



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 2022 Newsletters

Friends of Cape Henlopen State Park

newsletter

JANUARY 2022

In This Issue

- 2022 Events Schedule
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- FOCHSP Special Thanks
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CONTACTS

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The Bike Barn is
CLOSED

Until Further Notice

➤ Schedule of 2022 Events ◀

- **Membership Renewals Due:** January 1, 2022 [CLICK HERE TO RENEW](#)
- **Cape Henlopen Trail Days:** Second Saturday Monthly
(**THIS MONTH** ▶ January 8th 8:45 AM at Bike Barn)
- **Annual Meeting:** March 5th 9 AM to 11 AM
- **Indoor Flea Market:** March 19th 9 AM to 3 PM
- **NEW Tour de Friends (Family Fun Biking):** Date/Time to be Determined
- **Wine, Beer & Cheese Tasting:** April 9th 4 PM to 6 PM
- **National Trails Day :** June 4th 9 AM to Noon (Lunch will be provided)
- **Chocolate Tasting:** September 10th 1 PM to 4 PM
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- **Youth Fishing Tournament:** September 24th CHSP Fishing Pier 8 AM to 11 AM
- **Hawk Watch:** Every day September 1 to November 30 (Hawk Watch Pavilion Lot)
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- **Christmas Boutique & Book Sale:** November 19th 9 AM to 3 PM

Rehoboth Beach Seashore Marathon

December 4, 2021

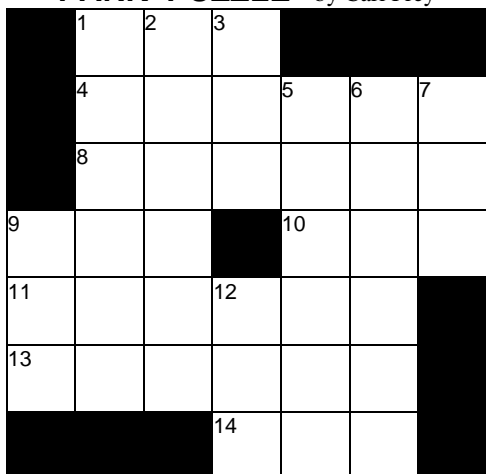
The Friends were there to help at the Rehoboth Beach Seashore Marathon held on Saturday, Dec. 4th. TWENTY FOUR volunteers were on hand to staff the Gordons Pond parking lot and Herring Point trail access water stations while also providing directions and cheers for the runners.



Park Updates

- CHSP Volunteer Manager, Catherine Eckbold, started in her new role as Campground manager this month. A new Volunteer Manager is being sought.
- The Pinelands Nature Trail re-routing project begins January 2022.

PARK PUZZLE by Carl Frey



ACROSS

- Place or position
- Doing the same old same old
- Matures or ages
- Grain associated with a Quaker
- Afternoon beverage at Victoria's on the Rehoboth boardwalk
- Leaf used as a non-caloric sweetener
- Passover dinners
- Summertime top

DOWN

- Jolly Roger flyer
- Working as a team
- Start a Dogfish Head keg
- What many do before moving to the Cape Henlopen area
- A feeling of foreboding
- Luggage peepers
- CIA precursor
- 11/11 honoree

The Friends of Cape Henlopen State Park (FOCHSP) is a non-profit 501(c)(3) volunteer organization that works with the Delaware Division of Parks and Recreation, and staff, to support and advocate for one of the county's most unique public parks. Join now!

FOCHSP Trail Days December 11, 2021

FOCHSP Dec 11th Trail Days found seventeen volunteers performed a total of 49.25 hours clearing, cleaning, and pruning along the Gordon Pond trail from Herring Point parking lot down to the bird observation post.



FOCHSP Thanks the Staff of CHSP December 22, 2021

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 Ho. What no anchovies?



Bikes For Sale

The Bike Barn currently has a nice selection of bikes for sale.

[CLICK HERE FOR ADULT BIKES](#)

[CLICK HERE FOR KID BIKES](#)

We are always looking for donations of bikes in good condition. Just email us at fochsp@gmail.com. Proceeds go back into purchasing parts & supplies for our Borrow-a-Bike program.

Get to Know Our Members – Gavin Braithwaite

Gavin was born and raised on a dairy farm in the southwest of England. That’s what inspired his love of nature and the outdoors.

In 1976, after spending some time in northern Argentina’s cattle country, Gavin’s British employer sent him to Wilmington, Delaware USA.

With a career background as a veterinarian, specializing in entomology research, ticks started out to be Gavin’s thing, but from there he moved on to flies, fleas, mange...and the rest is history. In 1992 Gavin left the corporate world and moved to Lewes with his wife Lou to start their new careers as small business owners. In that year they opened two downtown Lewes shops, The Stepping Stone and PUZZLES.

In the mid ‘90s, Gavin and Lou were recruited into FOCHSP by Mirth and Dick Thatcher to help with wine and cheese fundraisers. They supplied the cheese which fell right into their line of expertise as they owned and operated Lewes Gourmet.

But their familiarity with the park goes way back before that, as Lou was on the park’s Master Plan Steering Committee in the early ‘90s. Later Gavin became “pen-pals” with then-Governor Ruth Ann Minner, as a group of members were pushing back against proposals to blacktop the Gordons Pond Trail.

Today, Gavin spends most of his time as a Bike Barn Ambassador and leading groups on the monthly Trail Days. Not to mention lending a hand with signage and set-up for fundraising events.



Park Puzzle Answers

	P	U	T			
	I	N	A	R	U	T
	R	I	P	E	N	S
O	A	T		T	E	A
S	T	E	V	I	A	
S	E	D	E	R	S	
			T	E	E	



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. 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 5th.

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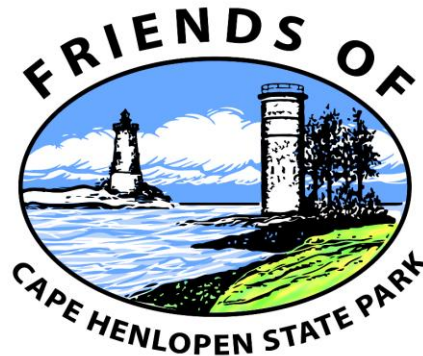
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FOCHSP Trail Days January 2022

The FOCHSP Jan 2022 Trail Days was cancelled after the third re-scheduling attempt failed due to uncooperative weather. You can, of course, still walk the park on your own and pick up any trash you come across and it still counts as a volunteer activity. So please document your cleanup time and let Linda know your January volunteer hours when she sends her monthly email request. Here is Gavin Braithwaite out doing his thing on the 19th.



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FOCHSP Annual Meeting UPDATE

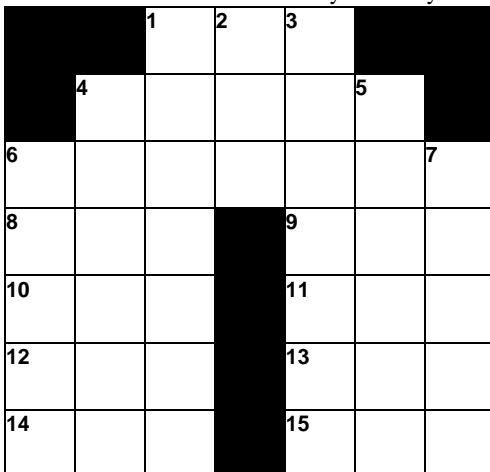
March 5, 2022

Due to the current Covid 19 restrictions imposed at the park, the 2022 FOCHSP annual members meeting will be held virtually on March 5th, 2022. As soon as they are available, details for sign-in will be posted on our website, our Facebook page as well as in the March issue of this newsletter.

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PARK PUZZLE by Carl Frey



ACROSS

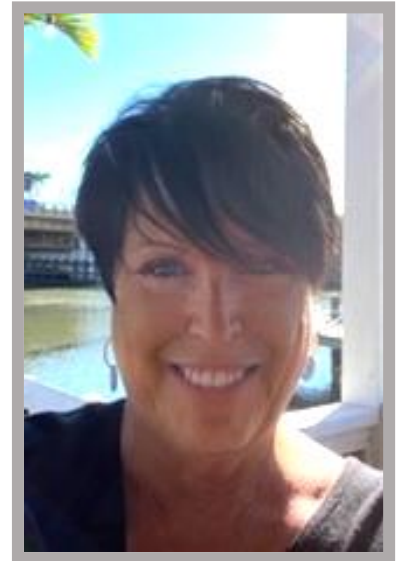
- 1 Early '50s jazz style
- 4 Creature that can be red-eyed or yellow-throated
- 6 Gush or downpour
- 8 Repetitive ritual syndrome
- 9 Louvre Pyramide architect
- 10 Field Oscar role: *Norma* __
- 11 Scaleless, sometimes electric fish
- 12 Camera type used by 1 DOWN
- 13 Grain noted in J.D. Salinger title
- 14 CIA precursor
- 15 23rd chromosome determiner

DOWN

- 1 Cape Henlopen State Park visitors on the lookout for 4 Across and others
- 2 1st NHL player to score more than 100 points in a season
- 3 Cape Henlopen frogs heard in spring
- 4 Opera parts for divas
- 5 Distinguishing feature of jack of hearts (& spades) and king of diamonds
- 6 Trunk
- 7 Mold & mildew fighter from Clorox

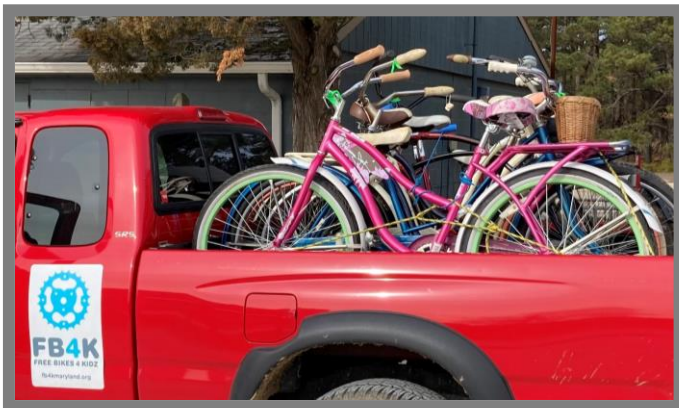
Get to Know Our Members – Linda Wilmot

Linda was born in Detroit, Michigan but moved to Pennsylvania as a teenager. She holds a bachelor's degree in health care administration and is a licensed Nursing Home Administrator. During her almost 20-year employment with a large retirement community in PA, Linda held various positions before assuming the role of Executive Director. In 2017, she moved to a hospice agency as their Director of Operations. Retirement for Linda came in 2020 when she and her husband moved to Lewes. Why Delaware? They always loved the beaches and spent many years vacationing in the area. One of the very first activities Linda participated in at CHSP was a First Day Hike, a guided educational hike around the Point, which became one of her favorite spots in the park. Linda became aware of the Friends through its Facebook page and website and immediately became a FOCHSP member. She is currently the volunteer coordinator, participates in beach cleanup and helps man the water stations at various runs/marathons in the park. Linda feels that these activities are fun, rewarding and allow her to meet some awesome people. What she appreciates most about the park is its wide range of activities especially the bike trails, nature hikes and of course the beaches. In fact, Linda and her family enjoy the park all year long, whether it is hanging out at the beach in the summer, hiking and biking in spring and fall, beachcombing in the winter, or visiting the nature center and playgrounds with some of their 9 grandchildren.



FOCHSP Donations- FB4K

Ted Cochran from FB4K of Maryland (FREE BIKES 4 KIDZ/Maryland fb4kmaryland.org) recently learned about the Friends' free Borrow-a-Bike program and wanted to contribute to the cause. He was so enthused that he donated six adult and one child's bike to our program. Pictured are Ted's delivery with Borrow-a-Bike coordinator Ian Friedland (on right) accepting the generous donation.



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FOCHSP Donations- Dogfish Head Benevolence Tap

Thanks to Dogfish Head Brewery for donating almost \$900 to the FOCHSP through their "Benevolence Tap" program that took place at the brewery's Milton, DE tasting room in December.



Bikes For Sale

The Bike Barn currently has a nice selection of bikes for sale.

[CLICK HERE FOR ADULT BIKES](#)

[CLICK HERE FOR KID BIKES](#)

We are always looking for donations of bikes in good condition. Just email us at focbsp@gmail.com. Proceeds go back into purchasing parts & supplies for our Borrow-a-Bike program.

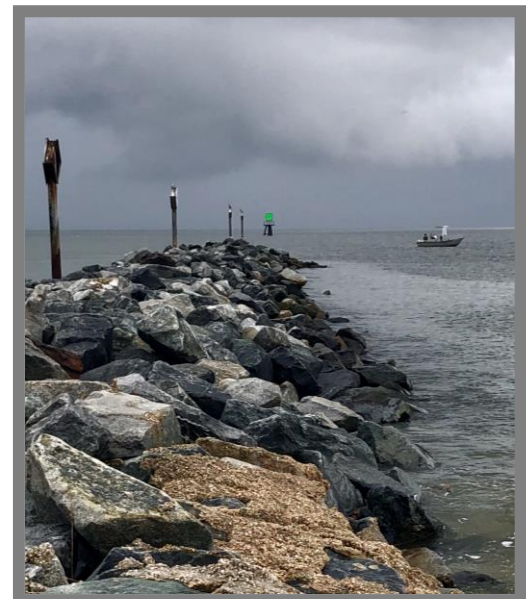


Park Updates

- The park continues to seek a new Volunteer Manager for the region.
- The Pinelands Nature Trail re-routing project continues but weather delays occasionally hamper progress. The anticipated completion of the project is the end of February. It is hoped the re-route will solve most of the flooding issues along the trail.

