



# CURRENTS

Summer 2009

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**2009**  
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Adventurous river  
experiences that  
enable HEALING  
and  
strengthen the  
MIND,  
BODY  
and  
SPIRIT...

## Salmon River Adventure Wows Teen Cancer Survivors

The 2009 Teen Adventure proved to be an incredible journey! On July 23, six teens and program staff met at the University of Idaho Nancy Cummings Research, Extension and Education Center, a ranch eight miles north of Salmon. The University offered Camp Discovery the use of their housing units free of charge for the night. Located in the shadow of the Continental Divide, it was a great spot for everyone to get to know each other before launching on the river. The evening was spent eating, playing cards, packing bags and making friends.

An all volunteer staff led by Katsey Long ensured smooth sailing on the river. Dr. Jeff Han-

cock, pediatric oncologist from Rexburg provided medical support, played guitar at the campfire and provided many laughs. Brian Lewis, 2008 alumni, was official camp photographer. Con-

the water.

The group met their guides, Jessie Thiel and Matt Westfall, at the takeout for the Middle Fork where they were turning the corner on back-to-back trips. After lunch and a gear swap the trip launched for six days on the mighty Salmon River.

Each child had many opportunities to try new things like kayaking and rappelling, and enjoy the sense of accomplishment that comes from challenging yourself.

They pitched in and helped with camp chores and really learned what it was like to run a river. What a life-changing experience!



Group shot at Buckskin Bill's

nor Long paddled a hard-shell kayak the entire trip and provided support to the duckies on

## Teens Fly High with Angel Flight West

Five teens and two volunteers were flown to Salmon and back home by an incredible non-profit called Angel Flight West, a volunteer-driven organization that arranges free, non-emergency air travel for children and adults with serious medical conditions and other compelling needs.

They have a network of 1,900 private pilots in 13 western

states who donate their time, skills, plane and gas to fly families with health challenges throughout a 1,000 mile radius. They also fly counselors and volunteers to programs like ours. Thank you Angel Flight West and the generous pilots who made it easy for the teens and volunteers to come to Camp Discovery!

*"Camp Discovery  
was an  
AMAZING  
journey that  
allowed me to let  
go of myself and  
the outside world.  
I pushed and  
dared myself to do  
more and be more  
which is a  
blessing"*  
Emily, 15



Volunteer Debbie Nicholson and Board member Cheryl Bidstrup serve at BBQ

## Kayak Raffle Winner Picked at BBQ

Summer arrived just in time to heat up the Camp Discovery Idaho barbecue and raffle drawing on Saturday, June 27. A crowd of about 150 attended the event at Town Square Park across from City Hall in Salmon.

They were treated to pulled pork dinners, music, games and a silent auction. Before the party wrapped up, the kayak raffle winners were drawn. All proceeds from the event finance this year's Salmon River adventure programs for teen and young adult cancer survivors.

"It made us feel good to support kids with cancer who may not otherwise get out of the city and enjoy the outdoors like we do," commented Ronda Cluff who brought her family of five to the park.

Local singer and songwriter, Dave Self, entertained the crowd with an instrumental set on his guitar. His plans to sing changed after a respiratory infection left his voice too hoarse to perform. "I was happy to help out. It's a great cause," said Self.

The highlight of the night was

the drawing for the AIRE two-man inflatable kayak won by Elisa Chambers of Jackson, Wyoming. AIRE, a raft manufacturer based in Caldwell, Idaho, donated the boat for the raffle.

Second prize, a one day steel-head fishing trip donated by Idaho Adventures and Gary Power, was won by Ella Deutchman of Salmon.

The BBQ could not have taken place without the help of many wonderful volunteers who made the dinner, worked the event and provided the auction items.

*"The best cancer camp ever... made me feel great!"*  
Caleb, 13



Journal cover

## Lemhi Art Guild Paints Watercolors for Journal

In April, the Lemhi Art Guild offered to create watercolors and line drawings to illustrate journals for the young attendees at this summer's programs. Members were asked to choose scenes found along the river and near Salmon, Idaho for their artwork.

The 11 piece collection was as unique as the artists who painted them. Carol Bullock, Mary O'Brien, Mary Carroll, Nancy Russell, Kay Smith,

Diana Weiss and Barbara Miller depicted wildlife, human history, river landscapes, and flora and fauna in the pieces they produced.

The artwork illustrates the cover and beginning of each section in the journals.

After the finished work was scanned for publication, the artists offered to donate each piece to the silent auction at the June 27 BBQ. Celeste Gra-

ham from A Fine Line at the Purple Easel Gallery donated the matting and mounting of six of the watercolors for the auction. The finished pieces attracted many competitive bids and contributed to the financial success of the event.

Thank you Lemhi Art Guild and A Fine Line!

## Allegra Printing Awards Journal Grant

The FootPRINT Fund of Allegra Printing in Hamilton, Montana awarded \$500 worth of design and printing services to Camp Discovery for the second year in a row.

Last year they created a one-page color flyer that has been an immeasurable help with recruiting, marketing and PR. This year's grant was used to produce a journal for the teens

and adults who attend our programs.

