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Sent: Thursday, June 05, 2014 12:33 PM
To: Jeff Golden
Subject: Parks Panorama | June 2014

Enriching Life

Issue No. 23, June 2014



Open Space / Fairgrounds / CSU Extension / Boettcher Mansion

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Improvements at the Fairgrounds

Providing first-class experiences and customer service for our guests is among our paramount missions at the Jeffco Fairgrounds. Providing these experiences in safe, healthy and user-friendly facilities is equally important.



*Scott Gales, Director
Jefferson County Fairgrounds*

The beginning of summer means more traffic to our Fairgrounds and campground. Outside of routine maintenance and cleaning, there had not been much work done to our campground restroom/shower facilities in nearly 10 years. With the amount of traffic and use (a record season last year in terms of guests and revenues - over \$200,000 generated), there was considerable wear on the countertops, flooring, sinks, walls, fixtures and other amenities.

Beginning March 16, a two-week closure of the campground allowed improvements to painting, parking areas, the playground, lighting, signage, pull-through campsites and landscaping. The project budget was \$35,000 and applied Conservation Trust Funds generated from Colorado Lottery proceeds. Jefferson County Facilities & Construction Management staff worked diligently

within this timeframe to help us achieve our goals.

While multiple projects continue in/around the campground, another area of focus has been our enhanced camp host capabilities, responsibilities and training. All of these efforts will help efficiencies in our scheduling, reservations, revenue potential and customer service.

As for the results, we'll let some recent customer feedback do the talking: "This is the very first time I've seen a public restroom so clean. It was spotless and it smelled good. Congratulations!"

Happy Trails,

Scott Gales
Director
Jefferson County Fairgrounds

In This Issue

Stewardship Central:

Staff and volunteers are making great strides in flood recovery work at Alderfer/Three Sisters Park. Get an update on the turnpike project and learn about upcoming volunteer opportunities. [Click here.](#)

Nature Notes:

Trees! Can you imagine our parks without them? A pair of articles explain what makes aspen trees unique and why you should take the time to appreciate them. [Click here.](#)

Your Health:

Whew! It's getting hot out there. What can you do to protect yourself from heat-related illnesses while enjoying Jeffco Open Space Parks this summer? [Click here.](#)

Feature of the Month:

The beautiful Baehrden, a historic lodge at Pine Valley Ranch Park, is now OPEN for summer tours each Sunday. Learn about this enchanting building and this year's tour schedule. [Click here.](#)

"And so with the sunshine and the great bursts of leaves growing on the trees ... I had that familiar conviction that life was beginning over again with the summer."

*- F. Scott Fitzgerald, **The Great Gatsby***

News & Information

Closures at Cathedral Spires Adjusted -- With this season's raptor nests located, the western sections of Cathedral Spires Park are now open for climbing. The eastern areas, including Cynical Pinnacle, will remain closed through the end of July. Please visit the [Cathedral Spires Park](#) webpage for an updated map and additional information.

Other Raptor Nesting Closures -- The Rim Rock Trail at North Table Mountain Park and the Crown Hill Park Wildlife Refuge remain temporarily closed to protect nesting raptors and brooding waterfowl. The Rim Rock Trail is scheduled to reopen July 31, and Crown Hill will reopen June 30.

Additional Trails Open at Apex Park -- Thanks to the dedicated efforts of Jeffco Open Space staff and volunteers, the Phase 2 flood recovery areas at Apex Park are now open. The third and final phase is scheduled to be completed this fall. For more information, please visit our [website](#).

Jeffco Open Space Celebrates Year of the Horse -- 2014 marks the Year of the Horse on the Chinese calendar. Help celebrate with three special Share the Trail events involving Volunteer Equestrian Patrollers, Park Rangers and equestrian clubs. Fun and educational displays will center around trail etiquette between equestrians, bikers and hikers. Participants will take away an understanding of horses and how safety is a rider's primary concern. These events will take place June 29 at Elk Meadow Park and September 13 at North Table Mountain Park. A make-up date for the May 18 event canceled due to snow is July 20 at White Ranch Park.

Celebrate the 40th Anniversary of ENOR -- The Eagle's Nest, Owl's Roost (ENOR) environmental discovery camp program turns 40 this year, and to celebrate we're hosting a 40th Anniversary Celebration and Family Day. The open house-style event will be held on Saturday, June 21 at Pine Valley Ranch Park from 10 a.m. to 2 p.m. Plans are in the works for a variety of outdoor activities for participants of all ages, including fishing, nature walks, environmental education games, nature crafts, Baehrden Lodge tours and more! No reservations are required and all are welcome.

