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August, 2013

e-News

Activities, advocacy alerts, project updates, and interesting tidbits

In This Issue

Advocacy Alert

be a part of the collective voice for trails, greenways, open space, and livable communities

Your Support is Needed NOW

Healthy Communities

learn where, why and how we can change our communities so that it's easier to live a healthy lifestyle

Statewide Comprehensive Outdoor Recreation Plan

Historic Penn Farm

just outside of Old New Castle, this 112 acre farm has been in continuous operation for nearly three centuries and has activities of new and old to enjoy (and fresh produce, too!)

Visit the Penn Farm website

WILMAPCO

WILMAPCO is the Metropolitan Planning Organization for New Castle County, Delaware and Cecil County, Maryland.

See what's planned for your area

Dover-Kent MPO

[Join Our Mailing List!](#)

[Renew Membership](#)

Dear Friend of Delaware Greenways,

Summer is in full swing, and even though the days are getting shorter, there is much to do here in the First State. Delaware Greenways is hard at work bringing you the See You Outside challenge, restoring Historic Penn Farm, and preparing for new work in Lewes and Greenville. Throughout the state, we are looking for new ways to represent you in our efforts to promote a healthy, vibrant, sustainable Delaware. In this month's newsletter, you can read more about exciting upcoming events, volunteer opportunities, and updates on innovative partnerships and programs we are developing throughout the state.

Are you a member of Delaware Greenways? If not, consider joining so that we can build on our accomplishments and continue to serve you and the First State's residents, workers, and visitors.

Read below for upcoming See You Outside events, information on advocacy initiatives regarding public health, sea level rise, and transportation, and to learn more about Delaware Greenways' important work throughout the state.

See you outside!

- Delaware Greenways

[DONATE NOW](#)

Become a Member of Delaware Greenways



This August, we are launching our annual membership drive. By joining Delaware Greenways, you become our partner in efforts to raise awareness about the importance of trails, pathways, and open space, promote public health and wellness, grow in our efforts to promote sustainable agriculture, encourage people to spend time outside, and advocate for a healthy, vibrant, sustainable Delaware. To find out more about how you can become a member, click [here](#).

Volunteers Needed in Lewes



Volunteers are needed for Saturday, August 17, 2013 between 2:30 PM and 6:15 PM in Lewes, Delaware to collect traffic data along the Lewes Historic Byway. The data will be critical to determining strategies to better manage and smooth traffic flow along the six byway roadways in and adjacent to the City of Lewes. The Byway roadways are Savannah Road, Cape Henlopen Drive, Pilottown Road/Front Street, Kings Highway, Gills Neck Road, and New Road. Volunteers will collect data on the amount of traffic at key intersections. Click [here](#) for the Call for Volunteers which contains details on how to sign up. We look forward to see as many members of the Delaware Greenways family as possible. It will be a fun day.

Mark Your Calendar!

SAVE THE DATE

COMING UP

Mark your calendar and check back for three upcoming events: **Thursday, September 26** - Join Delaware Greenways at the BBC in Greenville for a Celebrity Bartender Fundraiser. Come by to see who will be behind the bar, enjoy food and refreshment, and support our efforts here in the First State!

Sunday, September 29 - Delaware Greenways is joining with The Nature Conservancy in Delaware and the Delaware Museum of Natural History for a Free Sunday at the Museum, sponsored by PNC. This is a [See You Outside](#) event - we will be thanking the many service personnel who take care of us every day. Enjoy food, refreshments, music, and the beautiful outdoor grounds and trails of the Museum and thank our emergency responders, men and women in uniform, and other professionals who work every day to take care of us in Delaware.

Thursday, November 14 - Join us for a celebration of the [See You Outside](#) Challenge! Our wrap up party will include food & drink, music, door prizes, the grand prize drawing for a \$500 gift card to Trail Creek Outfitters, 2014 Mark Your Calendar information, and information about the expanded See You Outside program for next year. Details are still being finalized, and will be included in the September newsletter.

Delaware Art Museum Spends the Week Outside

Did you know that in addition to its priceless collection of Pre-Raphaelite art, that the Delaware Art Museum boasts a beautiful outdoor sculpture garden and labyrinth? Find out [more](#), as the Museum spends the week outside with outdoor events this Thursday and Friday, August 15th and 16th.

On the 15th, bring your blankets and lawn chairs to the Museum's



[Barbecue & Bluegrass](#) event for a summer evening of music and delicious food. The next evening, stop by for the [Doggy Days of Summer](#), brought to you free by the Art Museum and the Delaware Humane Association; the event will feature canine caricatures by artist Sam Mylin and treats for both pets and their owners.

Be Sun Smart - SPF is Your BFF!



The Delaware Division of Public Health announced its skin cancer prevention campaign and resources last month entitled: "SPF is your BFF." Every two weeks a Delawarean dies of skin cancer and Delaware's melanoma rate is increasing three times as fast as the nation. If you or your child spend time in the sun, SPF is your BFF. Always wear a sunscreen with a broad spectrum SPF of 15 or higher and

reapply it every two hours, especially after exercise or swimming. Even on a cloudy day the sun's rays can reach you. Wear sunscreen and cosmetics with a high SPF year-round. Ultraviolet rays from the sun or tanning beds are the leading cause of skin cancer. So if you work or play outdoors, cover up. Seek shade. Wear sunglasses that block 99% or more of UV rays. A brimmed hat that shades your face, ears and back of the neck. And loose fitting clothing over exposed skin. Be sun smart! Learn how to protect your skin, the risk factors for skin cancer and much more by clicking [here](#).

