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[www.friendsofcapehenlopen.org](http://www.friendsofcapehenlopen.org)  
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## HAPPY NEW YEAR!!!!

Welcome to 2021. We are hoping you are enjoying our wonderful Park to rejuvenate your spirits and calm your souls. Cape Henlopen State Park offers many special places to explore. As you take in its many wonders remember you are welcome to share your discoveries, thoughts or musings through this newsletter. Send along a poem, a small piece of writing or a picture of what you have seen or discovered, or your favorite spot. This newsletter is about Cape Henlopen State Park and what you, as Friends members see, hear, experience or happen upon. It is our great fortune to be so close to such a special treasure. Share your experiences! Send along what you discover to the address or email above with the heading “newsletter”.

Through your membership and donations, we are able to fund special projects and Park employee wishes that may otherwise not be able to get done. We thank you for your support and contributions, both financial and as volunteers to our organization. Membership renewal time is here, please visit our website for membership renewal information or to become a member. Our Trails Day volunteers continue to trim and clean trails and beaches and generally meet the second Saturday of each month at 9am at the Bike Barn. Our Bike Barn will remain closed for now until we get further directions regarding limitations due to COVID-19. Our Borrow-a-book program remains very popular in the Park’s campground. Our new Beach committee focuses on improving the safety and enjoyment of our park’s beaches. And from time to time we assist other organizations with their events, such as running groups who may need guides or staffing of water stations.

We look forward to 2021 and the new adventures that lie ahead. Save the following dates and we will send updates and details as the dates get closer as they could change depending on COVID restrictions.

March 6	Annual Meeting
March 27	Indoor Flea Market with set-up March 25, 26
April 17	Wine, Cheese, Beer Tasting with set-up April 15-18
June 5	National Trail Day
TBD	Tour De Friends Bike Tour
September 11	Youth Fishing Tournament
September 11	Chocolate Tasting
October 16	Bird Seed Sale
November 13	Christmas Boutique with set-up Nov 11-13

## FOCHSP NEWS

We welcome new members and volunteers who can help us support and maintain the Park we all love. Contact the Friends of Cape Henlopen State Park via our website ([www.friendsofcapehenlopen.org](http://www.friendsofcapehenlopen.org)), by email ([FOCHSP@gmail.com](mailto:FOCHSP@gmail.com)), or by phone (302-858-6127). *Please like us on Facebook at: [fb.me/FOCHSP](https://www.facebook.com/fb.me/FOCHSP)*

\*Check out the stock of used bikes for sale on our website!

\*AmazonSmile customers can support Friends in the Amazon shopping app or at: [smile.amazon.com](https://smile.amazon.com)

**\*Bike Barn Update. Due to the upsurge in Covid cases the Bike Barn will be closed until further notice. We will keep you updated if there are any changes.**

\*The Board of the FOCHSP is excited to report that we have established a new committee - the **Beach Committee**. The mission of this committee is to identify opportunities to improve the aesthetic, safety and comfort of Cape Henlopen State Park. Committee members will monitor and report suggestions for improvements. They will also source funding for approved projects. This committee will be led by members - Emilie Paternoster and Sue Gaggiotti. If you are interested in joining the Beach committee, please email Board member Polly White [womo99@gmail.com](mailto:womo99@gmail.com).

\*We will have an opening on our Board in March 2021 due to the retirement of our longtime Board member Edna Lemiska. If you are interested in joining the Board please contact John Bracco, President of FOCHSP at the email address listed above.

\*Check out the new **HawkWatch Page** on the FOCHSP website. By clicking on this link to that page you now get to a site that gives a detailed overview of the migration counts. Click here: <https://www.friendsofcapehenlopen.org/hawkwatch.html>

## PARK UPDATES

For latest updates and Covid-19 restrictions at Cape Henlopen State Park and all Delaware Parks please go to their website at: <https://destateparks.com/covid19>

- Park will have a full compliment of Park Rangers (4) for the 2021 season.
- Starting December 16th the Park will issue print-on-demand Park entrance and surf fishing passes. For park passes go to this link: <https://destateparks.com/Know/PassesTagsFees>
- The Park is having the Officers Club siding & decks renovated
- The Main Beach boardwalk and Gordons Pond boardwalk railings are being fixed.
- The Cape Dorm-windows are being replaced and the pump house is being overhauled which will alleviate Pinelands Trail flooding.
- Bag stations in the park will transition from plastic to paper.
- The entrance area on Rehoboth Beach side of the Park will receive a general spruce up and the wash stations renovated.

# PARK PUZZLER

by Carl Frey

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

ACROSS

- 1 From Here -- Eternity
- 3 Bird nest occupant
- 6 What beach drivers let out
- 8 --- Milk?
- 9 Defib team announcement
- 11 Stars of Friends web cam
- 14 Musical group of eight
- 15 Sandy shoal
- 17 Film technique: --- - mo
- 18 Abbreviated sandwich
- 19 12 in. diameter vinyl disc

DOWN

- 1 Tex-mex snack in a shell
- 2 Lubricates
- 3 Skinny Gordons Pond residents
- 4 Monopoly corner
- 5 The Ford that beat Ferrari: -- 40
- 7 Weather ----- or news -----
- 10 Circle circumference segment
- 12 Raise your voice
- 13 Sign at Park road intersections
- 15 King of the blues
- 16 -- Gore or -- Roker

Answers to Park Puzzler on page 4



Have you been to the Nature Center lately and noticed the pond which was updated last year with Friends funds? There are many birds who visit that area and it is nice to listen to the water fall.

Tom Blakely took a picture while walking the bike loop on December 1 of what appears to be a pod of whales a half mile offshore! Keep a lookout as you explore the Park, there are all sorts of surprises you may encounter!





**Saying Good-bye and Thank you to FOCHSP member Edna Lemiska** (see May 2020 FOCHSP newsletter “Getting to Know” section)

It is hard to be a member of the Friends of Cape Henlopen State Park and not have ever interacted with Edna Lemiska. Edna is a vibrant energetic soul with a love and passion for Cape Henlopen State Park. She has been an integral part of the Friends of Cape Henlopen State Park for 15 years, having served as president and chairperson for many of our events. Edna was key to the success to many of our projects, including the funding for the Playground that the Friends had built. Her enthusiasm for the Friends has drawn many of us in to join her as a volunteer. Edna has decided to leave her home in Delaware and move to New Jersey to be closer to her family. With this decision, Edna is leaving the Board of Directors of the FOCHSP.

Although, this will slow her volunteering for the Friends, she promises to still come to our future events. We will miss her guidance and wish her well on her new adventures in New Jersey. The Friends would

never have achieved as much as it has if not for Edna’s longstanding contributions to the Friends of Cape Henlopen State Park.



**Getting to know our Park employees: Richard Julian**

Richard has been the Interpretive Programs Manager at CHSP for the past 15 years. He was born and raised in West Hartford, Connecticut and has worked all over the coastal United States from Massachusetts south to South Carolina, along the Gulf coast and in California and Washington. Richard oversees all the environmental education, nature public interpretive programming and summer day camps in the park. He is in charge of the Seaside Nature Center and the operations of the aquariums and exhibits, as well as coordinating and leading many state-wide trainings for the interpretive staff. Richard has been involved with the Children’s Fantasy Trail, the Residential Ecosystem Exploration at Cape Henlopen (REECH

program) and renovating the Nature Center exhibits. His favorite place in the Park is the Gordons Pond Trail. Richard says “Although it can get crowded, I love this trail because it takes you through just about the entire coastal ecosystem (maritime forest, dunes, fresh and brackish wetlands), and offers some spectacular views. Cape Henlopen is a beautiful place and I enjoy connecting visitors to this special resource”.

Answers to Park Puzzler

T	O			E	G	G
A	I	R		G	O	T
C	L	E	A	R		
O	S	P	R	E	Y	S
		O	C	T	E	T
B	A	R		S	L	O
B	L	T			L	P

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**Trails Day December 12, eleven FOCHSP volunteers participated in cleaning up the Pinelands Trail. See below picture of the volunteers along with an after picture of part of the trail work they completed. FOCHSP volunteers ready to work: Carl Frey, John Dean, Vic Moran, Tom Nelson, Rich Suszko, Gavin Braithwaite, George O'Shea, Rod Parsons, Dale Pease, Bob Wallace, Dennis Clements.**



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## FEBRUARY MUSINGS

The Board of Friends thank you for your membership support and contributions, both financial and as volunteers. Please visit our website for all the latest information on membership renewal (which are due at the beginning of each year), or to become a member. Also at the website we have a compendium of the 2020 newsletters, as well as a wealth of latest updates about Friends and the Park. Though our face-to-face interactions have changed this past year due to the virus, our Trails Day volunteers continue to clean trails and beaches, meeting the second Saturday of each month, and our new Beach committee focuses on our Park beaches. Even though our Bike Barn will remain closed for now until we get further directions regarding limitations due to COVID-19, our Bike Ambassadors continue to service bikes and sell donated bikes (big thank you to Mark Vesey and John Dean!). Rails to Trails Magazine named our Park Bike Loop as its January 2021 Rail Trail of the month. Freelance Outdoor/Adventure writer Robert Annis wrote an article about it which features Friends President John Bracco, and Vice President Ian Friedland. This is a wonderfully descriptive article of the Park trail system with beautiful pictures from Jay Tomlinson of views along the trail. See link: <https://www.railstotrails.org/trailblog/2021/january/13/delaware-s-cape-henlopen-state-park-bike-loop/>

As you visit these sites yourself or take in the many special places to explore in the Park, remember you are welcome to share your discoveries, thoughts or musings through this newsletter via the address above. Send along a poem, a small piece of writing or a picture of what you have seen or discovered. This newsletter is about Cape Henlopen State Park and what you, as Friends members see, hear, experience or happen upon.

Here is a schedule for 2021 Friends events, which we will cancel or postpone if need be as we monitor and respond to COVID restrictions and guidelines. We will send updates as the dates get closer.

March 6	Annual Meeting – <b>will be a virtual meeting</b>
June 5	National Trails Day
September 11	Youth Fishing Tournament
September 11	Chocolate Tasting
October 16	Bird Seed Sale
November 13	Christmas Boutique with set-up Nov 11-13
November 20	Wine, Beer, and Cheese Tasting
TBD	Indoor Flea Market
TBD	Tour De Friends Bike Tour

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\*The FOCHSP **Facebook page** now has 672 followers and 635 likes. We encourage you to check out our page and encourage others to do so also. *Please like us on Facebook at: [fb.me/FOCHSP](https://fb.me/FOCHSP).*

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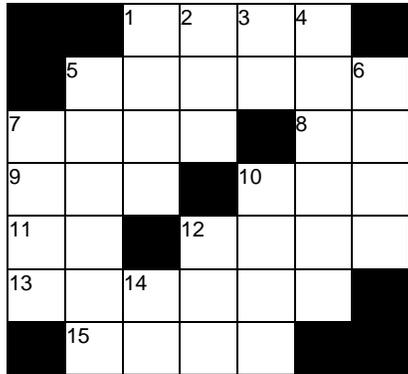
## PARK UPDATES

For latest updates and Covid-19 restrictions at Cape Henlopen State Park and all Delaware Parks please go to their website at: <https://destateparks.com/covid19>

- The Park started print-on-demand Park entrance and surf fishing passes. The surf fishing tags are selling rapidly so don't wait if you want one. For park passes go to this link: <https://destateparks.com/Know/PassesTagsFees>
- Park will install Herring Point water service before summer
- Renovation of fishing pier support structure will commence in March. Pier will remain open during repairs.
- Ft. Miles observation tower to remain closed until warmer weather permits completion of top deck repairs..
- Bag stations in the park will transition from plastic to paper.
- The entrance area on Rehoboth Beach side of the Park will receive a general spruce up and the wash stations renovated.

