



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 Newsletter 2009

Dogwood Forest restoration is in full swing

What could have been a cold, wet spring day in the stream luckily was sunny and warm for the 20 volunteers that turned out for the first phase of restoration work in Dogwood Forest. In fact, the volunteers were so numerous and capable, they were able to accomplish many other projects in the area as well!

The streambank stabilization phase involved installing a cedar tree revetment on a portion of Hidden Valley stream on April 3, under the supervision of Charlie Barden, K-State Research and Extension Forester. But before volunteers could actually complete the revetment, many steps were taken, such as:

- 1) Well over 200 willow shoots were harvested in late winter (before they budded) from trees on Bob Russell's land near Lyndon, KS, with the help of his daughter, Joanna Voight and two grandkids.
- 2) The shoots were stored until stream revetment day in a walk-in cooler, to keep them from budding, compliments of Owens Flower Shop.
- 3) During Spring Break, David Reber cut approximately 25 bushy cedar trees from his property, and volunteers with trucks hauled them to the camp the following weekend.

On April 3, volunteers first laid out the cedars in between two sharp turns of the streambank.

Then, using a large, heavy jackhammer, long duckbill anchors were pounded into



This photo shows the cedar trees just after they were anchored into the streambank in April, and 12 of the 20 volunteers who completed the revetment: sitting from left: Jill Baringer, Durand Reiber, Katie Speicher, Mary Beth Petr, Will Boyer & Bill Wood. Back from left: Cosmo Canacari, Genevieve Voight, Joanna Voight, Ryan Chapman, Colby Pearson, and Karen Warner. Charlie Barden from KSU Research and Extension took the photo. Other volunteers were Alison Reber, Cindy Riling, Jeff and Cris Bandle, Jill Giele, Paige Blair and Melanie Bird.

the toe of the bank. Several strong men were required for handling the jackhammer while balancing in the muddy stream. More volunteers followed with cable and clamps, securing the cedars to the anchors.

As the group moved down the stream, overlapping the cedars, more volunteers swooped in to pound the willow shoots into the bank about every foot behind the cedars in a zig-zag

pattern. When finished, only about two inches of each shoot was exposed.

The volunteers worked well together, finishing the project much faster than anticipated.

Shortly after the revetment installment, a series of heavy rains tested the project. Storm water surged well above the cedars. Twice, during high

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The Hidden Valley streambank restoration efforts have been made possible with funding from the Elizabeth Schultz Environmental Grant through the Douglas County Community Foundation. Project management provided by the Lawrence Hidden Valley Committee and led by Durand Reiber, Hidden Valley site manager, with additional volunteer hours from the Friends of Hidden Valley, and our many partners, including the Girl Scouts of Lawrence, Kaw Valley Heritage Alliance & K-State Research and Extension. THANKS!

On the ropes at Hidden Valley Day Camp

The theme of Hidden Valley Daycamp this year was “Sky’s the Limit!” and more than 450 girls and older girl camp aides were enrolled during two sessions of camp in June.

Especially popular were the new ziplines installed earlier in June for Junior-aged and older campers.

Lots of yells of “Zipping” followed by “Zip on!” were heard as the girls got to experience the new High Ropes Challenge element. Challenge Options, Inc., installed the two new ziplines just west of the



pond in Mary’s Meadow. Utilizing telephone poles, a Girl Scout can choose to zip from a 15-foot tall platform or take a longer ride from a 25-foot tall platform.

All participants wear helmets and climbing harnesses and are attached securely to a belay line while they carefully climb the telephone pole to their chosen height.

Once on the platform, a hardy trained facilitator clips the participant into a front and back hanging zip harness and instructs them on how to safely launch from the platform. Then, after giving the proper call and response with the ladder crew below, the participant is off on a swift ride while the crowd watching hears a distinct “zipping” sound from the trolley connection moving along the cable.

Breathless scouts have called this experience “Awesome!” and “Amazing!”, but it goes well beyond just having a thrilling moment. When a girl is climbing the telephone pole and stepping off onto a platform, she is having a high adventure experience which challenges her ability to overcome her natural fear responses and focus on a complex task. For some girls,



just getting partway up a ladder is challenging enough and they can choose to stop and come right back down. Other girls can’t wait to zip all the way.