Park Puzzle Answers

		B	O	P		
	V	I	R	E	O	
T	O	R	R	E	N	T
O	C	D		P	E	I
R	A	E		E	E	L
S	L	R		R	Y	E
O	S	S		S	E	X



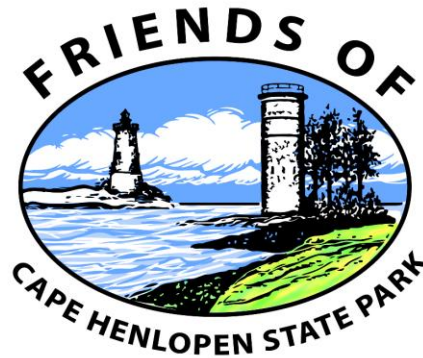
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MARCH 2022

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The Bike Barn to OPEN in March

Visit

[Borrow-a-Bike](#)

for Details & Hours

Osprey Cam Update February 12, 2022

Oh Nooooo. It seems we have a visitor. Or maybe two! Apparently, a pair of bald eagles are spending time in the osprey nest. We're not sure if this will be a short term or permanent rental, but who's going to evict an American Eagle?



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FOCHSP Trail Days February 12, 2022

The FOCHSP Feb 2022 Trail Days had 29 volunteers who performed a total of 52.5 hours of volunteer work. The team met at the Gordons Pond parking lot (Whiskey beach) and split up into three crews. Crew one cleaned brush and sight lines at the Gordon Pond trailhead. The second crew trimmed brush, cleared pine needles from the path and picked up trash to the bird lookout area, The third group picked up about **40 POUNDS** of trash around the parking lot, entrance road and pavilion.



FOCHSP Annual Meeting March 5, 2022

Due to the current Covid 19 restrictions imposed at the park, the 2022 FOCHSP annual members meeting will be held virtually on March 5th, 2022. The event will feature guest speaker Laurie Conner from the Zwaanendal museum speaking on the early history of Lewes. Details for sign-in can be found in the March 2022 email update as well as on our website and Facebook page.

PARK PUZZLE by Carl Frey

1	2	3		4	5	6
7				8		
9			10			
		11				
12	13				14	15
16				17		
18				19		

ACROSS

- 1 ___ Paul: electric guitar pioneer
- 4 Early Beatles descriptor
- 7 Affirmative vote
- 8 ___metric or ___bar
- 9 Discard over the side of a boat
- 11 Homer Simpson exclamation
- 12 Stealing or a smartphone action
- 16 Harrison Star Wars role
- 17 ___ de plume
- 18 Piping plover deposit in a scrape
- 19 Miracle - ___

DOWN

- 1 Young boy
- 2 Storm center
- 3 Lawn maintenance chore
- 4 What those guys parked along the beach are supposed to be doing
- 5 Faulkner's ___ Lay Dying
- 6 Delaware native turtle: Eastern ___
- 10 Pepsi-Cola to some
- 12 Pronoun for any ship
- 13 Dog tail action
- 14 ___'easter
- 15 So-called 'frankenfood'

Get to Know Our Members – Bob Callahan

Bob was born and raised in Yeadon, PA which ironically is in Delaware County. After graduating high school, Bob worked in a supermarket and bike shop while attending Penn State part time. Being an industrious lad, when the bike shop's owner retired, Bob bought the business. Soon after graduation and passing his CPA exam, he got a government job in DC, where he stayed until retiring a few years ago. Originally vacations brought Bob to Delaware, but the beauty of the state made him finally stay. Around a year ago, after learning about the Friends at the Nature Center, and talking to some folks at the Bike Barn, Bob decided to become a member. Most of his volunteer time has been spent at the Bike Barn dusting off his 40-year-old bike tools, resurrecting his mechanical skills, and getting back to making people happy. Bob's favorite memory is of an energetic 5-year-old who came to the Bike Barn with his dad. He took out our smallest bike and a couple of hours later came back, all smiles, still full of energy, but without his dad. Bob asked him where his dad was. He said dad was tired. A few minutes later dad arrived exhausted! Most parks Bob's visited appear to have people afraid to talk to strangers. At CHSP, it seems like no one is a stranger. Besides enjoying the wealth of bike trails available, Bob also appreciates the park's beauty, especially it's ocean and bay views and beaches.



Park Updates

- Normal Park entry fees take effect March 1.
- The Point will be closed for bird nesting starting March 1.
- The Gordons Pond boardwalk has reopened after repairs. Additional work is scheduled in March.
- Park staff is tentatively scheduled to move from the Biden Center to YC III in late March.
- New disk golf baskets assembled, tee platforms built, all scheduled for install in March.
- New cigarette recycling stations were installed at the Main Beach, Gordons, and the Pier.

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FOCHSP Donations- DELDOT

John Fiori Bike Safety Coordinator at DeIDOT recently learned that the Friends' free Borrow-a-Bike program needed to buy some helmets. Since we only needed a couple of dozen, John suggested DeIDOT could cover the lot, but decided to provide THIRTY SIX in total. Pictured with John's delivery to the Bike Barn are Borrow-a-Bike coordinator Ian Friedland (left) and John Bracco FOCHSP president (right) accepting the generous donation.



FOCHSP Annual Indoor Flea Market March 19, 2022

Yes, Friends it's that time again. FOCHSP Annual Indoor Flea Market needs volunteers to help setup, receive and catalog items just call (302-858-6127) or email us (fochsp@gmail.com). We also need you to bring your slightly used, in good working order, items to the Officers' Club on Friday March 18 between 10 AM and 1 PM. **NOTE:** We cannot accept clothing items (e.g. shoes), outdated text books (e.g. computer software guides), dictionaries or encyclopedias.

Park Puzzle Answers

L	E	S		F	A	B
A	Y	E		I	S	O
D	E	E	P	S	I	X
		D	O	H		
S	W	I	P	I	N	G
H	A	N		N	O	M
E	G	G		G	R	O



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APRIL 2022

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- FOCHSP Merchandise
- Park Updates
- Save-the-Date
- 2022 Events Schedule



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The Bike Barn IS OPEN

Visit

[Borrow-a-Bike](#)

for Details & Hours

Osprey Cam Update- March 15, 2022

They're BACK!! Yes, we thought unauthorized squatters may have taken over the Osprey nest. But No. Our pair of intrepid travelers returned and didn't let a bit of misappropriation ruin their dreams of an off-spring haven. Click-the-Link →→ [FOCHSP Osprey Cam](#)



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FOCHSP Annual Meeting

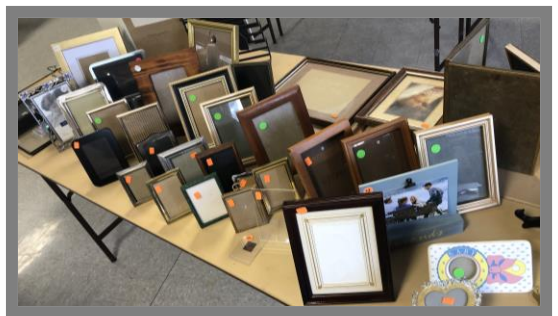
March 5, 2022

Thank you for attending this year's annual meeting. Even though the event was virtual, we are sure you agree that the program was not only informative about the Friends but educational regarding our coastal region. Congratulations to Bob Callahan and Linda Wilmot for being voted to the FOCHSP board of directors. If you missed all or part of the meeting, you can see and hear it in its entirety by visiting our web site or Click-the-Link →→ [FOCHSP 2022 Annual Meeting](#)

FOCHSP Annual Indoor Flea Market

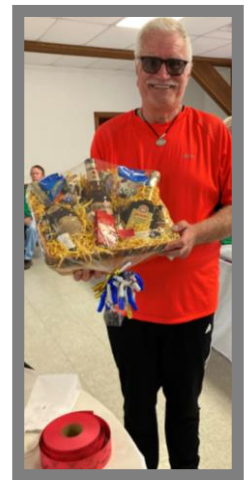
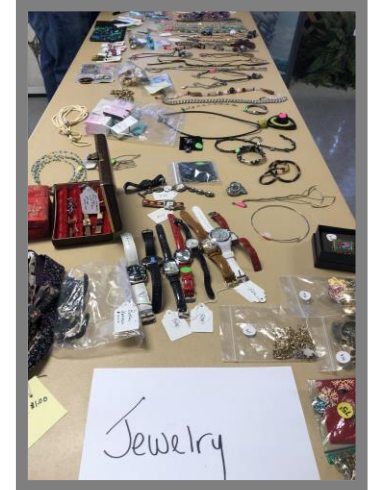
March 19, 2022

John Bracco (President) and Polly White (Vice President) would like to thank all the volunteers who came out Thursday, Friday and /or Saturday to set up, organize, sell and clean up at our annual Flea Market. Over the course of the three days, we had 385.25 volunteer hours by 97 volunteers. We would also like to thank those that dropped off all the generous donations. We had a great turnout, and the event may have been the most successful EVER. A good time was had by all, and we are sure our efforts to make people aware of all our park programs will add to our future successes.



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FOCHSP Annual Indoor Flea Market March 19, 2022 (cont.)



Raffle Winner
Tom Helms

PARK PUZZLE by Carl Frey

1	2	3		4	5	6
7				8		
9			10			
	11					
12						13
14				15		
16				17		

ACROSS

- 1 Fitting, appropriate
- 4 70's NFL alternative
- 7 Caviar
- 8 “__ you talking to me?”
- 9 Cape Henlopen former military installation
- 11 Bicycle wheel component
- 12 Beatles' A Day in the Life lyric: “I heard __ today, oh boy.”
- 14 Routines for crooks
- 15 Dorm supervisors
- 16 Addams family cousin
- 17 __tym or __tolic

DOWN

- 1 Pooch proclamation
- 2 Unfounded criticism
- 3 Violent, windy storm
- 4 Frequenters of Cape Henlopen trails and beaches
- 5 Limited access thoroughfare without tolls
- 6 Electric guitar pioneer Paul
- 10 Charged particle
- 12 Stop! Don't tell me more!
- 13 A bike tire going flat?

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Get to Know Our Park Staff – Patrick Cooper

Pat was born and raised in Washington, D.C. After graduating with a Bachelor of Science degree in Park Management from West Virginia University he started his on-the-job training with the Delaware park system. While working at CHSP as an Assistant, Pat’s supervisor left for a new position in DNREC. With new challenges on his mind, he applied for the supervisory position and got it. Pat’s love of the outdoors has served him well now, with 34 years under his belt serving the Delaware State Parks system. He oversees the southern coastal region of state parks including Cape Henlopen, Delaware Seashore, Fenwick Island, Holts Landing and the Indian River Marina. Pat’s favorite place at CHSP is The Point where on a clear, cold, winter’s day you can see for miles and experience our planet’s majesty. Well Pat, we agree and thanks for your stewardship.

FOCHSP Donations- Disk Golf Nets

With the help of the Friends purchase of all new Disk Golf nets, Miguel Garces, some disk golf volunteers & park staff installed the golden targets throughout the entire 19-hole course. New platforms have also been installed which will provide players a fantastic 2022 season.



Park Puzzle Answers

A	P	T		W	F	L
R	O	E		A	R	E
F	T	M	I	L	E	S
	S	P	O	K	E	
T	H	E	N	E	W	S
M	O	S		R	A	S
I	T	T		S	Y	S

Special Donations- Rehoboth Beach Running Company

In recognition of all the help provided by our volunteers at races held in 2021, the Rehoboth Beach Running Company donated \$2,500 to FOCHSP. Thanks!

FOCHSP Trail Days March 26, 2022

The FOCHSP monthly Trails day event had 14 FOCHSP members contribute 37 volunteer hours. We were joined by 8 students from the Sussex Central high school National Honor Society who contributed an additional 27 hours of service for a total of 64 volunteer hours. Led by FOCHSP member Fran Giacom, we collected pine needles around the playground and Bike Barn areas and distributed them along the entrance to the Pinelands Trail from Fort Miles. In addition, the group cleared and picked up trash along the 3.3-mile Bike Trail and 0.7 mile Seaside nature trail.



FOCHSP Merchandise

New FOCHSP hats and visors were introduced at the Flea Market this year. These beauties are a great way to show your support of our organization. And at \$15/\$12 respectively they are a bargain.

→BUY NOW←



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- Normal Park entry fees took effect March 1 and are enforced until November 30.
- The Point was closed for bird nesting starting March 1 until the fall.
- Pineland Trail re-routing was completed. Trail blazes have been installed to assist hikers.
- A section of the Bike Loop (behind the cabins) where tree roots damaged the trail has been milled and repaved. Additional trail repair near Tower 7 is planned for later in April.