**FEBRUARY PARK PUZZLER**

by Carl Frey



ACROSS

DOWN

- |    |                                 |    |                                   |
|----|---------------------------------|----|-----------------------------------|
| 1  | Used theater ticket             | 1  | James Bond's martini no-no        |
| 5  | Enough already !                | 2  | Surpass, beat, exceed             |
| 7  | Miracle ---- or Senate ----     | 3  | Seven --                          |
| 8  | End of some prizefights         | 4  | Park activity using pedals        |
| 9  | --- <i>the land of the free</i> | 5  | Bivalve remnants on the beach     |
| 10 | End of a wrestling match        | 6  | Buff up your physique             |
| 11 | Maine Bean                      | 7  | Wild canine of the north and west |
| 12 | Sandy seashore hill             | 10 | Some of these jokes elicit groans |
| 13 | Hawk or turkey vulture activity | 12 | When repeated, Rin Tin Tin's meal |
| 15 | Male offspring                  | 14 | Greeting from Rocky Balboa        |

Answers to Park Puzzler on page 6



Have you seen this view from the Junction Breakwater trail? FOCHSP member Jay Tomlinson took this photograph. If you stand here, you might be able to catch site of the birds that live in the area. Can you guess what they are?

February 2021

Jay Tomlinson also took these beautiful photographs from the Gordons Pond Trail. If you place these photos side by side, top left, bottom right, you will see the whole vista as seen from the trail. Go find the spot.



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### Getting to know FOCHSP member Tom Blakeley

Tom Blakeley has been the Membership Coordinator for FOCHSP since January 2020, tracking all the contact information for Friends members. Tom and his wife Paula have volunteered for Trails Day



and he has also been a Bike Barn Ambassador. Tom retired in 2009 and for a few years he and Paula looked around for things to get involved with. They both enjoy hiking and living near the Park made finding a hiking trail easy. Tom has been involved with the Park Watch program and he is also a docent at Fort Miles. It was through his docent work that he got involved with Friends. Tom says “One thing leads to another, it is all circular, I’ve made a lot of friends and connections here at the Park”. Tom and Paula lived most of their lives in New Castle County but always enjoyed the beach area so it was a natural to move to this area for retirement. There are so many options in the Park, hiking, the beach, the nature center, the bike barn. As Tom says “What’s not to like?” His favorite spot is Fort Miles. When he walks the Bike Loop he always takes the detour to the top of the hill for the overlook at the new event venue. He is retired from the DE National Guard. Tom served with the 261<sup>st</sup> Signal Command which originated from the same Coast Artillery unit that

was in training at Fort Miles in the early 1940’s. Tom says his favorite season in the Park is Jan 1 to Dec 31. “Every time I hike the same trails over and over, I seem to spot something I hadn’t seen before”. For Tom the Park has it all, “There’s the ocean, the bay, fishing, be it on the pier or in the surf, hiking, biking, camping, picnicking, disc golf, need I say more?” Tom encourages all to become a member of Friends, where friendships are made, and everyone is interested in making the Park a treasure for all.



### Getting to know our Park employees: Gloria Mitchell

Gloria grew up in Oklahoma and came to Delaware in 2016 after attending college in Maine. She has held quite a few positions within CHSP since she started her Parks career in 2017. She has been the Facility Coordinator, while also working in the Registrar Booth and the Camp Store. And she was the Intern Program Manager. It was not unusual for her to be working 60-70 hours a week during the summer! In June 2018 Gloria became Park Manager at the Indian River Marina. In her current position as Park Manager at CHSP, which she began in September 2020, she oversees the campground, the Main Office, the Youth Camps and Special Events, working with an awesome staff. Gloria loves that she gets paid to walk trails! Her favorite part of work is getting to come to one of the most gorgeous slices of Delmarva five days a week. Gloria loves the diversity of terrain and viewpoints the Park has to offer. Her favorite trail is the

Walking Dunes trail. “You get the nice wooded path, the vast marsh expanse, and glimpses of the dunes”. Gloria wants visitors to know how precious this resource is, enjoying this treasure while respecting, appreciating, and protecting this valuable property.

Answers to Park Puzzler

	S	T	U	B		
S	T	O	P	I	T	
W	H	I	P		K	O
O	E	R		P	I	N
L	L		D	U	N	E
F	L	Y	I	N	G	
	S	O	N	S		

Have you walked the beaches or biked these trails in the Park? Do you recognize where these pictures were taken? If not, it is time to take a stroll or a bike ride. There is so much to see and enjoy!



Photograph by Jay Tomlinson

February 2021



Photographs on this page courtesy of Delaware State Parks

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## MARCH ANNUAL MEETING!

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We plan on a lively meeting with guest speaker Ian Stewart, ornithologist from the Delaware Nature Society. Join in and meet our current Board members and vote on new Board positions. We encourage all of you to attend. There are many ways to enjoy membership with Friends which will be shared during the meeting. Throughout the year you will hear reports from us on various activities and this meeting will let you “see” and hear from us. Our Trails Day continues with volunteers meeting the second Saturday of each month to clean trails and beaches, and our Beach committee focuses on our Park beaches. Even though our Bike Barn remains closed, our Bike Ambassadors continue to service bikes and sell donated bikes, and you can hear how to join in if interested.

Some of our monthly “Getting to know...” Friends members and Park employees featured in this newsletter will be in attendance. We hope you browse through the last year of newsletters to acquaint yourself again (or for the first time), with these folks who all contribute to our wonderful Park. You will be able to put faces with names for the annual meeting. Come join us on March 6!

As you visit sites in the Park, or take in the many special places to explore in the Park, remember you are welcome to share your discoveries, thoughts or musings through this newsletter via the address above. Send along a poem, a small piece of writing or a picture of what you have seen or discovered. This newsletter is about Cape Henlopen State Park and what you, as Friends members, see, hear, experience or happen upon.

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**PARK UPDATES**

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See below photo of Park Manager Gloria Mitchell who was lucky enough to get an up-close view of the snowy owl in the Park. Photo by Keith Betts.



**MARCH PARK PUZZLER**

by Carl Frey

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

ACROSS

DOWN

- 1 What a high tide will do
- 4 Weep
- 7 Please! Only one --- customer!
- 8 Tennis server objective
- 9 End of a feline leg
- 11 Summertime top
- 12 ----- trunk or ----- clam
- 16 Normal for the course
- 17 --- Gardner (aka Mrs. Shaw, Mrs. Rooney and Mrs. Sinatra)
- 18 What you'll do if your 12 down is too low.
- 19 It's often confused with a sweet potato
- 1 And more just like these (abbrev.)
- 2 RuPaul's feathery neckwear
- 3 Park's historic military site: ----- 519
- 4 Destination for Lewes Ferry
- 5 Record label: --- Victor
- 6 Evergreen used to make longbows
- 10 Briny expanse
- 12 Summer beach lotion specification
- 13 Feather go-with
- 14 Peron portrayed by Madonna
- 15 Aries: sign of the ---

Answers to Park Puzzler on page 5



Dogfish Head & Grain recently donated \$7,500 from the Rocking the Docks concert series held at the Ferry Terminal last summer. This was particularly timely, and helpful, as most of our fundraising events had to be canceled in 2020 due to COVID-19. Shown are (l-r) Jason Meisner, Grain general manager; Mark Carter, Dogfish Beer & Benevolence director; Lee Mikles, Grain co-owner; John Bracco, president of Friends board; Ian Friedland, Friends board; Tony Baldino, Friends treasurer; and Rich Suszko, Friends board. Photo by Nick Roth, Cape Gazette.

**The OSPREYS will start to return in Mid-March! (Picture from last year)**



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March 2021

On February 20 an enthusiastic group of Friends volunteers gathered at the Walking Dunes Trail for the monthly Trails Day cleanup. The team worked on Walking Dunes Trail, Primitive Youth Camp area and Herring Point parking area. (More pictures on last page).



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It has been a year since the Editor started the FOCHSP newsletter and we wanted to take a moment to thank all those Friends members and Park employees who agreed to be featured in the monthly “Getting to know...” section. The past newsletters are available on the website if you missed any. Click on this link:

<https://www.friendsofcapehenlopen.org/friends-newsletter.html>

Take a moment to “meet” your Friends members and Park employees by reading about them in these newsletters. We are fortunate to not only have a great Park, but also wonderful people who make it so special! If you have been looking for a group to join, or to volunteer on an activity, perhaps reading through these short “bios” will encourage you to participate. You will also get a sense of the many ways that folks have begun their volunteer relationships, or have begun their employment at the Park. Every story is unique and fun and filled with hope and ideas. You will be able to relate even more if you join in the Zoom annual meeting on March 6!

**Getting to know FOCHSP members:**

**John Bracco, President (Mar 2020); Sandee Coyle, Board Member (Apr 2020); Edna Lemiska, Board member (May 2020); Rod Parsons, webmaster (June 2020); Polly White, Board member (July 2020); Ian Friedland, Vice President (Aug 2020); Lisa Botluk, volunteer hours coordinator (Sep 2020); Carl Frey, Board secretary and puzzle creator (Oct 2020); Roxanne Nelson, volunteer (Nov 2020); Tony Baldino, treasurer (Dec 2020); Honoring Edna (Jan 2021); Tom Blakeley treasurer (Feb 2021)**

**Getting to know our Park employees:**

**Thaddeus Fisher, Building Maintenance (Mar 2020); Jayce Madden, Park Manager (Apr 2020); Ben Thompson, Manager of Volunteers (May 2020); Deb Lent, Administrative Specialist (June 2020); Sean Cain, Campground Manager (July 2020); Molly Serfass, Program Coordinator Nature Center (Aug 2020); Will Frank, Facility & Event Coordinator (Sep 2020); Julia Marr, Biden Center Event/Facility Coordinator (Oct 2020); Tyler Dreibratt, Fort Miles Interpretative Program Manager (Nov 2020); Angel Burns, Chief of Interpretation (Dec 2020); Richard Julian, Interpretative Programs Manager (Jan 2021); Gloria Mitchell, Park Manager (Feb 2021)**

**Answers to Park Puzzler**

E	B	B		C	R	Y
T	O	A		A	C	E
C	A	T	S	P	A	W
		T	E	E		
S	T	E	A	M	E	R
P	A	R		A	V	A
F	R	Y		Y	A	M

March 2021



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**APRIL 2021**

### In This Issue

- Osprey Cam Update
- Earth Day 2021
- FOCHSP Merchandise
- Shamrock Shuffle
- What is Amazon Smile?
- To Do List
- Crossword Puzzle
- Cape Henlopen Trail Days
- Park Updates
- Get to Know Your Board
- Schedule of Events
- Crossword Answers



## Osprey Cam Update

HURRY!! The osprey cam, [www.friendsofcapehenlopen.org/ospreycam.html](http://www.friendsofcapehenlopen.org/ospreycam.html), has been treated to a new directional Wi-Fi antenna. This new improvement will help keep the high-definition video images streaming throughout the nesting season. And it was completed before any occupants had a chance to notice. The nest doesn't have any little ones in it yet, but let's keep our fingers crossed for a full shrieking brood.