Upcoming Native Plant Master Offerings -- Ready to renew your love of Colorado wildflowers, or how about participate in a Plant Treasure Hunt? It's a great time to get out and enjoy the outdoors while learning about the flowers you see blooming along the trails through the Native Plant Master® Program. We also offer indoor classes on plant families, basic botany and other plant-related topics. For a complete list of upcoming courses, please visit the CSU Extension [Eventbrite page](#). Register soon as offerings fill quickly. If you would like to receive notices of future openings, contact npmassistant@jeffco.us.

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Wildflower Festival 2014



Wildflower Festival at the Lookout Mountain Nature Center

Immerse yourself in the flora of Jefferson County and attend the [Wildflower Festival](#) from 10 a.m. to 4 p.m. Sunday, June 8 at the Lookout Mountain Nature Center.

Celebrate the incredible diversity and importance of native wildflowers through activities for the whole family:

- Explore the role of pollinators
- Learn to identify invasive weeds
- Participate in a wildflower hike lead by a naturalist at 11:30 a.m., 1:30 p.m. or 3 p.m.
- Browse a variety of native plants and purchase a few for your garden
- Take lessons in drawing wildflowers
- Children may work on crafts or play games
- Learn how water conservation benefits your household and our community

Attendees will also be able to ask staff and volunteers about the use of native wildflowers in home gardens. Planting native flora in your yard can help promote stewardship and conservation, as well as benefit the important relationships between pollinators and native plants.

Admission to the festival is free and registration is not required. All ages are welcome at this family friendly event.

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Stewardship Central

Making Progress at Alderfer/Three Sisters Park

In late May, volunteers and Jeffco Open Space staff worked together to make solid progress on the turnpike project at Alderfer/Three Sisters Park.

The turnpike's framework is completed, and now the goal is to fill it with rip rap and install a crusher-fine overlay to finish this amazing project.



Turnpike at Alderfer/Three Sisters Park

For more information about ongoing volunteer opportunities in Jeffco Open Space Parks, please visit our [Eventbrite page](#). June has volunteer events scheduled for North Table Mountain Park, Alderfer/Three Sisters Park, Van Bibber Park and more.

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The distinctive white bark of a Quaking Aspen

Nature Notes

The Return of the Aspens

If you've been hiking in the high country lately, you've probably noticed the abundance of flowering and new life that comes with spring.

That includes Colorado's famous aspens, which are now sporting a vibrant and beautiful shade of lime green as leaves return to the previously barren branches. How much do you know about these fascinating trees that play a huge role in making Colorado so "Colorful" every fall?

The aspens commonly found in North America are known as *Populus tremuloids*, or the Quaking or Trembling Aspen. Unlike other trees, aspens grow in "colonies" that act more like one individual organism.

Rather than relying on flowering for reproduction, aspens use a 1- to 20-acre system of interconnected roots. Once there's enough sunlight, some roots will sprout up as new trunks. This is known as vegetative or asexual reproduction. Even more interesting, these new trunks are genetically identical clones of their parent tree. Aspens do sometimes reproduce through flowering, usually in times of stress, such as after a severe fire.

As you can see, aspen trees aren't just pretty to look at when they're full of color. They're also a fascinating species!

Have you hugged a tree today?

We've all been there before. Hiking or exploring our favorite trails. Hoping to see an elk, deer,

bear or bobcat as we go. Forgetting all of the "green blur" around us...

Now, take a moment to think about your favorite Jefferson County Open Space Park. Then, imagine it with no trees. How would this change your explorations? Trees are the unsung heroes of many of our parks. We might not think about it consciously, because trees seem to always be there. Without trees, we wouldn't see much wildlife at all.

Stop for a moment the next time that you find yourself at your favorite Open Space Park. Stand next to a tree. Touch its bark. Feel its needles or leaves. Listen to it. Hug it. Interact with the tree! It's okay. You can be thankful your parks are filled with these magnificent wonders.

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Your Health

Keep Your Cool: Recreating in the Heat

The summer is a great time to get outdoors and recreate, but the higher temperatures do pose some challenges and risks. It's important to understand how to prevent sunburn, heat exhaustion and heat stroke, and to clear up the misconceptions that often come with them.



A hot summer trail

Avoid Sunburn: Just a few serious sunburns can increase your risk of skin cancer later in life. Use sunscreen with a least a SPF 15 and UVA (ultraviolet A) and UVB (ultraviolet B) protection. Seek shade, especially during mid-day when the UV rays are the most harmful. Use clothing, cover-ups, hats and sunglasses to help shield the sun.

