



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.

www.friendshv.org

Summer 2018

Day Camp 2018: it's all about the FUN!



"Blast from the Past" was the theme of Hidden Valley Girl Scout Day Camp, held the second and third weeks in June. Nearly 250 campers, aides, and volunteers participated in the fun each week. Campers wearing brightly colored t-shirts (representing the warm colors of a campfire) spent their days hiking, building and tending fires, cooking meals, singing, playing games, and learning how to work together. Painting rocks with pigment derived from natural materials and participating in challenges were special activities enjoyed by younger campers. More experienced girls tried archery and zip lining. One Junior scout shared that zip lining was scary at first but, once you go down, is worth it! She was proud of herself for overcoming her fear of heights and accomplishing personal goals during day camp. A whole-camp activity was the construction of several tunnels using honeysuckle cut by the Honeysuckle Warriors! Congratulations and thank you to our amazing camp director Lysette DeBoard and the many dozens of volunteers who make this wonderful experience possible for local Girl Scouts!





April Showers ... or freezing rain?!

Despite threats of “wind chill” temperatures and freezing rain, 83 hearty volunteers showed up at camp on Saturday, April 14 for our Spring Workday. The work began in the morning with 14 KU Big event volunteers. By the end of the day all of the volunteers were able to complete the planting of 90 saplings, clean up areas on the east side of camp, cut back dead stalks and cedar branches, dig up cactus, mullein and sumac, and clean up litter. The gutters on Evelyn’s Attic were even cleaned out.

The trees and shrubs planted for native woods restoration were ordered from the Kansas State Forest Service. They included Mulberry, Shellbark Hickory and Hazelnut trees; the shrubs were False Indigo, Serviceberry, and Spicebush. There were also about 50 cuttings of Elderberry plants that were harvested from our own camp and planted along stream banks. Several native grasses mixed with annual rye were spread along with wildflower seeds harvested from camp and some squaw weed flowers to provide ground cover throughout wooded areas.

A new technique was implemented this spring using the “biochar” left in the fire rings from the numerous Honeysuckle Warriors burning events over winter. It was used to mix with the mulch, placed in the bottom of planting holes and for use in stream stabilization projects, due to its’ water holding capacity.

Hidden Valley Trails Day 2018



For 25 years, National Trails Day® has united the trails community on the first Saturday of June with the goal of connecting more people to trails and public lands.

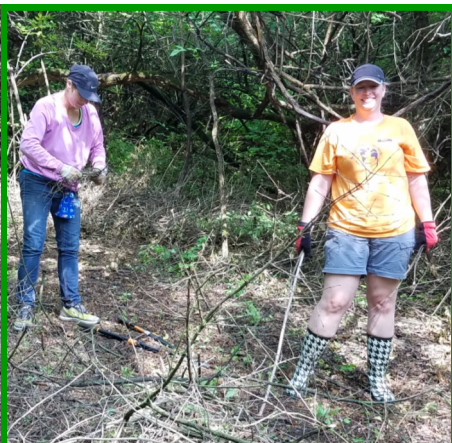
On June 2, 2018, Friends of Hidden Valley hosted a Trails Day event in conjunction with its summer workday at Hidden Valley campsite. There were 22 volunteers (including two Girl Scout troops) that came out to work the trails. Preparing the campsite for summer day camp at Hidden Valley could not have happened without the sweat and diligence of these volunteers.

After the work, guided hikes were offered to the scouting and Lawrence community, lead by birders, photographers, prairie plant ecologists and Hidden Valley historians. Twenty-five



hikers arrived for this activity, including some from Presbyterian Manor.

Friends of Hidden Valley is grateful for every individual who pitched in to leave a trail better than they found it as well as the guides and hikers who took the time to explore our treasured campsite. It was a great opportunity for people to try something new, explore wild spaces, or get outside right in their neck of the woods—or city!



