



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.

Enjoy a full color newsletter on our website!

Spring 2018

www.friendshv.org Facebook.com:/friends-of-hidden-valley

Spreading the Word about Hidden Valley

Would you like more people to know about our wonderful Hidden Valley?

Do you know of a club or civic organization that is looking for programming ideas, speakers, or a unique meeting location?

Friends of Hidden Valley Board members are available and eager to present a newly-updated power point slide show to interested groups. In addition to providing an overview of what happens at camp, the 20-30 minute presentation can also include information about the history of camp, volunteer opportunities, and time for questions.

In addition to coming to your location, we can also combine a presentation and tour AT the camp, if desired!

Please contact Brigid Murphy for more information.

brigid@sunflower.com

Naturally Friendly, from the Friends of Hidden Valley!

"Naturally Friendly" was the theme for the Friends of Hidden Valley tree at the 2017 Festival of Trees. Troops made ornaments from natural materials and photographs of birds, flowers, and animals found at the camp during the November work day. The photos were taken by Friends of Hidden Valley hikers, including James Bresnahan, Christine Graves, Liz Miller, and Jill Baringer. With all of the help from the girls, leaders, and Friends Volunteers, a beautiful tree was put on display. The tree was purchased by Beth Rundquist (a local pediatrician, Friend, and neighbor) for around \$400. Thank you Beth, and all of the contributors to The Children's Shelter!



Eagles, Snakes and RATS, OH MY!

Beautiful but chilly weather drew steady crowds throughout the day for the 2018 Kaw Valley Eagles Day held at Free State High School on Saturday, January 20. An abundance of activities, informational booths, presentations, eagle-viewing excursions and the always popular owl pellet dissection offered something for everyone.

Friends of Hidden Valley had a special and very popular guest at the booth this year: Oliver the rat. Oliver received many extra treats and prompted conversation about the kinds of wildlife found at the camp. Board members were on hand to discuss membership and upcoming volunteer opportunities and activities happening at Hidden Valley.



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Creature Feature

Overzealous underground dwellers: The Eastern Mole

Moles and their extensive tunnels all over the camp are often the topic of conversation among Hidden Valley Hikers. The eastern mole is a small mammal that spends about 99% of their life underground. They are not rodents, and have large paddle-like forefeet and prominent toenails, which enable them to literally swim through the soil. Eastern moles are about 6-7 inches in length with a velvety fur of brownish black and a short bare tail. They lack external ears and their eyes are extremely small, however, their acute sensitivity to light variance and sound vibration allow them to get around easily in their subterranean homes. Eastern moles eat up to 100% of their own weight in food every day and are particularly fond of grubs, cutworms and earthworms. Because they help aerate the soil with their incessant tunneling, they are good for soil health. Moles live a solitary life for about 3 years, except when breeding in the spring and time with their offspring. Two to five hairless young share a nest of grasses and other plants for roughly 2 months.



Unfortunately, moles really appreciate manicured lawns so if you notice holes and tunnels running across your lawn, you probably have a mole making itself at home. You can try to deter the little buggers by collapsing their tunnel trails by foot but they usually just push them back up. Some other home remedies include: castor bean plants, human or dog hair added to your garden soil or a combination of chili and garlic powder sprinkled into the tunnel entrances and around garden borders. Eventually they will get the message and move along.

Membership Support Grows and Grows

The Friends of Hidden Valley welcome these new members as of February 17, 2018: **Kathryn Baringer, Nancy Jorn and Stuart Beals, Jamie Borgman, Olivia Childress, Janet Matthews, Emily Foster, Brent Healy, Karen Lenzen, Joanne Morrell and Nancy Weaver.**

Your 2018 membership is valid until December 31, 2018. Several members have decided to honor a friend or relative with a gift membership this year. Email the Membership Chair, Claudette Johns (Cdlj2111@gmail.com), to learn how you can purchase a gift that keeps giving for generations to come.

Hidden Valley Gets New Intern to Assist the Camp Manager

Hidden Valley Camp is lucky to have a new intern to serve as the Camp Manager's Assistant. Olivia Childress, a junior at the University of Kansas, has been a valuable addition to the team of volunteers that do so much at the camp. Working on the Conservation Pathway within an Environmental Studies degree, Olivia is most interested in learning about native plants and prairies. One of her major goals is to find a career that allows her to work outside in the natural landscape. Besides helping with the day-to-day maintenance of the camp and assisting at workdays and service events, she has been studying the diversity of flora at the camp and creating plant ID cards and field guides for use by Girl Scouts. This semester, she is also getting KU credit for her volunteer hours. Camp Manager, Durand Reiber, has been most impressed with her "ready to tackle anything" attitude, and quick response to requests. Thank you Olivia, for your hard work!



April is Volunteer Appreciation Month!