## Earth Day 2021

This year's Earth Day celebrations fall on Thursday, April 22. You can find more information by visiting [www.earthday.org/earth-day-2021/](http://www.earthday.org/earth-day-2021/). The Delaware DNREC is sponsoring an Earth Day video contest to engage and educate young people about the importance of environmental protection. Videos will be 30 seconds long and answer the question "What should we be doing to protect and restore our Earth?". Winning entries will be posted on the DNREC web site and on social media. Complete details can be found at [www.dnrec.alpha.delaware.gov/](http://www.dnrec.alpha.delaware.gov/).

## FOCHSP Merchandise

Did you know that FOCHSP have our own wearable's as well as other items that offer the opportunity to show support of the organization and the park. Normally, these are only available during our fundraising events. After many requests we have decided to offer some of these items through our website.

1. Check out item availability at [friendsofcapehenlopen.org/merchandise.html](http://friendsofcapehenlopen.org/merchandise.html)
2. Make your selections and send an email to [fochsp@gmail.com](mailto:fochsp@gmail.com) including your name, address and phone number, the item number, quantity, size & color.
3. Items will be available for pickup at the park office every 2<sup>nd</sup> Saturday each month. Payment can be in the form of cash, check, or credit card.

**REMEMBER FOCHSP MEMBERS GET A 10% DISCOUNT ON ALL MERCHANDISE**

# 10 Miler & 5K Shamrock Shuffle

## March 13, 2021

Last month's 15<sup>th</sup> annual Shamrock Shuffle saw six FOCHSP volunteers giving directions and manning water stations. The event provided an estimated 40 hours of total volunteer time.

### What Is Amazon Smile?

AmazonSmile is a simple way for you to support your favorite charitable organization every time you shop, at no cost to you. AmazonSmile is available at [smile.amazon.com](http://smile.amazon.com) on your web browser. Instead of signing in on [www.amazon.com](http://www.amazon.com) just sign in on [www.smile.amazon.com](http://www.smile.amazon.com). The first time you do this Amazon will ask you to choose a charity to support. Just search for Friends of Cape Henlopen State Park. If everything goes right, you will see FOCHSP come up as a choice. Click on it and you're ready to go. From then on Amazon will donate 0.5% of all designated purchases you make to Friends.

### To Do List

- ✓ Renew membership
- ✓ Volunteer
- ✓ When shopping on Amazon sign in through [www.smile.amazon.com](http://www.smile.amazon.com)
- ✓ Get vaccinated

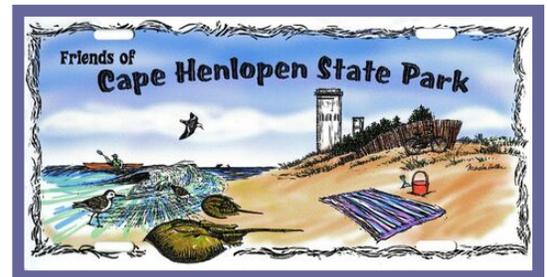
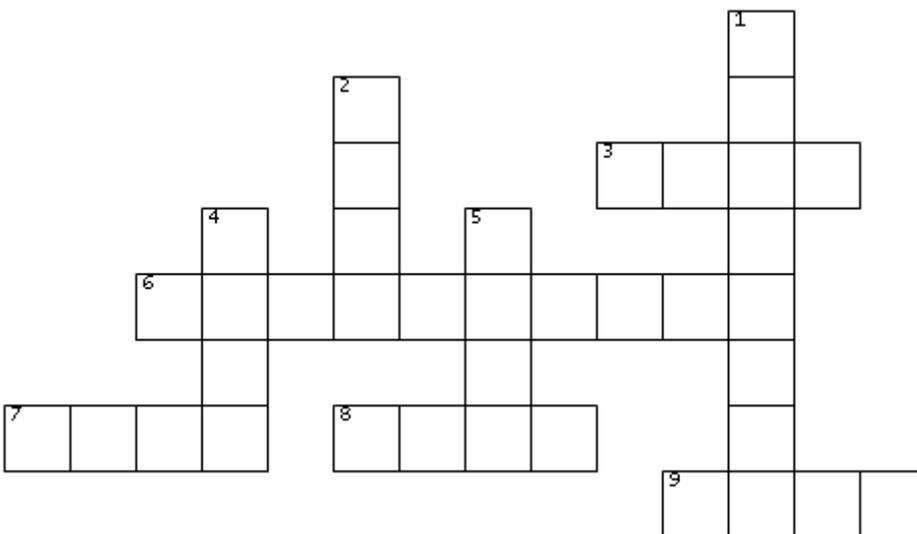
### Crossword Puzzle

#### ACROSS

3. Wind or water driven sand
6. Another word for bicycle
7. Wet quartz
8. Another word for quay
9. Ten-legged crustacean

#### DOWN

1. Another word for hiker
2. Fashionable beach resort
4. sea \_ \_ \_ \_
5. Moons pull



# Cape Henlopen Trail Days

## March 13, 2021

Last month's Trail Days saw the team cleaning up the bayside and oceanside beaches all the way down to Herring Point. Someone must have thought it was funny to put a "Private Property" sign up, but it didn't deter our team who contributed a total of 60 hours of volunteer time.



© R Parsons 2021

Gavin Braithwaite gives participants direction and advice



© R Parsons 2021



© K Cotter 2021

(L to R) Tom Tantillo, John Bracco, Gavin Braithwaite, Penelope Moreland-Gunn

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## Park Updates

- The new Gordon's Pond pavilion sign has been installed.
- To accommodate hikers during hotel construction at the Seaside Tanger Outlet, J&B Trail access has been changed to a farm field adjacent to the mall.
- For the latest updates on Covid-19 restrictions at Cape Henlopen State Park and all Delaware State Parks go to the website: [www.destateparks.com/covid19](http://www.destateparks.com/covid19).

## Get to Know Your Board - Rich Suszko

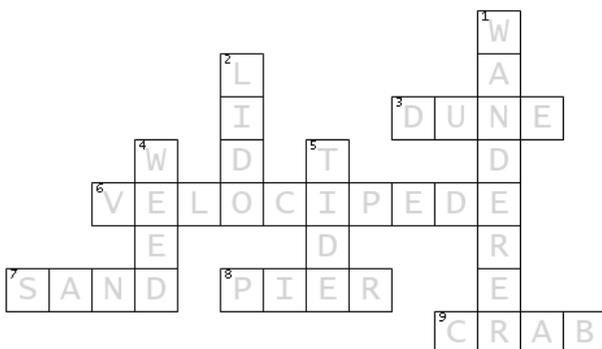
Rich was born and raised in New Jersey. He spent the bulk of his career in finance within the pharmaceutical industry and worked at Warner Lambert, acquired by Pfizer in 2000, for 22 years. After retiring in 2018, Rich and his wife Nancy moved to Rehoboth. Since they like the outdoors, Cape Henlopen State Park seemed like the perfect place to enjoy great beaches with a forest backdrop; "We love the bike trails, but I always bring guests to Herring Point. Great spot to see surfing, swimming, fishing, dolphins and even New Jersey.". After meeting John Bracco and Ian Friedland during a trail cleanup, Rich decided that FOCHSP was an excellent organization to be a part of and has been a member for two years. After being voted onto the board he has taken on the responsibility for Friends merchandising. Next time you see Rich, introduce yourself. We're sure he'll sell you the shirt off his back.



## Schedule of Events

- **National Trails Day:** June 5th. Hawk Watch Pavilion
- **Youth Fishing Tournament:** September 11th. CHSP Fishing Pier 8:00 am - 11:00 am
- **Indoor Flea Market:** September 11, 9:00am - 3:00pm
- **Birdseed Sale:** Order by October 5 / Pick Up on Oct 16
- **Hawk Watch:** Every day September 1 to November 30 (Hawk Watch Pavilion Lot)
- **Christmas Boutique & Book Sale:** November 13, 9:00am - 3:00pm
- **Wine, Beer & Cheese Tasting:** New Date TBD
- **Membership Renewals Due:** January 1, 2022

## Crossword Puzzle Answers



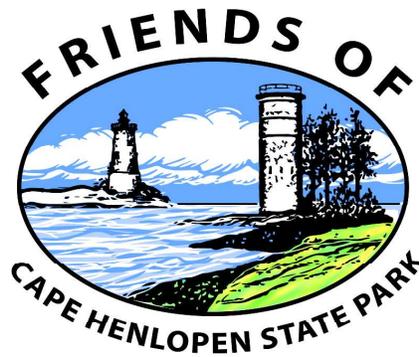
# Friends of Cape Henlopen State Park

# newsletter

## MAY 2021

### In This Issue

- Earth Day 2021
- Seashore Striders Donate
- Park Updates
- Park Puzzle
- Osprey Update
- Cape Henlopen Trail Days
- Park Puzzle Answers
- Get to Know Our Members
- Schedule of Events



### CONTACTS

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302.858.6427

## Earth Day 2021

This year's Earth Day celebrations fell on Thursday, April 22 and was themed "Restore the Earth." To celebrate, the Friends did what we always do, make our sea shore areas more beautiful. We had 24 volunteers who helped clean up the Lewes town beach and parking lot along Cape Henlopen Drive and Anglers Road. The event also received prominent Cape Gazette coverage. Their story can be found at [capegazette.com/article/friends-cape-park-celebrate-earth-day-cleanup/218819](http://capegazette.com/article/friends-cape-park-celebrate-earth-day-cleanup/218819).



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# Sea Shore Striders Donation

## April 17, 2021

In appreciation for the help provided by our members for the 5 Miler & 5 K Shamrock Shuffle March 13, The Seashore Striders of Lewes/Rehoboth Beach presented the Friends of Cape Henlopen State Park a donation of \$250.00. Thanks to all participants & volunteers.



(L-R) Ian Friedland, Seashore Strider President Tim Bamforth & John Bracco

## Park Updates

- The Pinelands Nature Trail continues to be flooded, is impassable and should be avoided.
- A CoastSnap DE site has been installed on Herring Point. Visitors can use their smart phone to help document the changing global coastline. For more information visit [deseagrant.org/coastsnap](http://deseagrant.org/coastsnap).
- For the latest Covid-19 updates on all Delaware State Parks visit [destateparks.com/covid19](http://destateparks.com/covid19).