The journal follows the river with different sections for each day and includes fun facts about the river, its human history, the environment and wildlife.

Not only does it offer opportunity to record what each young person experiences, it gives

them something they can return to time after time and relive their week on the river.

Katsey Long, licensed clinical social worker and Board President, was instrumental in developing the journal and its themes.

It truly took a community to create this piece!

## Adult River Adventure Program Launches September 1

Summer is speeding by and September 1 will be here before you know it! The Adult River Adventure will kick off at the U of I Nancy Cummings Center where the participants will spend their first night getting to know one another and the staff, and packing for the trip. Once again, University of Idaho is donating the use of the housing units on the ranch.

The next morning the group will board the bus and make their way downriver to Corn Creek to launch the six-day river trip. The journey will cover 60 miles on

the Salmon River to Mackay Bar ranch where, they will fly to Boise on the last morning.

The goals of the program include networking with peers, building self-esteem and confidence, promoting physical activity and sharing the serenity and recuperative benefits of nature and the wilderness.

The days on the river will be full of opportunities. Of course, participants will raft and kayak daily. They will also have opportunities to hike, rappel, soak in a hot spring, share experiences, enjoy campfires and eat great

food. Each will receive a journal at the orientation so they can write about their experiences on the river.

Angel Flight West will again help out by flying the adults to Salmon and home from Boise as needed. Look for a post program article in the next issue of Currents.

*“Oh wow, I could go on and on. Life here is amazing...it feels like you could be normal. The people were amazing; I couldn't help but feel safe. I love this.”*  
Destiny, 14

## Quilters Donate Pillowcases for Mementos

Owner Linda Buster of Sophie's Quilts wanted to do something special for the teens and adults who attend Camp Discovery. She came up with the idea to make a memento pillowcase for each participant in the program.

To offset some of the costs, Sophie's sold donated quilt block materials for \$5 to anyone interested in completing a square for a 'Quilt for a Cause.' Linda combined the money collected from the squares with

a donation from Sophie's to cover the material cost for the pillowcases.

She enlisted Stacy Rife, owner of the Motherlode to embroider Camp Discovery Idaho's logo on the finished pillowcases. Stacy donated half the costs of the embroidery work and Sophie's covered the remaining amount.

Each pillowcase is unique; half were designed for girls and the other half for boys. When each

of the teens chose their own, it was fun to see which one they chose and why. They were so pleased with their choices.

The finished Quilt for a Cause is on display at Sophie's where raffle tickets are being sold. Proceeds will benefit two organizations, Camp Discovery Idaho and the Lemhi County Humane Society.

Thank you Sophie's Quilts and the Motherlode!



Pillowcases

## Local Organizations Support Camp Discovery Idaho

Local community support for Camp Discovery has been strong since our inception and continues to grow. We have received over \$60,000 in in-kind contributions of goods and services since 2007 and many thousands more are committed for the Adult Adventure Program in September.

Several organizations in Salmon made donations to the adven-

ture programs and we would like to say thank you to them here:

\$1,000 - Fraternal Order of Eagles #2316

\$500 - IOGA Salmon Chapter

\$500 - Kiwanis Club

\$500 - Steele Memorial Medical Center

This is the second year of gen-

erous support from the IOGA Salmon Chapter and Steele Memorial Medical Center.

Thank you to all of our volunteers and supporters. We could not do it without you!



Destiny, 14; Brittany, 17; Steven, 13; Christopher, 15

# CAMP DISCOVERY



*River Adventure Programs for Cancer Survivors*

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[www.campdiscoveryidaho.org](http://www.campdiscoveryidaho.org)

## Volunteer Spotlight: 18 Man Gate at Festival

The morning of June 6<sup>th</sup> dawned wet and cold. It was raining when a group of volunteers hopped on the Idaho Adventures' bus and traveled from Salmon to Idaho Falls.

We were on our way to the 15<sup>th</sup> annual Mountain Brewer's Beer Fest where we spent the day working the front gate.

The only way the weather could have been worse was if it snowed and hailed.

Mother Nature didn't seem to stop many from attending; we put wristbands on 5,000 festival goers! Numbers were down from previous years but the turnout was still impressive.

The North American Brewer's Association sponsors the fest and all proceeds go to various

charities. It is a huge operation and is organized completely by volunteers.

Mark Troy from Idaho Adventures donated his time to drive the bus making the almost three hour trip each way an easy logistic to manage for the group.

Sixteen volunteers came from Salmon: Chery Bidstrup, DeWayne Deaver, Rob Jaggers, Gayle McCampbell, Jerry and Terry Myers, Gary and Tamara Power, Jerrilee and Paul Sever, Denise Shirmer, Chris Swersey, Fran Tonsmeire and Michelle Tucker.

Katsey Long drove from Jackson, Wyoming and met the group at the fest.

Thank you volunteers for your time and efforts!



**Rain didn't dampen volunteers' spirits at the Fest**

*Save a Stamp!*  
*Send us your email to receive future newsletters*