

LAWRENCE HIDDEN VALLEY

What is Lawrence Hidden Valley Camp?

Hidden Valley Camp, is one of the few privately owned wilderness areas in Lawrence, purchased in 1956 for Girl Scout use.

The camp is semi-primitive. It is not a city park. Sturdy shoes are essential, as are a spirit of adventure, curiosity, and wonder.

Hidden Valley has shelters, a cabin, trails, campsites, latrines and UACT (Universally Accessible Composting Toilet). Year-round camping is possible—if you prepare yourself and your troop appropriately. There's wildlife to find, both flora and fauna, if you know when and where to look.

Girl Scout troops can reserve the camp for their troop meetings, camp outs, bridging ceremonies and any other specials events.

Want to know more about Lawrence Hidden Valley Camp? Visit us on the web at www.lawrencehiddenvalley.org/

Or look for us on Facebook!

Lawrence Hidden Valley's Red Elm of Interest to K State and Haskell

Charles Barden, a professor of Forestry at Kansas State University, helped Lawrence Hidden Valley six years ago by identifying the species of several of our trees. Now our camp has the opportunity to help Charlie and his students at K State and Haskell with an original research project.

Charlie discovered the cultural importance of the Red Elm several years ago while working with the Potawatomi tribe. The Red Elm is a necessary element for their ceremonial fires. The fibrous inner bark is a strong and durable material, which can be spun into thread, twine or rope. It can be used for bow strings, ropes, jewelry, clothing, snowshoe bindings, woven mats, and even some musical instruments. Unfortunately, it



Students separate Red Elm seeds for research project.

has become more and more difficult to find appropriate Red Elms for these purposes in Kansas. The Red Elm is not a commercial wood, and very little research about this species exists. Professor Barden was aware of a collection of Red Elms in Butler county and in Lawrence. An idea took root in Charlie's mind. If he could

receive a grant to research the best ways to harvest seeds from the existing Red Elms, he could help the Potawatomi tribe keep their traditions alive and give his students a chance to work on ground breaking research.

He applied for and received a tribal research grant for approximately

Not Familiar with Lawrence Hidden Valley Camp? Schedule a private tour for your troop with Durand Reiber! Email: serviceprojects@lawrencehiddenvalley.org

***Special Thanks to the
Following troops for
volunteering at
Lawrence Hidden
Valley:***

*Canan Aker's Junior Troop #1914 resealed the stepping stones in the Butterfly Garden, which were made by Girl Scouts during a Spring Fling many years ago.

*Julie Neff's 5th grade Juniors pulled sumac plants from the prairie (they can overtake the other plants), and collected dried seeds from grasses and plants and scratched them into bare areas of the prairie.

*Suzie Craig's Juniors cleaned up a series of fire rings.

*Lixel Barnhill's troop pulled the invasive garlic mustard blooming around Mary's Meadow.

*Valerie Pierce and Lisa Parnell's 3rd and 4th grade troop planted 100 walnut seeds in the understory of the woods where extensive honeysuckle had been cleared out weeks earlier.

*Elizabeth Meecham's troops of Daisies and Juniors mulched trails and planted in the butterfly garden.

Lawrence Hidden Valley's Red Elm of Interest to K State and Haskell continued...

\$150,000 to be split between Kansas State University and Haskell Indian Nations University.

Charlie and six students collected harvested seeds from both Butler county and from Lawrence. The seeds are only produced one week out of the year, so the research group had to be very diligent. They collected seeds from Lawrence in mid May. Unfortunately, the Kansas weather was not cooperative, and the group had a sizeable wind to contend with. They were forced to chase after the seeds with butterfly nets. They collected thousands of seeds from the two different locations.

The research team tested several different ways to encourage the Red Elm seeds to grow into saplings. The first year of the project, only 4 seeds out of each 100 sprouted. They began using varying measurements of gibberic acid



and have had more success raising saplings this year—his team currently has 50 very small saplings.

