquenita High School, Cumberland Perry Area Career & Technical Center as well as Harrisburg Area Community College (HACC) all in central PA. Venus came to CHSP in 2022 where she worked in the Youth Camp and Primitive Area as well the Fort Miles wedding venue as Facility Coordinator. When the position of Campground Manager came up, she jumped at the chance. Working side by side with Assistant Superintendent Sean Cain and Campground Staff, Venus quickly learned the ropes. Her current responsibilities include overseeing the Registrar Booth & Camp Store staff, processing revenue for both, ordering supplies for Camp Store as well as helping campers with reservations and questions about the park. Venus appreciates that there’s never a dull moment when camping is concerned which makes every day a new adventure. Even though her tenure is relatively recent, she has grown very fond of the bayside by Fishing Pier and its amazing views. Venus hopes spend time this summer kayaking and just relaxing on the beach.



Park Puzzle Answers

			O	S	S	
	T	O	P	I	C	
C	O	N	T	R	O	L
A	U	F		E	L	O
F	R	I	E	N	D	S
	D	R	O	S	S	
	E	E	N			

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Friends of Cape Henlopen State Park

newsletter

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↓ Click-the-Link ↓

[Borrow-a-Bike](#)

for Details & Hours

➤ 2023 Events Calendar ◀

- [MEMBERSHIP RENEWAL](#) ◀ Click-the-Link
- **Cape Henlopen Trail Days:** Usually Second Saturday Monthly
(**THIS MONTH** ▶ Join us for National Trails Day (details below))
- **National Trails Day:** June 3rd 9 AM to Noon at Hawk Watch Pavilion (lunch will be provided)
- **Ice Cream Social:** June 16th 3 PM to 5 PM at Hawk Watch Pavilion
- **Youth Fishing Tournament:** September 9th (Rain Date Sep. 10th) CHSP Fishing Pier 8 to 11 AM
- **Chocolate Tasting:** September 9th 1 PM to 4 PM at Officers' Club
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Running Event Support- Seashore Striders Half-Marathon/Relay May 6, 2022

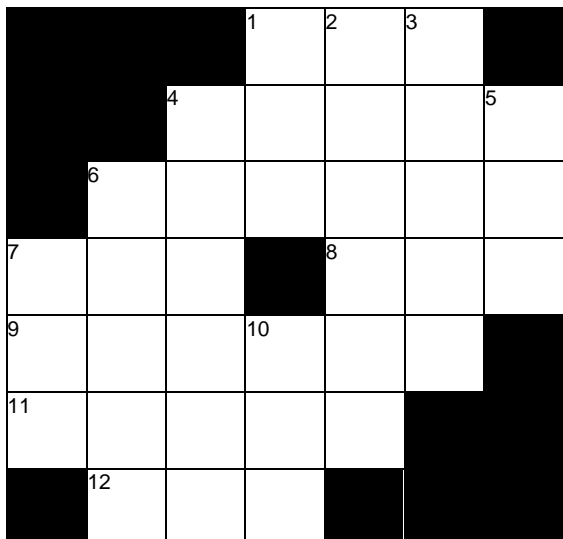
FOCHSP provided volunteers to staff three water stops within the park for approximately 150 runners. Stops we manned were located at the Park entrance, at Herring Point, and at the race turn-around near the observation platform on the Gordons Pond Trail. The eleven volunteers provided 39.75 hours of volunteer time in support of the event.

FOCHSP Bike Barn Donation- Bikes for DeIDOT May 6, 2023

The Friends donated three bicycles from Bike Barn excess inventory to DeIDOT. The bikes will be used by students who come to work this summer. Pictured L to R Ian Friedland (Bike Barn Director), Dave Frazer (Board member) & John Fiori (DeIDOT Bike Safety Coordinator).



PARK PUZZLE by Carl Frey



Across

- 1 Shorthand for a crafty financial trader
- 4 Cool FOCHSP event on June 16: Ice __ (with 9 ACROSS)
- 6 Ice box
- 7 Progressive spokesperson
- 8 Poetic end of day
- 9 See 4 ACROSS
- 11 *Casablanca* quote: "Round up the __ suspects!"
- 12 IRS ID reference

Down

- 1 Jackie's #2
- 2 What to do after a card reshuffle
- 3 Where to spread your schmeer
- 4 Early spring bloomer
- 5 Sign on some doors
- 6 Freebie from the dental hygienist
- 7 Home of Seminoles
- 10 A famous Fleming or McKellen

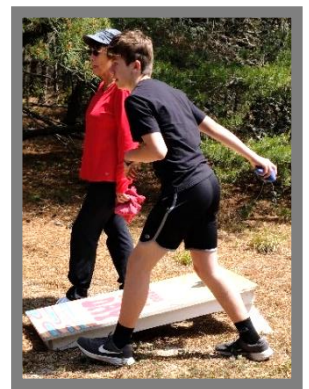
Tour de Friends May 7, 2023

The FOCHSP held our 2nd annual Tour de Friends Scavenger hunt at Cape Henlopen State Park Hawk Watch. We had 22 volunteers that performed 126 hours of volunteer time. The event participants (cyclists) were given a quiz sheet with questions pertaining to Cape Henlopen State Park. The cyclists then proceeded to tour the park in search of the answers to the quiz questions. They were advised to use caution and that this was not a race or timed event. It was a fun, family event that provided a good time and a great way to learn about the park. Our primary sponsor, Crooked Hammock provided a delicious lunch for the cyclists and our volunteers. In addition, Sussex cycles, Shaffer Service and DeIDOT were on hand to show participants how to maintain their bicycles and provide bike safety training.



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Tour de Friends (cont.)



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FOCHSP Trail Days

May 13, 2023

This month's Trail Days had 20 volunteers perform 62.5 hours of service. Led by Gavin Braithwaite and Fran Giacom, we split into two groups. One group went down the Seaside Nature trail and cleaned the bay beach up to the Point. This was followed by cleaning the roadway up to the Playground area. Approx 30 lbs. of trash were collected including a 7-foot piece of Styrofoam. The second group cleaned the Bike Loop from the Nature Center to the park exit then continued along Rail Trail to the Freeman Highway crossing. The work involved lopping numerous branches that hung over onto the trail and raking/brooming/shoveling pine needles off the trail. Group two picked up about 25 lbs. of trash including a large piece of rusty, scrap metal. Everyone worked safely and enjoyed themselves.



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FOCHSP Education Donation- Thatcher Grant

May 11, 2023

The FOCHSP board approved a maximum \$1,000 grant for Long Neck Elementary School to help ninety nine 3rd graders attend a Beach Comber/Seashore Safari event at the park in June.

FOCHSP Partner Donation- Delaware River & Bay Lighthouse Foundation

May 20, 2023

On May 20, the Friends presented a check for \$500 to the Delaware River & Bay Lighthouse Foundation (DRBLF). DRBLF is an all-volunteer organization that serves as the caretaker for the Harbor of Refuge Lighthouse which stand offshore from the park. This donation was in gratitude for their work repairing the Harbor of Refuge Lighthouse and for speaking at the Friends annual member meeting. Pictured from L to R: FOCHSP Treasurer-Bob Callahan, FOCHSP VP-Polly White, FOCHSP President-John Bracco, DRBLF Past President- Red Moulinier and DRBLF President- Rick Ziegler.)



