



COURAGEOUS KIDS CLIMBING Newsletter

March 1, 2018

FREE climbing events for people with special needs!



From the Editor,

The photograph above is one of my favorite photographs. It emphasizes the point that just because you attend one of our events, that doesn't mean that you have to climb! If you just want to play with the ropes, that's cool

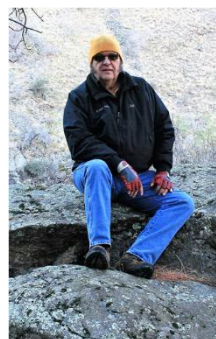
too! (Love his T-shirt!)

One of our goals at Courageous Kids Climbing, is to encourage kids to **RISE ABOVE!** It pleases us immensely when we hear how climbing has impacted our courageous climbers as well as our supporters and volunteers.

Hearing how climbing has impacted your child is very important to us. At the present time, there is not a great deal of information out there on how climbing helps people with special needs. Thus, the information that you share with us is incorporated into our continuing education course for physical and occupational therapists that we are currently developing with the support of Children's Therapy Place in Boise, Idaho.

We are presently working with a military office in the Treasure Valley in the hopes of organizing another special tour for our legally-blind friends. This will be similar to the A-10 tour last year, but will not be the A-10! We are looking at conducting this tour at the beginning of May. Follow Courageous Kids Climbing on Facebook for the latest details.

As you receive this newsletter, we are only a month away from "coming out of hibernation" and hitting the road. I am looking forward to seeing you at one of our events in Rexburg, Rigby, Spokane, or Moscow.



Finally, if you have any photographs of your courageous climber doing a little slacklining, rock climbing or just sitting on a big rock, we would love to see them. If it's really cool, we just might use the photograph in a future edition of our newsletter! As an example, here is a photo of me taking a break on a big rock while out slacklining along the

Salmon River.

RISE ABOVE!

Jeff Riechmann
Event Coordinator
Courageous Kids Climbing

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GROWTH:

I find it terribly exciting at how our climbing program has impacted people. As an example, we were very excited to have one of the parents of a courageous climber contact us looking for someone to coach their courageous climber at Wild Walls in Spokane.

In Bakersfield, California, we heard of a courageous climber that is now joined by his family at a monthly climbing session. These sessions not only help the courageous climber, but are also bringing the family closer together.

Interest in adaptive climbing in the greater Spokane, Washington area is really starting to grow. I received the following from one of our supporters who is hard at work to help make the Wild Walls in Spokane and YMCA in Spokane Valley climbing events a success. *"Just so you know, you've initiated a tsunami of interest in the area. Spokane wants to create more accessibility to adaptive climbing. It's in the conversation process. The idea was initiated by you/CKC and can utilize what you do as the most important pivotal piece...introduction to the opportunity. Your event brings together all the different populations and their providers (families, agencies, care-givers), exposes them to the opportunity, and then we can direct them to where they can go to continue the activity independently or with a friend/family member."*

And it's not just Spokane. In Moscow, the University of Idaho's Centers for Disabilities and Human Development, the Idaho Assistive Technology Project purchased over \$600.00 worth of adaptive climbing gear for their lending library to be used by the University's Climbing Center whenever needed.

CONGRESSIONAL AWARD:

It's not just courageous climbers that benefit from our program! We would like to extend our sincere congratulations to Lauren Champlin for earning the Congressional Award's gold medal. As part of her over 400 hours of voluntary service, she helped at our climbing event at Wild Walls in Spokane, Washington two years ago as a volunteer coach / belayer.

This summer, she will be visiting Washington, D.C. to receive her award.

The Congressional Award is the United States Congress' award for young Americans. It is non-partisan, voluntary, and non-competitive. The program is open to all youth regardless of ability, circumstance, or socioeconomic status. Participants earn Bronze, Silver, and Gold Certificates and Bronze, Silver, and Gold Medals. Each level involves setting goals in four program areas; Voluntary Public Service, Personal Development, Physical Fitness, and Expedition/Exploration. Earning the Award is a fun and interesting way to get more involved in something that they already enjoy or something they would like to try for the first time. They move at their own pace, on their own or with their friends. This is not an award for past accomplishments. Instead, they are honored for achieving their own challenging goals.

Regardless of the individual's situation, they can earn The Congressional Award. The Congressional Award has no minimum grade point average requirements. It accommodates young people with special needs or disabilities who are willing to take the challenge.