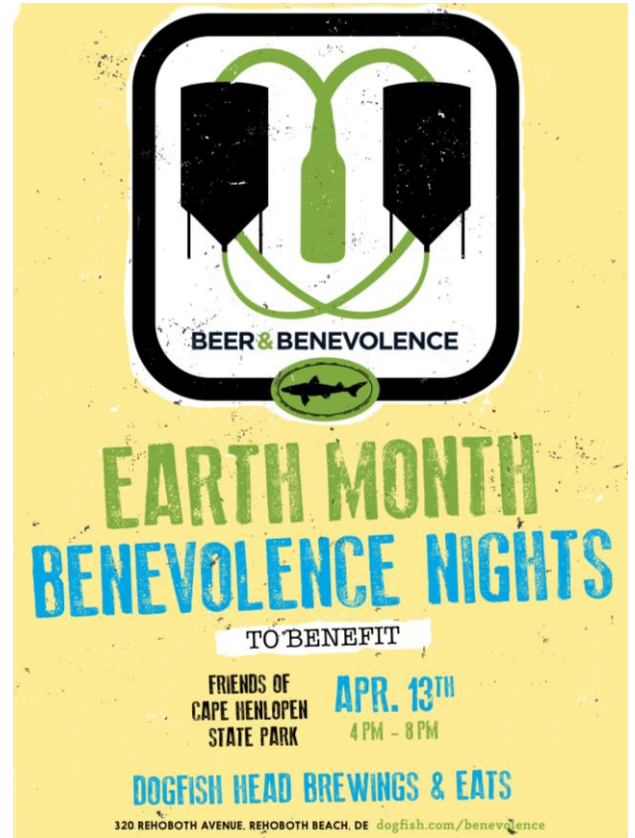
Save-the-Date

Dogfish Head Benevolence Night

Once again Dogfish Head has chosen FOCHSP as one of its Benevolence Night participants. Come on out to Dogfish Head Brewings & Eats in Rehoboth Beach on Wed, April 13 from 4 PM to 8 PM. A percentage of your purchases will support the Friends in our work to make CHSP a great place to visit.



Dogfish Head Brewings & Eats



➤ Schedule of 2022 Events ◀

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- **Indoor Flea Market:** March 19th **Thanks to all for making the event a TREMENDOUS success**
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- **Coastal Clean Up:** September 17th 9 AM to Noon
- **Youth Fishing Tournament:** September 24th CHSP Fishing Pier 8 AM to 11 AM
- **Wine, Beer & Cheese Tasting:** *Tentatively* October 1st 4 PM to 6 PM
- **NEW Tour de Friends (Family Fun Biking):** *Tentatively* Oct 2nd (Time to be determined)
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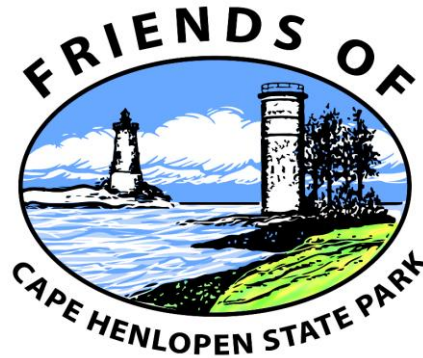
Friends of Cape Henlopen State Park

newsletter

MAY 2022

In This Issue

- Osprey Cam Update
- FOCHSP Trails Day
- Special Donations to FOCHSP
- Helping Hands
- Park Puzzle
- Earth Day Clean-up
- Park Updates
- 2022 Events Schedule
- FOCHSP Marathon Support
- Puzzle Answers



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The Bike Barn IS OPEN

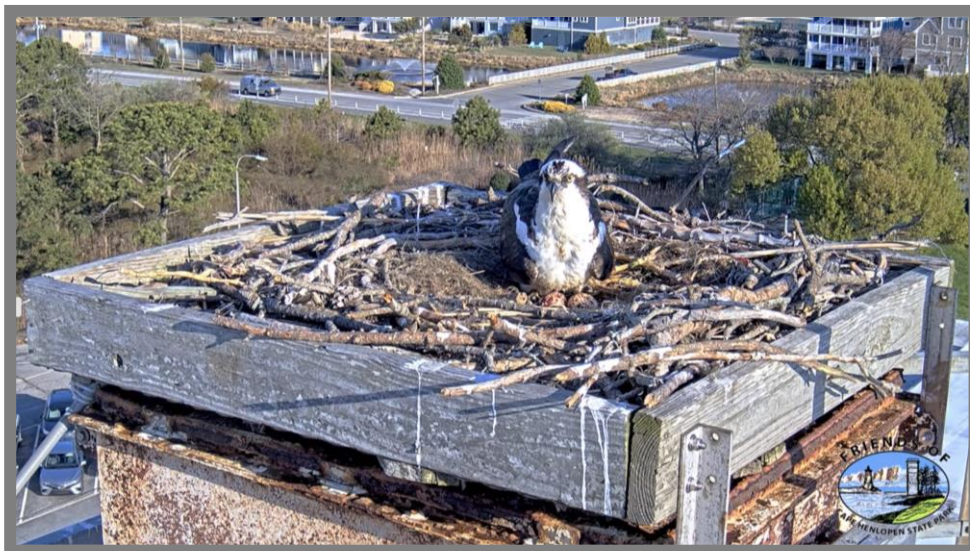
Visit

[Borrow-a-Bike](#)

for Details & Hours

Osprey Cam Update- April 2022

They're EXPECTING!! With the unauthorized squatters GONE our couple got right to work; nest maintenance and procreation. Three eggs have been spotted and it is hoped this season brings chicks that grow to maturity. Click-the-Link →→ [FOCHSP Osprey Cam](#)



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FOCHSP Trail Days

April 9, 2022

The FOCHSP monthly Trails Day event had 20 FOCHSP members contribute 50.5 volunteer hours. The group split up into two groups and groomed the Salt Marsh Trail from the Biden Center start to the trail's end. Teams cut back brush and collected trash. The trail is now much better for hikers to ramble.



Special Donations- Dogfish Head Benevolence Night April 13, 2022

Another outstanding night of great food, drink, and friendship was had at Dogfish Head Brewing & Eats in Rehoboth Beach for Earth Day Benevolence Night. The Friends received \$765.00 from Dogfish Head through the generous purchases made by all participants. Thanks!



Dogfish Head Brewings & Eats

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Helping Hands- Dogfish Head Benevolence Volunteers

April 21, 2022

The Dogfish Head Benevolence volunteers joining the Friends in transplanting small native trees and plants from the youth camp area to Ft Miles. Among the plants were prickly pear and oak trees. Fourteen participants put in a total of 45.5 volunteer hours. We thank Thaddeus Fisher and Andrew Hansen for their leadership, guidance, and education as well as Dogfish Head Benevolence's Mark Carter for bringing these hard-working volunteers to Cape Henlopen State Park.



PARK PUZZLE by Carl Frey

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

ACROSS

- 1 Cry
- 4 Anticipate, expect
- 6 Red plastic tube litter on many beaches
- 8 Cash source
- 9 Christmas carol lyric - "In excelsis ___"
- 10 Cats character - Rum ___ Tugger
- 11 Prefix meaning 'the same'
- 12 'A' in Paris
- 13 Pecan or almond
- 14 Part of RPM
- 15 Aid for Cape Henlopen geocaching participants

DOWN

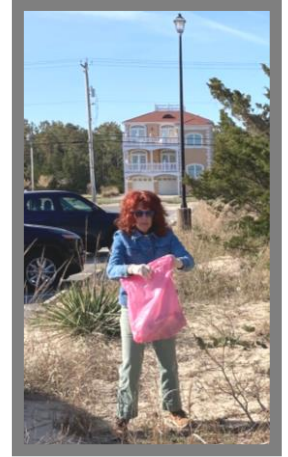
- 1 A fish in the water
- 2 Rowboat propulsion
- 3 Activity for some Cape Henlopen State Park visitors with cameras
- 4 Make aware
- 5 What a golfer starting a round does
- 6 Took notice
- 7 They create bumps on Cape Henlopen State Park bike trails

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Earth Day Clean-up

April 22, 2022

This year the Friends gave back to Lewes with 17 FOCHSP volunteers coming out for Earth Day. A total of 42.5 hours were performed collecting more than six large bags of trash. The team cleaned along the town beaches, Cape Henlopen Drive from E. Savannah Road to the Ferry terminal, along E. Savannah Road to the bridge, along Anglers Road and on the bike path from America's Way to Freeman highway.



Park Updates

- The Junction & Breakwater trailhead at the intersection of Hebron Rd and Holland Glade Rd had a concrete pedestrian crosswalk installed.
- The Lighthouse Bait & Tackle Shop at the fishing pier has opened for the season.
- We are sorry to hear that our park manager, Gloria Mitchell, is moving on. We wish Gloria great and lasting success in her new endeavors.

➤ Schedule of 2022 Events ◀

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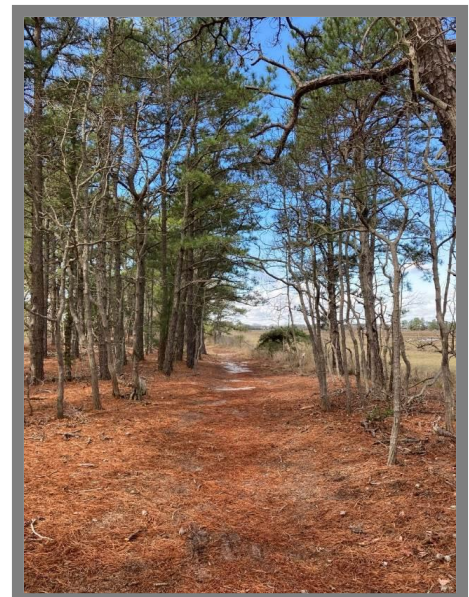
Coastal Delaware Running Festival April 24, 2022

Twenty six Friends accrued 116 volunteer hours, staffing two water stops during the event. Cheers came naturally.



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



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Friends of Cape Henlopen State Park

newsletter

JUNE 2022

In This Issue

- Osprey Cam Update
- Helping Hands
- Park Updates
- Park Puzzle
- Friends Appreciation
- FOCHSP Community Efforts
- FOCHSP Trails Day
- Get To Know Our Members
- 2022 Events Schedule
- Puzzle Answers



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The Bike Barn IS OPEN

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Osprey Cam Update- May 2022

They have CHICKS!!. Our couple's three eggs hatched, and it appear all chicks are healthy and eating like they mean it. Both parents take turns hunting, protecting, and keeping the chicks warm and safe.

Click-the-Link →→ [FOCHSP Osprey Cam](#)



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FOCHSP Helping Hands- FMHA Big Oyster Gun Run May 1, 2022

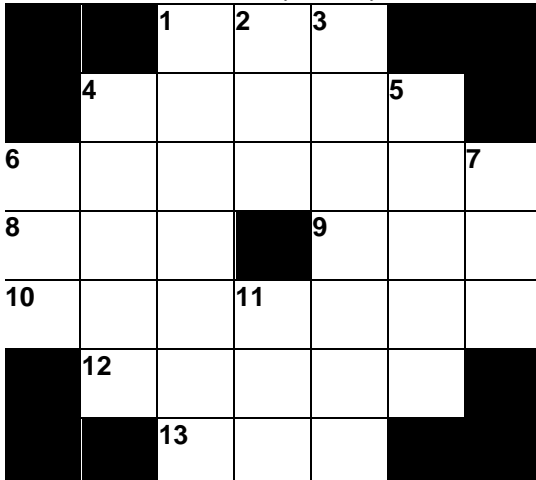
Some FOCHSP volunteers helped the Fort Miles Historical Association by manning the turnaround water stop for the Big Oyster Gun Run. Participants gathered at Big Oyster Brewery prior to embarking on their 4.25 mile run that ended this year back at the Big Oyster Brewery.



Park Updates

- Park staff normally housed at the Biden Center has finally moved into their new, temporary offices at Youth Camp 3 (Officer's Club).
- The Biden Center has temporarily closed for extensive renovations.
- The renovated disc golf course has officially opened for the 2022 season.
- Due to staff shortages, the Seaside Nature Center will be open Wed.-Sun. 10 AM to 4 PM.

PARK PUZZLE by Carl Frey **REDUX**



ACROSS

- 1 Radios for long-haulers
- 4 The Georgetown-Lewes Trail replaced them
- 6 Activity for a beach angler or movie director
- 8 Antiretroviral to treat HIV
- 9 Mai --- or --- Chi
- 10 Large mammal sometimes spotted by Cape Henlopen beach goers
- 12 1962 Crystals hit: He's a -----
- 13 Estonia, Latvia, or Armenia before 1992

DOWN

- 1 Whiskey Beach sand creations
- 2 Tiny amount
- 3 What a garter snake may do on a Cape Henlopen trail
- 4 Folding kick scooter for kids
- 5 Slimy land gastropod with a shell
- 6 It replaced T-squares, compasses and pencils: Auto ---
- 7 Potent summer cooler: --- & tonic
- 11 Home of Antiques Roadshow, Nova and Animal Babies

National Trails Day June 4th. Cape Henlopen State Park



9:00am - 12 Noon
Meet at the
Hawk Watch Pavilion

www.friendsofcapehenlopen.org

FOCHSP Awards Appreciation- Gloria Mitchell May 11, 2022

During its month meeting, the FOCHSP board members presented Gloria Mitchell, Assistant CHSP Superintendent, an Award of Appreciation for all the assistance she provided in helping FOCHSP achieve its goals. Obviously, cake was necessary. Thanks Gloria, you will be sorely missed!



Gloria

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FOCHSP Community Efforts

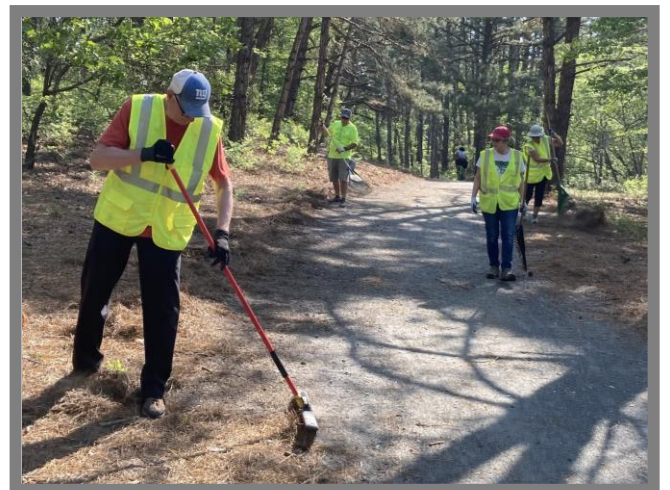
The Friends board recently updated the Thatcher Grant and created an all-new grant that is non-profit centric called the YES (Youth Education Support) Grant. Both programs help the youth of our community learn more about nature, the environment and what makes our park special.