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Get to Know Your Fellow Members – Linda Federman

Linda Federman was born in Brooklyn NY and grew up in Staten Island. She studied Radio, Television and Film at the University of Maryland. During those college years Linda and her future husband loved going to Ocean City and continued coming down to Sussex County vacationing with the family after marriage. Linda's career started by working at a magazine published by The Discovery Channel, with the intention of moving into tv production. But the print thing kind of took on a life of its own, and Linda ended up writing for magazines and newspapers as well as running an editorial service and public relations business. In 2013 the family built their coastal paradise in Rehoboth Beach and Linda moved right in. Unfortunately, her husband had to keep working in New Jersey coming down only on weekends. Luckily that only lasted four years until his retirement in 2019. Like many of us, moving to a new area takes a while to get used to and even though many of her friends, including John Bracco our Pres., spoke highly of FOCHSP, it still took Linda a while to catch the bug. But in May 2023 she joined the Friends and jumped right in by volunteering at the Tour de Friends. Linda loves everything about the park, the natural beauty and peacefulness plus it's a lovely place to experience the beach, walk the trails, and get a taste of history. She enjoys the lookout tower most of all for its architectural structure, the views from the top and seeing the messages people shape from stones that are only visible from above.

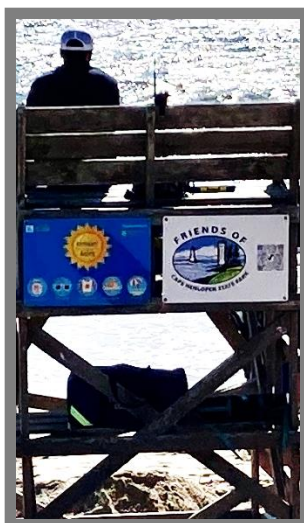


Park Updates

- The park has installed two new bike racks, one near the Seaside Nature Center and one at Navy Crossing. Both will be paid for by FOCHSP.
- Work was completed to repair washed-out areas of the Gordons Pond Trail.
- The new bait and tackle shop, Breakwater Bait & Tackle, at the fishing pier has opened.
- The newly installed walkway and handrails are now open at the main beach.
- A Bill # 6 was introduced in the DE state legislature to codify CHSP as a protected public resource.

FOCHSP Park Donation- Lifeguard Program May 2023

Signs showing FOCHSP support of the Lifeguard program have been installed on stands along the main beach.



Park Puzzle Answers

			A	R	B	
		C	R	E	A	M
	F	R	I	D	G	E
F	L	O		E	E	N
S	O	C	I	A	L	
U	S	U	A	L		
	S	S	N			



Friends of Cape Henlopen State Park

newsletter

JULY 2023 In This Issue

- FOCHSP National Trails Day
- 2023 Events Calendar
- Bike Barn News
- Park Puzzle
- Park Updates
- Get to Know Your Members
- Seaside Nature Center News
- Puzzle Answers



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The Bike Barn IS OPEN

↓ Click-the-Link ↓

[Borrow-a-Bike](#)

for Details & Hours

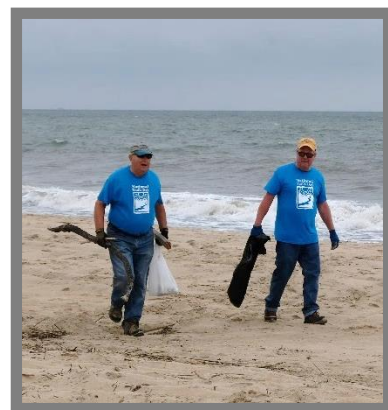
FOCHSP National Trails Day June 3, 2023

The Friends of Cape Henlopen State Park National Trails Day cleanup took place on Saturday June 3rd. We were joined by the Zwaanendael Women's Club, Camp Rehoboth and the Rehoboth Village Improvement Assoc. In total, there were 94 volunteers in attendance (half pictured above), who contributed a total of 179.75 hours of volunteer time. Both bay and ocean beaches within the park were cleared of trash. Volunteers also cleaned the fishing pier, playground, disc golf course, main beach parking lot and the walking/biking paths from Fort Miles to the Seaside Nature Center. We found the park in good shape but were still able to collect approx. 50 lbs. of trash. Our volunteers were rewarded by a fabulous lunch provided by the Rehoboth Village Improvement Association (VIA).



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FOCHSP National Trails Day (cont.)



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➤ 2023 Events Calendar ◀

- [MEMBERSHIP RENEWAL](#) ← Click-the-Link
- **Cape Henlopen Trail Days:** Second Saturday Monthly
(**THIS MONTH** ➤ July 8th 8:45 AM at the Children's Playground)
- **Youth Fishing Tournament:** September 9th (Rain Date Sep. 10th) CHSP Fishing Pier 8 to 11 AM
- **Chocolate Tasting:** September 9th 1 PM to 4 PM at Officers' Club
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- **Christmas Boutique & Book Sale:** November 18th 9 AM to 3 PM at Officers Club

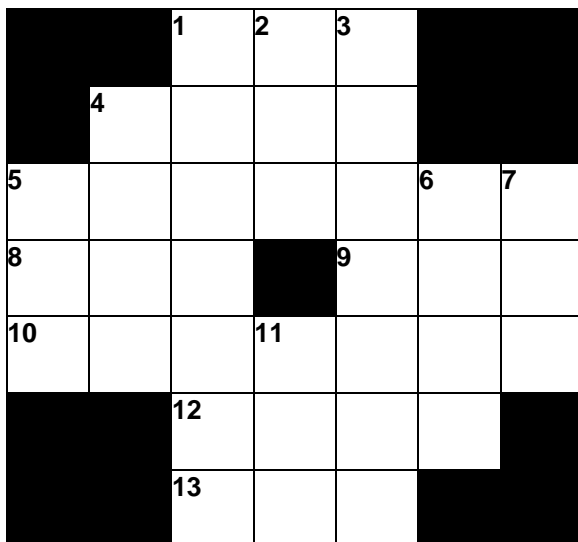
FOCHSP Bike Barn News June 15, 2023

June 15th, 2023, was a red-letter day at the FOCHSP Bike Barn. It was the very first time the facility had been fully staffed by only women members of the Bike Barn Ambassador crew! Maybe a trend is starting and a great endorsement for additional female volunteers.



