

Executive Director
Mary Wright

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

Teen cancer survivors raft the Salmon River

Eight teenagers with cancer or in remission rafted the Salmon River in July on a journey that offered much more than a river trip.

Destiny, 16, contracted cancer at age four and has been in remission for several years. "I love this trip because it brings a bond between the teens that you would not understand if you weren't there."

The teens ranged in age from 13 to 17. Six hailed from Idaho and two from Utah.

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

The next morning the teens launched on the river in kayaks, oar boats and a paddle raft. All



Austin, Michael, Caleb, Steven, Rachel, Brina, Kortney and Destiny

spent time in each of the different boats throughout the week.

"Rachel was thrilled that she was able to run most of the rapids in a kayak. She came away from the trip with greater self-confidence," commented Melody, Rachel's mom.

"We all worked so well together and had a great time taking on the rapids and getting our minds off of cancer," said Rachel, 15.

Steven, 15, said his favorite memory from the program was "swimming Elkhorn." He started out in a kayak at the top of this large rapid, capsized and ended up swimming most of it.

His father, Lane, described the growth he has observed since his son attended the program.

"Steven has developed a confidence and comfort around people that allows him to feel at ease regardless of a person's age, background, or social level. I have seen his leadership qualities

develop as well.

"Cancer has robbed him of so much during his developing years and I am so grateful for the experiences that he has had that have allowed him to grow and develop in his own unique way. He is a better person for his time in the program."

The teen adventure was funded in part by the R. E. McConnell Foundation, the Dennis and Phyllis Washington Foundation, the Fraternal Order of Eagles, Salmon Aerie 6213 and the Idaho Power Eastern Employee Community Fund.

BBQ raises over \$3,300

The third annual BBQ fundraiser took in \$3,379.

This fun event attracts help from throughout the community with donations of food, silent auction items, beer, ice, advertising, cooking and volunteering at the event.

Local businesses that donated to the event include: Bertram's Brewery, Arctic Ice and Salmon Quick Stop.

Three Salmon music groups offered their time and talent to entertain the crowd: Salmon Valley String Band, the Rock

Shop and Eddy Up.

Over 30 silent auction items were donated from local businesses and individuals. About 190 pulled pork dinners were served.

Thank you to all who helped to make the event a success!



Salmon volunteers outside the Idaho Adventures' bus

Volunteers work fest for funds

For the third year in a row, a busload of volunteers travelled to Idaho Falls on the first Saturday in June to work the gate at the 17th annual Mountain Brewer's Beer Fest. The fest organizer, North American Brewers Association (NABA), is an all volunteer non-profit organization that donates the proceeds from the event to local charities.

River Discovery volunteers greeted and put wristbands on

over 6,000 festival goers. This sounds like a daunting task but the experienced crew sent the majority of the crowd through the gates in less than two hours.

Mark Troy from Idaho Adventures provided the bus and he and Rich Millward shared the driving responsibilities.

Nineteen additional volunteers donated their time: Cheryl Bidstrup, Vinnie Guyer, Gayle and Dave McCampbell, Gary and

Tamara Power, Jerrilee and Paul Sever, Chris Swersey, Fran and Amy Tonsmeire, Dewayne Deaver, Denise Shirmer, Jeremy Powell, Gina and Jeff Knudson, Thyra Warren and Bonnie, Cindy and Jennifer Morgan.

The NABA will issue a check to River Discovery for a percentage of the proceeds from the event. This one day event has provided at least \$2,000 each year for the adventure programs. Thank you volunteers!

"One of my favorite memories has to be going through one of the biggest rapids and coming out with my paddle, both my shoes, myself, and the boat! Everybody treated me like a king after that, it was awesome!"
Caleb, 15
2011 Teen Participant

Farewell to Mary Wright

Mary Wright, River Discovery's Executive Director for almost four years, plans to step down at the end of September. She and her husband are rafting and fishing outfitters; Mary will be devoting her time to their business.

"It was not an easy decision to make; I am passionate about our programs and will miss playing an active role."

During Mary's tenure, River

Discovery offered eight programs, two each year from 2008 through 2011.

As the only employee, Mary was involved in every aspect of River Discovery's programming and development.

Ellen Nolan, Board president, thanked Mary for her service to the organization.

"On behalf of the Board of Directors, I'd like to thank Mary for her many contributions to

making River Discovery what it is today.

"Her enthusiasm for our mission and her attention to detail has moved us forward as an organization, and enhanced the lives of over 90 participants, and through them, their family and friends.

"We wish her sunny days and smooth waters as she moves on to her next venture. We'll miss you, Mary!"



Brina, 17, draws one of the winning raffle tickets

Raffle Winners Chosen

The third annual River Discovery raffle raised almost \$4,000 to support the Salmon River Adventure Programs.

The winning tickets were drawn the on the first morning of the Salmon River Teen Adventure program, July 16.