The **Thatcher Grant** program is designed to encourage local youth groups to come to the Park to participate in environmental educational programs that align with the Friends mission of furthering the appreciation, enhancement and maintenance of Cape Henlopen State Park. The grant is administered by the FOCHSP in coordination with Cape Henlopen State Park leadership and covers school transportation costs to the Park and/or Seaside Nature Center program fees. Drawing from a fund established by Richard and Mirth Thatcher and supplemented each year by donations and some FOCHSP fund-raising event proceeds, Title 1 (financially disadvantaged student population) Delaware schools submit applications to the Park Nature Center Manager for resource review. Upon manager approval, applications are forwarded to the FOCHSP board which determines if Thatcher Grant criteria are met and sufficient funds (which are limited) are available, prior to approval or rejection. On approval, bussing costs are paid directly to the applying school while program fees are paid directly to the Park.

The **YES Grant** offers financial support to youth groups that come to the Park to participate in programs that align with the Friends mission. The grant covers transportation to and from the Park and/or expenses for activities while in the Park. YES funds are limited and are granted preferentially to groups that have restricted financial resources and are led/sponsored by a current FOCHSP member. All youth groups must be non-profits based in Delaware. Each youth group can receive only 1 YES grant in each calendar year. Applications are submitted to the Seaside Nature Center Manager for resource review at least 1 month prior to the proposed event date. Upon manager approval, applications are forwarded to the FOCHSP board which determines if Yes Grant criteria are met and sufficient funds (which are limited) are available, prior to approval or rejection. On approval, bussing costs are paid directly to the applying school while program fees are paid directly to the Park.

FOCHSP Trail Days May 21, 2022

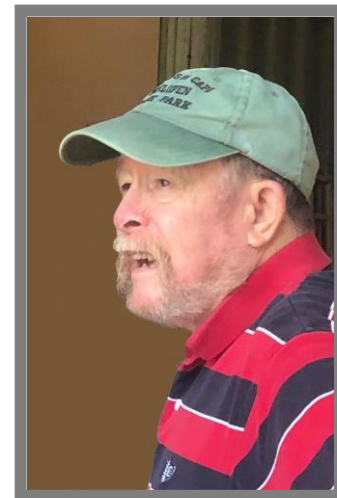
The FOCHSP monthly Trails Day had 14 volunteers who cleaned and pruned along the Walking Dunes trail, the Youth Camp path and the bike and MTB paths from Transmitter Road to Herring Point. A total of 40.25 hours were done. We took out as many wineberry shrubs/sprouts as possible. Doesn't our crew look impressive in their fashionable safety vests?



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Get to Know Our Members – George O’Shea

George was born in Salem, MA but was raised 16 miles north in Beverly. He came to Delaware after being transferred here in 1978 as a member of the US Fish and Wildlife Service. Following several years of dedicated service George become the Prime Hook Wildlife Refuge manager. Retirement finds him still in Delaware and living the dream in Milton. George has been a Friends member for more than fourteen years and was first introduced to the organization by a friend. Volunteering for Trail Days and various of our charity events are a major part of his life. George’s favorite places are of course the park’s wonderful walking trails where eyeing a variety of wildlife keeps him “in-the-game.”



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Park Puzzle Answers

		C	B	S		
	R	A	I	L	S	
C	A	S	T	I	N	G
A	Z	T		T	A	I
D	O	L	P	H	I	N
	R	E	B	E	L	
		S	S	R		



Friends of Cape Henlopen State Park

newsletter

JULY 2022

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- Park Updates
- Osprey Cam Update
- Volunteer Appreciation
- Park Puzzle
- Bike Barn News
- Volunteer Call
- Puzzle Answers
- Newsletter CORRECTION



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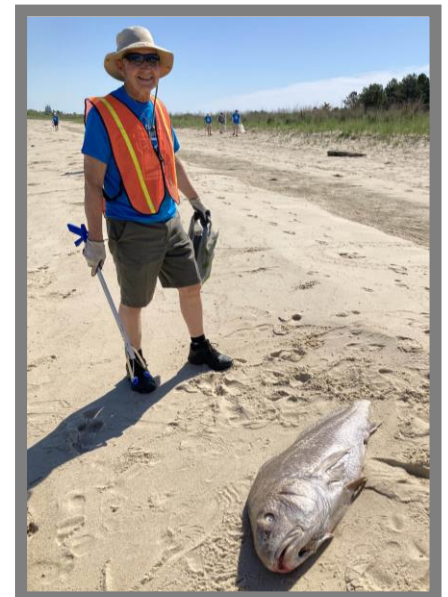
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National Trails Day June 4, 2022

As part of this year's National Trails Day cleanup, the Friends of Cape Henlopen State Park were joined by the Zwaanendael Women's club, Camp Rehoboth and the Rehoboth Village Improvement Assoc. Together our mighty band of 78 volunteers put in 234.5 hours of work cleaning up the bay and ocean beaches in Cape Henlopen state park. Approx. 80 lbs. of trash were collected. We also repaired fencing on the beach access from the Hawk Watch. The event included a delicious lunch provided by the Rehoboth Village Improvement Assoc. Interesting finds included a tagged horseshoe crab along the bay beach and an old friend of trail leader Gavin Braithwaite.



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The Horseshoe Crab - Ancient Wonder of the Delaware Bay

By Donna Lee

The Delaware Bay is home to the largest population of horseshoe crabs in the U.S. The Atlantic States Marine Fisheries Commission's Horseshoe Crab Management Board estimates that there are 21.9 million males and 9.4 million females. Males start to breed at maturity, around 8 years, and the females breed around 10 years.

Horseshoe crabs are called "living fossils" whose ancestors date back to the age of the dinosaurs, about 450 million years ago. Our local species is *Limulus polyphemus*, which is found on the Atlantic coast from southern Maine to the Yucatan Peninsula, with the Delaware Bay as the center of the population.

There are four main species of horseshoe crabs: the other three species are near the Philippines and the Indonesian Islands, the Bay of Bengal and in the waters off Japan. Japan once had a thriving population of horseshoe crabs but overdevelopment has reduced the population to a few thousand crabs.

In 2002 the horseshoe crab was named the official marine animal of the state of Delaware, in recognition of its importance to the ecology of the Delaware Bay, as well as its importance to human health. (Source: Sea Grant Delaware Marine Advisory Service Bulletin (48-1216-567-5K) - Horseshoe Crab by William R. Hall Jr.)

According to the Horseshoe Crab Recovery Coalition (www.hscrabrecovery.org) the horseshoe crab is a keystone species as an ecosystem has evolved around their breeding season. Migratory birds have adapted their northbound journey to coincide with the spawn of eggs, which is a critical source of fuel for their several-thousand-mile journey. The population of Red Knot sandpipers has declined by 75% at key stopover points like the Delaware Bay since 2000 according to the U.S. Fish and Wildlife Service. In addition to feeding the birds, the eggs are a calorie dense food source for fish and turtles.

The Sea Grant publication says that scientists believe females may deposit 90,000 or more eggs during the spawning season, and only 33 out of a million eggs survive the first year.



The Horseshoe Crab - Ancient Wonder of the Delaware Bay

By Donna Lee (cont.)

Horseshoe Crabs at Cape Henlopen State Park

According to Kathleen LaForce, an enthusiastic Interpreter at Cape Henlopen State Park, the bay side of the park is an acceptable breeding area for the horseshoe crabs, because there is less salinity and smaller waves than the beach side. Some of the other Delaware beaches such as Slaughter Beach and Bowers Beach have even more desirable spawning conditions with more brackish water and more silt than sand on the beaches. The Cape Henlopen State Park staff has been conducting horseshoe crab counts for many years and report that overall, the numbers seem to have stabilized.

The horseshoe crabs are dormant in the winter and stay at the lower levels of the bay where the water temperature is constant.

In 2001, the Atlantic States Marine Fisheries Commission set aside hundreds of square miles in the Atlantic Ocean off the New Jersey and Delaware coasts as the “Carl N. Shuster, Jr., Horseshoe Crab Reserve,” as part of the commission’s coast-wide management plan for horseshoe crabs. By protecting a large population of overwintering adult and sub-adult horseshoe crabs from harvest, this reserve has played a huge role in helping rebuild and sustain spawning capacities of *Limulus*. Carl N. Shuster, Jr., Ph.D., was the renowned “founding father” of horseshoe crab science. (Source: https://horseshoecrab.org/press/2020/08/Estuary-News-Summer-2020_Schuster.pdf)

Delaware Horseshoe Crab Surveys

Cape Henlopen State Park is one of many locations for horseshoe crab surveys done during the mating season in May and June. Currently the Cape Henlopen State Park staff does the surveys there, but other groups are open to volunteers including the Delaware Center for Inland Bays. The surveys run for two lunar cycles, surveying two days before and after the full moon.

According to the Nature Conservancy, there are 23 crab surveys in Delaware and New Jersey. You can find the survey reports and other information on this website:

<https://www.delawarebayhscsurvey.org/surveyreports>

The 2019 survey reported that in New Jersey the sex ratio of males to females decreased to 4.74 while in Delaware it increased to 6.05 males to females.

Another important part of the surveys is tagging of horseshoe crabs. If you are lucky enough to find a tagged crab, send the information to the U. S. Fish and Wildlife Service and they will send you information about the crab, a certificate, and a pin.

Horseshoe crab threats

From the 1850s to the 1920s, between 1.5 million and 2 million Atlantic horseshoe crabs were harvested annually for fertilizer and livestock feed, according to Atlantic States Marine Fisheries Commission documents. The harvest dropped through the 1950s and stopped in the 1960s, then began again in the 1970s.

Between 1970 and 1990, the reported annual commercial harvest ranged from less than 20,000 pounds to more than 2 million pounds. A need for bait in the whelk fishery likely caused a rise in the horseshoe crab harvest in the 1990s, with a peak of 6 million pounds in 1997. Since the mid- to late-1990s, horseshoe crabs have been sold primarily as bait for the American eel and whelk fisheries and for use in biomedical toxin testing.

Beginning with the 2016 fishing season, the Delaware Bay area harvest has been limited to 500,000 male horseshoe crabs—and zero female horseshoe crabs. The harvest is allocated among the four states that take crabs from the Delaware Bay population: New Jersey, Delaware, Maryland, and Virginia.

The Horseshoe Crab - Ancient Wonder of the Delaware Bay

By Donna Lee (cont.)

Horseshoe crabs also face a large threat from biomedical labs that collect the crabs for their copper-based blue blood.

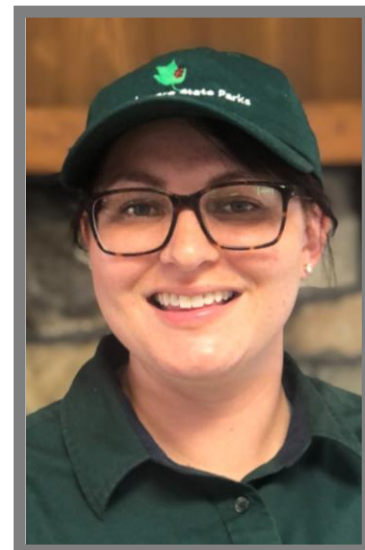
The crabs are taken by drug companies for an enzyme, *limulus ameobocyte lysate* (LAL), in their blood, used to test injectable drugs and medical devices for harmful bacterial endotoxins. The endotoxins can cause life-threatening illnesses in humans, including toxic shock. LAL reacts with bacterial endotoxin lipopolysaccharide, revealing the presence of endotoxins.

<https://tos.org/oceanography/article/new-lifeblood-for-atlantic-horseshoe-crabs>

Current practices to supply the global demand for ameobocyte lysate results in upwards of 600,000 horseshoe crabs harvested every year. The crabs are transported to the laboratory, bled for ameobocyte extraction, and then returned to the sea. With an estimated mortality rate of 10% to 30%, this process is not sustainable.

Get to Know Our Park Staff – Kelsey Doyle

Though born in NYC, up until April of this year, Kelsey Doyle lived in Fort Pierce, Florida all her life. After finishing her bachelor's degree, Kelsey started working in volunteer management within the Florida Park Service. Her most notable position was Director of the Environmental Education Center at Savannas Preserve State Park. There Kelsey recruited, trained, and scheduled volunteers across all departments at the park. Daily managing a team of 40 volunteers, a handful of larger volunteer groups, 8 Hosts as well as public service days has given her the training she needed to become *Regional Manager of Volunteers* with the Delaware Park System in May 2022. Kelsey works between four parks, Cape Henlopen, Delaware Seashore, Killens Pond, and Trap Pond where she coordinates group volunteer service projects and individual volunteers as well as attending meetings and events for 6 different Friends' groups. Kelsey likes playing an active role in conservation, preservation and maintenance and her position gives her the opportunity to both coordinate behind the scenes as well as getting-her-hands-dirty out in the parks. Though Kelsey hasn't had too much time to explore all the corners of CHSP yet, her favorite area so far is Artillery Park at Fort Miles. As a former ROTC student and Florida Army National Guardsmen, learning about military tactics and equipment in a classroom is a very different experience from seeing it in person.