Hidden Valley has a long tradition of volunteering, and continues to have some of the BEST volunteers around! Here are a few of the volunteers we'd like to recognize this month:

Kyra Flummerfelt~for years of managing equipment, reservations & now the Challenge Course;
 Lysette Deboard~for her fantastic Day Camps and archery installment & coordination;
 Rod Hoffer for help with archery net;
 Mike Huslig & the hardworking Honeysuckle Warriors;
 Cris Bandle~Web Master& Facebook help;
 Marcia West, Christine Graves, and Cindy Riling~our fabulous Workday Coordinators;
 Mary Beth Petr~ First Aider at Workdays;
 Aubin Murphy~for a new Hidden Valley slide show;
 Gwen Macpherson:~mapping & carpentry

Yurt Nature Center: Ken Lassman (Seasonal Display); Jim Bresnahan (sharing his beautiful photography);
 And KU Grad Students working on Habitat posters: Emily Arsenault, Ryan Ridder, Stephen Baca & Matthew Jones;
 Margaret Townsend~Workday First Aider & Festival of Trees Coordinator~with help from Ellen & Sarah Kyriakos;
 Sandy Beverly~Hiking Patrol Coordinator with Nancy Jorn assisting;
 All our avid Hiking Patrol Members & Workday Volunteers;
 The Lawrence Hidden Valley Board of Directors;
AND YOU, our members!

Seasonal Happenings at Hidden Valley Camp: April ~ Planting Moon

The following description of what you can observe this month is written by Ken Lassman. Photographs are by Jim Bresnahan, a frequent hiker who has accumulated a wealth of photos taken at the camp.

- ☐ Wildflowers: spring beauty, rue anemone, pussytoes, woodland phlox, cutleaf toothwort, trout lily ◇ Redbuds bloom ◇ tree leaves unfurling mid-late April ◇ elm, maple seeds drop ◇ morel, other mushrooms after a rain
- ☐ Luna moth ◇ other moths ◇ ticks ◇ spiders ◇ wasps building nests ◇ toads ◇ frogs laying eggs ◇ salamanders
- ☐ Most songbirds at their most colorful, begin breeding season, nesting ◇ warblers, vireos returning
- ☐ Migratory bats arrive ◇ birthing seasons for skunks, squirrels, raccoons, muskrats, moles, coyotes, opossums, wood rats, foxes
- ☐ Leo, Big Dipper prominent in sky around 9pm

These and other pictures for every month can now be viewed on our website and Facebook!

And now, YOU TOO, can add to our collection! Whenever you take a picture of Hidden Valley nature, please feel free to add it to our photo gallery on Facebook. Just think of the stories these pictures will tell over time!



Clockwise from top left: Bloodroot flower, Paw Paw blossom, American Toads mating, Spring Beauty flower, Black Capped Chickadee with nesting material

Hidden Valley Calendar of Events

April 14, 1-4 pm: Spring Workday; (rain date April 28) Lots of tiny trees and shrubs to plant and more! Any amount of time appreciated!

April 21, 11 am - 4 pm: Earth Day Parade with Activities & Exhibits in South Park. Visit us at the Friends of Hidden Valley table!

June 2: Hidden Valley Trails Day! Join us for trail maintenance from 8-11 am, and/or take a guided hike of Hidden Valley between 11:30 and 1 pm. Rain date is June 3.

September 16, 1-3 pm: Cabin and Garden Workday

For these and other volunteer opportunities, please visit our website, Facebook page, or contact the Camp Manager/Volunteer Coordinator at durandi@sunflower.com

Help Wildlife...buy your garden plants at these area Native Plant Sales:

April 21, 1-6 pm: Happy Apples Farm: 17524 178th St. Tonganoxie

May 12, 8am-2pm: Monarch Watch Open House and Plant Fundraiser

May 19, 9-1 pm: Grassland Heritage Foundation Plant Fundraiser



Winter Hiking Snippets!

"...Squirrels and crows were the critters I noticed. A beautiful and restorative time in the woods" ~ Stuart

"...It was quiet and peaceful in the snow....the crows were noisy and the birdsong was lovely on a cold Christmas afternoon" ~ Liz

"...our light inch of snow had transformed everything into a powdery landscape. It was very cold, only the crows and some fussing titmice were in evidence from the bird world. You could see a very long way in many directions now with all the leaves down and much of the honeysuckle bushes cleared away... We saw a lot of rabbit and mouse tracks...What a treasure Hidden Valley is for our girls, in any season." ~Jill

"...All was quiet until dusk when bird activity picked up with cacophony of chirping and flitting about. Robins bathed in the partially frozen creek and seemed to enjoy sliding about on the ice." ~ Nancy



Photo by Stuart Beals from the Hiking Patrol



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