The scout who goes up just a few steps and the girl who has calmly launched herself into the air for a thrilling ride have BOTH experienced a personal growth activity.

They both can feel a sense of pride at trying something new that they perhaps

never thought they could accomplish at first glance. A zip line increases self-confidence, helps the girls feel part of a team or unit, and rewards all the participants with a feeling of accomplishment. It creates memories that will last a lifetime. And let’s face it, it’s FUN too.

Special thanks to the eight volunteers who dedicated a full weekend to training and testing to become facilitators so that this year’s Day Campers could experience this new activity. They are Cris Bandle, Jill Baringer, Lauren Yoshinobu Buskirk, Rebecca Gant, Kyra Flummerfelt, Roshni Oommen and David Petr. Mary Beth Peter trained also, and led the Lawrence Hidden Valley Committee’s efforts to get the zipline installed and the volunteers trained.

Daycampers collect more than 1,000 food items for ECKAN!

Hidden Valley Daycampers donated about 1,100 food items to the ECKAN Just Food pantry during the two sessions of Hidden Valley Daycamp in June.

The food drive was highly successful in part because the camp units had some friendly competition to see who could collect the most food!

Margaret Townsend, Friends of Hidden Valley board member, worked with camp directors Amy Coons and Cali Burke to include the service project at daycamp.



Stream Revetment is holding sediment!

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water events, a cedar was ripped from its cables, but was reattached with no apparent damage to the revetment. The cedars were trapping sediment right away!

The amount of sediment buildup since has been incredible, as the bank now slumps into the cedars instead of washing downstream. Vegetation has begun to grow, along with what appears to be a 100% willow shoot success rate! The willows are now nearly 2-3 feet tall and growing strong.

We will continue monitoring the stream for the next couple of years, repairing and replanting as necessary. If the revetment is successful, we can duplicate it in several areas of eroding streambank. And next time around we will be able to harvest willow shoots from our own property!

The next phase of our restoration will be the addition of compost and topsoil into the clay soils left above the city sewer line installed through Dogwood Forest more than two years ago.

Arcalooka Cabin's 50th birthday party!

The 50th Birthday of Arcalooka Cabin at Hidden Valley Camp gave us an excuse to have a camp-style birthday party on April 18.

The event was a great success and attended by many Girl Scouts, their families and other people from our community as well.

Prior to starting the fun, we had our normal "Spring Fling" workday to complete camp service projects (see story, below).

Then the celebration began with a re-dedication ceremony at Arcalooka, led by Lucy McAllister of the Lawrence Hidden Valley Committee and daughter of one of the camp's founders, Mariana Remple. From there, we moved on to camp games, food and a silent auction.

Several local businesses helped out by sponsoring Arcalooka Adventure, with money or in-kind donations: Ameriprise Financial, Checkers, Dillons, Douglas County Bank, Hy-Vee, Royal Crest Lanes, Sunflower Bank, Trust Company of Kansas and US Bank.

Cindy Riling, Friends of Hidden Valley board member, chaired the event. Thanks, Cindy!

Photos by Clark Fulton



A ceremony to start the day



Looking for bugs and frogs in the wetland area



Wrist rocket target shooting



"Skiing" in Mary's Meadow



Potato sack races



Making s'mores, of course!

We got a little work done, too!

Troops help with restoration efforts in Dogwood Forest

Planting of the upper bank in the riparian zone of the stream revetment was accomplished by 14 Girl Scout troops during the Spring Fling workday, held in conjunction with Arcalooka Adventure. Tiny saplings of native species of chokecherry and sandhill plum were planted in the riparian zone above the revetment for their erosion stabilizing qualities and usefulness for wildlife.

In addition to the stream plantings, many other native species of trees and shrubs were planted that day in the understory of the woods, where volunteers have removed an incredible amount of Japanese Honeysuckle over the past year. For the sake of diversity and wildlife, we planted chinkapin oak and paw paw trees, to add to the many other native species already existing at the camp, along with some hardy regulars: fragrant sumac, redbud and Eastern red cedars.