Park Updates

- One of the campground's transformers was replaced and all systems have been put back on-line.
- All beaches and drive-on ramps are open to the public.

Osprey Cam Update- June 2022

Unfortunately, this year's offspring did not survive. Thanks for your support of this coastal species.

Click-the-Link →→ [FOCHSP Osprey Cam](#)

Volunteer Appreciation- Ice Cream Social June 8, 2022

The Friends showed their appreciation to all our volunteers who participated in various events so far this year by hosting an Ice Cream Social at the Hawk Watch pavilion. Cup'r Cone served up its homemade ice creams to nearly seventy members who participated in this delicious event.



PARK PUZZLE by Carl Frey

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

ACROSS

- 1 Cold cut on an Italian hero
- 7 Column, support
- 8 Overhead commuter train
- 9 Syllable meaning 'before'
- 10 Quick __ a wink
- 11 Chemical symbol for nickel
- 12 It's over your head
- 13 2006 film: __ Inconvenient Truth
- 14 Oh, yeah? Just try and __
- 16 Way most get to Rehoboth

DOWN

- 1 Converse with
- 2 A cure is good for what __ __
- 3 Maine outfitter Bean
- 4 Mont Blanc or Matterhorn
- 5 Fastest way to Rehoboth
- 6 Anger
- 12 Latvia or Estonia, once
- 15 Type of boat commanded by JFK

The Friends of Cape Henlopen State Park (FOCHSP) is a non-profit 501(c)(3) volunteer organization that works with the Delaware Division of Parks and Recreation, and staff, to support and advocate for one of the county's most unique public parks. Join now!

Bike Barn News- Calleva Group Ride June 28, 2022

The Bike Barn received one day notice to reserve 13 bikes for a group ride. The next day our cracker jack team of ambassadors got right on it and made the group welcome, safe and prepared. The kids and their chaperones were from Calleva MD Summer Camp in Poolesville, MD. Their hour and a half ride was spent enjoyably and without incident.



Volunteer Call- Social Media Coordinator

The Friends of Cape Henlopen State Park need a volunteer to take-over our social media communications. This Friends member would create compelling content and manage & maintain our Facebook page, uploading news items and images as well as expanding our presence in the social media space. If you are interested or need further details, please email us fochsp@gmail.com.

Park Puzzle Answers

	S	A	L	A	M	I
	P	I	L	L	A	R
	E	L		P	R	E
	A	S		N	I	
S	K	Y		A	N	
S	T	O	P	M	E	
R	O	U	T	E	1	

CORRECTION

June 2022 FOCHSP Community Efforts

The **Thatcher Grant** program supports ALL Delaware schools. However, only Title 1 (financially disadvantaged student population) Delaware schools are eligible for Seaside Nature Center program fee reimbursement. ALL Delaware schools are eligible for transportation cost reimbursement.

Friends of Cape Henlopen State Park

newsletter

AUGUST 2022

In This Issue

- 2022 Events Schedule
- Bike Barn News
- National Trails Day
- Special Interest Article-
The Case for Native Plants
- Park Updates
- Park Puzzle
- Get To Know Our Park Staff
- Volunteer Call
- NEW Event Announcement
- Puzzle Answers



CONTACTS

PO Box 132, Nassau, DE 19958

friendsofcapehenlopen.org

Follow us on [facebook](#)

fochsp@gmail.com

302-858-6127

The Bike Barn IS OPEN

Visit

[Borrow-a-Bike](#)

for Details & Hours

NEW EVENT- TOUR DE FRIENDS!

➤ **Schedule of 2022 Events** ◀

- **Membership Renewals:** Due January 1, 2022 Click-the-Link →→ [MEMBERSHIP RENEWAL](#)
- **Cape Henlopen Trail Days:** Second Saturday Monthly
(**THIS MONTH** ➤ August 13th 8:45 AM at Bike Barn)
- **Chocolate Tasting:** September 10th 1 PM to 4 PM at CHSP Officer's Club
- **Coastal Clean Up:** September 17th 9 AM to Noon
- **Youth Fishing Tournament:** September 10th 8 AM to 11 AM at CHSP Fishing Pier
- **Wine, Beer & Cheese Tasting:** October 1st 4 PM to 6 PM at CHSP Officer's Club
- **NEW Tour de Friends (Family Fun Biking/Scavenger Hunt):** Oct 2nd 9 AM to 1 PM
- **Hawk Watch:** Every day September 1 to November 30 (Hawk Watch Pavilion Lot)
- **Birdseed Sale:** Order by October 1st / Pick Up on Oct 15th Park Maintenance Garage
- **Christmas Boutique & Book Sale:** November 19th 9 AM to 3 PM at CHSP Officer's Club

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Bike Barn News- Latter-day Saints from Lancaster, PA Group Ride July 14 & 15, 2022

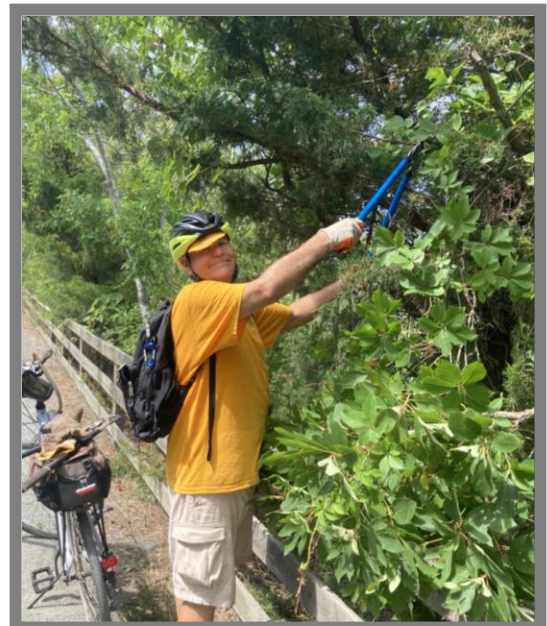
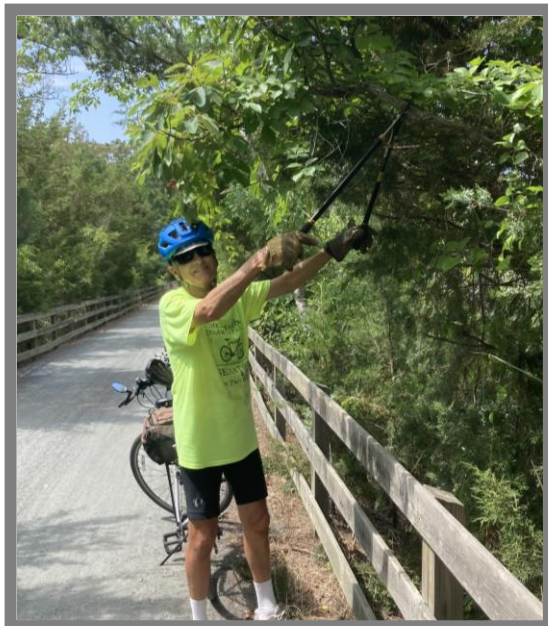
The Bike Barn hosted a young women's summer youth group from the Lancaster, PA Church of Jesus Christ of Latter-day Saints July 14 and 15. The group, who were camping in the park, comprised of 75 young women between the ages of 13 and 17 plus camp counselors. Our team accommodated about 40 people each of the two mornings well before our official opening. Many thanks to the Bike Barn Ambassadors who helped support this effort.



National Trails Day July 16, 2022

Fran Giacomina led a volunteer crew of 18 people that put in a total of 31.5 hours. The cleanup included a portion of the bike trail, the Fishing Pier parking lot, the Picnic Pavilion area, the bay beach, the Seaside Nature Trail as well as around the Seaside Nature Center parking lot. In addition, two volunteers cleaned up around the disc golf course. Not only did the team pick up about fifteen gallons of trash, but they also trimmed a bunch of tree branches on various trails.

Earlier in the week, three volunteers, Paul Herman (pictured Left), Gil Hofheimer and John Bracco (pictured Right), spent six hours each pruning and cleaning along the Junction & Breakwater trail from Rehoboth to the Hawkseye subdivision trail entrance.



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The Case for Native Plants- *A Call for Rediscovery*

By Julie Callahan



One of the great joys of suburban gardening is finding new and lovely flowers and shrubs. Gardening catalogs are filled with images of hybrids with ever larger, more intricate, and colorful blossoms. Flipping through those catalogs can make a gardener's heart race at the prospect of adding some of these gorgeous plants to the garden.

If one reads the description of these plants, however, it is likely the plant originated from another continent or is a modification of a native plant that renders its appearance and structure much different from the original. The unfortunate and unintended result of filling one's garden with such plants is that the amount of native plant biomass available to feed insects is diminished. While we have become more aware of the decline in bee populations and the detrimental effects this could have on our food supply, a

significant parallel decline in insect populations due to loss of native plants is contributing to an alarming decrease in bird populations.

What is a native plant?

Native North American plants are defined as those that were present in a particular region (Northeast, Southeast, etc.) before European settlement began. These plants developed with the insects, birds, and other elements of the ecosystem for millions of years after the North American continent split away from Europe and Africa during Pangea. As a result, many insects became plant specialists, feeding exclusively on one or a small set of "host" plants containing chemicals that provided nutrition and was not toxic to the insect. For example, the native Passion-Vine with its lovely intricate blossom is a host plant to the caterpillars of at least three butterflies. However, the red Passion-Vine that is native to South America is toxic if eaten by the very same type caterpillars and will cause death. Unfortunately, an insect cannot quickly alter the food adaptations it developed over millions of years. If a native food source is not available, the dependent insect cannot survive. This is an enormous problem for birds.

Insects, nourished by native plants, feed our birds. While birds do consume seeds and berries, insects, particularly caterpillars, are loaded with fats and proteins that are an essential part of a bird's diet. Multiple species of birds have been observed feeding their chicks several thousand caterpillars during their pre-flight development. Breeding chickadees feed their clutch between six and nine thousand caterpillars while they are in the nest. Why? Caterpillars are a high value soft food for a baby bird's tender and growing body. Since a parent bird must locate and retrieve so many caterpillars for its young, this means the bird must have an abundant nearby food source. If native plants have been replaced by non-native ornamentals or removed for development, few insects will be present, and the bird will go elsewhere, or even worse, fail to reproduce.

The Impact

Long-term studies indicate that there has been a net loss of 2.9 billion birds in the US and Canada since 1970, an astounding reduction of 29%. While scientists have identified multiple reasons for this decline, the elimination of native plants through habitat fragmentation and replacement with non-native plants is one of the principal factors.

The Case for Native Plants- *A Call for Rediscovery*

By Julie Callahan (*cont.*)

What can we do?

The situation is dire, but there are many things we can do:

- Incorporate native plants in garden beds. Just a few square feet of a flowering native host plant can feed caterpillars, provide pollen and nectar to bees, and produce seeds for birds to consume in the winter.
- Coordinate with neighbors in your planting effort to create a larger insect hospitable zone. Great native candidates are: Coneflower, Sunflower, Penstemon, False Nettle, False Indigo, Joe-Pye Weed, New England Aster, Butterfly Weed, and Milkweed, the sole host plant for our beloved Monarch butterfly caterpillars. (While common milkweed tends to take over a flower bed through rhizomes, there are other non-spreading native milkweeds available.)
- Reduce the amount of turf grass by expanding existing plant beds or creating new ones. Grass requires 20 to 60 percent more water to maintain than native plants and water is a precious resource. What's more, turf grass treated with chemicals deters insect life. There are many native grasses and sedges which are butterfly host plants that also provide cover for birds, seeds, and nesting material while also lending visual interest to garden beds.
- Encourage landscapers to suggest native plants that would be appropriate for your yard. Crape Myrtles, Chinese hollies, and Japanese barberry are not native, and Japanese barberry is considered invasive. While these plants have adapted well to our environment, and are often admired for their ease of care, they are likely inedible or even poisonous to native insects.
- Perform yard clean-up in the spring after temperatures reach the mid-fifties. Many insects overwinter in the hollow stems of plants or in fallen leaf matter. Performing yard clean-up in the fall will result in discarding the insects that the native plants attracted.
- Leave the last spent blossoms on flower stems for birds to consume during the winter.
- Limit or phase out pesticide use.
- Plant an oak tree. Oak trees support 897 caterpillar species, the largest number of any native tree. Fallen acorns also feed birds, squirrels, raccoons, and deer. Small, medium, and large oak tree varieties can accommodate a range of yard sizes.

Suggested Reading:

Homegrown National Park: <https://homegrownnationalpark.org>

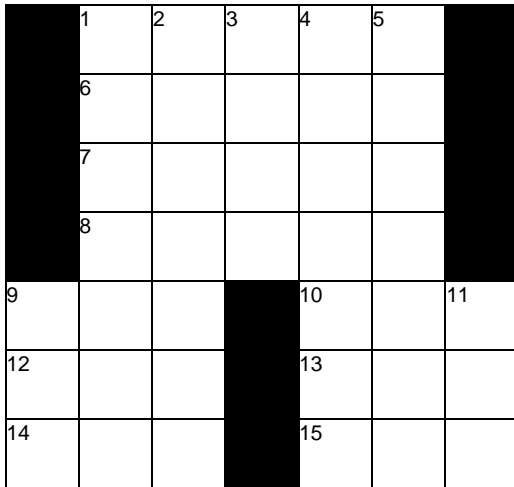
Bringing Nature Home: How You Can Sustain Wildlife with Native Plants,
by Douglas W. Tallamy, 2007. <https://www.workman.com/products/bringing-nature-home>

The Nature of Oaks: The Rich Ecology of Our Most Essential Native Trees,
by Douglas W. Tallamy, 2021. <https://www.workman.com/products/the-nature-of-oaks>

Park Updates

- CHSP won 2022 Best of Delaware readers awards in the Fun & Leisure category for:
Best Downstate Bike Trail- Junction & Breakwater Trail
Best Downstate State Park
- All beaches and drive-on ramps are open to the public.

