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*River Adventures for
cancer survivors
that promote
HEALING
and
strengthen the
MIND,
BODY
and
SPIRIT...*

Teens Cancer Survivors Raft the Salmon River

Six teenagers, three boys and three girls ranging in age from 13 to 16, travelled down the Salmon River in July on a journey that offered more than the typical river trip.

"It's about allowing kids who have faced down one of the most chilling diseases on earth to experience real community. After six days ... these kids are bonded in a way that transcends trouble and fear," said Autumn Stevick, a middle school teacher from Seattle who served as program director.

The first night was spent at Morgan Bar campground. Sally Gregory, retired Fish and Game biologist, brought her reptile collection and gave an interpretive program on snakes, lizards and other wildlife encountered on the river.



Teens at Barth Hot Springs on the Salmon River

The teenagers learned how to kayak, rappel, paddle and cook outdoors. Each left with the confidence that comes from tackling new challenges.

"The river trip has been one of my favorite things of my cancer experience, it has been great. I meet new people. I get to try new things like rappelling," said Steven, a 14 year old participant. "I learned to face my fears and to take life head on."

Sixteen year old Alan learned new skills on the river. "Being in this program has really been a blast. I learned how to scale the mountains. I had a lot of fun rafting in the fun yaks."

Barbara's 13 year old daughter overcame her initial fears and tried every activity during the week. "Watching Janae walk out of this experience with a little more confidence in

herself and a whole bunch of self-esteem is...huge," she said.

Destiny, a sixteen year old from Boise area summed up her experience this way, "man alive, this week was amazing, I love this program!"

Grants awarded by the R. E. McConnell Foundation and the SW Region Greatest Need Fund in the Idaho Community Foundation, helped fund scholarships for the program.

River Discovery now on Facebook

Next time you are on Facebook check out the River Discovery Facebook page.

Give the page a thumbs up and pass it along to all of your friends.

Your help can build support for cancer survivors!



BBQ fundraiser attracts a large crowd



Salmon Valley String Band plays at BBQ

"This is one of the best things to ever happen for Destiny. Not only does it make her feel accomplished -- it gives her drive and she has really benefited by her exposure to the others in the group."

Teresa, whose daughter Destiny attended the 2010 Teen Adventure

The first warm day this summer helped attract a big crowd to the River Discovery BBQ on June 18. The atmosphere at Town Square Park felt like a festival, all there were happy to enjoy the good weather, good music and good food.

Many local volunteers and businesses contributed to make the event a success. 195 pulled pork dinners were served and the silent auction was a big hit.

Bertram's Brewery donated Mount Borah Brown Ale for the event and Arctic Ice ensured it was served ice cold. Other local businesses including Salmon

Therapeutic Massage, Annah Dahle Massage, Abundant Health Chiropractic, Dana Merrill Designs and the Purple Easel donated to the silent auction. Salmon Quick Stop advertised the BBQ on their marquee and Allegra Printing in Hamilton donated posters.

Salmon boasts a large pool of talented musicians and an impressive list donated their time and talents to entertain the crowd.

Local singer and songwriter Dave Self played a set of original folk music that kicked off the jam session.

The Salmon Valley String Band entertained the crowd with their signature brand of acoustic music influenced by bluegrass, old-time fiddle and country, folk, rock and roll and Americana. They kept foots tapping with an eclectic mix of vocals, guitar, mandolin, fiddle and banjo.

Another local group, Eddy Up, plays 'gassed up' folk with river themes. They performed a set of beautiful harmonies accompanied by percussion, bass and guitar.

Many thanks to all of the volunteers who helped make the BBQ a great success!

Beer Fest Gatekeepers

Early on the first Saturday in June a bus full of volunteers pulled out of the Idaho Adventures parking lot enroute to Idaho Falls.

We were on our way to the 16th annual Mountain Brewer's Beer Fest where we spent the day working the front gate.

The North American Brewer's Association sponsors the fest and all proceeds go to various charities. This is the second

year in a row that River Discovery has been honored as a charity beneficiary of the event.

To receive a percentage of the profits, our volunteers greeted and put wristbands on about 5,000 festival goers!

Organizers estimated this year's crowd was the biggest ever.

Mark Troy from Idaho Adventures donated his time to drive the bus making the almost

three hour trip each way a smooth ride for all.

Eighteen Salmon volunteers donated their time: Bill Baer, Cheryl Bidstrup, Martha Edgar, Vinnie Guyer, Gayle and Dave McCampbell, Gary and Tamara Power, Jerrilee and Paul Sever, Denise Shirmer, Joan Smith, Chris Swersey, Amy & Fran Tonsmeire, Michelle Tucker, Thyra Warren and Deb Westfall.

