

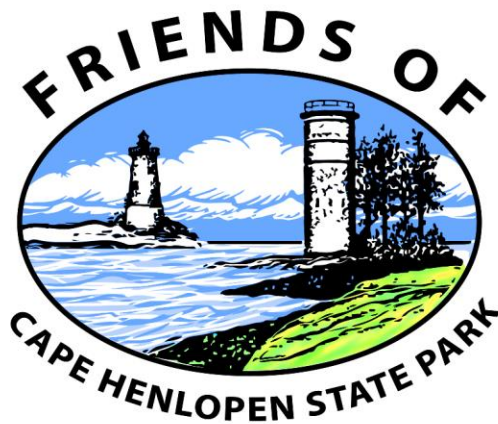
# Friends of Cape Henlopen State Park

# 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



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## 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 13<sup>th</sup> 8:45 AM at Bike Barn)
- **Chocolate Tasting:** September 10<sup>th</sup> 1 PM to 4 PM at CHSP Officer's Club
- **Coastal Clean Up:** September 17<sup>th</sup> 9 AM to Noon
- **Youth Fishing Tournament:** September 10<sup>th</sup> 8 AM to 11 AM at CHSP Fishing Pier
- **Wine, Beer & Cheese Tasting:** October 1<sup>st</sup> 4 PM to 6 PM at CHSP Officer's Club
- **NEW Tour de Friends (Family Fun Biking/Scavenger Hunt):** Oct 2<sup>nd</sup> 9 AM to 1 PM
- **Hawk Watch:** Every day September 1 to November 30 (Hawk Watch Pavilion Lot)
- **Birdseed Sale:** Order by October 1<sup>st</sup> / Pick Up on Oct 15<sup>th</sup> Park Maintenance Garage
- **Christmas Boutique & Book Sale:** November 19<sup>th</sup> 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**

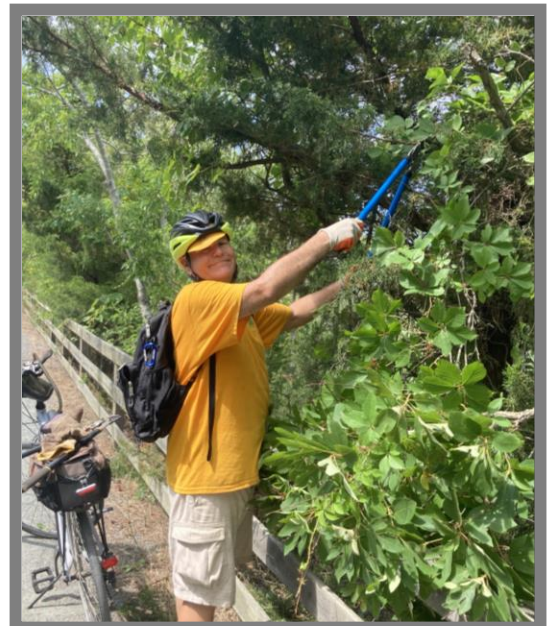
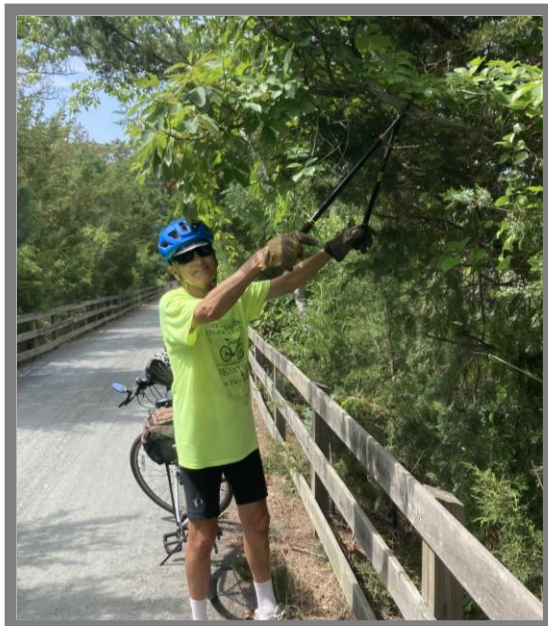
The Bike Barn hosted a young women's summer youth group from the Lancaster, PA Church of Jesus Christ of Latter-day Saints July 14 and 15. The group, who were camping in the park, comprised of 75 young women between the ages of 13 and 17 plus camp counselors. Our team accommodated about 40 people each 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 Giacomia 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>

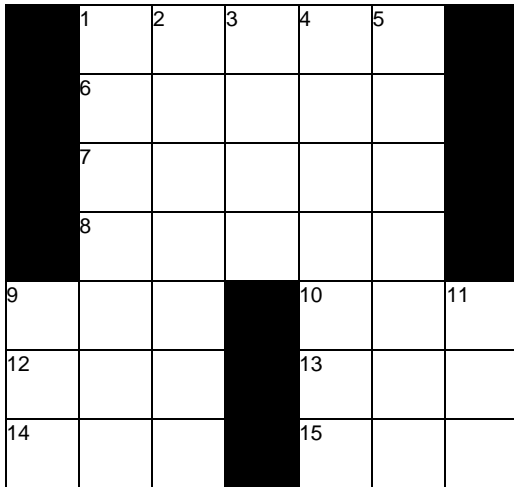
Bringing Nature Home: How You Can Sustain Wildlife with Native Plants,  
by Douglas W. Tallamy, 2007. <https://www.workman.com/products/bringing-nature-home>

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

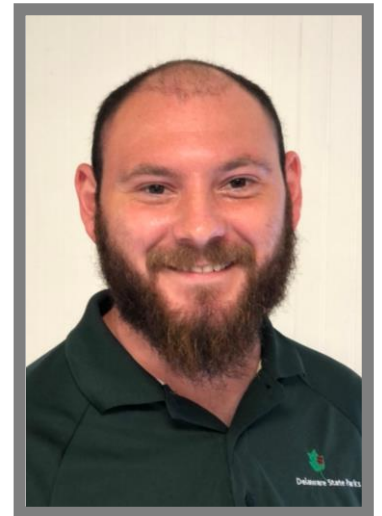
- 1 Cape Henlopen Fort
- 6 Licorice whip flavor
- 7 The ones over there
- 8 Walking sticks
- 9 Sounds accompanying tongue depressors
- 10 2nd amendment proponent
- 12 Cape Henlopen trail walking companion, often
- 13 Animation collectible
- 14 Mao \_\_ Tung
- 15 Norton and Sullivan

## 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 [fchsp@gmail.com](mailto:fchsp@gmail.com).

## NEW Event-



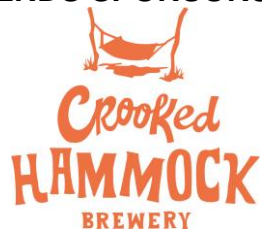
Over the years, the Friends of Cape Henlopen State Park (FOCHSP) have held various fundraising events which allowed members, their friends and park enthusiasts to make investments that enhance the park and provide an improved experience for its visitors. Among these fundraising events are our upcoming 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 2<sup>nd</sup>, 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](mailto: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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