Left to Right: Jennifer Paglia- AM Shift, MJ Candaux- PM Shift, Mary Pika- PM Shift, Deb Milkosky- AM Shift

PARK PUZZLE by Carl Frey



Across

- 1 Org. affiliated with many housing developments
- 4 Sometimes heard at Cape Henlopen State Park: fog __
- 5 Added one's 2 cents
- 8 Companion to science
- 9 R&R band that had a hit with 'Takin' Care of Business'
- 10 Populated
- 12 At bat
- 13 Neckware, often striped

Down

- 1 Hey, get going!
- 2 Miner's objective
- 3 All hail the Red, White __
- 4 Bring on board
- 5 Kind of smear or test
- 6 Home of the Miners
- 7 Keurig__ or Tide__
- 10 Bike tire inflation spec

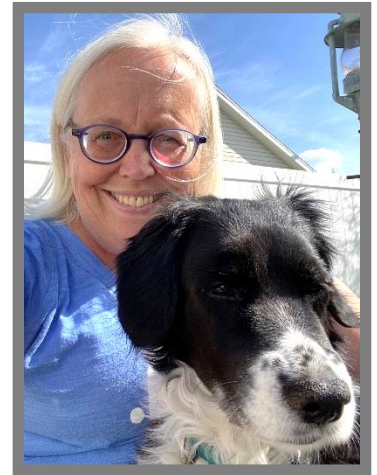
Park Updates

- New signage was installed at the Bike Barn this month.

Get to Know Your Fellow Members – Mary Jane Candaux

Mary Jane Candaux or “MJ”, was born in Seattle but grew up in San Diego, CA which she loved. It’s where she attended college and law school. In 1992 “MJ” moved to start her law career with the US Justice Dept in NYC, representing the INS in deportation hearings. Two years later she transferred to Washington, DC to focus her career with the Civil Division of the DOJ, still working on immigration issues, and even able to bike to work.

“MJ” first visited DE in the late-90s. Being from San Diego, she thought the beaches at CHSP were beautiful but incredibly crowded. Can you say “summer weekend”? Undaunted, “MJ” returned to the Delaware many times over the years. Upon retirement she decided to move to Lewes to be close to the ocean and not too far from her friends in the DC area. “MJ”’s been here a year now and is super happy.



“MJ” joined the Friends in February 2023 and was immediately blown away by the Bike Barn and decided to volunteer in the spring. She’s really enjoyed getting to know the other volunteers and loves that visitors are so happy about the program. “MJ” has also helped out on several FOCHSP Trail Days. Her favorite place in the park is on the east side of the bike loop as you’re going along next to the dunes, “it’s so peaceful and beautiful there”. “MJ” feels really lucky to be part of such a vibrant and welcoming group of people who do SO MUCH for the Park.

Seaside Nature Center News June 26, 2023

Many thanks to Delaware Master Gardeners, Julie Callahan and Mary Harris for leading a group of Friends volunteers who planted Delaware native plants at the Seaside Nature Center Pond.



Left to Right: John Bracco (Pres.), Julie Callahan, Pam Miller, Mary Harris, Dave Miller and Steve Band

Park Puzzle Answers

		H	O	A		
	H	O	R	N		
P	I	P	E	D	U	P
A	R	T		B	T	O
P	E	O	P	L	E	D
		I	S	U	P	
		T	I	E		

Friends of Cape Henlopen State Park

newsletter

CONTACTS

PO Box 132, Nassau, DE 19958

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AUGUST 2023

In This Issue

- 2023 Events Calendar
- FOCHSP Trail Days
- Park Updates
- Get to Know Park Staff
- Park Puzzle
- September Events Announced
- Puzzle Answers



The Bike Barn IS OPEN

↓ Click-the-Link ↓

[Borrow-a-Bike](#)

for Details & Hours

➤ 2023 Events Calendar ◀

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(THIS MONTH'S MEET ► August 12th **7:55 AM** at the Children's Playground)
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RAIN DATE = September 10th
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PLEASE NOTE: Park Entrance Fees are in Effect March 1 to November 30

FOCHSP Trail Days July 8, 2023

Twenty-seven Friends provided 68.75 hours of volunteer time cleaning and pruning along the bike trail starting along Cape Henlopen Drive by the ferry through the park entrance up to the playground. Two crews led by Fran Giacomia and John Bracco collected approx. 35 lbs. of trash. A third crew, led by Gavin Braithwaite, from Troop #1 of the Lewes Boy Scouts, which included four scouts and four adults, cleaned the ocean beach from The Point parking lot south crossing to the Pinelands Nature Trail. They were able to collect about 75 lbs. of trash including many beverage containers on the trails to and from the beach. The scouts were working to qualify for an environmental conservation award. We think they certainly met the requirements.



Scouts trash hunting

Park Updates

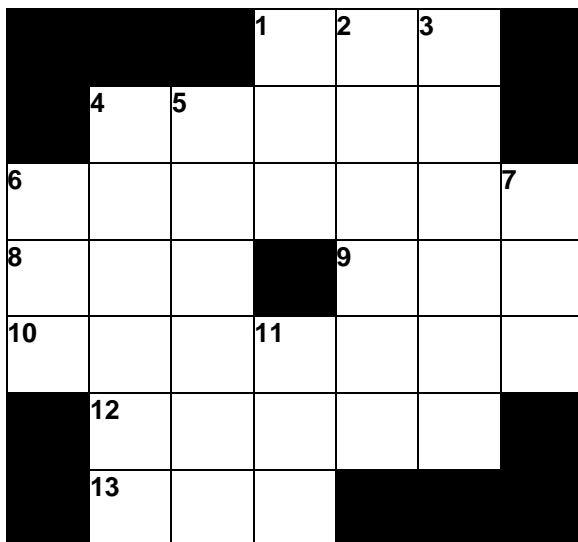
- The Piping Plover nest at Gordons Pond failed the beginning of July. Park staff removed the fence/closure and reopened the area to the public.
- The HVAC system has been replaced at the Seaside Nature Center just in time for the dog days of August.

Get to Know Park Staff – Josh Miller

Joshua Miller was born in Salisbury, MD but spent half of his formative years in Key West, FL and the other half in Berlin, MD. He started his education journey at Wor-Wic Community College and then transferred to Salisbury University where he received a bachelor's degree in environmental studies with a minor in Biology. Josh started at CHSP in 2022 as a summer seasonal employee, and then Richard Julian asked him if he would become the Seaside Nature Center's full time tanks person. After completing a month's long workshop, he became a certified interpretive guide at the center where he creates and leads environmental education programs for public and private groups as well as working the center's front desk. As the "tanks person", he performs weekly tank cleanings, general tank maintenance, adjusting each tanks' "diet", looks after fish food, chemical, and tank parts inventories, as well as administering medicine to animals as needed. Being able to spend a lot of time outside, working with animals, and connecting people to the environment are things that drew Josh to the position. His favorite spot in the park is The Point because you can not only get to see both the bay and the ocean, but you get to experience our fabulous plovers. As his picture contests, Josh is an avid Disk Golfer that is also moved by just looking for critters.