## 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

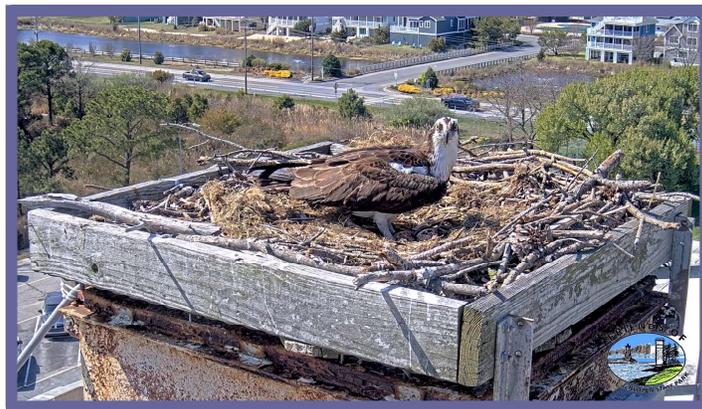
- Autonomous computer program
- Day-of-beauty place
- Gambler's last chance chit
- Possesses
- Friends ----- bike program
- Service provided by AAA
- Friends provide them at the Bike Barn
- Shock and ---
- Friend of Piglet and Eeyore
- Electric guitar master Paul
- Find out yours by checking your driver's license

### DOWN

- Lobster eater's neckwear
- 50% of tic tac toe wins
- Sea and Eastern Box are 2 types of Delaware -----
- Rain ----- or bridal -----
- It can leave a print in mud or sand
- Fit --- fiddle
- CD --- or --- com
- 9000: 2001 A Space Odyssey character with a 'tude
- One farmyard female
- Beach water temperature tester
- Red --- or White ---

## Osprey Update

The FOCHSP osprey cam, [friendsofcapehenlopen.org/ospreycam.html](http://friendsofcapehenlopen.org/ospreycam.html), provided us front row seats for the arrival of a new brood. There appear to be a couple of eggs being kept warm. With any luck, we hope to see chicks by next month.



## Cape Henlopen Trail Days April 10, 2021

Last month's Trail Days team cleaned up the Disk Golf course, the main beach parking lot /Hawk Watch area and playground/basketball spaces.



## Park Puzzle Answers

B	O	T		S	P	A
I	O	U		H	A	S
B	O	R	R	O	W	A
		T	O	W		
H	E	L	M	E	T	S
A	W	E		R	O	O
L	E	S		S	E	X



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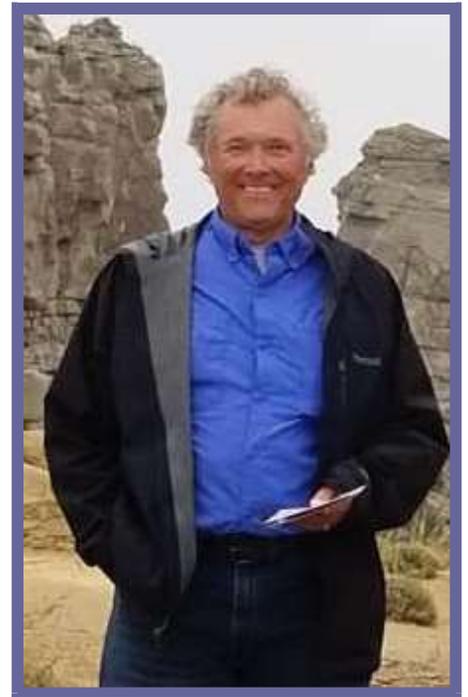
## Get to Know Our Members - Dean Johnson

Dean was born and raised on a small farm in Huntington, IN. After graduating from Purdue, he had a 40 year career in IT; 14 years at Blue Cross Blue Shield and then 26 years with IBM in Bethesda and Gaithersburg, MD.

Dean was introduced to the Lewes area through bike riding while vacationing in Ocean City. In late 2017 he & his wife decided to move to their dream house in Lewes.

After being introduced to FOCHSP by John Bracco and Ian Friedland about three years ago, Dean immediately started volunteering at the bike barn and assisting with various park runs. Being a second year board member has exposed Dean to new facets of the park that he would have never known without that experience.

Dean particularly enjoys bicycling in the park and spending afternoons on the beach with his wife, family and friends. Favorite places include the bench overlooking the bay at Point Comfort and gazing out over the waves at Herring Point.



### Schedule of Events

- **National Trails Day:** June 5th. Hawk Watch Pavilion
- **Youth Fishing Tournament:** September 11th. CHSP Fishing Pier 8:00 am - 11:00 am
- **Indoor Flea Market:** September 11, 9:00am - 3:00pm
- **Birdseed Sale:** Order by October 5 / Pick Up on Oct 16 (CHSP Maintenance Garage)
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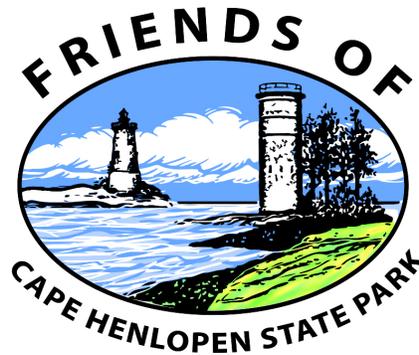
# Friends of Cape Henlopen State Park

# newsletter

## JUNE 2021

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- Seashore Striders Support
- Park Updates
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- Cape Henlopen Trail Days
- Park Donations
- Get to Know Our Members
- Schedule of Events
- Park Puzzle Answers



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## Osprey Update

Yes we have THREE chicks; [friendsofcapehenlopen.org/ospreycam.html](http://friendsofcapehenlopen.org/ospreycam.html). The last egg hatched the end of May. Our parents are taking turns keeping their brood warm. The chicks will fledge in about 55 days after hatching so that gives us a little over a month to tune in to this wonder of nature.



Keeping Guard



Feeding Time

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# Sea Shore Striders Half Marathon

## May 8, 2021

Once again FOCHSP helped out at this month's Sea Shore Striders event. Sixteen Friends provided a total of 46 volunteer hours by offering directions and water to the runners.



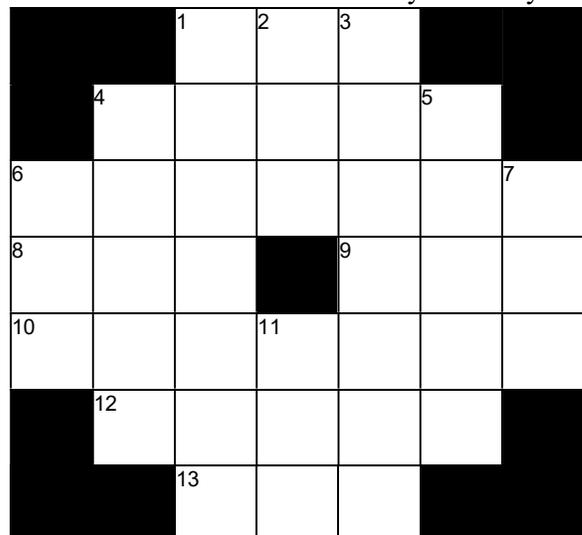
(L-R) Margaret Bracco, No. 87

## Park Updates

- The playground had new mulch installed and is ready for the season.
- The Friends will donate the funds needed to purchase & install a new nine CCD camera security system near the fishing pier to help prevent future vandalism in the immediate area.
- The state has lifted many beach activity restrictions as of 5 PM May 22<sup>nd</sup>. For the latest Covid-19 updates on all Delaware State Parks visit [destateparks.com/covid19](http://destateparks.com/covid19).

## Park Puzzle

by Carl Frey



ACROSS		DOWN	
1	Radios for long-haulers	1	Whiskey Beach sand creations
4	The Georgetown-Lewes Trail replaced them	2	Tiny amount
6	Activity for a beach angler or movie director	3	What a garter snake may do on a Cape Henlopen trail
8	Antiretroviral to treat HIV	4	Folding kick scooter for kids
9	Mai --- or --- Chi	5	Slimy land gastropod with a shell
10	Large mammal sometimes spotted by Cape Henlopen beach goers	6	It replaced T-squares, compasses and pencils: Auto ---
12	1962 Crystals hit: <i>He's a ----</i>	7	Potent summer cooler: --- & tonic
13	Estonia, Latvia, or Armenia before 1992	11	Home of <i>Antiques Roadshow</i> , <i>Nova</i> and <i>Animal Babies</i>

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## Cape Henlopen Trail Days May 8, 2021

We had eleven Friends attend May Trails Day for a total of 30 volunteer hours. Led by Fran Giacom, the team cleaned up along the bay beach collecting trash and sundries.



(L-R) John Bartram, tree

## FOCHSP Park Donations- New Planters at Park Entrance May 11, 2021

The FOCHSP installed two planters at the park entrance. Park employees are happy to maintain the plants for everyone's enjoyment.



(L-R) John Bracco, Jean (booth attendant)



(L-R) Kathy Herman, Margaret Bracco

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## Get to Know Our Members – Wendy Erickson

Wendy is a “Jersey Girl” through and through, but now makes her home in Sussex County DE with her husband John Placko and a small menagerie of animals. Her undergraduate and Master Degrees in Fine Art photography lead to a 30 year career in the photographic industry. Most recently Wendy was the Editor of the national magazine *photo technique*. Before moving to Delaware, she spent the past 10 years teaching analog photography at the university level.

Wendy learned about the Friends from Wendy & Rod Parsons who she’s known for over 25 years. She now manages the Friends FACEBOOK page which has grown to more than 1,100 followers! What Wendy enjoys most is getting the news about Friends activities and supported programs out to the public. Given her work as a fine art documentary photographer at several National parks including Sandy Hook and Ellis Island, Wendy is looking forward to learning more about the park’s history, native trees, plants and environment. In fact, learning about the park has recently taken off with her complete obsession with watching the Ospreys raise their chicks.



### Schedule of Events

- **National Trails Day:** June 5th. Bike Barn 9:00am – 12:00pm
- **Youth Fishing Tournament:** September 11th. CHSP Fishing Pier 8:00 am - 11:00 am
- **Indoor Flea Market:** September 11, 9:00am - 3:00pm
- **Birdseed Sale:** Order by October 5 / Pick Up on Oct 16 (CHSP Maintenance Garage)
- **Hawk Watch:** Every day September 1 to November 30 (Hawk Watch Pavilion Lot)
- **Christmas Boutique & Book Sale:** November 13, 9:00am - 3:00pm
- **Membership Renewals Due:** January 1, 2022

### 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		



On the Fence

# Friends of Cape Henlopen State Park

# newsletter

## JULY 2021

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- Park Puzzle Answers
- Park Recreation- Disk Golf



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302.858.6427

## Osprey Update

Unfortunately, none of the osprey chicks survived the month; [friendsofcapehenlopen.org/ospreycam.html](http://friendsofcapehenlopen.org/ospreycam.html). While the nest continues to be occupied, another brood is unlikely to appear this late in the season. The pair has been sighted adding branches to the nest.



## Park Updates

- Tower 7 has been reopened to the public.
- New directional signage was installed at Gordons Pond to help visitors navigate this popular area.
- The Nature Center has reopened to visitors.

