

THE SPRINGS



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2012 Family Camp Schedule

by *Michael Spohn*
Interim Operations Manager

Rock Springs 4-H Center is pleased to announce the dates for 2012 Family Camps.

Enjoy this opportunity to experience the adventures awaiting you at Rock Springs. Encounter the great outdoors while canoeing and horseback riding. During the heat of the day, spend time in the cool creeks during a stream study activity, and take a dip in our refreshing, spring fed

swimming pool. During evening hours, you'll get to roast s'mores under the stars while sitting around the campfire with your family.

Priced right for your pocketbook, Rock Springs has three different styles of housing to fit any budget. Your children have likely

2012 FAMILY CAMPS

June 20 – July 1

July 13 – July 15

August 3 – 5

August 10 – 12

August 31 – September 2

spent the last few months looking forward to Christmas and holiday vacations; now is your chance to reserve a date early and give them a summer getaway like they have never had before!

Scheduling Tip:

Are you planning an upcoming wedding and reception? Follow this tip from Jennie Coup, Rock Springs *Scheduling Coordinator*, to learn more about getting married at Rock Springs:

"Check out our new informational packet online at rocksprings.net. This file outlines Rock Springs policies and procedures for weddings - both indoor and outdoor, as well as receptions, decorating policies and catering services from our staff!

Popular dates fill quickly, so call soon to learn more about our affordable housing options and activities to keep your family entertained!"

Summer Staff Reunion and Recruitment

by *Megan Page*
Summer Staff Director and Group Administrator

The seasons have changed, winter is fast approaching and temperatures are dropping. Summer seems like a distant memory, but that doesn't mean the 2011 summer staff crew has been forgotten.

The fall months are a busy time for us at Rock Springs, especially on the weekends. During the fall, we have had a steady crew of summer staff employees working as facility needs arise, and it is a great time for them to catch a break from campus life and catch up with fellow employees and friends from the summer.

Each January, right before the spring semester begins, we gather the previous year's summer staff together for an annual summer staff reunion.

This year's reunion will be held on January 7 and 8 at Rock Springs. The weekend will be a chance for everyone to see one another and catch up on the latest news and make plans for their upcoming summer employment.

Summer staff recruiting has already begun for the summer of 2012. The first round of recruiting will be for all past summer employees who are looking to return for another fun summer. Those interested

should contact the Rock Springs staff to learn how they can sign on for another year as a staff member. A second round of recruitment will begin in late January and will take place on college campuses throughout the state of Kansas.

If you or someone you know is interested in applying for a summer position, please visit our website to learn more, at rocksprings.net/employment.

You may also contact Megan Page directly by sending email to mpage@rocksprings.net or calling the Rock Springs office, 785-257-3221.

4th Annual Turkey Trot and Kids Gobble Jog

by *Amanda Eilders*
Marketing Director

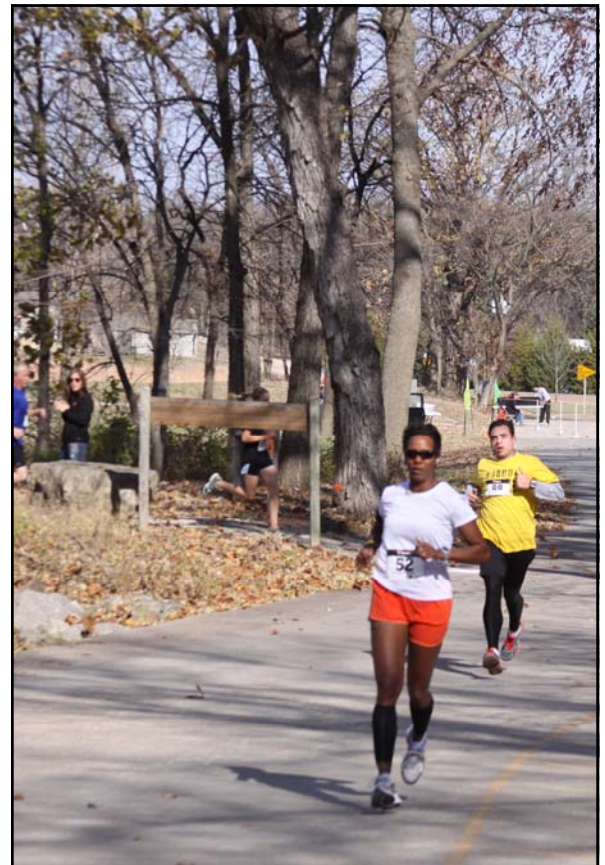
Runners from throughout the region flocked to Rock Springs on November 5 for