To earn the Gold Medal, the highest award, a person must complete 400 hours of voluntary service; 200 hours in personal development; 200 hours in physical fitness; and 4 nights / 5 days in expedition or exploration.

To learn more about the Congressional Award, visit: <http://congressionalaward.org/> Let us know if there is some way we can help your child earn this award.

THANK YOU #1:

We would like to extend our sincere appreciation to *GET IT DUNN / RUN FOR DUNN*, who recently agreed to sponsor our event at the YMCA Camp at Horsethief Reservoir near Cascade, Idaho on July 21.

The camp is one of our more fun events and we pay to reserve the camp for the day, which includes bringing in staff on a Saturday to support our event.

Every year in early June, *GET IT DUNN* hosts a fun run along the Boise Greenbelt followed by a BBQ at Julia Davis Park. Run for Dunn has the dual-purpose of not only celebrating the life of our friend, Amy Dunn, by taking part in one of her favorite pastimes

but also providing education on how to be safe in the sun.



On March 31, 2012, at the age of 29, Amy lost her battle to melanoma.

This years run will be held on June 3, 2018. For more information on how you can support this great cause, please visit:

<https://www.getitdunn.org/>

THANK YOU #2

We would like to thank everyone who shops at Ridley's Family Markets and donates their rewards points to Courageous Kids Climbing. If you shop at Ridley's and would like to donate your rewards points to us, ask at the service desk or visit their website.

THANK YOU #3

The shop class at Meadows Valley High School is building a picnic table to be placed under the "roof" at Camp Pinewood. Courageous Kids Climbing is coordinating the project with support from Robnett Properties McCall and ProBuild. You may remember that a Boy Scout built the "roof" at Camp Pinewood for his Eagle Scout project.

UNIVERISTY OF IDAHO MEETING:

February 2, we traveled to Moscow, Idaho to meet with the team of students and other supporters who are organizing the University of Idaho event, scheduled for Sunday, April 22. This group of individuals are highly motivated, and I am looking forward to their event.

2018 EVENT SCHEDULE:

April 13, 2018 – Crown Point Elementary School – Kuna, Idaho. All day slacklining event for all students utilizing our indoor slack-rack.

April 14, 2018 – The Rock Gym – Rexburg, ID 10:00 am until noon. The event is being conducted for HAS Inc. This will be our first visit to Rexburg!

April 15, 2018 – The Rock Gym – Rigby, ID 10:00 am until noon. The event is being conducted for HAS Inc. This will be our first visit to Rigby!

April 21, 2018 - Wild Walls - Spokane, WA. 10:00 am until noon. This is our 3rd annual event for this facility! Spokane Fire Department has been an awesome supporter of this event, and they will be joining us again.

April 22, 2018 – University of Idaho - Moscow, ID. 10:00 am until noon. This is our 4th annual event at the University of Idaho. These events are organized by student research interns at the Centers for Disabilities and Human Development. The technical rescue team from the Pullman (WA) Fire Department has will be supporting this event.



May 19, 2018 – Camp Pinewood - McCall, ID. 10:00 am until noon. This will be our 3rd annual event in the outdoor boulder field at Camp Pinewood, next to the Payette River. We also set up a slackline for this event. It is held **RAIN OR SHINE!** If it rains, we will hide under the canopy that our Eagle Scout friend Noah built for us!

May 20, 2018 - Wings Center - Boise, ID. 10:00 am until noon. This is our 4th visit to Wings Center! It is one of our more popular events with the kids. In addition to the "usual" climbing walls, the facility also has climbing walls built out of old tires; a cargo net for climbing and a rope ladder.

June 23, 2018 – Action Sports - Bakersfield, CA. 10:00 am until noon. This is our 3rd annual event (and 4th event) held in Bakersfield. This event is pretty popular with the local rescue teams from Kern County, which really enjoy spending time with the courageous climbers!

June 24, 2018 – Los Angeles Sheriff’s Department Search and Rescue Team’s mobile climbing wall be at the University of Antelope Valley Parkview Campus in Lancaster, CA. from 10:00 am until noon. This will be our 2nd visit to Lancaster. In addition to their climbing wall, the local sheriff officers also bring out a variety of emergency vehicles for the kids to check out. If available, we may also find members of the Los Angeles County Fire Department displaying one of their fire apparatus at the event.

July 21, 2018 – We are once again returning for our 3rd annual event at the YMCA Camp at Horsethief Reservoir, near Cascade, Idaho for climbing on their climbing tower and rope confidence course. This event happens RAIN OR SHINE! It will run from 1:00 pm until 4:00 pm. Thank you to **Get It Dunn** for sponsoring this event. Assuming that he is not out fighting a forest fire, Smoky the Bear will be joining us. Cascade Fire Department will also be supporting us. Be sure and check the signs in Cascade, as several of the local businesses post messages for the courageous climbers!