PARK PUZZLE by Carl Frey



Across

- Happy ___ clam
- What a bird does prior to growing new feathers
- Shower due on August 11 & 12 (with 4 DOWN)
- Hey, no pushing. One ___ time
- Quick kiss on the boardwalk
- Home security for some Cape Henlopen campers
- Stares at, usually rudely
- Video cam button

Down

- Gore and Warhol
- Expansive, dry, flat landscape
- She Loves You* and *Lady Madonna*
- See 6 ACROSS
- Breakfast juice
- How some poker players stand
- I'm stuck in traffic on Rt 1, ___nabbitt
- X-tra special treatment

ANNOUNCING

FOCHSP Annual Youth Fishing Tournament- September 9, 2023

Yes, Friends it's time to get your young anglers ready to test their skills against the monsters of the deep. With trophy categories ranging from the biggest to the smallest fish, first to the last fish caught or even the most or fewest fish caught, there will be more than enough prizes and incentives to go around. Keep your fingers crossed for fair winds, blue skies, and fish aplenty.

- Participants need to be 15 years old or under.
- Entry fee is \$10 per child and includes a free t-shirt and all the bait the fish can eat.
- Registration is from 7 to 8 AM at the CHSP Fishing Pier fishing takes place from 8 to 11 AM.
- Awards & prizes will be handed out immediately after the contest.
- Make sure to bring your own gear.
- Rain Date- 9/10/2023



Chocolate Tasting in the Park

Saturday, September 9th.

1 pm - 4 pm

Officers' Club, Cape Henlopen State Park

\$8 per person for 6 tastings

(Please Note: Park Entrance Fees will be in Effect)

All proceeds to benefit the Friends of Cape Henlopen State Park Education Fund and other Park activities



Park Puzzle Answers

			A	S	A	
	M	O	L	T	S	
P	E	R	S	E	I	D
A	T	A		P	D	A
T	E	N	T	P	E	G
	O	G	L	E	S	
	R	E	C			

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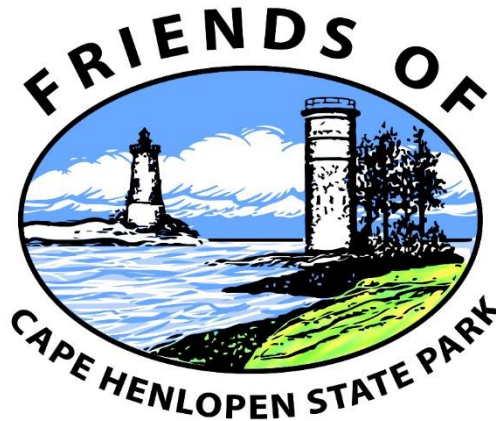
Friends of Cape Henlopen State Park

newsletter

SEPTEMBER 2023

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- 2023 Events Calendar
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- September Event Posters
- Puzzle Answers



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The Bike Barn IS OPEN

↓ Click-the-Link ↓

[Borrow-a-Bike](#)

for Details & Hours

➤ 2023 Events Calendar ◀

- [MEMBERSHIP RENEWAL](#) ← Click-the-Link
- **Cape Henlopen Trail Days: USUALLY** Second Saturday Monthly
(THIS MONTH'S MEET ► [See Coastal Clean Up BELOW](#))
- **Youth Fishing Tournament:** September 9th CHSP Fishing Pier 8 to 11 AM
[RAIN DATE = September 10th](#)
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FOCHSP Trail Days

August 12, 2023

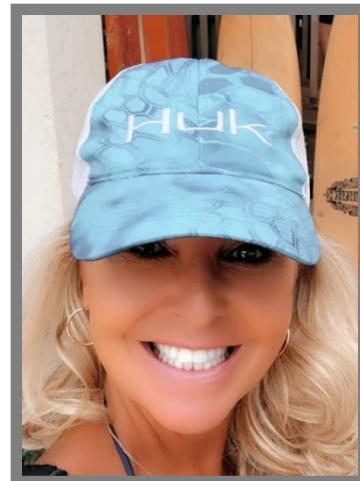
Last month's Friends of Cape Henlopen State Park Trail Days had 23 volunteers that contributed 56.5 hours of service. The volunteers were split into three groups, led by Fran Giacomma, Gavin Braithwaite and John Bracco. Gavin led his team in weeding and cutting back growth around the Bike Barn, FOCHSP tool shed and Seaside Nature Center. Fran's group trimmed growth and collected trash along a portion of the bike loop, the disc golf course, the Hawk Watch and Main Beach parking lots. They collected about 45 lbs. of trash which included two boogie boards. John Bracco's assembly cleared 15 lbs. of trash as well as growth that encroached along the bike path at the entrance to the park which improved the safety of those biking and walking around this busy pathway.



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Get to Know Park Staff – Regina Widdoes

Regina Widdoes is a life long Delawarean who was born in Wilmington and now reside in Lewes. She is a retired Marketing Manager at DuPont and has worked at CHSP since March of 2023 as Revenue Supervisor. Regina’s job responsibilities include managing the Fee Booth operations as well as supervising booth attendants at CHSP and Gordons Pond. She also prepares a daily report of receipts generated by booth sales and park office sales to DNREC. Regina loves her job! She works with a great team of associates who share her passion and love of the park. When she’s not working, you will often find her at the park enjoying bird watching, hiking, and her favorite activity, surf fishing. Regina’s favorite places to go in the park are The Point in the off season and Herring Point year-round. The views are spectacular. While summer is her favorite season at the park, winter is a magical time too! There is nothing as refreshing as taking an early morning hike in the frosty air, feeling the stillness, enjoying the solitude, or the special treat of finding animal prints in the snow. Regina is proud to part of the Cape Henlopen State Park team and enhancing its mission and reputation.



PARK PUZZLE by Carl Frey

1	2	3		4	5	6
7				8		
9				10		
11				12		
	13		14			
		15				
		16				

Across

- 1 ___ & cheese
- 4 What R.E. Lee commanded
- 7 Green prefix
- 8 A.S. degree for some hospital staff
- 9 Tijuana aunt
- 10 Start of a count in Berlin
- 11 Many computer pop-ups
- 12 Chicken ___ king
- 13 Blocked artery fixer
- 15 Kwik-E-Mart proprietor
- 16 ___ dog or ___ dance

Down

- 1 Company once known as Facebook
- 2 Citric, sulfuric and acetic
- 3 FOCHSP event on 9/23 (w/4 DOWN)
- 4 See 3 DOWN
- 5 Type of milk not worth crying over
- 6 ___ and the King of Siam
- 14 Federal protector of air and water

Cape Henlopen State Park - Fishing Pier

Friends of Cape Henlopen State Park

ANNUAL

Youth Fishing Tournament

September 9th

(Rain Date - September 10th)

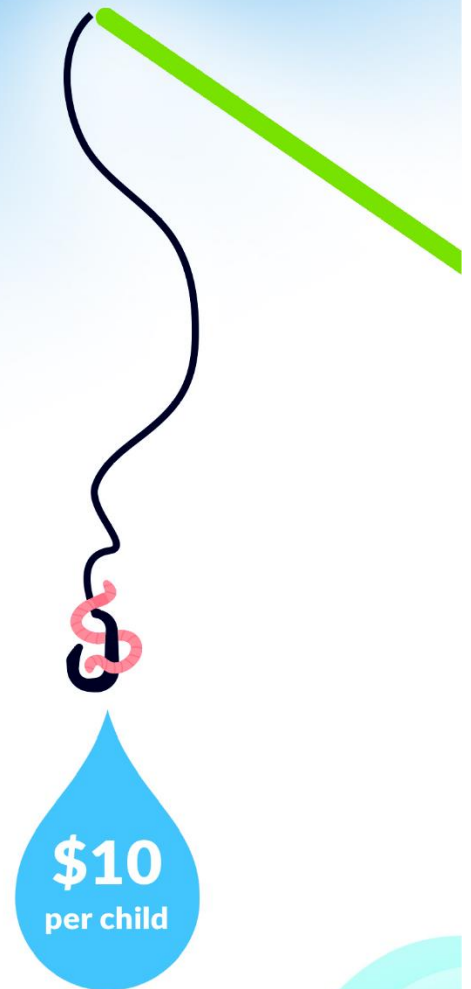
Registration:

7 a.m. - 8 a.m.