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# NATIONAL Trails Day

## June 5, 2021

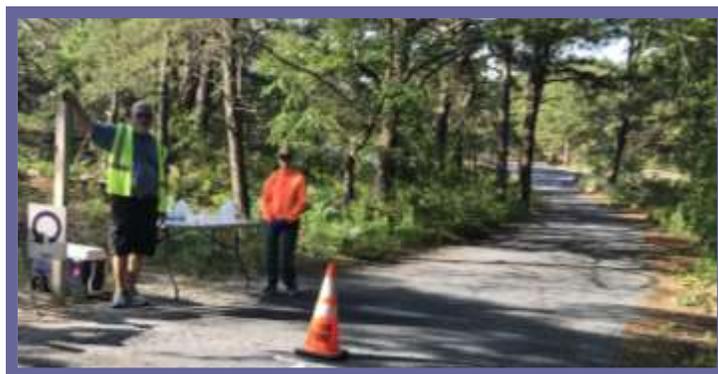
Twenty five FOCHSP volunteers came out for this year's National Trails Day. Led by members, Fran Giacomo and Gavin Braithwaite, broke up the group into two teams. One team executed pruning, sweeping and trash pickup along the 3.3 mile bicycle loop. The second team conducted beach cleanup along the main ocean beach. The beach cleanup team also reported finding cinder blocks and bricks that could not be removed. In total our twenty five volunteers contributed 71.75 hours of work. Thank You!



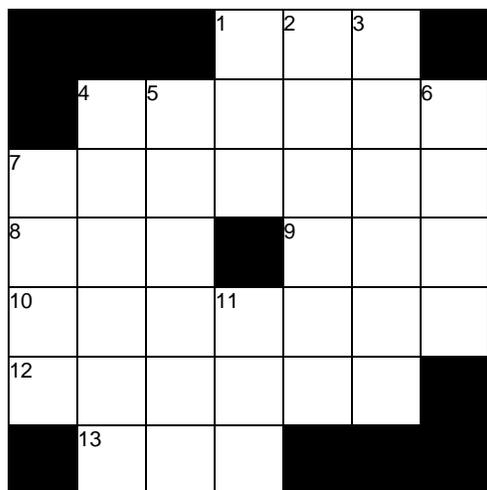
# Sea Shore Striders Five Miler

## June 13, 2021

Once again FOCHSP helped out at a Sea Shore Striders event this month. Seven Friends provided approximately 30 volunteer hours by offering directions and water to the runners.



### PARK PUZZLE by Carl Frey



### ACROSS

- 1 No --- ands or buts!
- 4 Abundant mineral on Cape Henlopen beaches
- 7 ----- David B. McBride Beach Bathhouse
- 8 It would ensure the same legal protection to all regardless of sex
- 9 Its wheels go round and round all through the town
- 10 Find out about the Friends on its -----
- 12 Piggy exclamations
- 13 Prefix meaning 'outside'

### DOWN

- 1 Ali's 3<sup>rd</sup> win over Frazier: The Thrilla in Man---
- 2 Physical training tracker gizmo
- 3 They often use Cape Henlopen campgrounds
- 4 Peaceful & park-like
- 5 Where each letter of a crossword answer goes
- 6 Londoner's keister
- 7 Makes with needle and thread
- 11 Sign of a sell-out Broadway show

## Schedule of Events

- **Youth Fishing Tournament:** September 11th. CHSP Fishing Pier 8:00 am - 11:00 am
- **Indoor Flea Market:** September 11, 9:00am - 3:00pm
- **Birdseed Sale:** Order by October 5 / Pick Up on Oct 16 (CHSP Maintenance Garage)
- **Hawk Watch:** Every day September 1 to November 30 (Hawk Watch Pavilion Lot)
- **Christmas Boutique & Book Sale:** November 13, 9:00am - 3:00pm
- **Membership Renewals Due:** January 1, 2022

## FOCHSP Donations- Dedication of Beach Access Mats at Gordons Pond June 9, 2021

The FOCHSP was one of four organizations who donated several **Mobi-mat®** products to assist in the safe access of "Whiskey Beach" east of Gordons Pond Rehoboth.



(L-R) FOCHSP Sue Gaggiotti (member) and Margaret Bracco (member), FOCHSP board members Tony Baldino (Treasurer), Polly White (Vice President), John Bracco (President), John Placko (newsletter editor) and Rod Parsons (web master), Lingo Realtors' Carrie Lingo, Apple Electric's Dominic Prestipino and Steve Prestipino, FOCHSP Ian Friedland (Borrow-A-Bike program manager) and FOCHSP Emilie Paternoster (member).

## FOCHSP Donations- New ATV for Park Personnel June 1, 2021

The FOCHSP donated the money needed to purchase a new ATV (All Terrain Vehicle) to assist park personnel in their mission to keep the park and its visitors safe and presentable.



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# FOCHSP Borrow-A-Bike Program

## June 16, 2021 Opening Day

Following a nearly eighteen month pandemic shutdown, the FOCHSP “Borrow-A-Bike” program officially restarted on Wednesday, June 16<sup>th</sup>. A “soft” opening was held on Monday, June 14<sup>th</sup> to work through new procedures intended to keep both FOCHSP volunteers and park visitors safe. Park visitors showed overwhelming enthusiasm for the reopening. Virtually every bike in the program’s inventory was lent out within 45 minutes of opening. Groups of visitors waited for up to an hour for bikes to return so they could borrow them.

Nineteen “Bike Barn Ambassadors” returned for the 2021 season and 10 new volunteers joined the group. All expressed their great joy and enthusiasm at being part of the most popular FOCHSP program.

The “Borrow-A-Bike” program started in 1997 and was the first such program within a Delaware State Park system. It has since been emulated in other State Parks and is among the most popular of the FOCHSP programs. The Bike Barn, located next to the Nature Center, was constructed in 2009 while a second building, behind the original, was built in 2016. The buildings house a full inventory of biking equipment and repair facilities. Available at no cost to park visitors (although donations are accepted) the current inventory includes 44 adult single-speed beach cruisers (two with child carriers), 12 kids single-speed bikes, and three trailers that hook up to adult bikes and can carry up to two children each. Helmets are available for adults & children and are required for kids 18 years and younger.

Visitors can borrow a bike and ride the 16.3 miles of paved / packed gravel trails throughout Cape Henlopen State Park for up to two hours. The Bike Barn is open 10AM to 3PM daily, excluding Tuesdays.

For information visit the [Friends of Cape Henlopen Bike Barn](#) website.

For questions, please contact the program manager Ian Friedland at [friedlandian@verizon.net](mailto:friedlandian@verizon.net).



## Get to Know Our Members – Fran Giacomma

Fran is a native Delawarean, born and raised in north Delaware. After graduating from the University of Delaware as a Civil Engineer, he spent 35 years in the Engineering Departments of Conrail and CSX designing, constructing, and maintaining railroad tracks and right of way. Fran spent his career working and living throughout the Northeast and Mid-Atlantic states but wanted to retire in Delaware as most vacations were spent at the Cape Henlopen State Park enjoying the beaches, trails, and camping. After retiring from the railroad in July 2012, Fran decided to move to Lewes. While attending the annual meeting in 2013, he talked to Gordon Reid about volunteering at the Bike Barn. Fran still helps out at the Bike Barn including repairing bikes. He also leads groups during Trails Days to clean-up the park's trails, beaches and recreation areas. Fran loves the park for its natural beauty, serenity and calmness. His favorite place is the beach around The Point.



Wild Turkey Near the Bike Loop

## Park Puzzle Answers

			I	F	S	
	S	I	L	I	C	A
S	E	N	A	T	O	R
E	R	A		B	U	S
W	E	B	S	I	T	E
S	N	O	R	T	S	
	E	X	O			

## Park Recreation - Disk Golf

Disc Golf is a fun, easy to play yet challenging sport for friends and family alike. The object of the game is to throw a frisbee like disc into a chain basket atop a pole. Similar to golf, the target is called the "hole". The number of throws needed to land a disc in a basket is the score for that hole.

Cape Henlopen State Park has a course with a total of 19 holes and is located between the McBride Beach Bathhouse and the Seaside Nature Center. The course is one of the oldest in the world. Designed in 1978 by Ed Headrick, one of the founders of the sport, the course is one of the most unique in the country due to its location on sand dunes.

In the last few years the Cape Henlopen State Park has constructed and helped install all new tee-off platforms. Signage is currently being replaced due to wear and tear. This year the Cape Henlopen Disc Golf Club and Delaware Disc Golf began to raise funds to secure new disc golf baskets for the course. The Friends became aware of this and offered to match funds raised by the clubs. The collaboration will allow the Park to purchase new baskets by the end of 2021 which will allow installation by local area disc golf volunteers and park personnel by the 2022 season.

Anyone interested in playing can stop at the Seaside Nature Center and pick up a course map and scorecard as well as either borrow or purchase discs for use.



# Friends of Cape Henlopen State Park

# newsletter

## AUGUST 2021

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- Park Puzzle
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- FOCHSP Donations
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- Get to Know Park Staff
- Park Updates
- Park Puzzle Answers



### CONTACTS

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[fochsp@gmail.com](mailto:fochsp@gmail.com)

302.858.6427

## The Bike Barn is OPEN

for Details & Hours Visit  
[friendsofcapehenlopen.org](http://friendsofcapehenlopen.org)

## Cape Henlopen Trail Days July 10, 2021

Three crews totaling sixteen members provided 44 volunteer hours. Thank You!

This month's projects included:

- Cleaning trails parallel to the road between Telegraph Rd. and Herring Point.
- Trimming and cleaning the trail from Biden Center to the end of Salt Marsh Spur.
- Removing weedy grasses, trimming trees, and collecting trash around the Bike



(L – R) Alice Graham, Kim Leeseey, Kathy Solano,  
Tom Nelson, Fran Giacoma and Bill Graham



# FOCHSP Merchandising

## July 17, 2021- Sweet Summertime at Hudson Fields Community Fair

FOCHSP setup a booth at this Hudson Fields fair to offer membership information as well as sell our merchandise. Five members volunteered a total of 17.5 hours for the event.



(L – R) Ellie Frazier, Rod Parsons, Polly White and Rich Suszko

### PARK PUZZLE by Carl Frey

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

### ACROSS

- 1 Line from a famous JFK speech: --- bin ein Berliner!
- 4 Top or cap
- 7 Martial art: --- kwan do
- 8 Greek exclamation of joy
- 9 Go wrong
- 10 Question repeated by a pest
- 11 Claude Debussy's three symphonic sketches: La ---
- 12 Also
- 13 Peaceful protest format
- 15 Type of remark from a wisenheim
- 16 --- whiz or golly ---

### DOWN

- 1 Romantic couple in the news
- 2 What 1 Down may do
- 3 Point for surfers at Cape Henlopen
- 4 Twice-a-day occurrence at Cape Henlopen State Park
- 5 Big hit for Apple
- 6 Big hit for Harry Belafonte
- 14 One to one or two to two in a competitive game

## Osprey Update

The nest continues to be occupied and kept organized. Keep watch on the ospreys here: [FOCHSP Osprey Cam](#). It is hoped that next season will be more fruitful.



## FOCHSP Donations- New Sign at Officer's Club July 1, 2021

The FOCHSP donated the money needed to purchase a new sign outside the "Officer's Club".