Once the project has been completed, one of Charlie's students will use the research in her graduate thesis. Michelle, a K State student from Honduras, will present her paper at a prestigious meeting in North Carolina later this year.

The seeds from the Red Elm at Lawrence Hidden Valley were not as viable

as Charlie had hoped, especially since our tree is one of the oldest Red Elms that he has seen. Charlie believes that the seeds are not being pollinated properly, possibly because there is only one Red Elm at our camp. He would like to eventually donate some of his Red Elm saplings to the camp in hopes of encouraging pollination. Take special notice of the Red Elm next time you visit the camp, and lookout for any new red elms we may have in the future!

Congratulations to our Lawrence Hidden Valley Scholarship Award Recipients!

Congratulations to Caitleen Desetti and Mariah Wimmer! The Lawrence Hidden Valley Committee granted each young woman a scholarship in the amount of \$300.00 to go towards their college education. Caitleen and Mariah have contributed time and resources to the camp, and we want to give them the recognition that they deserve.

If you or one of your troop members is interested in receiving a scholarship from Lawrence Hidden Valley, please contact the Scholarship committee at:

scholarship@lawrencehiddenvalley.org

From Lonesome Pine to Dogwood Forest

By Durand Reiber

In 2007, the City of Lawrence embarked on a sewer project, including replacement of sewer line that bisected the valley of our camp. A large swath of woods was cut through the old Lonesome Pine unit site and right up to neighboring houses, and deep excavations removed the topsoil we once had, leaving a wide open area with clay soil that would not drain. Although this opening of the woods and the installation of a land bridge across the creek created access to a new destination area, it also brought some environmental problems that needed to be addressed: disrupted soil structure, loss of the riparian zone that buffers the stream, and eroding stream banks. The Friends of Hidden Valley applied for and was awarded the Elizabeth Schultz Environmental Grant from the Douglas County Community Foundation, and also contributed funding and volunteers to the project.

The restoration began with stream bank stabilization under the direction of the K-State Research and Extension Forester Charlie Barden. Volunteers installed a 250-foot cedar tree revetment along the bank by anchoring the cut

cedars, which will catch sediment flowing downstream and soil slumping from the above bank. Over 200 willow shoots were pounded into the bank, and their roots will also help hold the new soil in place.

Next, the soil structure was remedied with truckloads of topsoil mixed in with the clay. Several terraces were shaped to redirect rainwater, and a long bioswale was dug to collect water. Girl Scouts helped plant the swale with native wildflowers that attract butterflies. The open area was planted with low-growing native grasses through a program by NRCS and KSWP, and is finally suitable for tent camping and activities.

The last and continuing phase is native woods restoration. First, nearly 300 tiny saplings of native trees were planted on the north end to eventually screen out the houses, and along the stream for riparian habitat. Over the last several years, we have been hard at work removing the invasive honeysuckle shrubs that have overtaken the understory of the woods. Once the honeysuckle was removed, the native Dogwood tree staked its claim, hence,



Dogwood Forest became its name.

Enough woods were cleared out to add a yurt, treehouse, climbing tower, two fire rings and a large equipment shed, along with a water hydrant and porta-potty, to make this new area a great place for adventure.

Special Thanks to the Following troops for volunteering at Lawrence Hidden Valley:

*Cindy Johnson's Juniors and Tracy House's Juniors both helped plant in the bioswale of Dogwood Forest. Tracy's Juniors were also busy last fall transplanting iris and sedges in Dogwood Forest, and making natural bird feeders to hand around the cabin.

Several other troops and individual girls with their parents participated in the Friends-sponsored April Workday: #7723, #7704, #7675, #7660, #1915

To schedule your own troop service project at the camp, contact Durand Reiber at serviceprojects@lawrencehiddenvalley.org today!