Tournament:

8 a.m. - 11 a.m.

For ages 15 & under



friendsofcapehenlopen.org



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Chocolate Tasting in the Park



Saturday, September 9th.

1 pm - 4 pm

Officers' Club, Cape Henlopen State Park

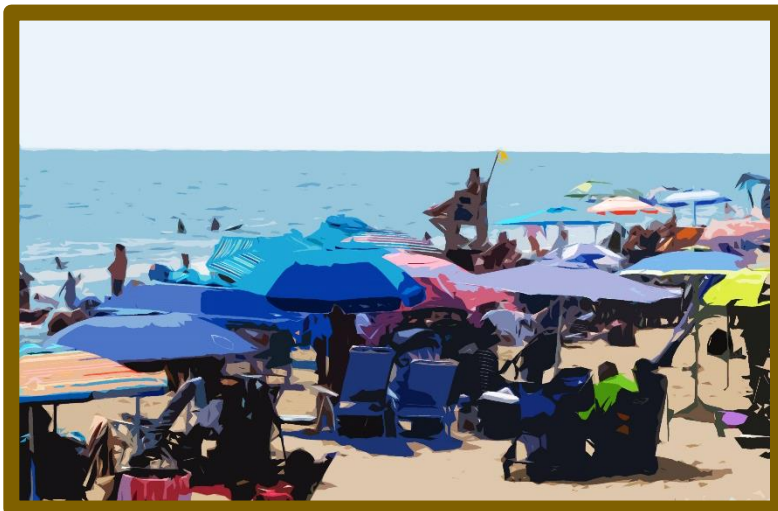
\$8 per person for 6 tastings

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Park Puzzle Answers



M	A	C		C	S	A
E	C	O		L	P	N
T	I	A		E	I	N
A	D	S		A	L	A
	S	T	E	N	T	
		A	P	U		
		L	A	P		

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Friends of Cape Henlopen State Park

newsletter

OCTOBER 2023

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- Park Updates
- Thatcher Fund Disbursement
- Puzzle Answers



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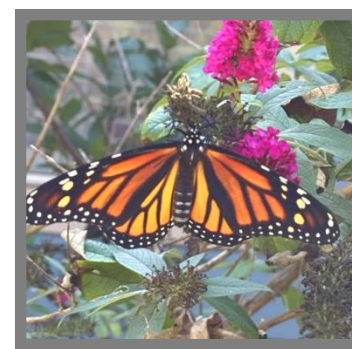
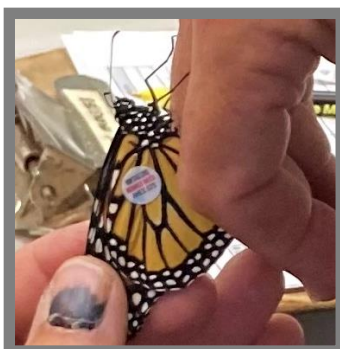
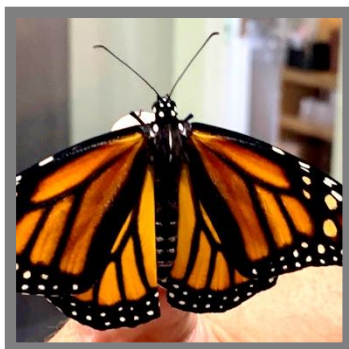
[Borrow-a-Bike](#)

for Details & Hours

FOCHSP Special Project- Monarch Butterfly Waystation

Earlier this month, FOCHSP member and master naturalist Julie Callahan and Friends president John Bracco met with monarch butterfly expert Gary Liska and Cape Henlopen State Park Assistant Supervisor Sean Cain. They met to review the proposed Monarch Butterfly feeding area and information kiosk that the Friends plan to support and build just north of the renovated Biden Center.

Cape Henlopen State Park is located along the migratory path of East Coast monarch butterflies. The plan is to have an information kiosk and a milkweed field completed by early next year. The FOCHSP are proud to be supporting this new habitat and education effort. True to form, Gary Liska tagged a monarch butterfly for identification, before returning the butterfly to a flowering bush outside the park office.

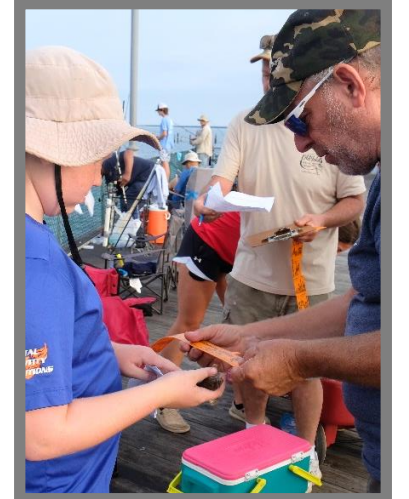


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FOCHSP Youth Fishing Tournament

September 9, 2023

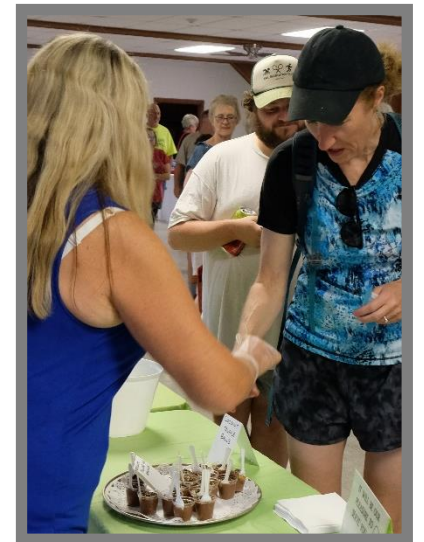
The Friends' 2023 youth fishing tournament had a record setting **FIFTY** anglers takeover the CHSP fishing pier. The gang came to catch some rays, some prizes and, of course, some fish. As is usually the case, there were some escapees (fish that is) but all participants received a T-shirt and at least one prize. Category winners also received trophies. And three lucky kids won an ocean fishing excursion. The fun filled morning ended with the best prize of all, free ice cream.