A total of 166 girl scouts, leaders and parents, along with LHVC and FHV board members and Friends members joined in the planting efforts. In addition to planting and mulching, girls also hauled and burned the never ending piles of cut honeysuckle in four fire rings, the coals of which became the fuel for the Iron Chef Competition of Arcalooka Adventure (see story P. 4).



Planting tiny trees

Food always tastes better outside!

Culinary skills tested in Cast Iron Chef Cookoff

Those of you who are campers probably have quite a bit of experience with campfire cooking. It's fun and the food somehow just tastes better when prepared over an open fire. But it's a lot of work and we wonder how our ancestors ever managed to cook this way day after day.

At home, we can usually estimate how much time we need from preparation to serving, but cooking outdoors often takes a lot more time than we think.

As part of the Arcalooka Adventure, outdoor chefs had a chance to participate in the Cast Iron Chef Cookoff, and a stopwatch was a necessity. Fires were already burning when the groups arrived, but they had only two hours to prepare and cook either a main dish or dessert.

Around the different cooking areas, the cooks were busy, and after the first hour



Slaving away over a hot campfire

the aromas coming from the campsites were enough to make anyone hungry!

The dishes prepared included Kansas Prairie Stew, Lasagna in the Round, Squaw Corn, Chicken in Cola and Pineapple Upside Down Cake.

As groups made their way to the cabin with their final creations, some on serving

dishes and some still steaming in their Dutch ovens, Dan Affalter, Charles Branson, Deborah Burns, Fred DeVictor, Ken McGovern, Bob Moody, and Jason and Vanessa Peters began arriving to serve as judges.

They made comments such as "this is really good, umm," and "I didn't think judging would be this hard." After tasting and re-tasting, they declared winners in two categories: Chicken and Dumplings from Girl Scout Troop 7675 and Birthday Cake (which involved blueberries) from Girl Scout Troop 7704. The winners received gift certificates for pizza and bowling. Three adult leaders won the Silver Spoon Award (metal measuring spoons) for their Polish Foil Dinner entry.

Thanks to all who participated, either as judges or cooks!

Arcalooka Cabin upgrades: lots accomplished, still more to do!

As camp usage drops off for the hottest part of the year, work will once again commence at Arcalooka Cabin.

Karl Ramburg will be doing some minor repair of the brick and concrete masonry. Later this summer, Mel Reynes

and Klinknett Roofing will be installing a new roof and skylights and repairing wood rot, especially of some flashing which is contributing to a perennial problem: leaks!

The new windows worked like a charm at Day Camp, eliminating a lot of



frustration from trying to work the old, crank-style windows.

On the future cabin improvements list: repair or replacement of the two propane wall furnaces, depending on funding. Troops DO use the cabin year-round and upgraded furnaces will certainly make it more welcoming in very cold weather.

If you would still like to contribute to the Arcalooka Cabin Improvement Fund, please send a check to:

Lawrence Hidden Valley Committee, Inc., P.O. Box 425, Lawrence, KS, 66044, attention: Judy Inverarity.

Please mark the memo line of your check: Arcalooka Fund. Thank you!

Public gets a look at stream restoration

We had the opportunity to showcase our restoration efforts with a station located near the streambank during Arcalooka Adventure.

A poster depicted the process of installing the revetment and the other phases of our grant work, including riparian habitat and woods restoration.

Visitors could try out the honeysuckle poppers to rip out the invasive shrub,



Making seedballs

or make seedballs of mud and seeds from native grasses and wildflowers collected from our own prairie to throw into the riparian zone. While some kids squirmed at the idea of reaching into mud, others couldn't get enough of it! In fact, mud ruled the day in the Dogwood Forest zone, as recent rains clearly showed how rain does NOT penetrate clay soils!

Thank you Hidden Valley Friends!