July 22, 2018 – SLACKLINE SUNDAY at Our Savior Lutheran Church in McCall. Enjoy slacklining in the churches “little forest” and a FREE hot dog roast over a campfire. This event runs from 12:00 pm until 3:00 pm. All are welcome to walk the slackline or eat a hot dog or two!



August 11, 2018 – We will be returning to Central Washington University for our 3rd annual climbing event in Ellensburg, WA. This event will run from 1:00 pm to 3:00 pm at the University’s climbing facility. Kittitas Valley Fire Rescue and the CWU Campus Police Department will have representatives on-site to help the courageous climbers!

August 12, 2018 – Once again, we will continue our trek through Washington state, traveling to the coast as we host our 2nd annual outdoor climb at YMCA Camp Colman in Longbranch. This event will run from 10:00 am until noon.

September 8, 2018 – A return trip to Boise finds us climbing at the Downtown YMCA from 10:00 am until noon. This is a return engagement for this facility

just down the street from the State Capitol. We might even have an A-10 pilot show up to support the kids.

September 9, 2018 – Teton Rock Gym - Driggs, ID. This will be our third annual event in Driggs and will run from 1:00 pm until 3:00 pm...yes, a time change. We are trying different things in an effort to grow this event. Teton County Fire District is looking forward to supporting the event.

September 15, 2018 – **NOTE DATE CHANGE!** YMCA at Spokane Valley, Washington. This second annual event will run from 1:00pm until 3:00 pm.

Date to be announced: We are working on a second annual *Climbing on Stuff* event for the visually-challenged in the Treasure Valley of Idaho. Last year it was an A-10 fighter jet with the Idaho Air National Guard.

Date to be announced – The Idaho IceCats will be hosting another ice skating session with our courageous climbers on a date yet to be determined, most likely in September 2018.

For more information on Courageous Kids Climbing or to reserve a spot for your child at one of our events, or to volunteer or sponsor an event (T-shirts for the kids), send an e-mail to JeffRiechmann@cs.com or please visit Courageous Kids Climbing on Facebook.

Please feel free to share our newsletter with anyone who might be interested.

OUR FRIEND...!



Our friend Jack York of the Idaho IceCats of the Western States Hockey League took a little time between periods to give Eric Adams of Emmett, Idaho a game-used hockey puck! Thanks Jack!

We are proud to be supporters of the Idaho IceCats as they work with young men who have their sights set on attending

college and playing hockey for a college team. The IceCats took nearly a dozen courageous climbers ice skating this past September. During the regular season, on a couple of occasions, we set up our slackline for the players to work out on. As their season draws to a close, we have been assisting them in their efforts to collect the pull tabs from aluminum beverage cans for donation to the Ronald McDonald House in Boise.

HOW CAN YOU HELP?

Courageous Kids Climbing is what I like to (jokingly) refer to as “A one-man circus: and I’m the ringmaster, head clown and tightrope walker!” Having said that, I want to ask you for your help.

What makes coordinating our events a bit of a challenge, is that I was medically retired from the fire service because of a severe hearing loss. As a result of that hearing loss, I cannot use phones and must do everything via e-mail. Yes, please share e-mail addresses with me!!!

1. Last year, our goal was to have 100 participants at our events. We exceeded that goal. However, we had two events that no one showed up for! I would like to ask you to please [share this newsletter](#) with ANYBODY that you think might be interested. (Special Ed teachers, therapists, volunteers, supporters, etc.) This year, with 14 events in Idaho, Washington and California, we hope to have over 151 participants. Keep in mind, it is not uncommon for people to travel over two hours to get to one of our events!

2. We like to give a T-shirt to each participant. The T-shirts have our logo on the front and the sponsor’s logo on the back. For \$350, we can get two dozen T-shirts. If you or someone you know would like to sponsor T-shirts or add to the T-shirt fund, please let me know. We are running very low on T-shirts!!!

3. Ridley’s Family Markets has a rewards program. When shopping with their rewards card, you get a discount on some items. For each dollar you spend, you receive points. The points can be donated to Courageous Kids Climbing. With these points, Ridley’s converts the points to cash and sends a check for the points amount each quarter. If you live in the Pacific Northwest and have a Ridley’s close by, please consider signing up and donating your points to Courageous Kids Climbing. If you know of

another rewards program, please let us know about it so that we can sign up for it as well.