Thank you volunteers!



Volunteers at the Beer Fest

Raffle Winners Announced!

Congratulations to the winners of the River Discovery raffle.

First prize was won by Judy Sommerfeld of Salmon. The two-man inflatable kayak was donated by AIRE and Gary and Tamara Power. Retail value of

the kayak is \$1350. Find AIRE at: www.aire.com

Aaron Galbraith of Jackson, Wyoming won the second prize. Idaho Adventures donated the one day fall steelhead trip for two; retail value is \$375. Find

Idaho Adventures at: www.idahoadventures.com

Third prize was also won by Judy Sommerfeld. NRS provided the Big Water Guide lifevest. Retail value is \$110. Find NRS at: www.nrsweb.com

13 Adult Cancer Survivors run the Salmon River

For most, rafting the Salmon River for a week is the stuff that dreams are made of; for 13 cancer survivors, that dream came true the first week of September.

Their ages spanned 48 years, the youngest was 21 and one of the participants celebrated his 67th birthday the day he arrived in Salmon.

Eleven women and two men launched on a personal journey that they say will change them forever.

Alice attended with her husband Fred, both are living with cancer.

"We spent seven days with strangers who are cancer survivors like us. I can't explain how powerful being with these peo-

ple and in the awesome wilderness, with the majestic mountains, music from the water, wonderful wildlife and the tranquility of it all. I feel we are beginning to take control and cancer is not going to control us any longer," said Alice.

Not only did they learn new skills: kayaking, rappelling, paddle rafting and cooking outdoors; they shared a week with other survivors - a powerful experience.

"There is a connection between cancer survivors that cannot be explained, we did not totally realize this until we were brought together, we returned home with the feeling of healing, emotionally and physically," added Fred. "All these people are our second family...never



Adult adventurers on the last morning of the program

want to lose touch."

The program was funded in part by grants awarded by the R. E. McConnell Foundation and the Idaho Wild Rivers License Plate Fund.

Matt Pond—an inspiration to all

A celebration dinner was held the first night of the adult program at Morgan Bar campground outside of Salmon.

The group was treated to a special performance by Matt Pond,

an Idaho Falls native and three-time brain cancer survivor.

Matt is a motivational speaker and singer who uses humor liberally to get his point across. His theme song is one most

know from the Wizard of Oz with Matt's special take on lyrics: "If I Only Had a Brain."

Check Matt's blog out at: www.mattpond.blogspot.com

"It was so comforting to relate with other cancer survivors - they ALL knew exactly how a person feels after battling cancer."
Kim, 2010 Adult Adventure

It takes a village...

Many thanks to all who donated to the Gear Closet. The adults used every piece of fleece and raingear available!

Thanks to the talented volunteers at Sophie's Quilts who made beautiful 'comfort pillow-cases' for all participants, teens and adults.

Thank you Riverwear in Stanley, Idaho for donating water bottles for the teen program.

Thanks to Sally Gregory and Bonnie Jakubus for the wonderful wildlife interpretive programs.

Thanks to all who put on tent

and river bag packing clinics.

Thanks to Debbie Nicolson for shuttling participants.

Thanks to the cooks who made the dinners at Morgan Bar and donated food.

Thanks WRO for outfitting and the reduced rates!



Matt Pond singing before dinner



*Strengthening Cancer Survivors
through Salmon River Adventures*

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Volunteer Spotlight - Autumn Stevick

Autumn was approached before the Teen Adventure this summer and asked to volunteer her time as program director.

She was immediately interested and full of great ideas. She arrived with an arsenal of games and activities sure to keep the teens engaged and thinking.

Autumn is a great fit for the teen program; she has many years of experience teaching outdoor science to middle-schoolers, leading adventure trips for high school students and counseling at a youth

camp.

Last year, she substituted long-term at a middle school near Seattle.

It was immediately evident that Autumn felt at ease with her role even though she did not have a history with the program.

When water bottles were distributed to the teens, she gave them a short lesson on dehydration and how the body processes water. It was fun to watch her in action!

"A lot of the job is determining what is good for the group at

any given time. I think I'm quite comfortable with that," she observed at program end.

Dr. Jeff Hancock has volunteered on the teen program for the last two years. When asked what we can do to improve our programming he answered, "Have Autumn back!"

"It would have been hard last year to conceive that we could have a better experience. The addition of someone like Autumn with her skills really made the biggest change."



Autumn in an inflatable kayak

Save a Stamp!
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