

THE RED ROCK RAG

Volume 7, Number 3

News and Views on Red Rock Canyon

Summer, 2006

Published by THE FRIENDS OF RED ROCK CANYON

"supporting Red Rock Canyon Open Space through stewardship, education, advocacy, fundraising and volunteer projects"

P.O. Box 6754, Colorado Springs, CO 80904-6754

www.redrockcanyonopenspace.org

July 29 workday to include environmental restoration, trail work

Friends of Red Rock Canyon is sponsoring a July 29 Red Rock Canyon workday which will include both environmental restoration and trail work. Major funding for this workday is from the \$10,000 grant which Friends of Red Rock Canyon received from REI.

The environmental restoration project will focus on removal of invasive Chinese elm trees in the Sand Canyon area.

A special trail project will focus on improving rock climbing access trails and closing redundant social trails in the climbing area. This special project is being coordinated by Bob Hostetter. People who wish to be involved should contact Bob Hostetter at 488-8867, as well as registering for the workday with the Parks Department.

To register for the July 29 workday contact Amy Ellison at 385-6520 or register on line at cityparkvol@springsgov.com

Friends of Red Rock Canyon meetings:

Friends of Red Rock Canyon holds regular meetings at 7:00 PM the first Thursday of the month in the Academy Room on the lower level at the historic Colorado Springs City Hall, 107 N. Nevada Avenue. People attending the meeting use the entrance at the southeast corner of the building and sign in at the security desk.

Our forthcoming meetings are:

Thursday, July 6, 2006

Thursday, August 3, 2006

Thursday, September 7, 2006

Volunteers needed!

Friends of Red Rock Canyon is seeking volunteers to help with logistical support for the July 29 workday. This will include serving lunch along with other support tasks. Some help will also be needed on the days preceding the workday.

If you can help, please contact Karlee Thompson at 597-9822. Thanks.

New trail links Sand Canyon to Mesa Trail

On an REI sponsored National Trails Day project June 3, a new trail segment was constructed from the Sand Canyon Trail near the southern end of the Contemplative Trail to the southern part of the Mesa Trail. This trail will be the first segment of a trail linking Sand Canyon to Red Rock Canyon.

Our Thanks

The Friends of Red Rock Canyon wishes to express our appreciation to the Garden of the Goddesses Club for providing contemplative benches along the Contemplative Trail as well as their efforts in creating the Contemplative Trail.

We would also like to express our appreciation to REI for sponsoring the National Trails Day project and to all of the volunteers who have participated in projects this past Spring.

Red Rock Canyon Volunteer Workdays

July 8, 2006

Trail work

by Garden of the Goddesses Club

For information and to register

Call 634-1810, or email

goddess@gardenofthegoddesses.us

July 29, 2006 Colorado Cares Day

Environmental Stewardship & Trail Building

8:30 AM to 3:00 PM

Sponsored by Friends of Red Rock Canyon

Contact Amy Ellison at 385-6520, or

cityparkvol@springsgov.com

August 26, 2006

Trail Building 8:00 AM to 4:00 PM

Specifically for YOUTH participants 14 years
& older

Register with Volunteers for Outdoor

Colorado at 1-800-925-2220

September 30, 2006

National Public Lands Day

Environmental Stewardship & Trail Building

8:00 AM to 3:00 PM

Sponsored by

Friends of Red Rock Canyon & REI

Contact Amy Ellison at 385-6520, or

cityparkvol@springsgov.com

October 14, 2006

Trail Building 8:30 AM to 4:00 PM

Cosponsored by Friends of Red Rock Canyon

Register with Volunteers for Outdoor

Colorado

at 1-800-925-2220

October 20, 2006

Colorado Springs Make a Difference Day

Trail Building 8:30 AM to 3:00 PM

Contact Pikes Peak United Way 632-1543

For more information, on volunteer projects, see:

www.springsgov.com/page.asp?NavID=5552

or call Kim King at City Parks: 385-5940.

Contemplative Benches Along The Garden of the Goddesses Trail

Spaces to reflect on the journey of our lives are essential to our well-being. Reflecting in nature adds a further dimension to our relationship to wholeness. Accessing the five benches along the Garden of The Goddesses Trail can meet both of these needs with the added benefit of honoring the Sacred Feminine that exists in all life.

Begin your hike by walking along the Sand Canyon Trail (southwest of the Red Rock Canyon parking lot). Follow this trail to the marker designating "Contemplative Trail Built By The Garden of the Goddesses Group". Continue walking south through the majestic, upright "Sandstone Sisters". Look for the Grandmother Ponderosa Pine. Under her cool shade, you will find the SISTERS' BENCH. Facing west you will have a view of Pikes Peak and the foothills of the Rocky Mountains.

Continuing along the trail you enter "The Birth Canal" passage. You emerge into the area of the "Goddess Arch". In order to see her you must approach the rocks to the east and look up to find the sky within the arch. To the north sits the GODDESS ARCH BENCH overlooking the Garden of the Gods.

Returning to the trail you descend the "Steps Where Wood Meets Rock" and cross a grassy area. Then, ascending you come to a small path heading south to THE POINT BENCH. Observe how the Garden of the Gods convenes with the Garden of the Goddesses, both thrust up by the powerful Pikes Peak.

