



# 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](http://www.friendshv.org)

Spring 2016

## *Girl Scout Birthday: An Opportunity to Serve*



*Did you know that what we now call the Gold Award was originally called the First Class Award?*

high school students; starting a lunch program for local business men and women to mentor elementary students once a month; building an irrigation system for a greenhouse and outdoor garden at a ranch that is home to disabled adults; creating and providing a drug awareness and safety video for high school health classes with the cooperation of local police and medical staff, and awareness workshops about local Human Trafficking.

On March 12, the Girl Scouts of NE Kansas & NW Missouri participated in a Service Day to honor the Birthday of Girl Scouts and the 100<sup>th</sup> anniversary of the Gold Award. Douglas County Girl Scouts worked at Hidden Valley to honor the day. The gold award is the highest and most prestigious award that Girl Scout Seniors and Ambassadors can earn. Girls choose an issue that they are passionate about, research it and devise an action plan that they can implement to make a sustainable and measureable impact in their community, city, state, country or the world. They are encouraged to step out of their local Girl Scout community.

Examples of some projects are: organizing a before school buddy reading program for elementary and

Hidden Valley continues to change with many exciting improvements. Site manager, Durand Reiber, and her very capable volunteers have built a new bridge, and cleared invasive Honeysuckle from areas in the forest to name a few of those improvements.

Hidden Valley also hosted the Girl Scout Service Day in March. This event provided lots of activities for the girls in a safe environment. In June on National Trails Day, the site will be open to all community members for hikes along the trails in Hidden Valley. All of this is possible only through the generous contribution from our members. If you haven't renewed your membership, please remember that it is through you 'our members' that the site can continue to be the wonderful urban wilderness that it is today. For renewal information or to learn more about the Friends of Hidden Valley, please visit our website :

(<http://www.friendshv.org/>)

## *Hidden Valley is 60!*



This year marks the 60<sup>th</sup> anniversary of the purchase of Hidden Valley Camp! We have lots of exciting activities in the planning, culminating in a Fall Frolic for Girl Scouts next September. In the meantime, we'll be posting Throwback Thursday pictures and historical events all year, and recognizing our wonderful volunteers of the past and present during April's National Volunteer Recognitions Week on our Facebook page. Be sure and "like us" so you

can see what we've done and what we're up to!

## **Fall Workday Brings Record Numbers!**

Sunny skies, hot fires, and 20 projects of various magnitude made up the 3-hour fall workday at Hidden Valley Camp. Thanks to an all-time high for November of 180 volunteers swarming down on Mary's Meadow and Dogwood Forest, every single project was completed! Volunteers represented Girl Scouts, KU groups, members of Friends and the PEO, and many new faces from the community. Durand Reiber coordinated the day, with assistants Sandy Beverly and Margaret Verhage, and the fantastic help of 18 other volunteers (mostly present and former LHVC and FHV board members) in running the show and leading the projects, ensuring the day ran as smooth as could be expected.

Projects included tree mulching and trimming, honeysuckle removal and burning, campsite renovations, woodpile stocking, and litter pickup in the creeks. At the wetland, cattails were removed and seed balls were made. Seed collections and dispersal continue to enhance pollinator habitat. Two special projects were completed. Gwen Macpherson designed and oversaw the building of a long footbridge that spans the overflow swale of the wetland to access Sherwood Forest, the archery zone. Using two 35' telephone poles delivered by Westar, KU students placed the poles and Girl Scouts then mastered the art of hammering the boards!

Meanwhile, in Dogwood Forest, Mary Beth Petr oversaw the first really good exterior cleaning and minor repair of the yurt. Mold was scrubbed away, new ropes for the shades were installed, windows cleaned and the interior dusted, swept and mopped. It's lookin' good!

As volunteers finished up, they were treated to the usual s'mores and hot cocoa at the Gathering Place, while volunteers in Dogwood Forest were also treated to cookies provided by the PEO, which has adopted local Girl Scouts as their philanthropy. Thank you to all of our outstanding volunteers!

## **Eagles Day Offers Chance to Learn About Others Like FHV**

The annual Kaw Valley Eagles Day, sponsored by the Jayhawk Audubon Society, U.S. Army Corps, and Unified School District 497, was held 23 January 2016 at the Free State High School in Lawrence, Kansas. The Friends of Hidden Valley and a variety of other organizations provided nature and environmental exhibits as well as activities for kids of all ages.

The first Eagles Day was held on Saturday, January 11, 1997 at the Lawrence Riverfront Factory Outlets Mall. In subsequent years, Eagles Day events have remained consistent, with a heavy emphasis on presenters, who educate their audiences while generously sprinkling their programs with entertainment and humor. In addition to the formal presentations, exhibits by nearly 30 community, nonprofit groups and city, state and federal agencies provide continuous opportunities for public education with their informative displays, live animals, and activities for children.

Because of the generosity of Eagles Day underwriters, the event continues to be free to the public – and popular, with attendance running nearly 1,000 each year. For additional information about this event, please visit the Kaw Valley Eagles Day website - <http://kawvalleyeaglesday.com/index.php>. The Friends of Hidden Valley hope to see you at a future Eagles Day event in Lawrence, Kansas.