Avoid Heat-Related Illness: When it comes to the risk of heat exhaustion and heat stroke, remember to stay cool, and stay hydrated. When outside avoid direct sunlight, dress infants and children in loose, lightweight, light-colored clothing, and drink more water than usual. It's recommended that adults have two to four cups of water every hour while working or exercising outside. Avoid alcohol or liquids containing high amounts of sugar. Remember that muscle cramping might be the first sign of heat-related illness, and may lead to either heat exhaustion or stroke.

Know the Symptoms of Heat Exhaustion vs. Heat Stroke: Heat exhaustion and heat stroke have different symptoms, however both should be taken seriously. Heat stroke is considered a medical emergency. Heat exhaustion involves heavy sweating, while with heat stroke the body stops sweating. Additionally, in heat stroke the body temperature rises over 103 degrees. Learn the differences of these symptoms and what action you should take on the [CDC website](#).

Consider visiting Jeffco Open Space Parks that have shaded trails to avoid being in direct sun when you are recreating. Some examples of Parks that have tree-shaded portions are White Ranch, Alderfer/Three Sisters, Elk Meadow, Flying J Ranch, and Reynolds Parks. Remember to always bring water for your pets too.

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Feature of the Month



Informative Video About Baehrden

Baehrden at Pine Valley Ranch Park officially reopened for tours Sunday, June 1.

The free tours will continue every Sunday through August 31.

Presented every 30 minutes, the first tour begins at 11 a.m. and the last one leaves at

2:30 p.m. Registration is not required, but each tour is limited to the first 20 people.

Designed by Denver architect J.J.B. Benedict as a mountain lodge for William A. Baehr of Chicago, Baehrden is a classic representation of the rustic Colorado Alpine style of architecture. It is listed on the State Register of Historic Places.

After Baehr's death in 1956, the lodge was sold to a group of affluent Denver families who turned the property into a mens-only fishing retreat and then the Pine Valley Country Club. A realty corporation purchased the grounds in 1975, adding an in-ground swimming pool, a sauna, cabins and a dining room to the renamed Pine Valley Ranch Conference Center and Family Resort. The resort operated for 11 years before Jeffco Open Space acquired the property in 1986.

The tours offer a glimpse at unique architecture and Colorado history. While at Pine Valley Ranch, visitors can also enjoy hiking, fishing and scenic views.

For more information about the tours, please contact the Hiwan Homestead Museum at 720-497-7650.

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Events and Classes

Events are organized by date and color-coded to match their host Park. Underlined text indicates a hyperlink. The list has recently been updated to include the categories of Youth Events, Family Events and Adult Events.

Boettcher Mansion
[\(website\)](#)

Colorado State University Extension
[\(full schedule\)](#)

Hiwan Homestead Museum

Jefferson County Fairgrounds
[\(full schedule\)](#)

Lookout Mountain Nature Center
([register here](#))

Open Space
([website](#))



Youth Events



Preschool Nature Nuts: Good Morning, Good Night

10:15 or 11:15 a.m. June 5, 7 and 19 (Lookout Mountain Nature Center)

We wake up to birds singing. We go to sleep with crickets chirping. Why is nature so different at these times? Learn some of those differences, do a craft, and explore the outdoors. (Ages 3-5, with an adult.)

Ecosystem Investigations for Homeschoolers

1-3 p.m. Wednesday, June 18 (Lookout Mountain Nature Center)

Study solar energy, examine skulls, inspect plants and dig in the dirt to discover the roles that the sun, producers, consumers and decomposers play in the ecosystem. (Ages 6-10, with an adult.)

Camp Jr. Ranger

Begins at 1 p.m. Saturday, June 21 through Sunday, June 22 (White Ranch Park)

Pack your sleeping bag and tent for an overnight camping adventure with Jeffco Open Space rangers and naturalists. Enjoy engaging activities, including an evening program. (All ages.)

Jr. Naturalists: Amphibians

1-2:30 p.m. Sunday, June 22 (Pine Valley Ranch Park)

Frogs and salamanders are some of the most important residents of our parks. Not only are they vital for helping to keep mosquitoes in check, but they also indicate the health of an ecosystem. (Ages 6-10, with an adult.)