PARK PUZZLE by Carl Frey



Across

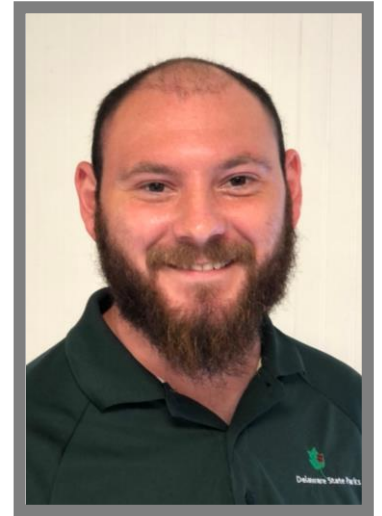
- 1 Cape Henlopen Fort
- 6 Licorice whip flavor
- 7 The ones over there
- 8 Walking sticks
- 9 Sounds accompanying tongue depressors
- 10 2nd amendment proponent
- 12 Cape Henlopen trail walking companion, often
- 13 Animation collectible
- 14 Mao __ Tung
- 15 Norton and Sullivan

Down

- 1 Charcoal grilling need
- 2 Wasting no time
- 3 Sea __ or mountain __
- 4 Most important part
- 5 Is really angry
- 9 Fitting
- 11 Gore and Einstein

Get to Know Our Park Staff – Sean Cain

Sean Cain is a native Delawarean, born and raised in Middletown. He attended Frostburg State University in Maryland and graduated in 2019 with a double major in Wildlife and Fisheries Biology as well as Park and Recreation Management. Sean started his career with the Delaware park system in 2018 as a seasonal Campground Registrar at Lums Pond State Park. After graduation he became the CHSP Campground Manager from September of 2019 until March of 2021. During this time Sean developed strong professional relationships with the staff and management at the park who taught him a lot of valuable skills. These skills helped him land a new job away from CHSP as General Manager of Yogi Bears Jellystone Park – Quarryville, PA. That role had him overseeing a huge seasonal staff, 6 full time direct reports, a water park, 94 cabins, and over 175 camp sites. Sean used that time to learn as much as he could about running a large operation in hopes of someday returning to State Parks. Luckily, he stayed connected with the CHSP staff and was very excited when he saw the posting for his, new position, Park Superintendent. Sean's new duties include directly overseeing the Family Campground, our Youth Camps, the Primitive Campground, Special Events, Seasonal Staff Housing as well as overall operations of the park Office. He enjoys the flexibility the new job offers, being able to split up time between desk duties and helping in different areas of the park. As an avid hunter, Sean likes checking out possibilities around the hunting area in the main part of the park but also likes to hike various trails especially around Gordons Pond.



Volunteer Call- Social Media Coordinator

The Friends of Cape Henlopen State Park need a volunteer to take-over our social media communications. This Friends member would create compelling content and manage & maintain our Facebook page, uploading news items and images as well as expending our presence in the social media space. If you are interested or need further details, please email us fochsp@gmail.com.

NEW Event-



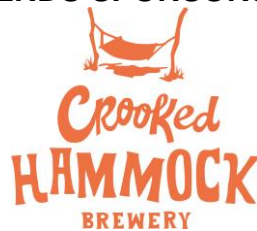
Over the years, the Friends of Cape Henlopen State Park (FOCHSP) have held various fundraising events which allowed members, their friends and park enthusiasts to make investments that enhance the park and provide an improved experience for its visitors. Among these fundraising events are our upcoming Chocolate Tasting (Sept 10), Wine, Beer, and Cheese Tasting (Oct 1), Bird Seed Sale (Oct 15) and Christmas Boutique and Book Sale (Nov 19). However, even though the Friends have been providing free bikes via its Borrow-a-Bike program for over 20 years, we've never held a bike-related fundraising event.

Well, that's about to change. On Sunday, October 2nd, the FOCHSP will be holding its inaugural family fun biking event, **Tour de Friends**. The focus of the "Tour" will be a bicycle-accessible scavenger hunt, for individuals, families, and teams of all ages that takes place 9 to 11 AM. Prizes will be awarded to cyclists who complete the hunt and correctly identify all the items to be scavenged. In addition to the scavenger hunt, DelDOT, Sussex Cyclists, local bike shops and other organizations will be on hand to conduct a bike rodeo for children 4 to 13 years old, provide hands-on workshops on bicycle safety and basic repair/maintenance, as well as other fun activities for the whole family. Crooked Hammock will be the premier food and beverage sponsor for this inaugural event and will be hosting a luncheon/after-party following the conclusion of the scavenger hunt from 11:30 AM to 1 PM.

Registration fees for the **Tour de Friends** will be: \$35 for individuals; \$60 for family groups up to four participants, and \$10 for each extra family member. Advance registration is required and will be available around mid-August via the FOCHSP website. Total participation is limited to 150 bike riders, so you will need to register fairly quickly once the web site registration goes live.

We expect this to be an outstanding event and will be needing numerous volunteers to help, so please add the **Tour de Friends** to your calendars. At the current time, we are also soliciting sponsors to help with our fundraising efforts. Sponsorships can be either cash or in-kind items, which we will then use in our prize pool. If you or anyone you know are interested in becoming a sponsor, please contact Ian Friedland at friedlandian@verizon.net or 302-947-1383.

CURRENT TOUR DE FRIENDS SPONSORS



Park Puzzle Answers

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

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Friends of Cape Henlopen State Park

newsletter

SEPTEMBER 2022

In This Issue

- 2022 Events Schedule
- FOCHSP Trail Days
- Bird Seed Sale Notification
- Youth Fishing Tournament Announcement
- Park Updates
- Park Puzzle
- Chocolate Tasting Poster
- Beer, Wine & Cheese Tasting Poster
- Get To Know Our Members
- Puzzle Answers
- Bird Seed Sale Order Form



CONTACTS

PO Box 132, Nassau, DE 19958

friendsofcapehenlopen.org

Follow us on [facebook](#)

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302-858-6127

The Bike Barn IS OPEN

Visit

[Borrow-a-Bike](#)

for Details & Hours

➤ Schedule of 2022 Events ◀

- **MEMBERSHIP RENEWAL** ◀◀ Click-the-Link
- **Cape Henlopen Trail Days:** USUALLY Second Saturday Monthly
(**NO FOCHSP Trail Days Sept 2022** See You at Coastal Cleanup)
- **Youth Fishing Tournament:** September 10th 8 AM to 11 AM at CHSP Fishing Pier
- **Chocolate Tasting in the Park:** September 10th 1 PM to 4 PM at CHSP Officer's Club
- **Coastal Cleanup:** September 17th 9 AM to Noon at The Point parking lot
- **Wine, Beer & Cheese Tastings in the Park:** October 1st 4 to 6 PM at CHSP Officer's Club
- **NEW Tour de Friends (Family Fun Biking/Scavenger Hunt):** Oct 2nd 9 AM to 1 PM
- **Hawk Watch:** Every day September 1 to November 30 (Hawk Watch Pavilion Lot)
- **Birdseed Sale:** Order by October 1st / Pick Up on Oct 15th Park Maintenance Garage
- **Christmas Boutique & Book Sale:** November 19th 9 AM to 3 PM at CHSP Officer's Club

FOCHSP Trail Days August 13, 2022

This month's Friends of Cape Henlopen State Park Trail Days cleanup had 31 volunteers that put in a total of 81.5 volunteer hours. They were joined in our effort by Kelsey Doyle, who besides working tirelessly, provided additional safety vests to our volunteers. Thanks Kelsey! Led by Trail Days coordinators, Fran Giacomina and Gavin Braithwaite, the team split up into three groups and were able to prune back overgrowth and pick up trash along the full bike loop and along the bike trail from Freeman Highway to the park entrance. Many walkers and cyclists along the trail thanked our cleanup volunteers for their efforts. Attached is the volunteer log and a few pictures. Including a photo of our youngest volunteer Dean O'Brien with his grandfather Paul Herman.



SPECIAL NOTIFICATION

FOCHSP Annual 2022 Annual Bird Seed Sale

The Friends of Cape Henlopen State Park are once again offering a convenient and cost-effective way to support the park as well as the birds in your garden: FOCHSP Annual Bird Seed Sale.

A new, reliable source has been secured so no order disruptions are expected. The bag sizes and product names may have changed but the offerings are of the highest quality. Items available include various types of seeds and suets as well as a selection of wild bird seed mixes.

- Orders are being accepted immediately until Monday, September 19th.
- Friends members are eligible for a 10% discount.
- Orders will be available for pickup 10 AM to Noon, Saturday, October 15th, at Cape Henlopen State Park's Maintenance Garage (behind the park office).
- The order form is available at the end of this newsletter.

ANNOUNCING

FOCHSP Annual Youth Fishing Tournament- September 10, 2022

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.

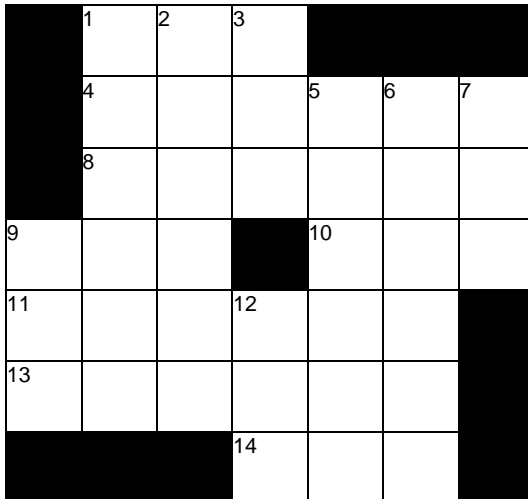
- Participants need to be 15 years old or under.
- Entry fee is \$10 per child and includes a free t-shirt and all the bait the fish can eat.
- Registration is from 7 to 8 AM at the CHSP Fishing Pier with fishing taking place from 8 to 11 AM.
- Awards & prizes will be handed out immediately after the contest.
- Be sure to bring your own gear.
- Rain Date- 9/11/2022



Park Updates

- Park archery hunting season opens 9/1.
- The ocean side of The Point opens to the public 9/1.

PARK PUZZLE by Carl Frey



Across

- One of the Bobbsey Twins
- Immediately
- Trios
- Color
- Long-running NBC weekend show
- One of the Gallo wine brothers
- It was blue in the flick Yellow Submarine
- ___ the land of the free

Down

- Where to find out about Cape Henlopen wildlife (with 6 DOWN)
- Greek goddess of wisdom
- It often appears with 'neither'
- Monster of Loch Ness
- See 1 DOWN
- Course for recent immigrants
- Line of stitching on a skirt
- Rock and Roll Hall of Fame keyboardist Brian ____ of Roxy Music



Chocolate Tasting in the Park



Saturday, September 10th.
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*





Tour de Friends

CAPE HENLOPEN STATE PARK

A Family Fun Biking Event!

Presented by:

The FRIENDS OF CAPE HENLOPEN STATE PARK

SUNDAY OCTOBER 2, 2022

Bicycle scavenger hunt from 9am-11am!

PRIZES!

Individuals, families and teams of all ages!

Bike Rodeo for children ages 4-13

Workshops on bicycle safety and repair

Fun activities for the whole family!