Million Hearts Campaign to Launch in September



For the past several months, Delaware Greenways has been part of an initiative including health care providers, the public sector, and other non-profits to bring the Million Hearts Campaign to the First State. Heart disease and stroke are responsible for approximately 1 of every 3 deaths in Delaware. Many of the people who are at high risk don't even know it. Million Hearts® Delaware (of which Delaware Greenways is a founding partner) is encouraging

individuals to know their numbers - specifically, blood pressure and waist circumference - two risk factors that are easily measured.

You can have your healthcare provider check your blood pressure or have it tested at a local pharmacy. For most adults, an ideal blood pressure is 120/80 or less. If you are a male, your waist circumference should be less than 40 inches (35 inches if you are South Asian, Chinese or Japanese). For females, a waist circumference of 35 inches or less (32 inches if you are South Asian, Chinese or Japanese) reduces your risk for a heart attack or stroke. If either number is out of range, work with your healthcare provider to lower your risk. [Learn more](#) and become one in a million!

Delaware Greenways completes first Health Impact Assessment in Delaware



The often hidden, but substantial health costs of public decisions are being brought for consideration in Delaware through a process new in the state: Health Impact Assessment. Delaware Greenways recently completed the first HIA in Delaware, leading a group of professionals and stakeholders from the Environment and Policy Committee of the Delaware Coalition for Healthy Eating and Active Living (DE HEAL) to examine the possible health impacts of land use and transportation changes recommended through the [Fort DuPont Master Planning and Feasibility Assessment](#). Read more [here](#).

Pedestrian and Bicycle Map now available for New Castle Area



Delaware Greenways has continued to work with the New Castle Community to carry out components of the Greater New Castle [Community Wellness Plan](#), which includes the recently completed pedestrian and bicycle maps for the [greater New Castle area](#) and [the historic district](#). The maps identify key attractions in the area and identify bicycle/pedestrian routes that can help residents and visitors get around the community without their cars. Read more [here](#).

Get Ready for Sea Level Rise Awareness Week!

At only 60 feet above sea level, Delaware has the lowest average elevation of any state, making our 381 miles of shoreline



particularly vulnerable to the serious consequences of sea level rise. September 14 - 22 is Delaware Sea Level Rise Awareness Week. Learn about rising waters and what we can do to prepare. Delaware Greenways is partnering with the Delaware Nature Society and other environmental organizations throughout the state to bring you events throughout the week. The sea is rising. To receive alerts about activities and additional details,

visit www.SOSDelaware.org.

Delaware Outdoor Family Programs



Have you ever camped under the stars, gone on a nighttime nature hike or caught a striped bass from the surf? For more information on a variety of activities in nature as you learn more about camping with the **Delaware Outdoor Family** program, click [here](#).

Pawpaw Folk Festival August 24th



What's a pawpaw? Come to the Blue Ball Barn in Wilmington from 10:00-4:00 on Saturday, August 24th to find out. The festival is free, and features a wide range of fun family-friendly activities, such as folk artist displays, storytelling, live folk music and food (including, of course, pawpaw tasting)! The festival is centered around the native Pawpaw tree, which supports the fauna of our park and happens to have edible banana-like fruit. For more information, click [here](#).

Amish Country Bike Tour September 7th



The largest bicycle event in the First State, the Amish Country Bike Tour will kick off its milestone year in Dover, Delaware on September 7th. Last year, more than 2,200 cyclists from 25 states (and Great Britain) participated. Pedal on flat back-country roads on loops ranging from 15 to 100 miles, and enjoy giveaways, a slice of fresh-baked pie at the Amish Schoolhouse and an after-tour catered picnic! Click [here](#) for more

information, and while you're at it, consider making it a weekend getaway in your backyard.

Thanks to Rachel Ibers for Her Hard Work on See You Outside!



Many thanks to Rachel Ibers, who has been an invaluable asset to the See You Outside program. Rachel is an intern with The Nature Conservancy in Delaware and has been working as the Program Associate for See You Outside. Rachel spent the first half of the summer working with TNC's Leaders in Environmental Action for the Future high school interns from Georgia, following them around the state as they participated in a month long intensive conservation-based internship. Rachel will be entering her senior year this fall at the University of Delaware, where she is majoring in Geology. She is enrolled in the Honors program at UD and is President of the registered student organization Students for the Animals. Rachel also works for the Geology department at UD, managing and organizing specimen collections and manages and writes for a science blog in her spare time. Thank you, Rachel!

Stay Tuned for Exciting Announcements at Historic Penn Farm



Delaware Greenways has been hard at work restoring Historic Penn Farm, located on Frenchtown Road in New Castle. We and our partners are hard at work planning for the future of this important community resource to restore it to its historic role connecting people to the land, and serving as an economic, educational, and community resource. Stay tuned for upcoming announcements regarding this important effort!

Public Participation in the First State



Make sure your voice is heard: WILMAPCO and the Dover-Kent MPO offer several opportunities to participate in public outreach. These include an on-line public workshop to provide input on the Newark Bicycle Plan, a public workshop on proposed Wilmington Bicycle Improvements on August 22 at the City County Building in Wilmington, and a WILMAPCO public workshop on the Transportation Improvement Program scheduled for August 26 at WILMAPCO's offices in Newark. For more information, click [here](#). For information on events and meetings sponsored by the Dover-Kent MPO, click [here](#).

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