

The BRIDGE

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The Newsletter of the Friends of Rock Bridge Memorial State Park

News from the Friends of Rock Bridge Memorial State Park (FoRB)

Friends of Rock Bridge Memorial State Park is a membership supported 501 (c)(3) organized to promote understanding, appreciation, enjoyment and preservation of Rock Bridge Memorial State Park and the surrounding area. Website: <http://rockbridge.missouri.org/>, email: forb@socket.net, phone: 573-815-9255, address: Suite 204, Outdoors Building 200 Old 63 South/P.O. Box 7293, Columbia MO 65205

FoRB President, Susan Haines: Wild Flowers Extend WAAAAAY Past Missouri's Borders!!

Dear Friends,

On a recent trip to a conference, and because of all the teaching materials necessary for my presentations, it was more practical to drive than fly. And what a wonderful time of year to take a road trip!! I was so pleased to see that the states I'd driven through didn't mow all the exquisite roadside wildflowers. In fact there were several places where it looked most obvious that a deliberate planting occurred. Masses of these same wild flowers seen along our nation's highways also flourish in Rock Bridge Memorial State Park, and all along its corridors. Missouri has a wild flower nursery just south of Jefferson City, and they publish a very vivid booklet identifying Missouri's wild flowers. In order to identify the wildflowers seen on trips, I keep a wildflower booklet in my car. I enjoy reading about wildflowers and plants' medicinal attributes. It's no wonder that early Americans survived for generations off the land. Recent studies by highly respected physicians show that growing our own vegetables and fruits, and eating what we grow locally helps to keep our natural immune systems healthier, and more allergies at bay. I encourage all of you to take some quality time to get a better view of Mother Nature's wildflower gardens, and seriously consider planting your own.

I'll meet you on **Wednesday, August 12th at 4:00 AM** at the picnic area (upper entrance) of Rock Bridge Memorial State Park to observe the **Perseid Meteor Shower**. Bring a friend, a lawn chair, recliner, or air mattress... then lean back and observe the sky. You'll want to bring binoculars for some awesome stargazing, too.

2009 Officers and Board Members

President: Susan Haines
Vice President: Scott Schulte
Treasurer: Don Bay
Secretary: Kathy Holland

2009-2010 Board Members: Melinda Staley, Jan Weaver
2009-2011 Board Members: Greg Horstmeier, Maggy Kirby,
Rosemary Stevens, Sue Tillema
August Newsletter Editor: Jan Weaver, weaverjc@missouri.edu

FoRB Membership - July 2009 136 members (30 single, 53 family)

Thank you to Members who have recently renewed! Tom Bass, Donna Sue Cool, Dee Dokken, Susan Haines, Mary L. and W. D. Hobbs, Scott Schulte, Helen Steinmann, Ginger and Otis Wheeler

Welcome to new Members! No New Members this month

Time to Renew! Tim Drennan, Susan Melia-Hancock & Dennis Hancock, Deb Harmon, Lea Langdon, Marci Lower, George and Lynn Montgomery, Mark Morgan, Suzanne Pautler, Ilyana and Glenn Pickett, Jim Rathert, Pat and Phil Sachs, David Sapp, Judy and Jerry Schermer, Melinda and Eric Staley, Ruth and Russell Thompson, Carol and Michael Trendle. David Webber

Friends of Rock Bridge August Event

August 12 - Wednesday - Observe the Perseid Meteor Shower - Meet at 4:00 AM (yes AM) at the picnic area at the upper entrance of Rock Bride Memorial State Park. Bring a lawn chair, recliner, air mattress or blanket so you can lay back and watch the shower without straining your neck. Bring binoculars if you have them. In case of rain or overcast conditions, we will meet on Thursday August 13 at the same time and place provided the weather is clear. If the sky looks questionable, Scott Schulte will make a go or no to decision at 3:30 am. Call 573-268-5439 for instructions after 3:30 am only if the sky is questionable. If you are planning on coming, please email Scott at swschulte@aol.com.

