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October, 2014

## 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

[Walkable, Bikeable Delaware](#)

#### Nemours 5-2-1 Almost None

Learn how this simple formula can help you to keep a healthy lifestyle

[Nemours 5-2-1 Almost None](#)

#### 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!](#)

Dear Friend of Delaware Greenways,

It's finally here - our 25th Anniversary Celebration at the Historic Penn Farm. Delaware Greenways is proud of its 25 years of service to the State of Delaware. From our start in 1989 when we preserved the Rockwood Golf Course followed by our successful advocacy for the Northern Delaware Greenway, we have been an active presence in when it comes to trails, greenways and the promotion of healthy, sustainable communities. We hope that you can attend our celebration on Friday October 17, 2014 at the Penn Farm. Details of the event and how to register are below.

The Historic Penn Farm, where we will be holding our 25th Anniversary Celebration, is symbolic of who we are. At the farm, we involve the entire community, whether it is agricultural students at William Penn High School farming the land and culinary students preparing the food they grow on the farm or volunteers from the community helping us rid the farm of invasive plants, the farm is a resource for the community.

The trails and greenways we advocated for are extremely popular and well used. And we are not done yet. From Northern Delaware to Coastal Sussex, we are planning to new trails and connections so everyone can get outside and get active.

See You Outside,  
Pete Walsh  
President

[▶ DONATE NOW](#)

## Celebrate With Us As Delaware Greenways turns 25!



Delaware Greenways invites you to our 25th Anniversary Celebration  
Friday, October 17th, 2014 ~6:00 to 9:00 PM

Please join us, Governor Jack Markell, and our many partners to celebrate our birthday with a casual, fun-filled evening!

- \* Enjoy hors d'oeuvres prepared by William Penn HS culinary students
- \* Hear some exciting Greenways news
- \* Relax with beer, wine, music and an inspiring photo display
- \* Learn the winner of our See You Outside Challenge
- \* Bid on 25 fantastic auction item
- \* Tickets are \$50 per person. Space is limited!

Historic Penn Farm  
807 Frenchtown Rd. E  
New Castle, DE 19720

[Click here to RSVP with your credit card](#)

[Click here to RSVP with your check payment \(Printable form\)](#)

## Delaware Greenways on 99.5 WJBR



Tune in to 99.5 on Sunday October 12th at 6:30 am to hear Interim Managing Director Jeff Greene, and Program Manager Candice Myruski talk about Delaware Greenways with Charlie Maxx on WJBR. Delaware Greenways is featured on "Focus on Delaware," which highlights organizations and events that support their local

Delaware communities. Check out the interview first [here](#), or listen to it live this Sunday. Find out everything you never knew Delaware Greenways is involved with during this great interview! Then check out all the free trail maps [here](#).

## Historic Penn Farm Blooms!

Autumn has arrived and Penn Farm has never looked so good! Make sure to stop by and grab a pumpkin from the farm stand and take a picture of the beautiful sunflowers that line the driveway! These beautiful flowers will be in bloom only for the next few weeks.



The Penn Farm farm stand is open from 9-6 seven days a week. Visit us at 806 Frenchtown Rd. New Castle, DE 19702



## Local Fundraisers Held at Historic Penn Farm a Success!



### **CROP Foundation**

On September 25th, Kip Poole, head of the culinary department at William Penn High School, hosted the kick-off party for his new venture, the CROP foundation which raises money through farm to table events in order to send a culinary student to further their education after high school. The culinary department at WPHS is full of hard working, passionate and talented young chefs who aspire to continue their passion for cooking after high school but may not have the financial means. Poole was tired of seeing this young talent go unnoticed so he was inspired to set up his foundation. He plans to

host a monthly event at the barn at Historic Penn Farm and will bring in "celebrity" guest chefs from around the country to come in and cook with his students and prepare a several course meal. These dinners will be available for a ticket price that will help to raise funds for the foundation. For more information please visit the website at [thecrop.org](http://thecrop.org)

### **Cure in Sight**

On October 4th, a second fundraiser was hosted at the barn. The Cure in Sight fundraiser raised money for the Choroideremia Research Foundation (CRF).

Choroideremia is a rare genetic eye disorder that eventually leads to total blindness. The event featured several silent auction items, live music

and the William Penn High School students cooking and catering.



## Still time to enter the See You Outside Challenge!

There is still time left to register and submit pictures for the See You Outside Challenge! Challenge participants have until midnight on October 12th to submit additional entries to the contest. We will announce our



winner on Wednesday October 15th. We also invite you to join us on Friday October 17th for our 25th Anniversary Celebration where we will recognize our lucky challenge winner!

Even though the challenge is almost over, make sure to follow our Twitter and Facebook for updates on the 2015 See You Outside Challenge, and visit our website at [www.syodelaware.org](http://www.syodelaware.org) for year-round outdoor activities.

## Highmark Walk a Success!



We did it! With all your help, we were able to exceed our goal of raising \$2,500 from the Highmark Walk for a Healthy Community last month on September 13th. The Wilmington walk raised almost \$80,000 for Delaware non-profits, and hosted 1,500 walkers on the Delaware Greenways trail in Bellevue State Park.

We had so much fun participating in the event and already planning for next year's walk on June 6th in 2015. Check out the Delaware Greenways' Facebook page for pictures from the event.

## Nemours 5-2-1 Almost None



Our partners at Nemours Health and Prevention Services (NHPS) have developed a simple daily formula to help promote a healthier lifestyle for children and families. 5-2-1 Almost None is an easy formula to help you remember how to eat healthy and

stay active every day. Five stands for **5** servings of fruits and vegetables each day, two stands for less than **2** hours of screen time per day, one stands for **1** hour of physical activity per day, and **almost none** reminds you to have almost no sugary beverages each week. To download educational materials and activities for the 5-2-1 Almost None program, visit their [website](#).

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*Try it FREE today.*

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