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FOCHSP Chocolate Tasting in the Park September 9, 2023

The Friends held its much anticipated annual Chocolate Tasting at the Park fundraiser this month with more than 250 attendees. The FOCHSP board of directors gives special thanks to all our volunteers who helped prove we certainly have a bunch of talented bakers and chocolatiers in our membership. Compliments for the homemade offerings flowed in and we were asked, more than a few times, where attendees could get the recipes. Perhaps we should do a Chocolate Tasting cookbook.



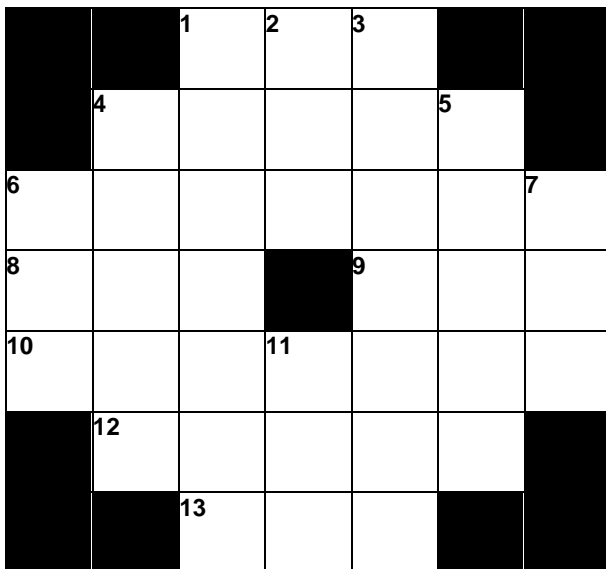
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FOCHSP Coastal Clean-up September 24, 2023

Although Ophelia required rescheduling and provided a bit wind and rain, the Friends of Cape Henlopen State Park volunteers could not be deterred. Twenty volunteers performed 35.5 hours of volunteer time to clean the bay and ocean beaches of The Point. The team collected approximately sixty lbs. of trash. After the cleanup, our volunteers were rewarded to a delicious array of sandwiches donated by Arena's Deli & Bar at 5 Points Lewes.



PARK PUZZLE by Carl Frey



Across	Down
1 Int'l airport option for a Lewes resident	1 Hair plaiter
4 10/31 option	2 Clever wordsmith
6 Activity for one on a soapbox	3 Roof edge formations in winter
8 Rock & Roll Hall of Fame architect	4 10/31 option
9 Big biz boss	5 A-one, primo: 'the bee's ___'
10 Like a horse readied for a ride	6 Nasty covert activities: 'black ___'
12 Heads of France	7 Thor or Odin
13 Often annoying web feed	11 Alcohol withdrawal reaction

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Friends of Cape Henlopen State Park

CHRISTMAS BOUTIQUE'S



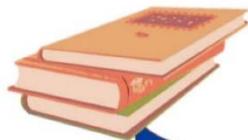
Saturday

November 18th

9:00am – 3:00pm

Officers Club

Cape Henlopen State Park



AND



BOOK FAIR

**Time to start collecting those gently used books, CDs and DVDs,
for both children and adults.**

Please: No encyclopedias, Cookbooks, Magazines, outdated computer manuals or textbooks.

Get to Know Our Members – Wendy Parsons

Wendy Parsons was born and raised in Horsham, a market town in the county of West Sussex, UK. In 1988 she accompanied her husband and two daughters to New Jersey, USA. 1992 saw Wendy training to be licensed practical nurse (LPN) which provided her the credentials to become a nurse for two skin cancer surgeons. Labor Day 2006 found the Parsons in Rehoboth Beach for a short break and immediately fell in love with the area. Since her husband worked from home, they realized that staying in the very expensive NJ/NY metro area wasn't really necessary anymore so in July 2007 they relocated to Lewes Delaware. When Wendy first moved to the area, she volunteered at the Sussex County Habitat for Humanity but after 4 years her grandson was born and she realized she needed more time to spend with him. Once the grandson got a bit older, she missed volunteering so in 2014 she and her husband joined the Friends. There had been an article about the Bike Barn in the Cape Gazette, and they also had neighborhood friends who belonged to the organization. Wendy loves helping out with various events like co-chairing the Wine, Beer & Cheese Tasting, making chocolates for the Chocolate Tasting, crafting items for the Christmas Boutique and generally helping at the Flea Market. Joining the Friends offered them a great way to meet people and make new friends while at the same time helping to support our wonderful park. One of her favorite places in the park is the children's playground, which was built with funds raised by the Friends. It's also the place they have spent a lot of time enjoying their one and only grandchild.



Park Updates

- Governor John Carney signed Senate Bill 6 into law, protecting Cape Henlopen State Park from over development.
- This year's Children's Fantasy Trail takes place October 27, 28 & 29 at 6 PM.

FOCHSP Donations- Thatcher Education Fund September 2023

The Friends board approved two Thatcher Grant requests;

- \$184.80 to East Dover Elementary School for 54 3rd graders attending Seashore Safari in October.
- \$1000.00 to Love Creek Elementary School for 120 2nd graders attending Bug Out! in October.

Park Puzzle Answers

	B	W	I			
	T	R	I	C	K	
O	R	A	T	I	N	G
P	E	I		C	E	O
S	A	D	D	L	E	D
	T	E	T	E	S	
	R	S	S			



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Friends of Cape Henlopen State Park

newsletter

NOVEMBER 2023

In This Issue

- 2023 Events Calendar
- Call for FOCHSP Board of Directors Candidates
- Christmas Boutique & Book Fair Reminder
- Park Puzzle
- FOCHSP Trail Days
- Friends & Dogfish Head Helps
- Get to Know Our Members
- Park Updates
- Puzzle Answers



CONTACTS

PO Box 132, Nassau, DE 19958

friendsofcapehenlopen.org

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fochsp@gmail.com

302-858-6127

The Bike Barn IS OPEN

↓ Click-the-Link ↓

[Borrow-a-Bike](#)

for Details & Hours

➤ 2023 Events Calendar ◀

- **Cape Henlopen Trail Days:** Second Saturday Monthly
(THIS MONTH'S MEET ► November 11th 8:45 AM at the Children's Playground)
- **SAVE-THE-DATE- CHSP Nature Tour:** November 7th 9 to 11 AM at Seaside Nature Center
Led by Scott Wilkinson- Master Naturalist candidate & this month's featured FOCHSP member
- **Christmas Boutique & Book Fair:** November 18th 9 AM to 3 PM at Officers Club
- **SAVE-THE-DATE- FOCHSP Member Holiday Social:** *December 3rd time/location details to follow*
- **Hawk Watch:** Every day September 1 to November 30 (Hawk Watch Pavilion Lot)

PLEASE NOTE: Park Entrance Fees are in Effect March 1 to November 30

Call for FOCHSP Board of Directors Candidates

The Friends is governed by a Board of Directors dedicated to promoting the enjoyment, enhancement, preservation, maintenance, and improved safety of Cape Henlopen State Park. There will be three director positions opening for two-year terms starting in the spring of 2024. Nominations to the board are now being accepted via email at fochsp@gmail.com. Voting by the membership will take place at our annual meeting on March 2nd.