**Mark your calendars now for
Trails Day 2019, on June 1st!**

Friends of Hidden Valley Awards for Local Girl Scouts

Each year troops may apply for a **Troop Reward** in the amount of \$50.00 from the Friends of Hidden Valley. One troop reward may be given to each age level, based on percentage of troop members who participate in each work day or service project, for the number of work days attended, time given, and quality of service projects. The following troops received the reward at the Leader Appreciation event on April 16. The girls shown represented their troop to receive the reward.

Jessica Hensley's Brownie Troop 5606 (brown vests-left to right): Lydia Hensley, Ayla Talley and Terryn Wittbrod

Mindie Paget's Daisy Troop 3008 (blue vests); Eve Stephens and Brylee Pam

Julie Hoffer's Cadette Troop 7611; (back-left to right): Gabriel Spray, Allie White, and Ruby Hoffer

The **Mariana Remple Recognitions Award** is given out each year in honor and memory of Mariana Remple. Teen scouts, Cadettes, Ambassadors or Seniors or a Juliette (a registered Girl Scout without a troop) may apply for this \$150.00 award. The application must include the reason they want or need the award, and a one page typed essay entitled "Why I Love Hidden Valley". This year's award was given to **Ruby Hoffer**, a Cadette from Troop 7611.

Ruby wants the money "for Girl Scout outdoor excursions and to buy equipment for them."



Excerpts of Ruby's essay:

"I love Hidden Valley because it is beautiful and well kept.....because of the Fun times I have had and all the memories I have made. My troop did a camp out, had meetings there and we have done service projects. I, like most people, (did) not know it is there...which fits the name. I feel very lucky to have such a great camp in Lawrence."

Earth Day 2018 in South Park



The cold and rainy day of April 20 was a perfect day for the Friends of Hidden Valley to celebrate Lawrence's annual Earth Day at South Park. Volunteers Brigid Murphy and Lisa Barnes (above), Christine Graves, and Claudette Johns distributed information about Hidden Valley and the upcoming Trails Day and talked about the benefits of Hidden Valley to the Lawrence community. Earth Day participants enjoyed the Mystery Boxes and tried to guess what was hidden inside. A new activity was the pictures of animals and plants at Hidden Valley that the youngest participants loved to color.



Inside this issue:
New ways to support
Hidden Valley Camp!

CANS
for the Community

Dillons

And our
Calendar of Events

Friends of Hidden Valley was the proud recipient of a \$1,000 donation from Cans for the Community, presented at the beginning of Trails Day on June 2nd. Pictured are Cans for the Community Board members and volunteers, and Friends board members, volunteers and hiking guides.



[Facebook.com/Friends-of-Lawrence- Hidden-Valley](https://www.facebook.com/Friends-of-Lawrence-Hidden-Valley)



Charlie Johnson with Boy Scout Troop 53 built 8 new kitchen boxes for Hidden Valley as his Eagle Scout project. Thank you Charlie!

Friends of Hidden Valley, Inc.
PO Box 442073
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There are many ways to support Hidden Valley Camp.
Let us show you the ways!

Cans for the Community is a non-profit organization providing financial support to other non-profit organizations in Douglas County, Kansas and surrounding communities by recycling aluminum beverage containers. Started in May of 2005, Cans for the Community has donated over \$200,000 to local charities. The Friends of Hidden Valley is one of many non-profits to receive donations from Cans for the Community, and this directly benefits Hidden Valley Camp.

Please help us thank Cans for the Community for their generosity by donating your aluminum cans at any of their blue houses around town. Can houses can be found at Dillons, Checkers, and Hy-Vee stores, Hillcrest Shopping Center, the hospital, and other locations. Please check their website for the full list! The more we donate, the faster

**FUN FACT: 31 ALUMINUM CANS = ONE POUND.
SAVE THOSE CANS!**

Hidden Valley and many of your favorite local non-profit organizations will reap the benefit!

Dillons Community Rewards is an easy way to help Hidden Valley Camp! The Friends of Hidden Valley is a non-profit organization (NPO) that is supported by the Dillons Community Rewards Program. Dillons Community Rewards makes fund-raising easy. All you have to do is shop at Dillons and swipe your Plus Shopper's Card!