## **Join us for the Third Annual Hidden Valley Trails Day**

June 4, 2016 is American Hiking Society's National Trails Day®, the country's largest celebration of trails. National Trails Day events will take place in every state across the country and will include hikes, biking and horseback rides, paddling trips, birdwatching, geocaching, gear demonstrations, stewardship projects and more.

American Hiking Society's National Trails Day® (NTD) is a celebration of America's magnificent Trail System, occurring annually on the first Saturday in June. NTD features a series of outdoor activities, designed to promote and celebrate the importance of trails in the United States. Individuals, clubs and organizations from around the country host National Trails Day® events to share their love of trails with friends, family, and their communities.

On June 4, consider spending the day at Hidden Valley. For those interested in hiking, please join us at 11:30 for a guided tour of our trails. For those who would like to lend a helping hand in maintaining our trails, please join us earlier in the day. Details are noted in the Volunteer Opportunity section of this newsletter. We look forward to seeing you at Hidden Valley



**Enjoy the recently completed Sherwood Bridge on Trails Day! Gwen Macpherson led the work to build the long bridge, sometimes with student help. The bridge spans 35 feet, plus 15' ramps on both ends! Thank you Gwen!**

## **Show Your Love for Hidden Valley Through the Brick for Bricks Campaign**

Did you miss the opportunity to immortalize you, your family or your Girl Scout/Boy Scout troop in a brick at Hidden Valley? You're in luck because we are continuing the Brick for Bricks Fundraising project with a new goal. Our aim is to build a large fireplace and grill at Southern Shade Shelter, which is just south of Ar-ca-loo-ka cabin. Your purchase of an inscribed brick will not only encourage more outdoor events, but will live on in perpetuity at the patio area of Ar-ca-loo-ka.

The Outdoor Foundation's Participation Report of 2014 ([outdoorfoundation.org](http://outdoorfoundation.org)) show that 49.2% of our nation's population participated in outdoor activities. That percentage is low, but even worse is the fact that only 14% of our total population age 6+ participate in car, backyard, backpacking and RV camping, and among the reasons cited for not participating included lack of opportunity, fellow campers, skills or mentors. Hidden Valley's Annual Report of 2014 show 1,167 youth participated in a fun activity at Hidden Valley, other than a work day or day camp. Of those fortunate youth only 14.8% stayed overnight. Wow!

Those of us with a love for the outdoors are continually concerned with our youth's lack of knowledge of nature's abundance, and overall enjoyment for outdoor activities. Hidden Valley provides an ideal setting for youth of all ages to enjoy outdoor opportunities, but how do we continually encourage Girl Scouts and Boy Scouts, and other youth, to plan and participate in events at Hidden Valley? A number of years ago local Girl Scout members young and old were surveyed for ways to improve Hidden Valley, and encourage more participation. This became a long-range plan for the Hidden Valley Committee. One of the top hits on the survey was an outdoor fireplace or cooking grill attached to a shelter. The Friends of Hidden Valley has determined now is the time to start planning for fruition of this plan.

The Brick for Bricks Fundraising project was successful in raising funds to replace Arcalooka's chimney, but the brick patios where we placed the personalized, purchased bricks are not yet full, so let's move on to our next project. Please order a custom brick using the enclosed brochure to help us raise funds to build a big, functional, traditional fireplace for cookouts, campouts and any manner of activities!

## **Upcoming Volunteer Opportunities:**

**Join the Honeysuckle Warriors Crew:** we'll be wrapping up the season soon, but there's still time to volunteer with the hard working Honeysuckle Warriors as we remove the invasive honeysuckle shrub from the understory of the woods. We meet one afternoon a week, weather permitting....no regular commitment required-you just come when you can.

**Friends of Hidden Valley Spring Workday:** April 16, 1-4 pm (raindate April 23). Help us spruce up the camp in preparation of another year of fun in nature for our Douglas County youth! Tasks vary widely, including brush trimming and burning, campsite renovations, prairie and woods restoration, woodpile stocking, garden chores, tree and shrub planting, litter pickup and more. Come for an hour, come all afternoon! Refreshments and tools included.

**Members' Nature Hike:** Date and time to be determined. Please join us for a hike hosted by Friends of Hidden Valley in partnership with naturalist Ken Lassman. Please keep an eye out for notification of the final date on Friends of Hidden Valley's Facebook page.

**Hidden Valley Trails Day:** June 4, (raindate June 5). 8:00-11:30 am: Join a crew to help with trail maintenance projects, covering over 2 miles of trails!  
11:30-12:30: Guided Hiking Tours will be available to the public, with short & easy 1/2-hour tours at 11:30 and noon, and one-hour tours beginning at 11:30. Follow up with refreshments, exhibits and conversations with board members. What better way to see what this hidden treasure is all about!

For more information on these and other volunteer opportunities, contact the Camp Manager at [durandi@sunflower.com](mailto:durandi@sunflower.com).



*Workdays are a critical part of how important improvements are made to Hidden Valley. Gwen Macpherson, KU students, Girl Scouts, and others worked diligently to make progress on the new Sherwood Bridge during the November Workday.*

## ***Support the Friends of Hidden Valley***

There are a number of ways to show your support for the Friends of Hidden Valley, including:

- Indulge your inner warrior by joining the Honeysuckle Warrior Crew,
- Maintaining your annual membership,
- Join us on a work day or monthly hike,
- Make a donation to support Hidden Valley,
- Liking us on Facebook.



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