4. I’m currently looking for a BIG sponsor! I live in McCall, Idaho. If you have ever taken a long trip, you can relate to what I am about to say. Once a climbing season, I travel to Ellensburg, and Longbranch, Washington. This trip requires three-nights of lodging. Traveling to Bakersfield and Lancaster, California requires at least four nights of lodging. Don’t forget gas and food. Hopefully, I can find a sponsor to help cover these costs. Do you know someone who might be interested in sponsoring our event(s)? If you want to help cover the expenses, that would be greatly appreciated. I’ll even gladly accept Chevron gas cards and McDonald’s gift cards!

5. THERAPISTS! Therapists (physical, occupational, speech, etc.) are a valuable part of our program. In addition to helping us spread the word they also attend some of our events and work with the climbers. We are trying to involve more therapeutic activities in our events to better serve the climbers. We are also creating a continuing education program in Idaho to educate therapists how to include climbing into their therapy programs and once it is completed we hope to share it with Washington and California – we already have a couple of universities that are interested in this program. Please share this newsletter with them as this is the best way to keep up to date on what is happening with this exciting program – believed to be the first of its kind in the US! Drop us an e-mail and I will add you to the mailing list.

6. COMMUNITY SERVICE. Community service is alive and well in Courageous Kids Climbing! If you have read this newsletter, then you read about a volunteer earning a Congressional Medal award. A shop class at a high school is building a picnic table for the Camp Pinewood bouldering area that we use. Students at the University of Idaho organize one of our annual events. These activities play a big part in our success. If you want to help organize or even take over organizing an event, I will gladly support you as it frees some of my time up to concentrate on other issues.

7. PUBLIC SAFETY. We are learning that the public safety officers who support our events are benefitting immensely from the events. Emergency responders are able to practice their rope skills as

well as gain firsthand experience in working with people with special needs – all valuable experience that they may need to use during an emergency. The emergency responders are benefiting so much, that we are now hearing that some fire departments are placing a high priority on supporting our events! We are now seeing law enforcement, ambulance crews and search and rescue teams attending our events. Don't be surprised if you see members of the National Guard helping out at an event. Please do not hesitate to share these opportunities with any public safety officers that you know.

8. MEDIA. We can always use help getting the word out. If you know anyone with a newspaper, magazine, and radio or TV station that would like to cover one of our events or help us spread the word, please have them contact me. When you watch TV, send me the contact information for the calendar. When you read your local newspaper, send me the e-mail address for the publisher and / or editor.

9. REALLY NEED HELP! We really need your help in spreading the word about two events that have a history of low turnout. Please help us spread the word about the event at Teton Rock Gym in Driggs, Idaho – not far from Jackson Hole, Wyoming, and our event at the YMCA Camp Colman in Longbranch, Washington.

10. SCHOLARSHIPS. We have scholarship programs at two universities. You can support one of these funds with your contributions. The more money in the fund at the University of Idaho, the more students with special needs we can help. Check out *Courageous Kids Scholarship* on Facebook for more information. We also need students with special needs to apply for these scholarships.

11. IDAHO GIVES: May 3 is the date for this annual event in Idaho that encourages everyone to donate money to their favorite charity. As in the past, Courageous Kids Climbing will once again be a part of this event. Look for more information in the next newsletter on how to donate.

In closing this subject, please know that as long as I am financial able to continue the work of Courageous Kids Climbing, I shall without hesitation. As long as I have any control over the various climbing events, I will not charge anyone to participate – ever!

I hope that you can help me to continue these efforts. When all else fails, words (e-mails) of encouragement are always welcomed. Hugs are greatly appreciated!

EVENT HIGHLIGHTS:

To see photos from our events, visit

<https://www.facebook.com/CourageousKidsClimbing/>

JEFF'S SLACKLINE

Jeff's Slackline is available to support events and organizations in West Central Idaho. (In certain situations, we may travel a little bit farther!) Invite us to attend your scouting event, visit your school, church or other activity. As with all Courageous Kids Climbing events, there is no charge!

<https://www.facebook.com/JeffsSlackline/>



MIDVALE, IDAHO: On January 18, we visited the elementary school in Midvale and set up our slack-rack for the kids. Even the teachers had fun! We also shared our books with the teachers to read to the kids during story time and one class borrowed our

DVD "The Wall". The kindergarten and 1st grade classes also made self-portraits of themselves walking the slackline and hung them on the Christmas lights!