Family Events



NASA Missions Summary

7-8:30 p.m. Thursday, June 5 (Lookout Mountain Nature Center)

Join JPL Solar System Ambassador and Lockheed Martin Propulsion Engineer Adam Pender for a discussion of the diverse range of NASA spacecraft, which will include an overview of the various past, present, and future missions focused on Earth Science, Sun Science, Planetary Exploration, and Interstellar Observatories. Mission objectives and results will be presented, in addition to what is sure to be a lively Q&A session following the presentation.

(Ages 10+.)

Bulldogs of the Rockies

8 a.m. - 5 p.m. Saturday, June 7 and Sunday, June 8 (Fairgrounds)

Foothills Flora

9-11 a.m. Monday, June 9 (Meyer Ranch Park)

Walk with a Native Plant Master along easy trails. Discover the various ways that native and non-native plants defend themselves from wildlife and humans. (Ages 10+.)

Wildflower Festival

10 a.m. - 4 p.m. Sunday, June 8 (Lookout Mountain Nature Center)

Celebrate the incredible diversity and importance of native wildflowers through fun activities for the whole family. Explore stations on wildflowers and pollinators, learn to identify invasive weeds, enjoy a wildflower hike, and browse the native plants available for sale. Admission is FREE and registration is not required. Guided wildflower hikes at 11:30 a.m., 1:30 p.m. and 3:00 p.m. All other activities ongoing. (All ages.)

National Get Outdoors Day

9 a.m. - 4 p.m. Saturday, June 14 (Denver City Park)

Discover organizations and agencies that help your family connect to the outdoors. Enjoy activities on outdoor skills, geology, birds and more. Details at getoutdoorscolorado.org. (All ages.)

Slithering Snakes Social: Get To Know Your Scaly Neighbors

10 a.m. - 12 p.m. Sunday, June 15 (Matthews/Winters Park)

Meet and greet some of your scaly Open Space neighbors. You'll discover newfound friends that greatly benefit our community. No registration required. (All ages.)

Summit Lake Celestial Sights

9 p.m. - 12 a.m. Thursday, June 19 (Summit Lake at Mt. Evans)

Join rangers, naturalists and astronomers from the US Forest Service, Jeffco Open Space, Bear Creek Lake Park and the Denver Astronomical Society. Participants will enjoy telescopes, a night sky navigation tour, storytelling and more. (Ages 10+.)

Jeffco Open Space Nature Journal Club: Sketchbook Nature Journaling Basics

5-8 p.m. Wednesday, June 25 (Lookout Mountain Nature Center)

Strengthen your personal connection with the natural world by keeping a sketchbook natural journal. Develop basic drawing skills. After a quick potluck dinner, we will head outdoors to write and draw in our journals. (All ages.)

Campfire: Shh...Did You Hear That?

6:30-8 p.m. Friday, June 27 (Lair o' the Bear Park)

Who makes noises in the night, and why? Explore nighttime sounds as you walk with a naturalist. Enjoy s'mores after the program. (All ages.)

Barrel Race, Gymkhana and Jackpot

8 a.m. - 5 p.m. Friday, June 27; Saturday, June 28; and Sunday, June 29 (Fairgrounds)



Adult Events

Master Gardeners in Courage Garden

9-11 a.m. Wednesday, June 11 (CSU Extension)

Full Strawberry Moon Yoga & Walking Meditation

7:30 - 8:45 p.m. Thursday, June 12 (Flying J Ranch Park)

Enjoy a short walking meditation as we prepare ourselves for the riding of the Full Strawberry Moon. We will open our hearts, minds and bodies with yoga poses in appreciation of the earth below and the full moon rising above. (Ages 13+.)

Walk with a Doc

8 a.m. Saturday, June 21 (Crown Hill Park)

Join us for a free walk and see how easy it is to get healthy and prevent disease. Bring your family and friends and talk with healthcare providers in an informal setting.

Summer Solstice Flood Recovery at Van Bibber Park

9 a.m. - 3 p.m. Saturday, June 21 (Van Bibber Park)

Summer Solstice Celebration work will include restoration of approximately 1,000 feet of natural surface trail, some closure of existing social trails, and some removal of noxious/invasive plants.

Cottage Food Safety Training

9 a.m. - 12 p.m. Saturday, June 21 (CSU Extension)

Meets requirements for CO Cottage Foods Act. Learn specifics for operating a food business from your home.

City End-of-Year Pool Championships

5-11:30 p.m. Friday, June 27 (Fairgrounds)

9 a.m. - 11:30 p.m. Saturday, June 28 (Fairgrounds)

9 a.m. - 8 p.m. Sunday, June 29 (Fairgrounds)

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