



Friends of Hidden Valley, Inc.

The mission of the Friends of Hidden Valley is to provide support to the Lawrence Hidden Valley Committee, Inc., in programs, development, maintenance, and goals that promote and benefit Hidden Valley Camp.

Summer 2017

www.friendshv.org

[Facebook.com/: friends-of-hidden-valley](https://www.facebook.com/friends-of-hidden-valley)

A big thanks to the Lawrence Breakfast Optimist Club for another grand donation of \$1,250. The club raises funds to help and empower community youth programs. We encourage all our members to support their annual fundraisers: a chili feed in November, pancake feed & silent auction in February, a Christmas tree lot, and a station at the Busker Festival.

Thank You Optimist Club for your continued support!

Save the Date for Friends of Hidden Valley 20th Anniversary September 21, 2017, from 5:30 to 7:30 pm

Help us celebrate 20 years of support for Hidden Valley Camp, made possible through our membership donations, special contributions and projects, a robust volunteer group and members like YOU! We will be recognizing our fabulous Founders and Charter Friends (1st year members), who helped us begin this wonderful relationship with this very special place. We'll also be honoring a special friend with the Honors Bench Award, the highest honor we bestow upon our greatest volunteers.

Our evening will begin with a social hour of music, beer & wine, and yummy hors d'oeuvres, along with videos, pictorial displays, and an optional hike to the Yurt Nature Center to view our new exhibits. Look for your invitation next month to this special Annual Meeting and Celebration. We hope to see you then!

ONCE UPON A DAY CAMP...in the land of make believe

The theme of this year's camp was "Once Upon A Day Camp", with Lysette DeBoard leading the charge as Director. Besides the traditional activities of unit challenges, flag ceremonies, cooking over fires, and lots of singing, themed activities centered on good old fashioned fairy tales. Girls created paper tube dragons, completed an obstacle course while blind-folded (a trust game), "jousted" with pool noodles, created a fairytale story based on objects and images drawn out of boxes, and crossed a "river" as a group (team-building).



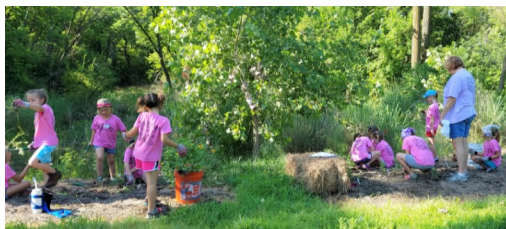
Above: Girls learned the intricate Maypole dance of wrapping colorful ribbon around the pole; other fairytale-themed activities included taking turns crossing the scary Troll Bridge, and climbing Rapunzel's Tower.

Nearly 400 girls from kindergarten through high school attended the two 5-day sessions in June. As a volunteer-run event, an army of volunteers are needed. Older girls, moms, dads, and grandparents assisted, with over 50 regular aides (older girls), 33 rookie aides and **140 adults** volunteered their time to keep each unit running smoothly! Wow!

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ONCE UPON A DAY CAMP....continued

The big event for the Junior-aged girls was the Wednesday night campout, featuring a campfire for a flag-retiring ceremony, s'mores, songs, skits, and a candlelight ceremony where rookie aides became regular aides. Session 1's overnight also featured a huge storm that sent everyone to the cabin until 2:20am. On returning to their tents, some groups found their tents flooded. Some opted to spend the rest of the night in the cabin; others piled into dry tents. Session 2's overnight had beautiful weather, and lightning bugs offered a spectacular show.



As is tradition, every unit also completed a service project. Above, girls weed and mulch the pollinator gardens at the wetland. Other projects were: pulling invasive weeds, cleaning the storage buildings while empty, and painting the underside of the yurt. Each unit was also challenged to bring the most donated food for Just Food, resulting in 1,121 food items collected during the two weeks of Day Camp!

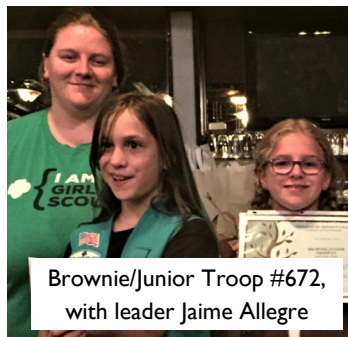
FHV Recognizes Girl Scout Service to Hidden Valley

Friends of Hidden Valley gave four Troop Rewards and one Mariana Remple Recognitions Award during the April 17th Service Unit Leader Appreciation Meeting.

Troop Rewards are given to troops who attended Friends-sponsored workdays and participated in independent service projects at Hidden Valley. Each award is given based on the number of workdays and percentage of girls participating, time given and quality of service projects. Congratulations to those troops who received \$50.00 Troop Rewards! Marcia West, FHV Recognitions Chair, presented the awards.



Daisy Troop #5606, with leader Jessica Hensley



Brownie/Junior Troop #672,
with leader Jaime Allegre



Junior Troop #4912, with leaders Laura
Rozzi & Jenny Gleason



Junior Troop #7610 with leader
Mindie Padgett

The Mariana Remple Recognitions Awards were established for older Girl Scouts with annual awards of \$150.00 each. Girls submit applications that allow them to describe their years of involvement at the camp, along with an essay entitled "Why I love Hidden Valley".