## Schedule of Events

- **Friends of Cape Henlopen State Park General Meeting:**  
August 19, 5PM - 6PM at The Hawk Watch Pavilion  
(Open to ALL Members)  
{Snacks & Beverages will be served}
- **Cape Henlopen Trail Days:** Second Saturday Monthly / Upcoming August 14 9AM at Bike Barn
- **Youth Fishing Tournament:** September 11, CHSP Fishing Pier 8AM - 11AM
- **Indoor Flea Market:** September 11, 9AM - 3PM (drop-off donations Sept 10 9AM – 1PM)  
{items should be in good/working condition}
- **Birdseed Sale:** Order by October 5 / Pick Up on Oct 16 (CHSP Maintenance Garage)
- **Hawk Watch:** Every day September 1 to November 30 (Hawk Watch Pavilion Lot)
- **Christmas Boutique & Book Sale:** November 13, 9AM - 3PM
- **Membership Renewals Due:** January 1, 2022

## Get to Know the Park Staff – Colleen Callahan

Colleen Callahan is a Delaware native who has lived all around eastern Sussex County. In March of this year, she became the CHSP Day Camp Director and Park Naturalist. With degrees in biology and education, Colleen began exploring opportunities at Brandywine Zoo and Wilmington State Parks. After taking time off to have her son she looked locally for similar opportunities in outreach education and lucked out when her favorite park was hiring! During this past summer Colleen ran around the park teaching campers about how great CHSP is while having a ton of fun. She is very thankful for having the opportunity to be creative, offer learning experiences, and watch children get super excited about the natural world. The rest of Colleen's time is spent helping at the nature center, preparing for camps, and filling in anywhere else she is needed. One of Colleen's favorite things to do is walking the bay beach at low tide and exploring the tidal flats especially when it is still chilly enough for a sweatshirt.



## Park Updates

- A temporary cell tower has been installed in Fort Miles to assist ranger and park communications.
- The areas around the fishing pier's bait and tackle shop have been cleared and re-stoned.
- A new pole shower was installed near the middle dune crossing at Gordons Pond.
- The Nature Center lot has been repaired, leveled, and re-paved with shells.
- A new AC unit was installed in the tank room of the Nature Center.
- Catherine Eckbold has joined CHSP as the new Volunteer Manager.



Bike Loop Cactus

## Park Puzzle Answers

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

# Friends of Cape Henlopen State Park

# newsletter

## SEPTEMBER 2021

### In This Issue

- FOCHSP Membership Meeting
- Park Puzzle
- Park Updates
- Schedule of Events
- Get to Know Our Members
- FOCHSP Donations
- FOCHSP Special Event
- Park Puzzle Answers



## CONTACTS

PO Box 132, Nassau, DE 19958

[friendsofcapehenlopen.org](http://friendsofcapehenlopen.org)

Follow us on [facebook](https://www.facebook.com/fochsp)

[fochsp@gmail.com](mailto:fochsp@gmail.com)

302.858.6427

## The Bike Barn is OPEN

for Details & Hours Visit  
[friendsofcapehenlopen.org](http://friendsofcapehenlopen.org)

## FOCHSP General Membership Meeting August 19, 2021

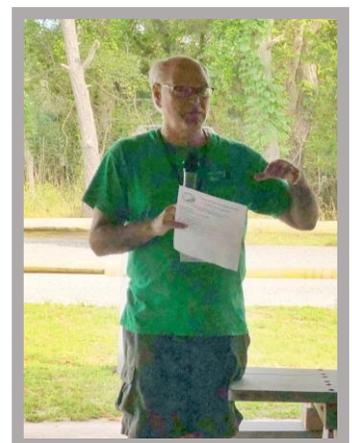
After eighteen months, the Friends were finally able to host an in-person general membership meeting. The event took place on a beautiful Thursday evening outdoors at the Main Beach Pavilion. Snacks and beverages started the meet and greet where more than fifty members connected with friends, found out about park goings on, participated in a statewide park raffle and signed-up for volunteering opportunities.

John Bracco, FOCHSP president, opened the meeting with a review of the past year's accomplishments and an explanation of the statewide parks raffle.



Gloria

Gloria Mitchell, CHSP manager, provided a park report and talked about plans to refurbish the Biden Environmental Center as well as expanding the park office to become more of a visitor's center.



John

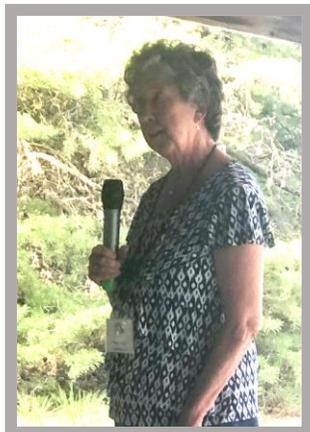
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## FOCHSP General Membership Meeting (cont.)

- Polly White, FOCHSP vice president, and Sandee Coyle, FOCHSP board member, discussed the upcoming indoor flea market.
- Dave Frazier, board member, talked about the Youth Fishing Tournament.
- Sandee returned to update the members on this year's Bird Seed Sale.
- Special Guest Speaker Miguel Garces gave a tutorial on Disk Golf.



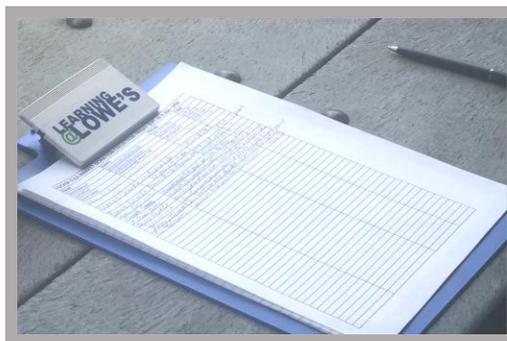
Polly



Sandee

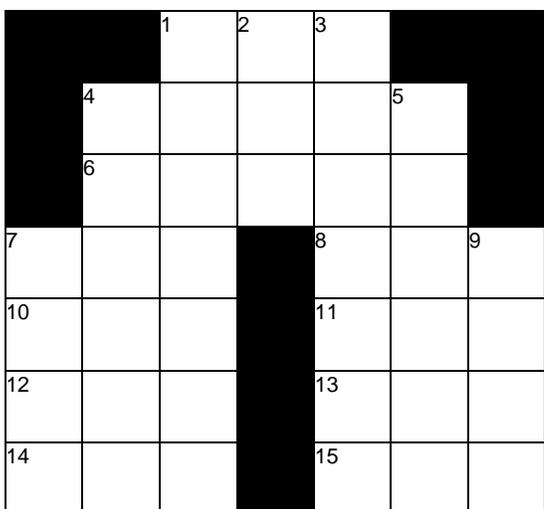


Miguel



John Bracco closed the meeting with a request for volunteers to sign up for any or all of the upcoming events and thanked all the members for their overwhelming support.

### PARK PUZZLE by Carl Frey



#### ACROSS

- Street cred
- They offer bagels with schmeer
- Decree or proclamation
- Everything old is often this once again
- Slangy decline
- This useful pen has no ink
- Steven Winwood song: --- Man
- Sign on one door at the Cape Henlopen Beach bath house
- Single frame of an animated film
- It follows friendsofcapehenlopen.
- caps or --- cat

#### DOWN

- One type of blackbird often sighted at Gordons Pond
- Cotton gin creator Whitney
- Events at wooden tables at Cape Henlopen State Park
- What the water usually gets as you swim farther from shore
- Pollen-producing part of a flower
- Captain in Jules Verne's 20,000 Leagues Under the Sea
- Luminous band hovering over the the head of a saintly figure

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## Park Updates

- Herring Point has had the most participation in the CoastSnap Project from park users so far.
- The first week of August saw FOCHSP replenish the free mobile library at the Campground.
- The August issue of Delaware Beach Life (page 10&11) featured the FOCHSP Borrow-a-Bike program.
- Interpretive Manager Richard Julian was interviewed for a story in the Cape Gazette about some of the landscape and beauty with Cape Henlopen State Park. [The Hidden Resource of the Dunes](#)

SAVE  
THE  
DATE



WED  
SEPT  
29

## Schedule of Events

- **Cape Henlopen Trail Days:** Upcoming date **September 18**, 8:45AM at Bike Barn
- **Youth Fishing Tournament:** September 11, CHSP Fishing Pier 8AM - 11AM
- **Indoor Flea Market:** September 11, 9AM - 3PM (drop-off donations Sept 10, 9AM – 1PM)  
**NOTE:** flea market items should be in good/working condition.
- **Benevolence Night at Dogfish Head Brewings & Eats:** September 29, 5PM – 9PM
- **Birdseed Sale:** Order by October 5 / Pick Up on Oct 16, (CHSP Maintenance Garage)
- **Hawk Watch:** Everyday September 1 to November 30, (Hawk Watch Pavilion Lot)
- **Christmas Boutique & Book Sale:** November 13, 9AM - 3PM
- **Membership Renewals Due:** January 1, 2022

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## Get to Know Our Members – Jan Thompson

Jan Thompson was born in Washington DC but grew up in Montgomery County Maryland. Before settling down, she was a flight attendant for Capital Airlines, before planes had jet engines. After vacationing in the Fenwick Island / Ocean City area for many years, the Thompson family moved to Delaware permanently in 1999. Jan enjoys nature and is an avid gardener who's enviable collection of carefully labeled Hosta pepper her property. She was drawn to the CHSP for its natural beauty and lack of development. The Friends offered Jan the opportunity to give back to nature in various ways including helping at the Nature Center, cleaning beaches during Trail Days or chairing the Flea Market. Some of her down time is taken up with watching our feathered friends on the osprey cam. When she visits the park, Jan likes seeing the military buildings being reused or renovated and particularly enjoys the beach at the Point.



### FOCHSP Donations- New Water Fountain August 1, 2021

The FOCHSP donated the money needed to purchase a new water fountain / bottle-fill station / pet water bowl at Herring Point.

### FOCHSP Special Event- Youth Fishing Tournament September 11, 2021

The Friends of Cape Henlopen State Park will hold a Fishing Tournament for youth ages 15 and under at the Cape Henlopen State Park fishing pier in Lewes, DE Saturday September 11th.

Registration begins at 7:00AM; fishing begins at 8:00 AM; judging and prizes will be awarded at noon. Registration fee is \$10. The first 50 participants will receive a **free** t-shirt.

## Park Puzzle Answers

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

## Friends of Delaware State Parks

### RAFFLE

**Three GRAND PRIZES**

Proceeds benefit FOCHSP

▼ Click HERE for more details ▼

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

# Friends of Cape Henlopen State Park

# newsletter

## OCTOBER 2021

### In This Issue

- FOCHSP Youth Fishing Tournament
- Park Puzzle
- Schedule of Events
- FOCHSP Trail Days
- FOCHSP Indoor Flea Market
- Get to Know Park Staff
- Park Puzzle Answers
- Park Updates



## CONTACTS

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## The Bike Barn is OPEN

for Details & Hours Visit  
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## FOCHSP Youth Fishing Tournament September 11, 2021

Another beautiful morning at the park found more than thirty 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 were more than enough prizes and incentives to go around.