**Luncheon/after party
11:30 am to 1pm
Sponsored by**



**Advance registration
required via the FOCHSP website. Registration is limited
to 150 bike riders, so register now to get in on the fun!
Use the QR Code to access the website!
Or visit friendsofcapehenlopen.org for more information!**



Wine, Beer, & Cheese Tastings in the Park



Saturday, October 1st, 2022
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	9am - 4pm

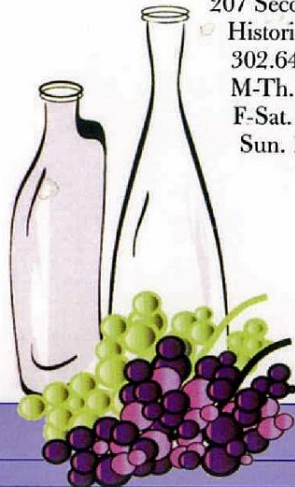
Craft Beers & Wines provided by selected distributors. Cheeses by local vendors



< Sponsored by >



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

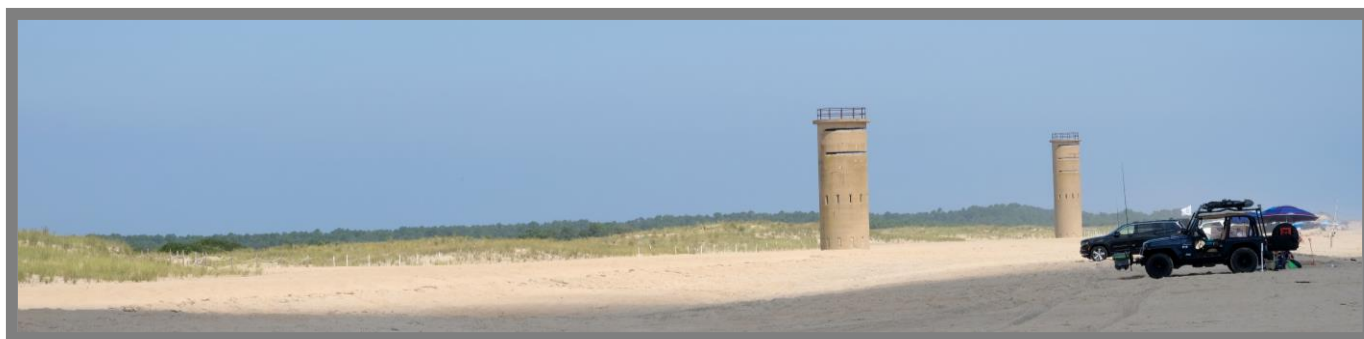
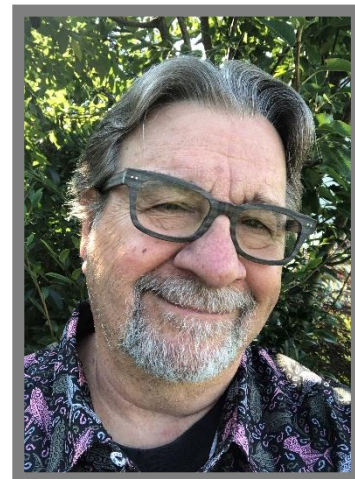


WINES
BEERS
SPIRITS

R&L
LIQUORS

Get to Know Our Members – John Placko

John Placko was born in Newark, NJ and lived in New Jersey most of his life. After graduating college with a fine art degree, John began his forty-year career in the photographic industry as a delivery person for a professional photo lab. Though part time, he wanted to make a good impression, so he arrived the first day in a suit and tie but quickly realized the outfit wasn't appropriate for dumping chemicals into a mixing vat ten feet up. The years of experience helped John land his last job as photo specialty product manager for Fujifilm where his product responsibilities included poster printers & Xerox equipment as well as their consumable supplies. The idea for moving to DE came after several visits to his ex-boss, Rod Parsons, who loved the area and spoke highly of the various volunteer opportunities FOCHSP offered. With lower costs and less hustle & bustle in Delaware the idea of a move became a no brainer. The proximity to the beaches wasn't a bad deal either. John and his wife moved to Delaware right after retirement in June 2018. After spending some time getting moved in and acclimated, they joined the Friends in January 2020. For over a year John has not only served on the board of directors but is the Friends monthly newsletter producer/editor. He especially likes that the park has a wide variety of things to do like fishing, swimming, hiking & biking. His favorite place is Gordons Pond where you can find lots of things to do and see. Plus, the beach mats make getting to the water a snap.



Park Puzzle Answers

	N	A	N			
	A	T	O	N	C	E
	T	H	R	E	E	S
H	U	E		S	N	L
E	R	N	E	S	T	
M	E	A	N	I	EO	
			O	E	R	

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FRIENDS OF CAPE HENLOPEN STATE PARK FALL 2022 BIRD SEED SALE

Name _____ E-Mail _____

Address _____

City _____ State _____ Zip Code _____

Phone: Cell _____ Home _____

Payment: Make check payable to Friends of Cape Henlopen State Park

Mail Order to: Bird Seed Sale – Friends of Cape Henlopen State Park

P. O. Box 132, Nassau, DE 19969

*** No Orders will be accepted after September 19th, 2022***

PICK UP DATE IS SATURDAY, OCT 15th, 2022 10 AM-12 PM AT THE MAINTENANCE SHOP IN CHSP

DESCRIPTION	MEMBER PRICE*	Non-Member Price*	# OF BAGS	TOTAL
20 lb. Sunflower Chips	\$43.20	\$48.20		
25 lb. Striped Sunflower Seed	\$30.20	\$33.56		
25lb. Black Oil Sunflower	\$33.68	\$37.05		
25lb. Peanut Splits	\$32.60	\$36.22		
3 lb. Thistle (Nyger)	\$8.41	\$9.35		
25 lb. Thistle (Nyger)	\$39.09	\$43.43		
18 lb. Year-Round Favorites	\$19.39	\$21.55		
40 lb. Year-Round Favorites	\$39.04	\$43.38		
20 lb. Sing-A-Long Wild Bird Mix	\$16.26	\$18.07		
40 lb. Sing-A-Long Wild Bird Mix	\$39.04	\$43.38		
20 lb. Safflower	\$38.43	\$42.70		
5 lb. Safflower	\$10.18	\$11.31		
25 lb. Critter Snacks	\$29.38	\$32.64		
12 oz. High Energy Suet Cake	\$1.66	\$1.77		
11 oz. Peanut Butter(Xtreme Suet Cake	\$1.66	\$1.77		
11 oz. Nuts and Berry Suet Cake	\$1.66	\$1.77		
11 oz. Orange Xtreme Suet Cake	\$1.66	\$1.77		
			GRAND	
			TOTAL:->>	

Friends of Cape Henlopen State Park

newsletter

OCTOBER 2022

In This Issue

- 2022 Events Schedule
- Park Updates
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- Get To Know Our Members
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- Wine, Beer & Cheese Tastings in the Park: October 1st 4 to 6 PM at CHSP Officer's Club
- **NEW Tour de Friends (Family Fun Biking/Scavenger Hunt): Oct 2nd 9 AM to 1 PM**
- Birdseed Sale Order Pick Up: Oct 15th 10 AM to Noon at Park Maintenance Garage
- Christmas Boutique & Book Sale: November 19th 9 AM to 3 PM at CHSP Officer's Club

Park Updates

- A new Tag Board along Cape Henlopen Drive was installed for this year's hunting season.
- The bay side of The Point reopens October 1, 2022.
- Tower 7 is now open after safety fencing was reinstalled. The new fencing also includes three cut outs for unobstructive viewing.

FOCHSP Annual Youth Fishing Tournament September 10, 2022

This year's annual youth fishing tournament saw thirty-five eager anglers descending onto the CHSP fishing pier to experience the sun and the sea. And, to catch some fish. As usual, perseverance prevailed with the largest catch coming in at 12" (Easton Robinson shows his catch below) and the most fish caught at TEN! The fun filled morning ended with trophies, prizes, pictures, and ice cream.




**FOCHSP FISHING DERBY
2022 SPONSORS**

Dan's Tackle Box	Tiderunners Bait & Tackle
Furniture & More	Total Identity Solutions
Indian River Marina	Nick May
Akios Tackle	Dave & Ellie Frazier
Konn Cooper	Lewes Harbour Marina
Tom & Bonnie Rosinski	Henlopen Bait & Tackle
Lee & Gail Schwarz	Lighthouse View Bait & Tackle
Mrs. Darlene Brown	Old Inlet Bait Shop
Judy & Captain Bob II Ed & Karen Dobbins Delaware Mobile Surf Fishermen Club	



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FOCHSP Chocolate Tasting in the Park September 10, 2022

There is nothing like chocolate to celebrate a beautiful, warm summer day at the beach. And did we have CHOCOLATE! The tables were filled with all kinds of home-made delights such as light & dark fudge, haystacks, brownies, pretzel toffee, cupcakes, buckeyes, rice crispy bars, turtles, and dark chocolate flake & crunch. The raffle had a whopping EIGHT baskets teasing attendees. For those that wanted a larger sized sweet, the bake table had a selection of cakes, pies, and cookies. If you couldn't attend, there's always next year.



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35th Annual Delaware Coastal Cleanup September 17, 2022

The FOCHSP once again took part in this year's annual Delaware Coastal Cleanup. Our assigned location was The Point in Cape Henlopen State Park. Forty-nine volunteers provided 101 hours of service. Two teams were organized that cleaned the ocean beach from The Point to the end, the bay beach west to the park end as well as The Point and Point Comfort Station parking lots. Twenty-nine lbs. of trash were collected. Arena's Deli & Bar in Lewes supplied a delicious lunch for the volunteers.



PARK PUZZLE by Carl Frey

Across

Down

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

- 1 Homer Simpson exclamation
- 4 Initials seen on NASCAR racers
- 7 Record producer/Roxy Music member Brian
- 8 Sorrow
- 9 Tabby or tiger
- 10 Umpire call, sometimes
- 11 Suffer, be under the weather
- 12 Miner's quest
- 13 See 5 DOWN
- 15 Spending/buying binge
- 16 Unhappy

- 1 Like Sanka
- 2 Getting all self-important: putting __
- 3 A.K.A. Margaret Houlihan in M.A.S.H.
- 4 Fainted
- 5 Event at Cape Henlopen State Park on October 2 (with 13 AROSS)
- 6 Oh, for __ sake!
- 14 Amendment designed to end legal distinctions between men and women - first proposed in 1972

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Wine, Beer, & Cheese Tastings in the Park



Saturday, October 1st, 2022
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	9am - 4pm

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



< Sponsored by >



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

WINES
BEERS
SPIRITS

R&L
LIQUORS



Tour de Friends

CAPE HENLOPEN STATE PARK

A Family Fun Biking Event!

Presented by:

The FRIENDS OF CAPE HENLOPEN STATE PARK

SUNDAY OCTOBER 2, 2022

Bicycle scavenger hunt from 9am-11am!

PRIZES!

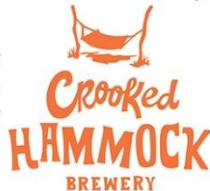
Individuals, families and teams of all ages!

Bike Rodeo for children ages 4-13

Workshops on bicycle safety and repair

Fun activities for the whole family!

**Luncheon/after party
11:30 am to 1pm
Sponsored by**

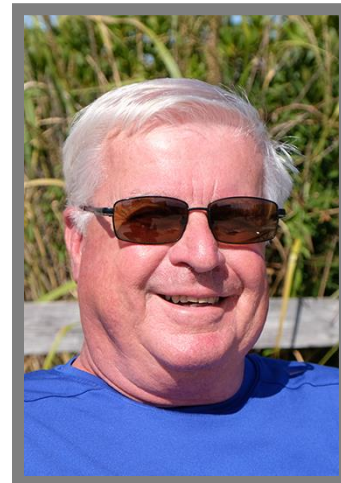


Advance registration required via the FOCHSP website. Registration is limited to 150 bike riders, so register now to get in on the fun! Use the QR Code to access the website! Or visit friendsofcapehenlopen.org for more information!



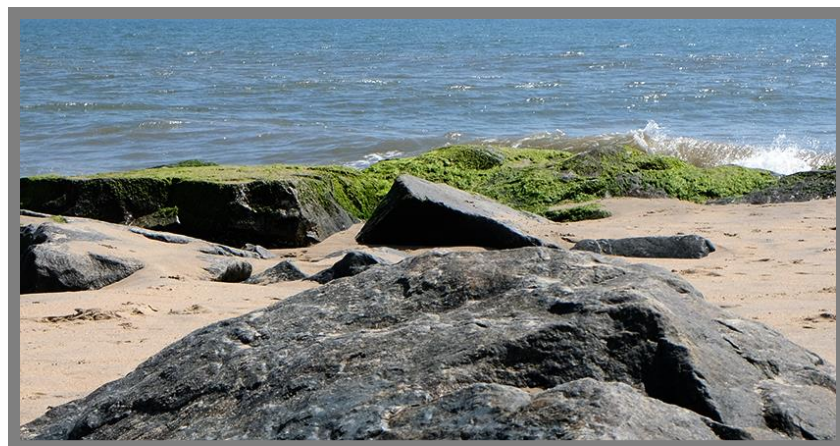
Get to Know Our Members – Tom Rosinski

Tom Rosinski was born in Philadelphia PA but lived most of his life in South Jersey. That's where his career blossomed becoming a sales & marketing executive at AT&T for 35 years. Hoping for a slower paced, resort living experience after retirement, Tom & his wife permanently moved to Delaware in 2018. The financial incentives of significantly lower taxes and cost of living didn't hurt either. As they became familiar with their surroundings, they met some new neighbors including Ellie & Dave Frazier who told them about the Friends. Three years later the Rosinski's became members of FOCHSP. Their volunteering then took off with trail days cleanups, event setups and of course support of the annual youth fishing tournament. When he's not volunteering, Tom really enjoys driving onto the beach and trying his luck at surf fishing. Though the park's easily accessible year-round activities are plentiful, Tom especially likes relaxing at Herring Point or cruising the bike trails.



FOCHSP Donations- New Hay Wagon September 12, 2022

The FOCHSP donated the majority of the funds needed to purchase a new hay wagon for the park. The wagon is equipped with a mechanical lift that will allow additional visitors to participate in various park programs as well as accessing additional areas of the park.



Park Puzzle Answers

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

Friends of Cape Henlopen State Park

newsletter

NOVEMBER 2022

In This Issue

- 2022 Events Schedule
- Call for Board Candidates
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- Puzzle Answers
- State Park Raffle
- Get To Know Our Members
- FOCHSP Bird Seed Sale



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Follow us on [facebook](#)

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302-858-6127

The Bike Barn IS OPEN

Visit

[Borrow-a-Bike](#)

for Details & Hours

➤ Schedule of 2022 Events ◀

- [MEMBERSHIP RENEWAL](#) ◀◀ Click-the-Link
- **Cape Henlopen Trail Days:** *USUALLY* Second Saturday Monthly
(THIS MONTH ▶ November 12th 8:45 AM at Bike Barn)
- **Hawk Watch:** Everyday September 1 to November 30 (Hawk Watch Pavilion Lot)
- **Christmas Boutique & Book Sale:** November 19th 9 AM to 3 PM at CHSP Officer's Club

[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 fochsp@gmail.com. Voting by the membership will take place at our annual meeting in March 2023.