Returning to the trail you will pass through the "Hidden Oak Grove". Can you find the "Hole In The Sky" to the East?

Further along the trail you may notice "Turtle Woman Rock" to the west, flanked by "Crone Rock" to the east. Do you see the Crone's nose and her "Mother Hen" Crown?

Continuing along you will discover the ROOM OF REPOSE BENCH. This is a calming, natural space embraced by drifting cool pine shadows and massive red rock uplifts.

Near the end of the trail you will notice the extensive NATURAL ROCK BENCH.

That's right, Mother Nature herself will not be outdone!

Shortly you will ascend the wooden stairs to reconnect again to the Sand Canyon Trail. From here you can return to the parking lot by walking back along the Garden of the Goddesses Contemplative Trail or loop to your left to follow Sand Canyon Trail. Perhaps you wish to follow other trails further into Red Rock Canyon. The choice is yours.

Coreen Toll

Friends of Red Rock Canyon President's Report, Summer 2006

Greetings,

Friends of Red Rock Canyon is seeking new members to our Board of Directors. To you who receive this news publication we invite you to join us in our stewardship for Red Rock Canyon Open Space.

We meet on the first Thursday night of each month at 7 PM at Colorado Springs Historic City Hall 107 North Nevada. The meeting is in the Academy Room which City Hall has been so gracious to allow us to use. Please feel free to join in on our meetings and see what we have to offer and what you might have to offer too. It's a good opportunity to give back to your community!

The next event we sponsor is on Saturday July 29th. This event is funded by a donation Friends of Red Rock Canyon received from REI from their \$1,000,000 give away. Our local REI recommended our group to receive a \$10,000 donation from that million for use in Red Rock Canyon Open Space.

Friends of Red Rock Canyon will be offering free lunches to those who participate. We are planning a table spread with lunch fixings so you can pack what you want. This is also where we need volunteers. We need people who can set up the tables, put out the food and drinks helping those others who will be participating in this event. You receive a free lunch also. It is not a full

day commitment - just a few hours in the morning. The food and drinks will already be brought in to the site.

If you have been visiting Red Rock Canyon Open Space now is a good time to gift back to the land helping in any way you can! If you have not had the chance to explore yet, come and help while learning more about Red Rock Canyon Open Space.

We need volunteers who can help all day but even if you can help only half a day, you are welcome to join us! Please sign up by contacting Amy Ellison at 385-6520 or emailing at her at cityparkvol@springsgov.com

Friends of Rock Canyon thank The Garden of the Goddesses Club for their loyal dedication and work. This organization, presided over by Coreen Toll has brought in volunteers who last year built the 3/4 mile Contemplative/ Garden of the Goddesses Trail. They have now installed four beautiful benches made by "BEAR" of Manitou Springs on that same trail. Coreen coordinated fund raising to pay for them and gifted the funds to Friends of Red Rock Canyon. Friends of Red Rock Canyon in turn paid for the benches. The benches were installed June 10 by 16 volunteers and Sarah Keith from the City. Please see the article in this publication for more info on the journey you can take through mind opening views on The Contemplative/Garden of the Goddesses Trail in Sand Canyon.

Karlee Thompson
President, Friends of Red Rock Canyon

- MEMBERSHIP FORM - Friends of Red Rock Canyon

Name: _____

Address: _____

City / State / Zip Code _____

Email: _____ Home Phone: _____ Work Phone: _____

Yes, I want to join Friends of Red Rock Canyon for the coming year

____ Individual Member (\$10)

____ Family Membership (\$15) Other Family Members: _____

____ Organization / Business Membership (\$30)

____ I would like to help even more with a contribution of \$ _____

I would like to be involved in volunteer efforts:

____ Trail and stewardship volunteer ____ Educational Programs ____ Brochure or grant writer

____ Advocacy & Community outreach ____ Other (please describe) _____

My main interests in Red Rock Canyon Open Space are: _____

Please mail this membership form with your check to:

Friends of Red Rock Canyon

P.O. Box 6754

Colorado Springs, CO 80904 -6754

(Friends of Red Rock Canyon is a 501(c)(3) nonprofit organization. Contributions are tax deductible.)

CHECK YOUR MAILING LABEL!

If the upper right hand corner of the label (MEMBERSHIP RENEWAL DATE) is blank, Friends of Red Rock Canyon has not received your current membership; and this could be your last issue of the RED ROCK RAG.

Join Friends of Red Rock Canyon now and be sure to keep getting the RED ROCK RAG

Opinions expressed in THE RED ROCK RAG are those of the authors and do not necessarily reflect the opinion of the Friends of Red Rock Canyon.

WE WANT YOUR INPUT!

Letters, articles, comments may be sent to:

Rag Editor
Friends of Red Rock Canyon
P.O. Box 6754
Colorado Springs, CO 80904-6754

Electronic submissions may be sent to:

friends@redrockcanyonopenspace.org
Please send electronic text in plain text (.txt) format.

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**MEMBERSHIP
RENEWAL DATE**