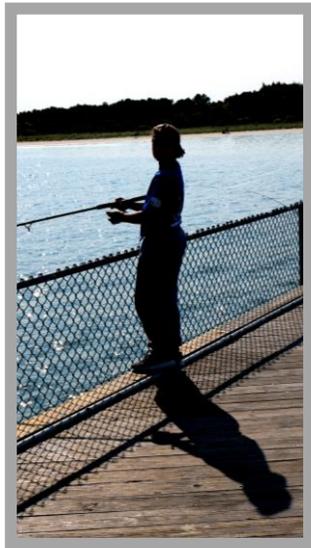
FOCHSP FISHING DERBY 2021 SPONSORS	
Dan's Tackle Box	Jim Brown
Furniture & More	Dave & Ellie Frazier
Hook 'em & Cook 'em	Megan Frazier
Joe Moore Akios Tackle	Tom & Bonnie Rosinski
Lewes Harbour Marina	Lee & Gail Schwarz
Lewes Ice House Bait & Tackle	Mike Smolark
Lighthouse View Bait & Tackle	Randy Turner
Old Inlet Bay Bait Shop	
Tiderunner Bait & Tackle	Delaware Mobile Surf Club
Total Identity Solutions	Henry Busby
	Eamonn Carey
	Jim Steele



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## FOCHSP Youth Fishing Tournament (cont.)

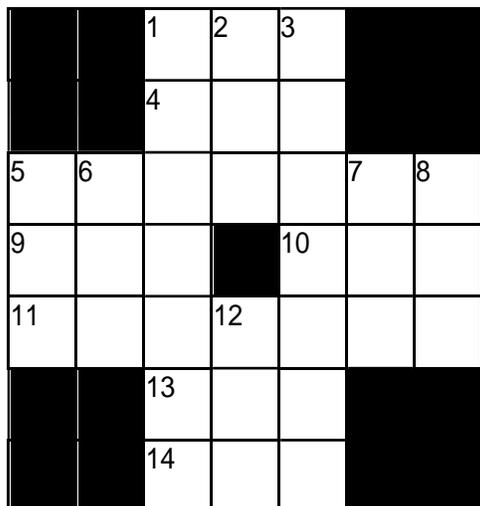
As the shadows begin to shorten and the overhead sun beats down on our illustrious anglers, thoughts of ice cream begin to seep into their heads. Unfortunately, the competition must go on until the winners are announced.



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**ACROSS**

**DOWN**



- 1 Catty remark
- 4 \_\_\_ Gardner. Actress born in Grabtown, North Carolina
- 5 Nobody doesn't like her
- 9 Noah's 300 cubit long vessel
- 10 Container for Dogfish Head 60 Minute Ale
- 11 FOCHSP Board of Directors monthly event
- 13 Stimp's chihuahua friend
- 14 Droop

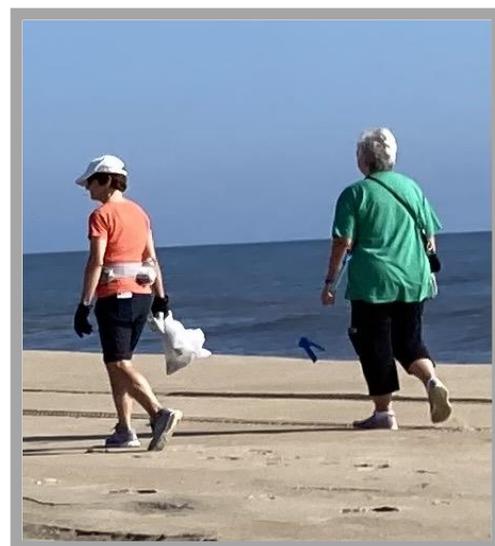
- 1 Aids to trail hikers
- 2 \_\_\_ Marie Saint or \_\_\_ Longoria
- 3 Cape Henlopen State Park \_\_\_ Dunes Trail
- 5 He spends pages urging consumption of green eggs and ham
- 6 Maurice Sendak's *Where the Wild Things* \_\_\_
- 7 Betw \_\_\_ or sat \_\_\_ or bal \_\_\_
- 8 You may spot this under an osprey
- 12 It can be black, white, green, red or herbal

### Schedule of Events

- **Cape Henlopen Trail Days:** Second Saturday Monthly / Upcoming October 9th 9AM at Bike Barn
- **Birdseed Sale:** Order by Oct 6 / Pick Up on Oct 16 10AM – Noon (CHSP Maintenance Garage)
- **Hawk Watch:** Every day September 1 to November 30 (Hawk Watch Pavilion Lot)
- **Christmas Boutique & Book Sale:** November 13, 9AM - 3PM (CHSP Officer's Club)
- **Membership Renewals Due:** January 1, 2022

## FOCHSP Trail Days September 18, 2021

The Friends of Cape Henlopen Trail Day had nine volunteers who performed a total of 21 volunteer hours. Led by Fran Giacom, the team cleaned from the Point Comfort beach up to the Point as well as the beach access coming back through the Point parking area.



# FOCHSP Indoor Flea Market September 11, 2021

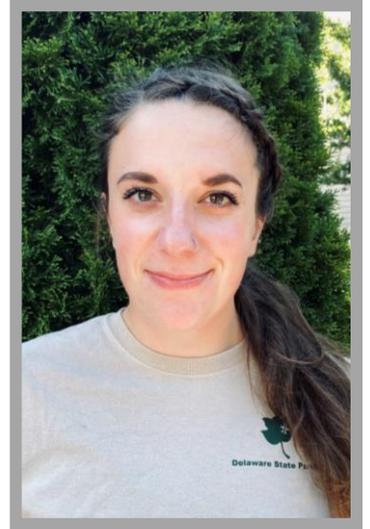
After its Covid-19 hiatus, the FAMOUS FOCHSP Indoor Flea Market returned with a flourish. This year saw not only the most slightly used products ever offered but attendance that was beyond expectations. Customers were literally lining up to be the first visitors to pounce on the bargains.



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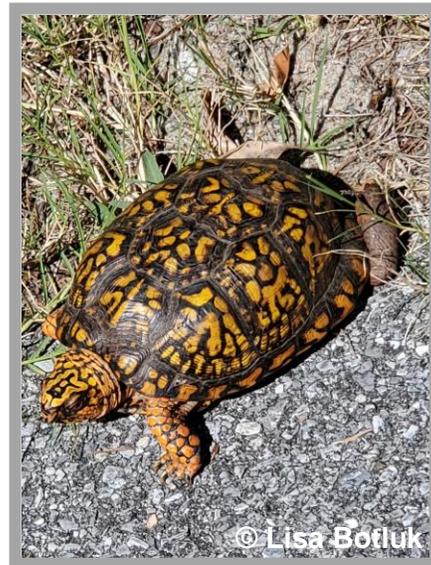
## Get to Know the Park Staff – Catherine Eckbold

Catherine Eckbold was born and raised in Wilmington, Delaware. After leaving Delaware to attend college in Ohio, she moved to Chicago, post-graduation, to pursue her career in IT project management. Unfortunately, the pandemic had other ideas helping Catherine to decide on leaving corporate life in favor of working where she could make a difference. Since her parents moved to the Lewes area about 7 years ago, any visit found Catherine at her go-to spot: Cape Henlopen State Park. In fact, while following the park’s Facebook page to get closure information she saw the Volunteer Manager position posted, applied, and got her dream job! Catherine was thrown into the thick of it by starting her new job July 4<sup>th</sup> weekend. Her responsibilities include coordinating and managing volunteers at Cape Henlopen and Delaware Seashore State Parks. This means being the first point of contact for anyone wishing to volunteer at the parks. Catherine finds appropriate volunteer opportunities, as well as coordinates the logistics of completing volunteer projects. Volunteers include individual volunteers (like high school seniors needing college application hours), groups (like Friends), companies, schools, youth conservation corp., interns, and Volunteer Hosts at both parks. Any spare time is taken up between the Main Office, Campground Registrar or Fee Booth helping where needed. Catherine enjoys being outdoors, is an avid biker and trail runner. Her favorite spot in CHSP is the lookout behind Battery 519. This beautiful view of the ocean and the park always brings a sense of calm over her.



### Park Puzzle Answers

		M	E	W		
		A	V	A		
S	A	R	A	L	E	E
A	R	K		K	E	G
M	E	E	T	I	N	G
		R	E	N		
		S	A	G		



Orange Turtle in Repose

### Park Updates

- The large ditch at the Point drive-on access ramp was filled in in time for the beach reopening 9/1.
- Support repairs under the fishing pier started on 9/13. Completion is planned for Q4 2021.
- The Hawk Watch program resumed September 1st. The group will monitor migrating hawks from 8AM-3PM through November 30.
- The “Hot Foot Open” disc golf tournament took place on 9/11 and drew 72 participants.

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# Friends of Cape Henlopen State Park

# newsletter

## NOVEMBER 2021

### In This Issue

- FOCHSP at TurtleFest
- Dogfish Head Benevolence
- Park Puzzle
- Schedule of Events
- FOCHSP Trail Days
- FOCHSP Bird Seed Sale
- Get to Know Our Members
- FOCHSP Bike Barn Ambassador Appreciation
- FOCHSP Halloween Wishes
- Park Updates
- Park Puzzle Answers



## CONTACTS

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302.858.6427

## The Bike Barn is OPEN

Visit

[Borrow-a-Bike](#)

for Details &

**New Winter Hours**

## FOCHSP Helping Hand at TurtleFest October 10, 2021

The Friends donated their time at the Grain on the Rocks TurtleFest concert organized to raise money for the family of 32 year old Steven Alawishus Johnson who died suddenly on August 7, 2021. You might remember Steven designed a t-shirt that commemorated CHSP. Eight volunteers helped service food and beverages to the audience as well as providing FOCHSP information.



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# FOCHSP and Dogfish Head Benevolence

Dogfish Head Craft Brewery in Milton, DE has a beer on tap "Down the Cape" that will benefit the Friends of Cape Henlopen State Park. So, stop by their brew pub and ask for the benevolence beer on tap. "Down the Cape" will be available until the end of the year. FOCHSP president John Bracco has sampled this brew and gives his approval.

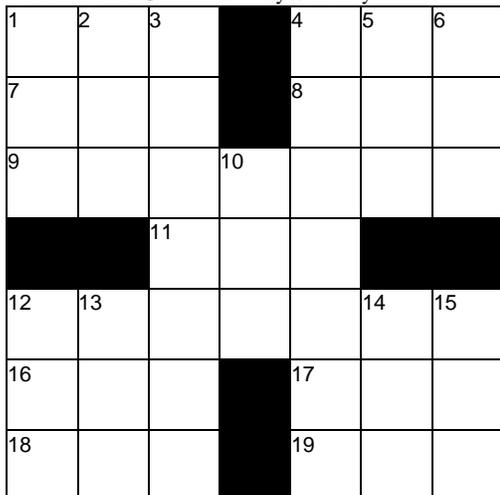
## Down The Cape

Continuing our series of benevolently-brewed DIPAs, Down The Cape benefits Friends of Cape Henlopen State Park. Brewed with a malt bill of golden pilsner and wheat malt, plus a touch of naked oats it features a tropical dryhop blend of Ella, Mandarin Bavaria, Hallertau Blanc and Mosaic.