News from Rock Bridge Memorial State Park

Rock Bridge Memorial State Park is managed by the Department of Natural Resources, Division of State Parks, and is primarily funded by a 1/10 of 1 cent State Parks-and-Soils Sales Tax. It is located at 5901 S. Highway 163, Columbia, MO 65203. Website: <http://www.mostateparks.com/rockbridge.htm>, email: rock.bridge.memorial.state.park@dnr.mo.gov, and phone: 573-449-7400

Park Superintendent, Jim Gast: Besides Regular Users, Park Hosts Special Events Each Year

The Girl Scouts will be holding their annual twilight camp on August 6th, 7th, 8th and 9th. The scouts participate in a variety of activities designed to earn merit badges. Our annual informational meeting will be Tuesday, September 8th, beginning at 6:30 PM. We will meet at the Gilbert shelter house. The Mizzou Cycling Club is the host for the regional finals for collegiate mountain biking on Saturday, October 3rd. The finals include a bike race along a course as well as a downhill event. On Sunday, October 11th, there will be two events at the park. The Rock Bridge Revenge cross country meet will take place. This year's event includes a 50 kilometer (31 miles) race for the first time. The other event is a fundraiser for the Cedar Creek Therapeutic Riding Center. Horseback riders will use the Gans Creek Wild Area.

Park Naturalist, Roxie Campbell: Cool Off and Watch for Wildlife at a Creek

What better way to enjoy nature on a hot summer's day than to dip your bare feet into the cool waters of a creek under the shade of mighty trees whose leaves are moving with the breeze? The temperature in this micro-environment will feel several degrees cooler than in town. You'll probably also enjoy the calling of birds and of cicadas (high-pitched buzz, sometimes pulsating). In the water, you are likely to see minnows and crayfish dart by. Watch for herons and kingfishers looking for a meal. Do you remember how to skip a rock?

To enjoy the cool waters of a creek and to watch for wildlife in Rock Bridge Memorial State Park, you don't have to go far from a parking area. You could choose to sit on a park bench next to the creek only about 100 ft. from the Devil's Icebox parking lot, just past the bulletin board kiosk. If you're up for a $\frac{1}{4}$ mile walk, take the west side of the High Ridge Trail from the Gans Creek Trailhead and you'll be rewarded with the cool waters of Clear Creek. This creek always has flowing water but is narrow enough that most of its length is shady. Use the creek like a trail and wade up and down a ways.

Park Events - reservations are required for all park events - call 573-449-7402 to reserve a spot

August 8, 16, 23, 30, September 5, 12, 20, 26, October 3 - Devil's Icebox Wild Cave Tours - Day-long, adventure-style wild cave tours of Devil's Icebox Cave requiring good physical condition, ability to travel 3.5 to 5 miles round-trip, carry a 65-pound canoe 1/4 mile, and paddle 1/2 mile underground, possibly crawl through tight spaces. You must provide cave-appropriate headlamps, footwear and clothing (extra change a good idea). Fees \$25 - \$40.

September 8 - Annual Park Information Meeting - Gilbert Shelter House, 6:30 pm

September 26 - Mushrooms in Mid-Missouri - Let's Have Fun with Fungi - 10 am to noon, identification workshop, 1 pm, an optional short hike to look for mushrooms in the wild. Free. 12 to adult.

September 27 - Lost in the Woods - Noon to 4 pm, Orienteering, map and compass skills, then hiking through woods and across creeks to practice land navigation skills. Bring water and snacks, wear sturdy hiking shoes, long sleeves and pants. Some compasses available for loan. Free. 12 to adult.

October 17 - Know the Dark - 7 - 9:30 pm - Learn about night creatures and other mysteries of the dark through hands-on activities. Free. 8 to adult

October 24 - Fall Color Hike - 12:30 -4:30 pm - Hike the scenic trails of the Gans Creek Wild area (about 3 miles) with the park naturalist. Free. 8 to adult.

For other news and events, visit the FoRB website at <http://rockbridge.missouri.org/>

FoRB Membership Information - To join, *Clip and Mail* this section with a check made out to FoRB

\$15	Park Staff/Vol, Student, Senior	Name _____
\$20	Individual	Email _____
\$35	Family	Phone _____
		Street Address _____
		City, St., Zip _____

Mail check to P.O. Box 7293,
Columbia MO 65205

FoRB
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