Girl Scout volunteering at Hidden Valley

VOLUNTEER SPOTLIGHT ON CINDY RILING

What the board members of the Friends of Lawrence Hidden Valley had to say about Cindy Riling:

"Cindy is just amazing in her energy and dedication. And she keeps a sense of humor throughout."

"Cindy is always at every event plus workdays, and has done many extra things for Friends [of Hidden Valley]."

"She is always so quick to offer help with just about everything and always with a smile."

"Cindy is an awesome volunteer. She works tirelessly and never complains."

"I have always enjoyed working with Cindy and have lots of fun."

"She...has always been willing to help in ways beyond just serving on a committee, whether helping to organize a workday, taking a day off to help at the stream revetment, putting in the picnic tables....I also think that she is truly dedicated and happy to do all that she does."

When I asked several members of the Lawrence Hidden Valley Committee and the Friends of Hidden Valley board which individual we should recognize for their volunteer work, I heard the name Cindy Riling from every single person. Cindy Riling is one busy lady. She sits as the chair of the Friends of Hidden Valley Board, she works full time at the Douglas County District Attorney's office and she's a sexual assault first responder. If you ask Cindy about all of the projects that she works on, she'll tell you that she really hasn't done very much. She led two girl scout troops and a cub scout troop at one time, was director of Day Camp for two years and chaired the committees for both the 50th anniversary of the camp and the 50th anniversary of Ar-ca-loo-ka. She

may not consider that doing much, but everyone around her certainly sees the wonderful leadership, loyalty and determination that she brings to Hidden Valley.

Cindy first became involved with Lawrence Hidden Valley when her daughters joined Girl Scouts. Throughout the years, both she and her children have made considerable contributions to the site. Her daughter, Mariah, helped lead the Brownie Play Day when she was a Junior Girl Scout. This was one of Cindy's favorite memories at Hidden Valley. Her son, Johnny, did his Eagle Scout award at Hidden Valley in

1999 by building the walking bridge between Mulberry and Locust. Her children clearly take after their mother when it comes to volunteer work.

I asked Cindy what the challenges were with working at Hidden Valley. Besides dealing with some parents who, while camping, asked where they could plug in their make up light, she has had very few difficulties. Yes, there have been instances like the flooding in 1993, that caused enough mud to threaten day camp. People had to work together to lay down mulch and do everything possible to avoid cancelling camp, and they were successful. As Cindy says, "working with Girl Scouts is easy. They always get things done."

2010-2011 Fall & Winter Projects Available at Hidden Valley Camp

Project needs change continually; please contact the Camp Manager, Durand Reiber, prior to your service project, by email:

serviceprojects@lawrencehiddenvalley.org or 785-865-4657

1. Mulching of eastern trails, or young trees, shrubs, unit sites, gardens
2. Pick up litter along Bob Billings Pkwy or inside the camp, especially perimeter areas or in streams while "creeking"; Wear gloves & take trash home with you.
3. Prairie Restoration: dig up sumac plants invading the prairie; strip dried seeds off grasses and wildflowers and scratch them into bare areas of the prairie and walkways
4. Clean up a series of fire rings and woodpiles of unit sites; stock woodpiles
5. Native Woods Restoration ongoing: cutting or popping out honeysuckle shrubs along trails and in the understory
6. Burn accumulated brush at a specified fire ring...this takes several hours...good for an overnight
7. Adopt a unit site for the season or year: keep back encroaching growth, especially honeysuckle, routinely clean out fire ring and organize woodpile, seed or mulch bare areas
8. Adopt Redbud Shelter area, for Presbyterian Manor residents: routinely sweep shelter and sidewalk, maintain "walking sticks", and keep area clean
9. Plant a tree or several small ones, water and mulch for the year
10. Dig out large rocks that have surfaced in trails and mowing areas
11. Cut back or dig out cattails from the wetland/use rake to pull out algae
12. Attend a Friends Sponsored Workday and receive a task(s) at that time: Sept. 12, Nov. 7, 2010, April 9, June 4, 2011.