Runners began the Turkey Trot 5k just west of Clutter Memorial Shelter and the sand volleyball courts. (Bev Knopp, Photo)

the center's 4th annual Turkey Trot 5k run/walk and Kids' Gobble Jog race. The event began in November of 2008. Since then, over 100 participants

have returned to Rock Springs each year to participate. The course winds through and around our scenic 735-acre facility and includes several running and walking trails throughout the grounds. Trails include: Texaco Nature Trail, Dorothy Griffin Akin Wildflower Walk and Sunflower Walking Trail. Participants often comment that the run reminds

them of a cross country course. Each of the three trails is unique. The Texaco Nature Trail brings runners from the Wa Shun Ga portion of the 5k through the creekside beneath a canopy of trees. Around the two mile marker, participants enter the Dorothy Griffin Akin Wildflower Walk. This mowed path is surrounded by native tall grasses and is also the highest point in the race, with views overlooking the surrounding Flint Hills. The third trail included on the race is Sunflower Walking Trail, a relatively flat course situated at the north end of the campus. Sunflower winds through patches of native tall grasses.



Following the completion of the 5k run, the youth Gobble Jog took place. Youth participants ran a course of approximately one quarter-mile. (Bev Knopp, Photo)

After exiting Texaco Trail, runners entered the drive heading west towards the Flint Hills Building. (Bev Knopp, Photo)

Request information about Rock Springs! Visit us online, rocksprings.net.

4th Annual Turkey Trot (Cont. from page 2)

Following the 5k, a "Kids Gobble Jog" race is held. The Gobble Jog is approximately a quarter-mile in length, and all youth participants receive a race medal for finishing the run. 2011 race results follow:

FEMALE 5k Results:

18 and Under Winner
Andrea Chestnut, Clay Center, 23:37

19-29 Winner
Josephine Hagger, Junction City, 25:37

30-39 Winner
Sarah Schuerch, Fort Riley, 24:28

40-49 Winner
Kimberly Milleson, Junction City, 22:57

50-59 Winner
Angela Myers, Junction City, 31:25

MALE 5k Results:

18 and Under Winner
Michael Melgares, Manhattan, 18:17

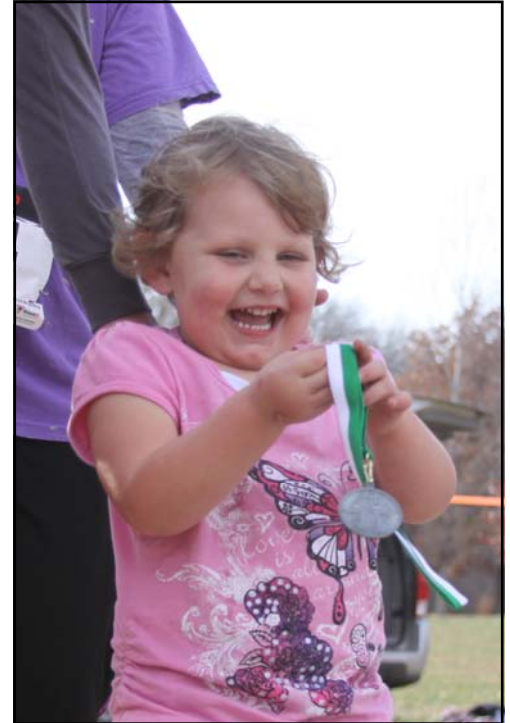
19-29 Winner
Jon Breitreutz, Lawrence, 23:26