Time to start collecting those gently used books, CDs, and DVDs, for both kids and adults OR crafted holiday items for drop-off at the Officers' Club- Friday, November 17th 10am - 1pm.

Please: No Encyclopedias, Cookbooks, Magazines, Computer manuals or textbooks.

Friends of Cape Henlopen State Park

CHRISTMAS BOUTIQUE S

Saturday



**November 18th
9:00am - 3:00pm**



**Officers Club
Cape Henlopen State Park**



AND BOOK FAIR



PARK PUZZLE by Carl Frey (r522)

		1	2	3	
	4				5
6					7
8				9	
10				11	
12				13	
14				15	

Across	Down
1 Cry	1 A fish in the water
4 Anticipate, expect	2 Rowboat propulsion
6 Red plastic tube litter on many beaches	3 Activity for some Cape Henlopen State Park visitors with cameras
8 Cash source	4 Make aware
9 Christmas carol lyric - "In excelsis ___"	5 What a golfer starting a round does
10 Cats character - Rum ___ Tigger	6 Took notice
11 Prefix meaning 'the same'	7 They create bumps on Cape Henlopen State Park bike trails
12 'A' in Paris	
13 Pecan or almond	
14 Part of RPM	
15 Aid for Cape Henlopen geocaching participants	

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FOCHSP Trail Days October 14, 2023

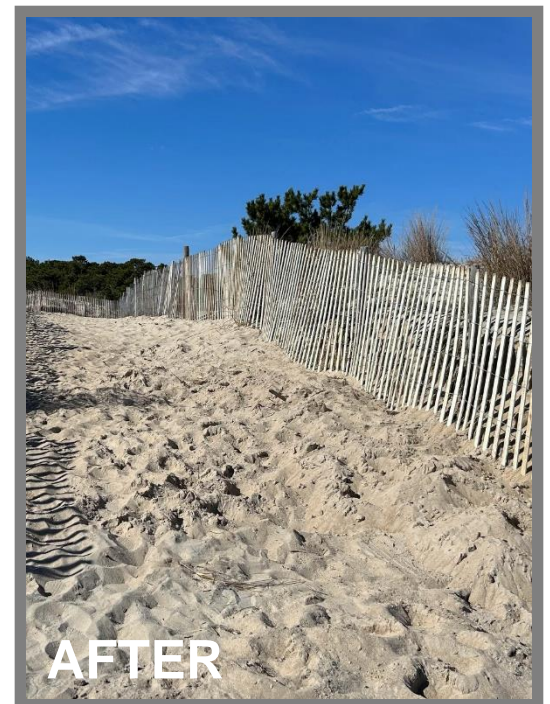
The FOCHSP October '23 Trail Days cleanup, led by Fran Giacomia and Gavin Braithwaite had 13 members that provided 39 total hours of volunteer time. The event started with the usual safety talk and a description of the day's tasks. Two teams were dispatched that cleaned and pruned along the entire Bike Loop within the park. One crew also pruned and cleared brush on the trail through the Disc Golf course. This included digging out years of accumulated pines, weeds, and roots on top of the roadway. Ten lbs. of trash were also collected. A big thank you to all our hard-working volunteers.



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FOCHSP & Dogfish Head Benevolence Helps October 25 & 26, 2023

The Friends were joined by Dogfish Head Craft Brewery's Beer & Benevolence program volunteers to repair fencing that protects the ocean dune. Over the course of two days, our combined work force removed old broken fencing and replaced it with new fencing along the beach access path just south of the Senator McBride Beach Bathhouse. Twenty-three hard working labors toiled for a combined total of 70.25 hours of volunteer time. We would like to thank Thaddeus Fisher for his help and guidance in getting this project completed. The Dogfish Head Benevolence volunteers were a great team to work with and the Friends appreciate their dedication and assistance.



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Get to Know Our Members – Scott Wilkinson

Scott Wilkinson was born in West Virginia but was raised in New Jersey. His career background is in geology, geophysics and hydrogeology. Scott's experience ranges from exploration to restoration as well as protection of natural resources. He was fortunate to travel the world and observe the vast diversity and beauty of the earth. Scott and his family always loved the beach and the outdoors and vacationed in Delaware for many years. Cape Henlopen State Park was a major draw for them. Scott and his wife moved to Lewes part time in 2008 and after learning about the Friends through the Bike Barn became members about 3 years later. Most of his volunteering has involved maintaining and advocating for trails and restoration of the natural environment in the park. Scott has worked with DNREC and the park to expand the trail network throughout the park including safer pedestrian access between the main beach parking lot and the Point. He has participated in monthly trails day and more recently became involved in helping to maintain the disc golf course. In Scott's quest to become a Master Naturalist in Delaware, he's worked to remove nonnative species such as Black Pines and Weeping Lovegrass so the natural balance of the park can be restored. Scott is also a Park Watch volunteer assisting at special events and helping visitors find their way along the trails in the park. His best FOCHSP memory involves a trails day several years ago in mid-winter where it was below freezing yet undaunted volunteers still came out to support the park. Scott loves the park for its natural beauty and accessibility to so many diverse areas as well as the park's programs and Seaside Nature Center, which help educate the public about its plants, animals, and ecosystems. His favorite place in the park is on the Salt Marsh Spur Trail where you can actually stand on the old shoreline of the bay which dates back some 1,500 years ago.



Park Updates

- All over-the-dune matts have been removed until the 2024 summer season.
- Ft. Miles will hold an open house on 11/12 (Veteran's Day Weekend).



Early Morning Park Office Visitor

Park Puzzle Answers

		S	O	B		
	A	W	A	I	T	
S	T	I	R	R	E	R
A	T	M		D	E	O
T	U	M		I	S	O
U	N	E		N	U	T
P	E	R		G	P	S

Friends of Cape Henlopen State Park

newsletter

DECEMBER 2023

In This Issue

- 2023 Events Calendar
- Call for Board Candidates
- **NEW 2024** Events Calendar
- Park Updates
- Park Puzzle
- FOCHSP Trail Days
- Annual Christmas Boutique & Book Fair Recap
- Get to Know Our Members
- Running Event Support
- Puzzle Answers



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The Bike Barn IS OPEN

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[Borrow-a-Bike](#)

*for Details &
New Winter Hours*

➤ 2023 Events Calendar ◀

- **Cape Henlopen Trail Days:** Second Saturday Monthly
(THIS MONTH'S MEET ▶ December 9th 8:45 AM at the Children's Playground)
- **FOCHSP Member Holiday Party:** December 3rd 3 – 5 PM at The Officers Club
- **Hawk Watch:** Every day September 1 to November 30 (Hawk Watch Pavilion Lot)

PLEASE NOTE: Park Entrance Fees are in Effect March 1 to November 30

Call for FOCHSP Board of Directors Candidates

The Friends is governed by a Board of Directors dedicated to promoting the enjoyment, enhancement, preservation, maintenance, and improved safety of Cape Henlopen State Park. There will be three director positions opening for two-year terms starting in the spring of 2024. Nominations to the board are now being accepted via email at fochsp@gmail.com. Voting by the membership will take place at our annual meeting on March 9th.