A Dillons customer must have 3 things to register and begin supporting Friends of Hidden Valley:

A Plus card, which is available at any store by asking an associate

A valid email address, which can be obtained from any free online service and can be anonymous

A personalized on-line account at the Dillons website, which again can be anonymous

YOU MUST FIRST HAVE A DILLONS ON-LINE ACCOUNT. IF YOU DO NOT HAVE AN ACCOUNT ON THE DILLONS WEBSITE, FOLLOW THE ONE-TIME SET OF STEPS:

Visit the Dillons website at www.dillons.com/communityrewards

Click on "Register" in the upper right-hand corner of the page

Enter your email address, password, zip code (**select preferred store**) and check the box if you desire to receive email communication from Dillons

Click on "Create Account" at the bottom of the page

You will receive an email confirmation to your inbox; to activate your account, click on the link in the body of the email, and enter your sign in information to confirm

ONCE YOU HAVE YOUR DILLONS ON-LINE ACCOUNT, ENROLL IN THE COMMUNITY REWARDS PROGRAM. THIS WILL LINK YOUR DILLONS PLUS CARD WITH A SPECIFIC NON-PROFIT ORGANIZATION:

Visit the Dillons website at www.dillons.com/communityrewards and sign in.

(You must have first created your account in the above set of steps). Click "Enroll Now"

Enter the 5-digit NPO and search (the Friends of Hidden Valley's NPO is **55593**)

Select the Organization and click on "Enroll"

Other Ways to help: Keep up your Annual Friends Membership...renewals coming this fall! Join the Hiking Patrol to help monitor the camp! Come to a workday (see Calendar); Tap into your inner warrior by joining the Honeysuckle Warriors this winter! Select Friends of Hidden Valley as your charity while shopping at smile.amazon.com! Donate to the Brick 4 Bricks fundraiser to build a large fireplace/grill! Visit our website for details on all of these.

**MARK YOUR CALENDAR FOR THESE
IMPORTANT EVENTS!**



**Enjoy fresh air and time outside while attending our
family-friendly workdays:**

Sunday, September 16: Our early fall workday centered around the cabin and butterfly garden; just 1-3 pm...quick and easy!! Rain or Shine for this one!

Sunday, November 11, 1-4 pm. (rain date Nov. 18): Our most popular workday of the year, spreading across Mary's Meadow, Dogwood Forest and beyond!
Come join in on the fun (& s'mores!)

Annual Party at the Camp!

Thursday, September 20, 6:00 pm; invitation to follow

***OK, it's our Annual Meeting, but don't let that stop you from coming! We have lots to showcase every year, and fun ways to recognize our wonderful volunteers!
We promise...very little "dry" annual meeting stuff!***

And for your reading and hiking pleasure, this is what you can observe when you hike Hidden Valley or other local favorites during the month of August!

Yellow Flower Moon: August

- ☐ Prairie grasses starting to get golden hues ◇ soft indiangrass seedheads ◇ ragweed pollen begins last week of August ◇ algae blooms on water ◇ yellow flowers: goldenrods, perennial & annual sunflowers
- ☐ Beetles ◇ spiders on flower disks ◇ insects noisy after rain ◇ sticky elm aphid honeydew on car ◇ gnat clouds ◇ monarchs ◇ dragonflies ◇ mosquitoes ◇ chiggers ◇ daytime: cicadas, grasshoppers; nighttime: katydids, crickets
- ☐ Yellow goldfinches ◇ barn swallows ◇ summer molting season ◇ some songbirds begin migrating south
- ☐ Young mammals leaving parents incl. raccoons, opossums, skunks
- ☐ Cygnus/Northern Cross, Sagittarius/Milky Way high in the sky around 9pm ◇ Perseid meteor shower ~Aug. 9 - 13 (plan a campout!)

Courtesy of Ken Lassman, author of "Wild Douglas County"

For accompanying pictures, please visit our website or Facebook page!