SPECS	EXPERIENCE
ABV: 8.6	IBU: 55
RELEASE: 10/11/2021	
ORIGINAL RELEASE DATE: 2021	
STYLE: Double IPA	
	COLOR: Hazy golden
	AROMA: Tropical fruits, white grape, floral, citrus
	FLAVOR: Citrus, papaya, white grape, tangerine
	MOUTHFEEL: Soft, medium body

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## PARK PUZZLE by Carl Frey



## ACROSS

- 1 CIA precursor
- 4 Fill in for an absentee
- 7 Springfield's Kwik-E-Mart manager
- 8 Primo tennis court surface: Har-\_\_
- 9 What most of Delaware is used for
- 11 Piscene steerer
- 12 Label claim for many bland foods
- 16 Potential FOCHSP volunteer
- 17 \_\_maniac or \_\_trip
- 18 Short police officer
- 19 Color of a boat's port sidelight

## DOWN

- 1 Big galoot
- 2 Rejuvenation location
- 3 Cry sometimes heard at CHSP's Herring Point
- 4 No nonsense wasp part
- 5 Final resting place for many
- 6 Eavesdrop or annoy
- 10 When doubled, an Italian High-fashion company
- 12 The Big Apple
- 13 One tic-tac-toe winner
- 14 Ice \_\_ or stone \_\_
- 15 Surfcaster's need

## Schedule of Events

- **Cape Henlopen Trail Days:** Second Saturday Monthly  
(**THIS MONTH** ▶ November 20th 8:45AM at Bike Barn)
- **Hawk Watch:** Every day September 1 to November 30 (Hawk Watch Pavilion Lot)
- **Christmas Boutique & Book Sale:** November 13, 9AM - 3PM (CHSP Officer's Club)
- **Membership Renewals Due:** January 1, 2022

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## FOCHSP Trail Days October 9, 2021

FOCHSP Oct 9th Trail Days found 21 volunteers contributing a total of 53 volunteer hours. We were joined this month by members of the Zwaanendael Women's club. The group split into three teams. Fran Giacoma's team cleaned and pruned the bike loop trail from the Bike Barn to the dune crossing near the Pinelands Trail as well as the disc golf course spur and bathhouse spur. Gavin Braithwaite's team worked west on the bike loop, up towards the fishing pier parking lot and then circled back to the park exit crossed over towards the Park office and finally back to the Nature Center. John Bracco & the Zwaanendael Women's club group weeded, cleaned, and groomed around the playground and basketball area.



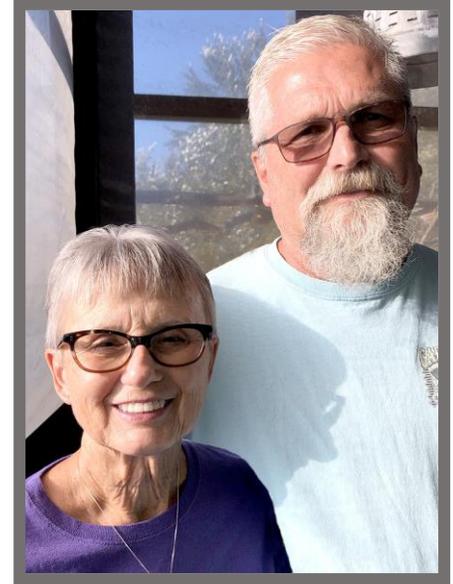
## FOCHSP Bird Seed Sale October 16, 2021

The challenges of Covid-19 seem to reach into the most unexpected places and the FOCHSP Bird Seed Sale was no exception. Without any notice, our trusted supplier was unable to fulfill our entire order due to their impending demise. Only the quick thinking of our sales coordinator, Sandee Coyle, made the event into a success. Thanks to all those who participated in the sale as well as our setup volunteers and a special thanks goes out to our understanding members whose orders were not fulfilled. Be assured that next year will provide an opportunity for a new and exciting sale upgrade.



## Get to Know Our Members – Dave & Ellie Frazier

Both Dave and Ellie are native Pennsylvanians, born and raised. They did however travel very different career paths- Dave painted military tanks, helped in the manufacture of paper products, repaired and delivered furniture, and even made deliveries for a print shop while Ellie worked as legal and regulatory coordinator for PA Governor Thornburgh, as Assistant to the Executive Assistant for U.S. Attorney General Thornburgh; and, after completing law school, as Legislative Counsel for PA Governor Ridge and as a regulatory, legislative and public finance attorney with two PA law firms. After deciding to leave the rat race the Fraziers came to the conclusion that Delaware was the place to be: low taxes, active life style and friendly people. So in January 2017 they both moved to Sussex County DE. After learning about FOCHSP from articles in the "Cape Gazette" and folks who knew about the Friends, Dave and Ellie joined The Friends in 2018. Dave is a member of the Board and for the last 2 years has overseen the FOCHSP Youth Fishing Tournament while Ellie always helps in as many of our fund-raising activities as possible. Both also volunteer at the Bike Barn. Being a fisherman, Dave's favorite place is definitely the Fishing Pier while Ellie, who loves long walks, favors the bike trails, usually from the Fishing Pier to Herring Point, AND back again.



## FOCHSP Bike Barn Ambassador Appreciation October 19, 2021

In appreciation for all the hard work, dedication, stamina and outreach our Bike Barn Ambassadors provided in this tumultuous year, the FOCHSP board held a soiree at Crooked Hammock, Lewes, DE. Ian Friedland, John Bracco and Jayce Madden (Park Manager) let the team know that their stewardship provided the park and its visitors a much needed "shot-in-the-arm".



# FOCHSP Happy Halloween Wishes

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



## Park Updates

- Park entrance fees are in effect thru November 30th.
- The fishing pier project is underway with 18 of 25 “sleeves” installed on the pilings. The overflow lot has been closed to the public, but the pier remains open during construction.
- Maintenance staff spread fresh stones on a large section of the Gordons Pond trail.

## Park Puzzle Answers

O	S	S		S	U	B
A	P	U		T	R	U
F	A	R	M	I	N	G
		F	I	N		
N	O	S	U	G	A	R
Y	O	U		E	G	O
C	O	P		R	E	D



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# Friends of Cape Henlopen State Park

# newsletter

## DECEMBER 2021

### In This Issue

- Coastal DE Running Fest
- FOCHSP Christmas Boutique & Book Sale
- Park Puzzle
- FOCHSP Trail Days
- Schedule of Events
- Park Puzzle Answers
- From the FOCHSP Archives
- Park Updates



### CONTACTS

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for Details &

***New Winter Hours***

## Coastal Delaware Running Festival November 14, 2021

The Friends were there to help at the Half Marathon and Full Marathon of the Coastal Delaware Running Festival held on Sunday, Nov. 14<sup>th</sup>. Eighteen volunteers were on hand to staff two separate water stations, provide directions and cheer on the runners.



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# FOCHSP Christmas Boutique and Book Sale

## November 13, 2021

Finally. Yes. The FOCHSP Christmas Boutique and Book Sale DID take place this year. All that pent up demand provided a happy intro into the holiday season. This year we had the unexpected pleasure of hosting Delaware State Senator Ernie Lopez pictured here with our President John Bracco and VP Polly White. We are so grateful to the volunteers AND customers who made this event extra special.



### PARK PUZZLE by Carl Frey

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

### ACROSS

- 1 Sun tan lotion specification
- 4 Creature heard by elephant Horton
- 7 Knack, expertise
- 8 2001: A Space Odyssey computer run amok: \_\_ 9000
- 9 It often follows 'dot'
- 10 Ship \_\_ bottle
- 11 Carp found in backyard ponds
- 12 Marlon's role in Guys and Dolls
- 13 Snow \_\_ or corn \_\_
- 15 Passover dinner
- 16 Popular sauce

### DOWN

- DOWN
- 1 What many hit at night (with 'the')
  - 2 Checks for typos and errors
  - 3 Cape Henlopen military installation
  - 4 A Rehoboth sandy stretch: \_\_ Beach
  - 5 Have a yen (for)
  - 6 Proctor and Gamble skin care line
  - 14 Much \_\_ About Nothing

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# FOCHSP Trail Days November 20, 2021

FOCHSP Nov 20th Trail Days found 21 volunteers that put in a combined 49.75 hours of volunteer time. The team split into three groups that cleaned and pruned along the 3.3-mile Park Bike Loop as well as the bike trail from the park entrance to Freeman highway.



## Schedule of Events

- Cape Henlopen Trail Days: Second Saturday Monthly  
(THIS MONTH ► December 11th 8:45AM at Bike Barn)
- Membership Renewals Due: January 1, 2022 [CLICK HERE TO RENEW](#)

## Park Puzzle Answers

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



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## From the FOCHSP Archives:

### **Bike Repairs, Other help welcomed by park's NEW "Friends"**

**To The Editors Delaware Coast Press / June 23, 1999:**

The Friends of Cape Henlopen State Park would like to thank your paper for announcing our meeting on June 15, which turned out to be quite exciting. Eleven volunteer directors concluded nearly three years of effort by adopting the organization's by-laws and signing an agreement of cooperation with the Delaware Division of Parks and Recreation. Present to sign the agreement were Charles Salkin, director of the division, and Pat Cooper, park administrator.

Our initial step was to become incorporated in Delaware as a nonprofit organization; this was thanks to the generous work of James Griffin, Esq., of Georgetown. In addition, the Friends have filed for federal tax-exempt status. With this small mountain of paperwork completed, we look forward to implementing our mission: "To promote the protection and wise management of the diverse resources within Cape Henlopen State Park."

The directors will meet regularly, usually the second Wednesday of the month at 7 PM in the Biden Center, to plan future activities. Our current directors are Richard Munroe, Norman Hallquist, Rob Schroeder, Carol Short, Kevin Moore (vice president), Jack Schulze, Suzanne Thurman, Chris Bennett (secretary), Denny Neild (treasurer) and John Hawkins. Thanks to these volunteers and Lew Dumont and Howard Solomon, the Friends are now organized.

To assist the park, we now need the involvement of our friends and neighbors: your readers. We were fortunate to have several new members sign up the night of the meeting. Membership applications are available at the Seaside Nature Center and the park office. Initially, we plan to assist with the ongoing Trail Day that begins at the Seaside Nature Center at 9 AM on the first Saturday of each month. The next scheduled Trail Day is Saturday, Aug. 7, after taking a break for the July 4<sup>th</sup> holiday.

The meeting ended on a high note with a generous contribution from an interested individual and soon-to-be-member; of \$500. These funds will be earmarked to help with the existing "white bike" program at the Seaside Nature Center. Currently, these bikes are available at no charge and enable visitors to enter the different habitats of the park to appreciate aspects of our natural surroundings worth protecting.

We will likely help with publicizing the program and providing some hardware. We would like to identify a volunteer (or volunteers) to perform maintenance on these bikes. Are you that person? Give me a call right now at 302-555-5555. Leave a message if I'm not in.

We look forward to the interest of our neighbors and visitors in protecting and exploring the resources that Cape Henlopen State Park has to offer.

Thomas Noble

*President, Friends of Cape Henlopen State Park Lewes, DE*

### **Park Updates**

- Park entrance fees rescinded December 1<sup>st</sup> through February 28<sup>th</sup>.
- The fishing pier project has been completed with all 25 pilings being buttressed with concrete "sleeves".
- Maintenance staff removed the large tree leaning over a part of the Junction & Breakwater Trail.
- The re-routing of the Pinelands Nature Trail starts December 1<sup>st</sup>.