30-39 Winner
Andrew Shimon, Junction City, 18:19

40-49 Winner
Brian Gentry, Junction City, 22:19

50-59 Winner
Tracy Kingsbury, Smith Center, 23:54

60 and Above Winner
Michael Roediger, Manhattan, 41:31



Pecan Caramel Apple Pie

From *Twyla Cooper*
Food Service Director

Ingredients:

1 9" Pastry Pie Shell

1/2 c. Sugar

3 T. All Purpose Flour

1 t. Ground Cinnamon

1/8 t. Salt

6 c. Fuji Apples
Sliced and Peeled

Topping Ingredients:

1/2 c. Packed Brown Sugar

1/4 c. All Purpose Flour

1/4 c. Quick Cooking Oatmeal

1/4 c. Cold Butter

1/4 c. Chopped Pecans

1/4 c. Caramel Ice Cream Topping

2 Tbsp. Butter

Directions:

In a large bowl, combine sugar, all purpose flour, ground cinnamon and salt. Add sliced apples to the dry mix and toss to coat. Pour mixture into pie shell.

In a separate bowl, combine brown sugar, flour and oatmeal. Cut in butter until crumbly. Sprinkle this topping over apple mixture.

Cover the edges of the pie shell

loosely with aluminum foil. Bake at 375° for 25 minutes. Remove the foil and continue to bake an additional 25-30 minutes or until filling is bubbly. Remove from oven and sprinkle with chopped pecans. Drizzle with caramel topping. Cool on wire rack. Yields 8-9 servings.

SERVE & ENJOY!

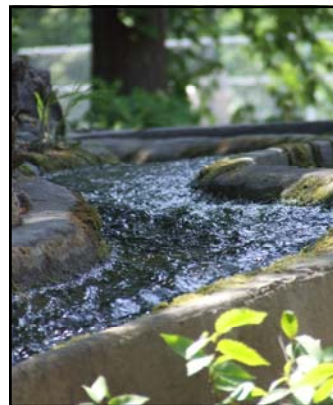
Our Mission:

"Rock Springs 4-H Center is dedicated to making the best better for all Kansas youth through the highest standards of service in a safe, positive environment, to advance the physical, spiritual and social values of 4-H and other similar organizations."

Rock Springs is a project of the Kansas 4-H Foundation.

The Springs is published quarterly for friends of Rock Springs. To share a copy with someone you know, or for more information, contact us:

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MERRY CHRISTMAS
& HAPPY NEW YEAR!

Class Field Trips at Rock Springs

by *William Biles*
Technology Coordinator
and Group Administrator

For over 60 years, Rock Springs has been a popular destination for a variety of school field trip groups. Elementary, middle and high school groups have all chosen the facility for its variety of fun and age appropriate activities. For many city-dwelling students, Rock Springs is among their very first opportunities to discover and explore the wonders of nature in a safe, outdoor environment.

Popular activities include horseback riding, learning

about navigation with a compass or GPS, archery, canoeing and wading into the stream to study the aquatic life. The highlight for many of the overnight groups is making s'mores around a campfire and looking up at the night sky, clearly seeing the stars and the Milky Way.

Older students greatly benefit from participating in the Leadership Adventure Course (LAC), a low ropes and teambuilding activity center, focused on communication, cooperation and teamwork. Over a period of one to three hours students work together to accomplish a variety of challenges, in a safe and supportive environment.

As schools continue to deal with tight budgets, teachers and parent organizations are faced with the challenge of finding affordable field trips options such as Rock Springs.

In addition to the many education activities that students are able to participate in, Rock Springs also offers a fun, natural environment for the students' benefit. Overall, the facility is known throughout Kansas for a terrific student experience at a tremendous value.