FOCHSP Annual Beer, Wine, and Cheese Tasting in the Park October 1, 2022

After two years of absence due to Covid, the Friends annual Beer, Wine & Cheese Tasting in the Park made an exciting return. Dozens upon dozens of enthusiastic tasters poured (no pun intended) into the Officer's Club for a chance to sample various beers from Germany as well as wines from all over the world. Each guest received an FOCHSP branded wine glass, a libations order form (from R & L Liquors), as well additional aids to help enjoy the event. Outstand homemade & sponsor donated appetizers were served by Friends volunteers who also suggested participants have a look at our raffle prizes. All in all, the event was welcomed back with open arms. Look forward to seeing you in 2023.



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FOCHSP Annual Beer, Wine, and Cheese Tasting in the Park October 1, 2022 (cont.)



PARK PUZZLE by Carl Frey

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

Across

- 1 *The Lord of the Rings* baddie
- 4 Youth org. that became co-ed in 2018
- 7 Snake, sometimes made of feathers
- 8 A long, long time
- 9 Tech co. w/blue & white logo
- 10 It can be pop, op, or fine
- 11 Type of quark or spin
- 12 Where to find NCIS or CSI
- 13 Donation of 10% of earnings to a religious cause
- 15 Beginning
- 16 Carbon dioxide or nitrogen, usually

Down

- 1 Last words in the *Cape Gazette*
- 2 Big 1983 hit for Styx: *Mr. ___*
- 3 What people in tents in Cape Henlopen State Park are doing
- 4 Cape Henlopen State Park has these on the Atlantic Ocean and Delaware Bay
- 5 Dairy-free frozen dessert
- 6 These are crawling all over Cape Henlopen State Park and elsewhere
- 14 Airport scanning pros

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FOCHSP Tour de Friends October 2, 2022

Though it tried to dampen our spirits, hurricane Ian did not deter us from carrying on with the inauguration of this new Friends event. Participants arrived ready to take part in the various in-door events on offer such as pin the wheel on the bike, toss a ball into a helmet and the ubiquitous corn hole. Raffle prizes were also most appreciated by the crowd. The day culminated in an excellent lunch supplied by Crooked Hammock Brewery who even named a brew after the event.



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FOCHSP Trail Days October 8, 2022

This month's Trail Days had 29 volunteers that contributed a total of 79.75 hours of work. Led by Fran Giacomia and Gavin Braithwaite, our volunteers cleaned and pruned the entire bike loop including Transmitter Road as well as the bike path from the park entrance to SPI.



Bike Barn News October 15, 2022

Bike Barn ambassadors Mike Duffy and John Dean assisted Scout Troup 1123 from Washington DC with helping them explore our park. The group had a wonderful time and really appreciated our free Borrow-A-Bike program.



Park Puzzle Answers

O	R	C		B	S	A
B	O	A		E	O	N
I	B	M		A	R	T
T	O	P		C	B	S
	T	I	T	H	E	
	O	N	S	E	T	
		G	A	S		

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FRIENDS OF DELAWARE STATE PARKS

RAFFLE

THREE PRIZES!

THREE WINNERS!

1 for \$5.00
3 for \$10.00

Purchase your tickets by
Tuesday, November 15, 2022 for
your chance to win:



1st Prize

SUN AND FUN PACKAGE

- 1 Week stay at Cape Henlopen Cabin OR a 1 weekend stay in Delaware Seashore State Park Cottage
- Dinner for 2 at Big Chill restaurant
- Tour of historic World War II Fort Miles
- Historic World War II Military Truck Tour of Cape Henlopen
- 1/2 Day kayak rental for 2
- DE State Parks Annual Pass



2nd Prize

DE STATE PARKS ADVENTURE PACKAGE

- Week stay in Lums Pond Yurt
- Go Ape Tree Top adventure for 2
- 1/2 Day Boat rental for 2
- Blue Rock Climbing for 2 at Wilmington State Parks
- Admission for 4 to the Brandywine Zoo
- DE State Parks Annual Pass



3rd Prize

FAMILY FUN PACKAGE

- Week stay in Killens Pond Cabin
- Waterpark pass for 4
- 1/2 Day boat rental for 4
- First State Heritage Park program pass for 4
- Round of golf for 4 at Garrisons Lake Golf Course
- DE State Parks Annual Pass

DRAWING: WEDNESDAY, NOVEMBER 16 • NEED NOT BE PRESENT TO WIN.
OVERNIGHT STAYS SUBJECT TO AVAILABILITY.

DO NOT FORGET TO SELECT

Friends of Friends of Cape Henlopen State Park

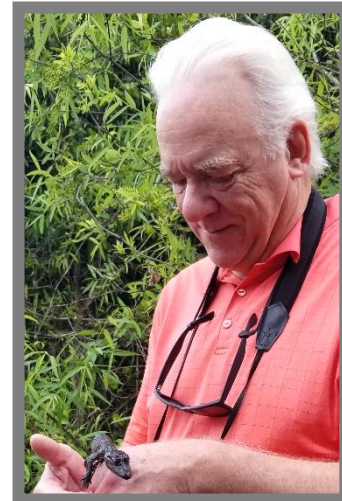
AT THE BOTTOM OF THE ORDER FORM

▼ Click [HERE](#) for more details ▼

[Friends of DE State Parks GRAND Raffle](#)

Get to Know Our Members – Mike Duffy

Mike Duffy grew up in Connecticut but spent most of his working life in Texas. His career encompassed various aspects of analytical instrumentation, including R&D, product development, management, and company operations. After retirement, Mike and his wife decided they've had their share of TX living (aka the heat) and wanted to move closer to New England and family. They considered various east coast areas but found Delaware a perfect compromise. Especially given being on the coast was their #1 priority. Mike "found" the Friends by seeing some of our event signs in the park. After looking into the group, and with plenty of time on his hands, he decided to join. Unfortunately, covid limited Mike's ability to volunteer because right after his very first bike barn session the park shut down. Luckily, he persevered and has not only continued as a Bike Barn Ambassador but also assists in Trail Days and many other events. One special thing Mike is trying to do is offer to take a picture of large Bike Barn groups, so they have a nice memory of their excursion. Mike thinks CHSP is a beautiful place with so much to offer. In fact, his first regular "thing" was going on Richards Tuesday Birdwatching walks, but Mike's favorite thing is walking the trails and dunes.



FOCHSP Bird Seed Sale Pickup October 15, 2022

Last year's vendor challenges were quickly overcome by Sandee Coyle's dedication and organization which made the 2022 FOCHSP Bird Seed Sale a whopping success. The event went off without a hitch. Our volunteers even got to leave early this time. Thanks so much for your support



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FOCHSP Happy Halloween Wishes

A new greeting awaits park visitors as they venture into CHSP in the haunting season.



Photo at park entrance with Halloween entrance to the park created by member Rich Langwell

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Friends of Cape Henlopen State Park

newsletter

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DECEMBER 2022

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- 2023 Events Schedule
- FOCHSP Trail Days
- Park Puzzle
- FOCHSP Christmas Boutique And Book Sale
- Bike Barn News
- Puzzle Answers
- Get To Know Our Members
- Call for FOCHSP Board of Directors Candidates
- Special Donation to FOCHSP



The Bike Barn IS OPEN

Visit

[Borrow-a-Bike](#)

for Details &

New Winter Hours

➤ Schedule of 2023 Events ◀

- [MEMBERSHIP RENEWAL](#) ◀◀ Click-the-Link
- **Cape Henlopen Trail Days:** Second Saturday Monthly
(**THIS MONTH** ▶ December 10th 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
- **Wine, Beer & Cheese Tasting:** April 15th 4 PM to 6 PM
- **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
- **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 Park Maintenance Garage
- **Christmas Boutique & Book Sale:** November 18th 9 AM to 3 PM

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FOCHSP Trail Days

November 12, 2022

The FOCHSP November 2022 Trail Days had 25 volunteers that provided a total of 54.5 hours of service. Led by Fran Giacom, the team pruned brush along the Pinelands trail and cleared pine needles off the Bike Loop trail. Two bags of trash were collected and discarded appropriately.



PARK PUZZLE by Carl Frey

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

Across

- 1 Nasty, cruel
- 5 See 7 DOWN
- 8 Amused others with a story
- 9 Tech co. w/blue & white logo
- 10 Santa __ winds of California
- 11 Yelled to make one's voice heard
- 15 Make coffee or tea again
- 16 See 7 DOWN

Down

- 1 Three-in-one childhood vaccine
- 2 Wide shoe width designation
- 3 Mercedes Benz high-performance grp.
- 4 Org. including the Knicks and Celtics
- 6 Make wildly happy
- 7 What loyal Friends of CHSP do about now (w/5&16 Across)
- 9 June honoree
- 11 Folks with a lot of yrs. behind them
- 12 Feeble laugh
- 13 Luke's Jedi master: __-Wan Kenobi
- 14 Oooh, I had too much to eat!

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FOCHSP Christmas Boutique and Book Sale November 19, 2022

The Friends of Cape Henlopen State Park held their 2022 Christmas Boutique and Book sale on Saturday 11/19 at the Officers Club. The event was a great success! Patrons and volunteers alike had a lot of fun shopping, chatting, searching, and buying. The event generated more than 390 hours of volunteer time over the course of two days setup and the actual event.



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FOCHSP Christmas Boutique and Book Sale November 19, 2022 (cont.)

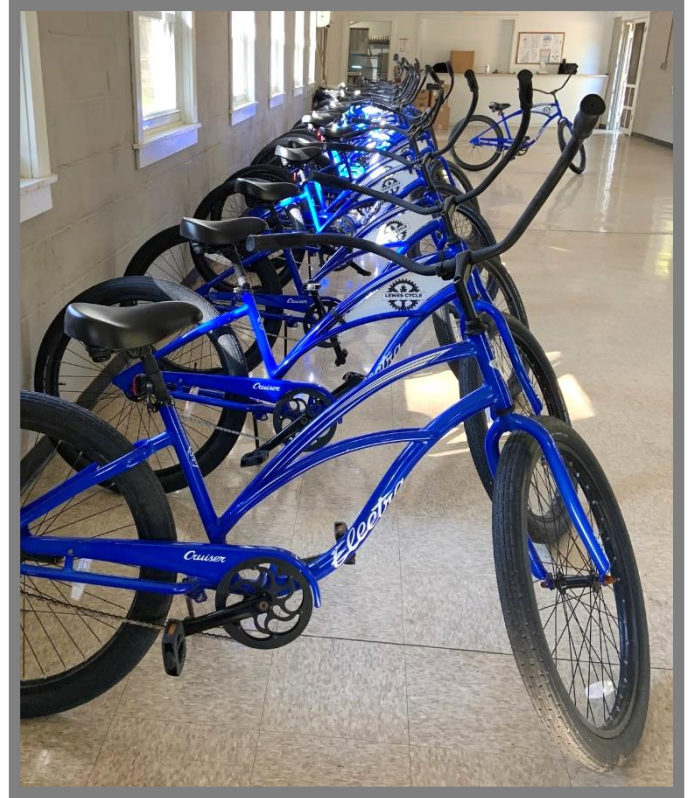


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Bike Barn News

November 16, 2022

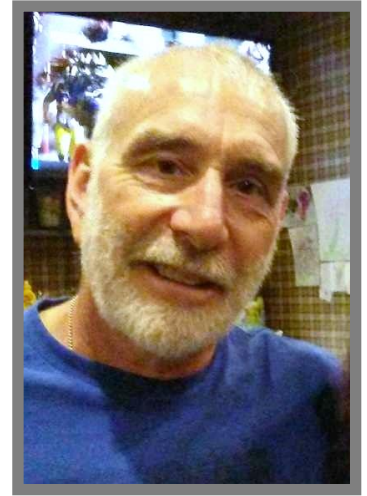
The FOCHSP Bike Barn is updating its bicycle fleet. Ian Friedland, Bike Barn Coordinator (pictured below on left), recently received twenty-four beautiful blue Electra Cruisers from Lewes Cycle Sports. A week or so later an additional six Sun Cruisers, five yellow & one grey, arrived from Rehoboth Cycle Sports. Apparently, our president, John Bracco (below on right), needed to try one! All these new additions will be excellent on the trails of our park this coming season.



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Get to Know Our Members – Tom Nelson

Tom Nelson was born in New Jersey but was raised in Mt. Bethel Pennsylvania. In 2003, he took a job as an Automotive Technician at IG Burton in Lewes. Tom loves the beach, so the Delaware coast was an obvious draw. He has been a Friends member for four years next spring and was attracted to the organization through a Cape Gazette article about our annual meeting. Tom's volunteering encompasses a plethora of opportunities including Trail Days, our annual Flea Market, the Christmas Boutique & Book Sale, Chocolate Tasting in the Park, manning running event water stops as well as helping at the bird seed pickup. So far, his best memory has been the painting of our storage shed behind the Officers Club, which turned out to be a lot of fun. Tom thinks CHSP is a fabulous place that offers not only the beach, but beautiful scenic trails, which he never realized were there until his first Trail Days. But his favorite place in the park is The Point where the beach seems to go on forever.



Special Donation to FOCHSP November 29, 2022

Friends Of Cape Henlopen State Park is once again a winner of Lefty's Alley & Eats Giving Tuesday. Not only did we receiving a \$500 donation, but several members were able to take part in two hours of FREE food & fun at this great area facility. Can anyone say duckpin bowling.



Call for FOCHSP Board of Directors Candidates

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Park Puzzle Answers

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