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DELAWARE GREENWAYS *Building a Legacy of Greenways and Greenspace*

September, 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!](#)

Dear Friend of Delaware Greenways,

Fall is in the air, and throughout Delaware we're returning to school, work, and the everyday rhythm of our lives. Hopefully, you spent the hottest months of the year outside; if not, there is still plenty of time to enjoy the outdoors. Delaware is a year-round outdoor state and we are working hard to connect you to events, activities, and issues that affect us in the First State. Get ready to mark your calendars!

This upcoming weekend, there is no excuse to be indoors. In Kent County, the Amish Country Bike Tour will be highlighting the beautiful, bikeable back roads around Dover and offering participants a chance to experience the First State's most popular cycling event. Further north, the Brandywine Festival of the Arts provides food, music, kids' activities, and most importantly great works of art from around the region.

Later in the month, support Delaware Greenways at the BBC in Greenville on September 26. On the 29th, join us at the Delaware Museum of Natural History where you can enjoy beautiful trails, the scenic back meadow and in a setting recently enhanced by our efforts to improve the Brandywine Valley National Scenic Byway.

That's not all - Delaware Greenways is involved in two important partnerships launching this month. September marks the official roll-out of Million Hearts Delaware, the First State's contribution to the national effort to reduce heart attacks and strokes. Know your numbers - and improve them by spending time outside. September is also a month to focus attention on sea level rise. Look for events throughout the state to highlight this important issue.

Whether biking, hiking, appreciating art and music, thanking our heroes, or learning about ways to improve your health and the environment, there is much to do outside here in Delaware. We will be out and about and hope you will join us to celebrate all that the First State has to offer.

See you outside!

- Delaware Greenways

[DONATE NOW](#)

We Welcome the Newest Member of Delaware Greenways!



With great pleasure we announce the birth of our newest Delaware Greenways member. Yousef Alexander Trabelsi was born on 8/27/13. Mom, Dad and son are all doing well and enjoying this special time in their lives

Congratulations, Andrea & Zouhir!

Meet Our New Farm Manager!



Delaware Greenways is pleased to introduce you to our new Farm Manager. Becca Manning will join our staff this month. A graduate of UD and a certified artisan cheese farmer, Becca brings a wealth of experience from places as diverse as Chile, Washington State, Vermont, Chester County PA and Greenville, where she was most recently serving on the staff at Point Lookout Farm. Becca is also the co-founder of the Table at Brandywine, an event planning firm, focusing on farm-

to-fork events. Look for Becca to immediately become involved in community activities, volunteer opportunities, and other efforts to restore Historic Penn Farm to its historic role as an agricultural, educational, and community center. Welcome, Becca!

Be One in a Million



September launches Million Hearts[®] Delaware. This is a public-private effort to advance the goal of the national initiative to prevent 1 million heart attacks and strokes by 2017. The program aligns the efforts of hospitals, government, major employers, and health care providers to combat cardiovascular disease with two specific aims: public awareness and clinical prevention. Delaware Greenways is proud to be a founding member of this important initiative. Delaware's rate of

cardiovascular disease in many ways mirrors the US statistics broadly. Heart disease and stroke are the first and fourth leading causes of death, and excess weight, hypertension, and smoking contribute to thousands of heart attacks and strokes in Delaware each year. Know your numbers and visit your physician to find out what you can do to take steps to improve your health and well being. An important part of this includes involves spending time outdoors, exercising, relaxing, and getting the physical activity you need to live a healthy, active life. Don't wait - start now. For more information, click [here](#).

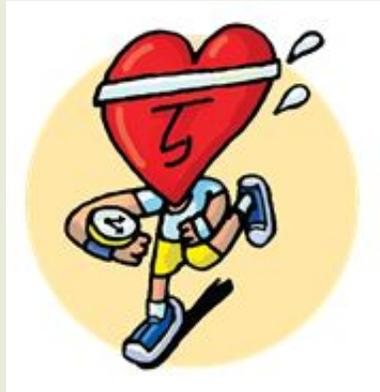
September is Sea Level Rise Awareness Month

The sea is rising. 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. Delaware Greenways is proud to be a partner in Delaware Sea Level Rise Awareness Week, September 14-22. The week will feature fifteen events throughout



the state, including informational sessions, tree plantings and cleanups, and birding tours. This is an issue that is not going away. To learn more about what you can do, and to get more event information, visit SOSDelaware.org.