Alexandria (Alex) Van Pelt, Ambassador Girl Scout from Troop 7535, will use her Award to go with her troop to Chicago this summer.

Excerpts of "Why I Love Hidden Valley", by Alex Van Pelt:

"...Hidden Valley has gotten me through many things in life...It has stayed with me through everything...one of the best places in a Girl Scout's life!"

An Earth Day presence...twenty two years later!

April 22 turned into a beautiful day to celebrate Earth Day, 2017, at South Park in Lawrence. Friends of Hidden Valley Board members Cindy Riling, Lisa Barnes, Christine Graves and Claudette Johns welcomed the hundreds of Earth Day Parade participants at the end of their march. Board members used this annual Lawrence celebration to talk with citizens about the importance of Hidden Valley to the community, and to sign up volunteers for Trails Day.



Brave, young participants explored the "mystery boxes" (above) and discovered the diversity of natural wonders found at Hidden Valley.



Twenty-two years ago the newly formed Friends "committee" of the Lawrence Hidden Valley board, announced themselves to the public with their first display at the 1995 Lawrence Earth Day event, followed by an Open House at the camp.

Hidden Valley Trails Day

National Trails Day® (NTD) is a nationally coordinated event designed to unite all muscle-powered trail activities with the goal of connecting more people to trails. By coordinating a wide array of trail activities on a single day, NTD attracts new trail users and helps connect existing trail enthusiasts with local clubs and organizations with the hope of creating trail advocates and stewards. The task to protect and maintain more than 200,000 miles of trails in the U.S. requires collaborative effort among trail clubs, organi-

zations, government agencies, and most importantly passionate trail advocates and stewards. Hidden Valley Camp is one of the single largest tracts of urban wilderness left within the city of Lawrence. Each year more than 5,000 visitors enjoy the 40 acres of green space, including two miles of trails. Friends of Hidden Valley hosted its fourth NTD event on 3 June 2017. At this year's event, approximately 25 volunteers assisted with trail, stream, and bridge maintenance throughout

the camp, while the Lawrence community and area Girl Scouts were invited to guided hikes. We were delighted with the added public awareness of Hidden Valley Camp provided by our local television station. Below: Ken Lassman, right, explains how tall compass plant can get during his guided tour.



April Showers ... and many hard working volunteers ...

... **bring May flowers, shrubs and trees.**

Our Spring Workday was held on April 8, beginning with 12 students from the KU Big Event working in the morning, followed by 176 volunteers continuing the work in the afternoon.

Working on the eastern part of camp, projects ranged from weeding, hauling and burning brush, cleaning litter out of the streams, to planting native grasses, wildflowers and saplings. The plantings will add diversity and stop sediment run-off into streams from areas newly cleared of invasive honeysuckle. Fire rings and

woodpiles were cleaned up and restocked; the front gate received a fresh coat of paint; and Evelyn's Attic received a Spring cleaning inside and out.

Volunteers were treated to a special treat of Oreo Frozen Custard Sandwiches donated by Freddy's Frozen Custard. Devon Lohrenz, a KU student and former Girl Scout, arranged the treat and created informational displays about Hidden Valley for the volunteers to look over as part of her KU Service Learning project.



Thank you to all who helped! Volunteers are essential to the upkeep and maintenance of our treasure- Hidden Valley Camp.

Haiku Fun

Junior Troop# 7610, led by Mindie Paget, wrote haikus about their awesome Hidden Valley experiences. A haiku is a form of Japanese poetry consisting of three lines that contain 5,7, and 9 syllables.

*Oo-ey Goo-ey s'mores,
Hear the fire fly with
sparks,
Singing loud with joy!*

*Crackle goes the fire.
It illuminates the dark.
Fire fills me with joy.*

*I like the Animals.
They were everywhere at
camp.
They totally rock.*

*Always having fun.
Overnights can be CRAZY,
Hear the ghost stories.*

MEMBERSHIP AND RENEWAL GUIDELINES: to become a member of The Friends of Hidden Valley, please visit our website at www.friendshv.org. Membership Renewals will be mailed out near the end of the year. Memberships received after September 1 will be forwarded to the next calendar year.

Calendar of events...

* September 17, 1-3 pm: Cabin & Garden Workday:

Help us spruce up the cabin and gardens in preparation of another great year of activities!

* September 21, 5:30-7:30 pm: Friends of Hidden Valley 20th Year Celebration & Annual Meeting

* **November 12, 1-4 pm: Fall Workday in Mary's Meadow & Dogwood Forest:** huge variety of chores available for all ages...with hot fires and s'mores of course!

* **Honeysuckle Warriors will start up in January**, if not before, battling the invasive honeysuckle. They will meet once a week over winter.

For more information on any of these events or volunteer opportunities, check out our website, Facebook, or email: durandi@sunflower.com



To the delightful squeals and screams of girls, the last (always HOT) afternoon of Day Camp ends with a refreshing soaking from the Lawrence Fire Department!



Friends of Hidden Valley, Inc.
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