Our membership continues to grow

Membership dues are the primary source of revenue for Friends of Hidden Valley, so renewals and new memberships are critically important to our mission of supporting Hidden Valley Camp. Thanks so much to our Friends membership! (*denotes new members):

Aida Alaka & John Rury
Opal V. Allison
Hewlett-Packard
Cris Bandle
Jeff Bandle
Jill Baringer
Don Barnett
Mary Alice Barr
Martha B. Barr
Mark & Paula Bastemeyer
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Sandy Beverly*
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Deborah S. Burns
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Suzanne & Joseph T. Collins
George Corn*
Sandy Dolezal
Vicki Douglas
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Rebecca Gant
Jane Getto
Jill and John Giele
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David Reber
Mitch & Rachel Reiber
Durand Reiber & Martin Moore
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Bob & Mary K. Ridgway
Cindy Riling
Katherine Risk*
Robin Robertson
Jerry & Jane Rogers
Martha L. Rose
Stan & Janet Roth
Ann & Robert Russell

Jo Scannell
Susan Shackelford
Cris, Tanya & Mason Sherman*
Lucy Smith
Deb Smith
Michael & Sadie Stanclift*
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Mary K. Stephens
Shere Stoner
Helen Strickland*
Margaret Townsend
Cheryl Troxel*
Jane Tuttle
Jane Volker
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Mary Lou Warner
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Deb & Bob Werts
Marcia West
Elise & Curt White
Eleanor Woodyard*
Mary Lou Wright*
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Benji & Flora Wyatt
Ella Mary Yoe

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Betty Jo Miller, Presbyterian Manor Liaison

Are you interested in serving on our Board? It is very rewarding to help preserve this wonderful green space in the heart of Lawrence! For more info, call Jill Giele at 218-2456 or e-mail jillcgiele@hotmail.com

Friends of Hidden Valley, Inc.
P.O. Box 442073
Lawrence, KS 66044

Mark your calendars!
The Friends of Hidden Valley,
Inc., annual meeting will be at 6 p.m.
September 17 at Camp!

Volunteers out in full force at camp this season!

We've seen an incredible increase in community volunteerism at Hidden Valley. Besides the many Girl Scout troops that conduct service projects at the camp each year, and the four Friends-sponsored workdays at the camp, several other volunteer events are notable:

Day of Caring with Payless Shoe Source brought out 20 volunteers on April 14 for a full five hours! They concentrated on the cabin and surrounding buildings and grounds, painting, sealing, cleaning, gardening, and more. And, they purchased a very large Green Ash tree and planted it at the Coralberry unit site, which had become too sunny from the loss of a big tree there several years ago. Thank you Payless!

Roger Hill Volunteer Clearinghouse Day of Caring with KU Information Technology, occurred on April 25, from 9:30 to noon. Seven

volunteers picked up litter, weeded and mulched the entrance gardens, scraped the gate, assembled several wagons for Day Camp (used to haul supplies to campsites), and planted some saplings left from Spring Fling.

Free State High sent ten Juniors for Great Green Help Day on April 30 for a morning of service. Beginning in the cabin due to rain and thunder, they cleaned up the cabin and fixed hoses, then moved outside to spread gravel, clean up fire rings, and more.

Friends member Margaret Verhage has adopted the Red Oak and Coralberry unit sites to tackle the honeysuckle! She is diligently working on cutting and treating stumps, or removing entire plants with our new honeysuckle poppers. The changes are great! She will also maintain the new plantings around

those unit sites with summer watering. Thank you Margaret!

Trail Maintenance Workday on June 3rd brought out the usual dozen volunteers...just enough to cut back that fast-growing honeysuckle on every trail. Additionally, several volunteers worked on cutting back brush and tree limbs along the new zipline, just in time for the training.

The next Friends-sponsored workday will be on Sunday, Sept. 13, from 1 to 3 p.m. We'll clean the cabin, work in the butterfly garden and the surrounding yard. Our annual fall workday in Mary's Meadow and Dogwood Forest will be in early November, date to be announced. We will continue with our honeysuckle eradication program, particularly in Dogwood Forest. Chainsaws will be most appreciated!