First prize was won by Nick Giger, a firefighter working in

Salmon this summer. He chose the two-man inflatable kayak donated by AIRE and Gary and Tamara Power. Retail value of the kayak is \$1350.

Larry Svalberg of Salmon won the second prize, a six-day raft trip on the Salmon River donated by Wilderness River Outfitters; retail value is \$1,550.

Third prize was won by Matea Jaca from Nampa, Idaho. Idaho Adventures donated the one day fall steelhead trip for two; retail value is \$375.

The generous prize donations from AIRE, Wilderness River Outfitters, Idaho Adventures, and Gary and Tamara Powers helped to make this raffle the most successful one to date.

Going to heaven...by Patti Sherlock

I survived breast cancer, but I got to go to heaven anyway.

I knew it was heaven because of its beauty. What would you call a place with a wild, clean river, beautiful canyon walls, bald eagles circling overhead, a bear moving on the hillside, and mountain sheep ambling to the river to drink?

Some call it Idaho's Main Salmon River; I call it heaven.

I got to know saints. The fourteen other cancer survivors who were guests of River Discovery looked out for each other, gave encouragement, and laughed continually. They tapped inner courage to take on physical challenges. They savored every hour, from breakfast time until they crawled into their sleeping bags at night.

We rubbed elbows with angels, who prepared great food, appeared at the right moment to offer a hand on rocky trails, and showed themselves to be great

entertainers with jokes, readings, stories and songs. They called themselves guides.

Maybe all river trips seem heavenly. Glorious Nature, experienced over a week, might open anyone to spiritual musing. But our trip offered something extra. The guests had all dealt



Fifteen 'saints' on the Salmon River

with serious illness. The group had an impressive knowledge about cancer treatment and research, but I liked best the stories of their diagnoses—how they handled the news and came to decisions about how to move forward. I want to remember the strength of these women.

During the past year, I'd stayed busy undergoing treatments and working on wellness. I'd done some reflecting about what I'd learned from being sick, but a week away from routine, electronics, and time pieces (we got good at consulting the sun) gave me opportunity to let the cancer experience in.

I didn't come up with anything original. Mostly notes to self to cherish each day and pay attention to the beauties around me. Wilderness reminded me how abundant those wonders are.

At a campfire session early in the week, one of the guides said he'd learned from cancer

patients that cancer isn't about dying, it's about learning to live. Words from an angel, I thought.

Writer Patti Sherlock attended the 2011 Adult Adventure Program with 14 other courageous ladies who have been battling cancer.



Patti Sherlock

"I feel more alive and stronger than I have in more than four years. The beauty of the wilderness brought calm and peace to the chaos of my life."

Maggie, 45

2011 Adult Participant

Please Welcome ...

It is with great pleasure and excitement we present our new Executive Director, Anna Buschbacher.

Anna has been the Mission Coordinator for the Idaho branch of Susan G. Komen For the Cure for the last four years. Her work with grants, education, and as a outreach coordi-

nator makes her a perfect fit for our program.

She will help us grow with her passion, understanding and knowledge of our mission. She lives in Boise with her husband and two young boys. She loves river adventures, skiing and biking and understands the importance of outdoor fun play-

ing a necessary part in cancer survival.

She will be based in Boise and will travel to Salmon for our programs on the river.

Welcome, Anna.



Anna Buschbacher, Executive Director



*Strengthening Cancer Survivors
through Salmon River Adventures*

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It takes a village...

Thank you Idaho Power Employee Community Fund. The Fund provided partial scholarships to two teenagers from southeast Idaho.

Thank you Fraternal Order of Eagles #2316. This wonderful organization donated another \$229 for the teen program that makes their total donation in 2011 \$1739.

From June through September, 73 volunteers gave 939 hours of support to fuel River Discovery events and programs.

Thank you to the high school and junior high volunteers who

helped with the spring newsletter mailing.

Thank you to all the volunteers who made the BBQ run so smoothly this year.

Thank you adventure program staff for making the trips so memorable: Katsey Long, Autumn Stevick, Dr. Jeff Hancock and Ellen Nolan.

Thank you to the wonderful guides from Wilderness River Outfitters who made the two adventure programs fantastic.

Thank you to all of the adventure program volunteers who

cooked, served, taught participants to set up tents, drove and in general made sure every detail was covered before and after the river programs.

Thank you volunteers from Sophie's Quilts who made comfort cases for the participants.

As you can see, your help makes an incredible difference. It definitely takes a village...



Volunteers serving dinner at the 3rd annual BBQ

Lending Gear Closet

Donate gently-used gear for participants on the river . If you have quick dry shorts, rain gear, river hats, paddle jackets or fleece send them to us! River Discovery, P.O. Box 712, Salmon, ID 83467

Save a Stamp!

It costs about \$150 to mail newsletters. Send us your email address to receive future newsletters.