Keep the Beat!



taking the challenge, so should you!

Run, walk, skip, lift, throw. Starting September 10, get out there and get moving! Pretty much any and all activities that don't involve a couch - especially those taking place outdoors - can be counted towards your daily activity. The *News Journal* annual challenge is about to start. Remember: a minute is a minute whether you're taking walks on your lunch break or training for a marathon. Click [here](#) for more details. Delaware Greenways Managing Director David Hunt is

Brandywine Festival of the Arts

BRANDYWINE
FESTIVAL of the ARTS

Join Delaware Greenways at the Brandywine Festival of the Arts - a [See You Outside](#) event. This annual event, spanning half a century, and held every weekend following Labor Day, features hundreds of artists from across the U.S. Each year, up to 20,000 visitors flock to Brandywine Park's Josephine Gardens for an end-of-summer celebration. Whether you visit for the art, the food, the children's activities, or just the chance to enjoy the scenic beauty of the surroundings, make sure to mark your calendar. For more information, click [here](#).

Amish Country Bike Tour- Got Pie?



Amish Country Bike Tour - Got Pie?

If you find yourself in Kent County this weekend, you are in for a real treat. The state's largest and most fun cycling event will be held this Saturday, September 7, 2013, starting and stopping at 411 Legislative Avenue in historic Dover, Delaware. Last year, 2,200+ cyclists from 25 states and England participated in the

event. To register, click [here!](#)

Support Delaware Greenways at BBC September 26



Visit the [BBC Tavern](#) in Greenville the evening of Thursday, September 26 from 6-9 pm for a guest bartender event benefiting Delaware Greenways. Enjoy delicious food - make sure to mention Delaware Greenways - an enormous selection of libations, drawings for a basket of cheer, and see who is spending time behind the bar to support the organization. If you haven't already, use the opportunity to become a member and learn more about our many initiatives throughout the state.

Free Admission and See You Outside at the Delaware Museum of Natural History September 29



Delaware Museum of Natural History

On Sunday, September 29, from 9:30 a.m. - noon, enjoy free admission at the

[Delaware Museum of Natural History](#), courtesy of PNC Bank. This will also be a See You Outside event, where visitors can learn more about the See You Outside program, hike the Museum's Nature Trail, explore the meadow and Butterfly Garden, and enjoy all of the outdoor spaces the Museum has to offer. Explore the Museum outdoors and see you outside on September 29!



25 Volunteers Make Lewes Traffic Count Day a Success



Twenty-five volunteers ranging in age from middle school students to senior citizens stepped forward to count traffic on August 17, 2013 along the roadways of the Lewes Historic Byway. Stationed at key intersections throughout Lewes, they counted motorized vehicles, bicycles, boats trailers and pedestrians for two hours,

never missing a vehicle. Because of their efforts, a transportation management study of traffic patterns on the Byway can be completed that will lead to strategies designed to make walking safer, bicycling more pleasant for families and better on-street traffic management so residents and visitors alike can get around more efficiently. Read all about it and see our photos [here](#).

See You Outside Throughout the Fall!



Summer will be coming to an end this month, but there is plenty to do as part of the See You Outside Challenge. In addition to the Amish Country Bike Tour, Brandywine Festival of the Arts, Sea Level Rise Awareness Week, and Thank You event at the Museum of Natural History, there are other events to enjoy throughout the state. Click [here](#) for more activities and ideas for ways to enjoy Delaware's outdoors. Upcoming activities in

the next month include the [Dogfish Dash](#) in Milton, [Food & Flora Progressive Tour](#) in Wilmington, [Family Outdoor Film](#) (*The Red Balloon*) at the Delaware Art Museum, Bike to the Bay throughout central and southern Delaware, the Boast the Coast Festival in Lewes, and the Harvest Moon Festival in the beautiful Red Clay Valley. And make sure to mark your calendar for the **See You Outside Harvest Party**, scheduled for Thursday, November 14 at the Delaware Museum of Natural History!

Register Now for Hike Across Delaware

WILMINGTON



TRAIL CLUB

Don't forget to send in your registration for Hike Across Delaware; scheduled this year for November 2 and brought to you by the Wilmington Trail Club. This year will be the 20th annual walk across the state!

For more information, click [here](#).

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