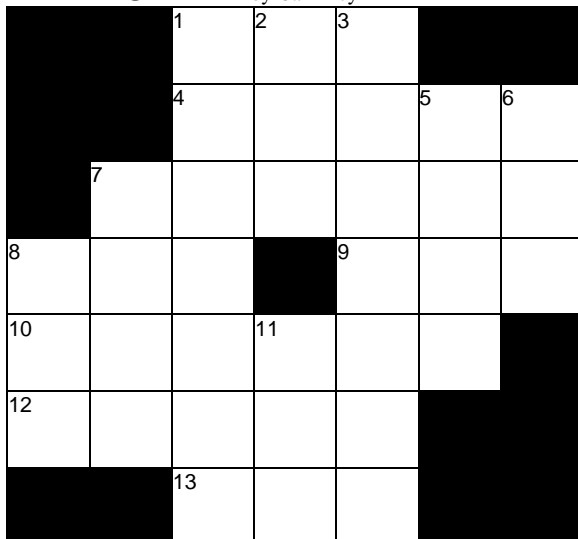
➤ **NEW 2024 Events Calendar** **NEW** ◀

- **Cape Henlopen Trail Days:** Second Saturday Monthly
- **Annual Meeting:** March 9th 9 AM to 11 AM at Officer's Club (Zoom Offering Details TBD)
- **Indoor Flea Market:** March 16th 9 AM to 3 PM at Officer's Club
- **Wine, Beer & Cheese Tasting:** April 13th 4 PM to 6 PM at Officer's Club
- **2024 Earth Day:** April 22nd Meeting Time & Place To-Be-Determined
- **Tour de Friends:** May 4th (Rain Date May 5th) 9 AM to 1 PM
- **National Trails Day:** June 1st 9 AM to Noon Meeting Time & Place To-Be-Determined
- **Youth Fishing Tournament:** September 7th (Rain Date Sep. 8th) CHSP Fishing Pier 8 to 11 AM
- **Chocolate Tasting:** September 7th 1 PM to 4 PM at Officer's Club
- **Coastal Clean Up:** September 21st 9 AM to Noon Meeting Time & Place To-Be-Determined
- **Hawk Watch:** Every day September 1 to November 30 (Hawk Watch Pavilion Lot)
- **Birdseed Sale:** Order by September 30th / Pick Up on Oct 19th at Park Maintenance Garage
- **Christmas Boutique & Book Sale:** November 16th 9 AM to 3 PM at Officer's Club

Park Updates

- The last 145 feet of the park fishing pier have been closed to the public due to structural issues. An investigation will take place but a repair schedule has not yet been determined.
- Park entrance fees are suspended December 1st through February 29th.

PARK PUZZLE by Carl Frey



Across		Down	
1	Poker chip pile at table center	1	Proud as a ___
4	Bottled water option	2	Prefix relating to eggs
7	New Orleans NFL team	3	The littlest Cratchit
8	Comfy leather slipper	5	\$ dispensers
9	Peruvian soprano: ___ Sumac	6	US codebreaker org.
10	Scrooge's 3 visitors	7	NYC artsy/shopping area
12	2014 Winter Olympics home	8	Former UK 2 seaters
13	British singer/actress: ___ Marsh	11	Reluctant to start a conversation

FOCHSP Trail Days November 11, 2023

The Friends of Cape Henlopen State Park had their monthly trails day cleanup at the Rehoboth Beach end of the Gordons Pond Trail (Whiskey Beach). There were 27 Friends who performed a total of 67.75 volunteer hours of work. The group split into two work teams; one team cleared off pine needles and pruned where needed along the Gordons Pond Trail from the parking lot to the observation overlook. The second team cleaned along the beach from the towers to the Rehoboth Beach line as well as picking up trash around the entire parking lot. Approximately 80 lbs. of trash were collected. Most of which was collected from the parking area. The most interesting find was a Everstart 12V DC to 110v AC converter. Thanks to all the volunteers who braved the slightly cooler weather.



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FOCHSP Annual Christmas Boutique and Book Fair November 18, 2023

The Friends of Cape Henlopen State Park had its annual Christmas Boutique and Book Fair on Saturday Nov. 18th with setup taking place the Thursday and Friday before. Thursday had 16 members who provided 41 hours of volunteer time with Friday's 44 collectors/displays/pricers performing a total of 163.75 hours of volunteer time. Event day found 44 members that delivered a total of 261.75 volunteer hours. The FOCHSP Board of Directors is extremely proud and appreciative of all our hard-working volunteers who made this a very successful event. Hope to see you next year.



L to R FOCHSP Pres.-John Bracco, State Senator- Russ Huxtable, FOCHSP VP- Polly White



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2023 FOCHSP Annual Christmas Boutique and Book Fair (cont.)



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Get to Know Our Members – Tom Hoyer

Tom Hoyer was born and raised in South Bend, Indiana, but after two years in the army and two years in graduate school, he and his wife moved to Maryland where he worked for Medicare. The couple first visited Delaware in 1972 but did not return again until the nineties. They liked it because it reminded them of home, only nicer. The Hoyer family moved to coastal Delaware in 2003. Very shortly after they arrived, they saw an announcement for a Friends book sale, and subsequently donated a few excess BOXES of books. While there, they fell into the hands of Richard Thatcher and his wife, Mirth, who recruited them to join the Friends. Immediately Tom dove right in and not only helped type board meeting minutes but also volunteered for various fund-raising events. He's enjoyed everything he's done with the Friends, but the high point was working with Stan Lemiska, Charles Moore, Carl Lofgren and others to build the Bike Barn. Every time Tom passes it on his own bicycle, he remembers that he rolled that first coat of gray paint on it.



In fact, he rides his bicycle almost daily on the Gordon's Pond Trail, through the park, and back home on the Junction and Breakwater Trail. The rides never get old and Tom enjoys finding new things every single time he passes through the park. Besides helping at events, he also provides the FOCHSP with any press releases we need. Tom's favorite place at the park is the bench Roxanne Nelson installed in honor of her husband, Lenny, on the overlook behind the short tower that the bay pilots use for their weather station. Its commanding view of the harbor and red lighthouse exhibits not only the tranquility but also the power of the sea.

FOCHSP Supports Delaware Seashore Striders Running Event October 28, 2023

This year's Seawitch Half-Marathon saw twenty Friends volunteers logging in 75 hours of support by manning three water stops, acting as course marshals, and even being a lead biker.

Park Puzzle Answers

		P	O	T		
		E	V	I	A	N
	S	A	I	N	T	S
M	O	C		Y	M	A
G	H	O	S	T	S	
S	O	C	H	I		
		K	Y	M		



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