

Midwest Focus

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RMS member Katie Kassander (with interns Liz and Mallory) invites all to the 2017 Midwest Chapter's paddle on the Lower Wisconsin River in late August. GoPro photo taken near Wyalusing State Natural Area.

Seeking Volunteers to “Adopt an Island” in Wisconsin and Minnesota

by Molly MacGregor

“This land is your land,” says RMS member Katie Kassander, and she means it. Katie works for the Bureau of Land Management (BLM) which manages more than 600 islands located in the waters of Wisconsin and Minnesota. The Eastern Office is currently updating land use plans for those islands.

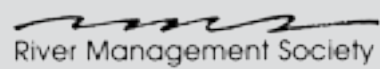
The BLM Northeastern States District Office manages approximately 500

islands in Wisconsin and 100 in lakes in northern Minnesota. The Land Use Plan Amendment is intended to reflect a more active approach in managing the islands for recreation and controlling invasive species.

The islands range in size from one-tenth of an acre to 180 acres. The islands also vary in terms of the uses that are allowed. Some are suitable for day-use

recreation, such as fishing or picnicking. Other islands allow long-term camping, and some even have designations that allow for limited stays. Many of the islands are similar to a backcountry camping experience, where visitors are asked to Leave No Trace. Scattered across Wisconsin and northeastern Minnesota, the distance from the Milwaukee office to an island can be as great as 500 miles.

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Executive Director's Eddy

We appreciate your expertise and the breadth of experience represented by our members!

Just think. RMS members include dozens upon dozens of seasoned leaders in the arenas of outdoor resource planning and administration at federal and state agencies, and non-profit organizations. We are also legal experts, river consultants, specialists in technical fields and professors of life and social science like Carol 'Griff' Griffin at Grand Valley State University and the River Studies and Leadership Certificate Advisors Tammi Laninga, Gigi Richard, Joel Barnes, Robyn Ceurvorst, Kelly Bricker, Andy Rost, Daryl Teittinen and James Vonesh. Not to forget, we are also interested students and citizens who find river management interesting, inspiring, and worthwhile.

Pride stirred recently as I read about July-December 2016 whitewater accidents by safety expert Charlie Walbridge in the March/April 2017 issue of American Whitewater (represented in our membership by National Stewardship Director Tom O'Keefe, past staff leader Jason Robertson and past RMS board members Kevin Lewis and Don Kinser). The article includes a citation of two rafting deaths in Alpine Canyon of the Snake River in Wyoming as reported by RMS member Dave Cernicek, and a double drowning on the Numbers section of the Arkansas River in Colorado, details provided by RMS member Stew Pappenfort. As sad and exhausting as accidents are to work through and as personally devastating as they are for friends and families of accident victims, discussion of the circumstances surrounding them help us understand what contributed to the accidents as outfitters, private boaters and agencies seek to minimize opportunities for their recurrence.

Recipients of the River Management Society River Ranger of the Year award in 2010 and 2016, respectively, Dave and Stew are primary expert contacts for such reportage, for they have witnessed,



Risa Shimoda, RMS Executive Director

handled and assessed any situation one could suggest. We thank them and other current and former field staff for both serving critical leadership roles on their respective rivers and being members of the river management community.

All RMS members, including our topic experts, are available as resources: just look them up in the member directory or ask a question to the RMS Listserv! If you have questions about either member service, please contact me at executivedirector@river-management.org. Please help RMS connect with your 'adjacent' professional circles! You probably receive communication from a number of other professional and public organizations and if the content interests you, it would probably interest other RMS members, too. If you'd like to see us include articles from publications you receive, newsletters emailed to your Inbox, or events you attend, please email a note or forward a hyperlink to us, and we will be happy to share them and perhaps reach out to the source organizations. As always, we seek to provide awareness, education, training and networking on topics important and interesting to you and your peers, and welcome suggestions for doing so more effectively.

May this summertime issue find you with a river trip on your calendar!♦

Risa Shimoda
Executive Director

RMS President's Corner

Where has the time gone?

It just hit me that I will only be writing two more of these messages as your RMS President. A new president will take over January 1 and I will serve the board as past-president. Louise (Weezie) Kling and I will continue to co-chair "*Wild, Scenic – and Beyond*" – the 2018 Vancouver, Washington, Symposium.

This year we recognized our RMS award winners in a variety of venues starting with Dr. Ken Kimball, Contribution to River Management, in chilly New Hampshire. Monica Zimmerman, River Manager of the Year was feted at a co-worker's retirement party in Idaho. I had the pleasure of presenting the Frank Church Wild and Scenic Rivers award to Joan Harn at River Rally in Michigan. Alaska Chapter President Dave Schade had the honor of recognizing Jena Barringer for Outstanding Contribution to the River Management Society in Anchorage. Congratulations to Ken, Monica, Joan and Jena. You all deserve this high praise for your contributions to river management and RMS. Also, many thanks to those who nominated the award winners and those not selected this year. Thanks to the awards committee for its hard work in selecting the honorees – no easy task considering all the wonderful folks nominated.

In April, Risa Shimoda, Weezie Kling and I got together in Vancouver, Washington, to check out the venue for the upcoming "*Wild, Scenic – and Beyond*" symposium to be held October 21-24, 2018. Vancouver, Washington (or Vancouver USA as touted by the local convention and visitor's bureau), is a perfect venue for our event. Committees are formed and already hard at work. We've got some great field sessions planned that will showcase some of the northwest's amazing rivers and river-related work. We can always use more help – so if you have not yet volunteered, please get in touch. We

especially need help from local residents who can interact with area businesses.

Risa and I attended River Rally in Grand Rapids, Michigan. It was a dynamic event with inspiring stories, outstanding sessions and educational (and fun) field trips. I enjoyed seeing many old friends and meeting new folks who are doing amazing work all across the country. I focused on trying to learn more about non-profit leadership, especially the fund raising side. Both Risa and I were able to take advantage of mentoring sessions offered and learned much from those generous experts who spent time with us. I came away inspired by all that is going on in river work throughout the country and humbled by the incredible people I met.

Risa and I met with many partners. We are working closely with the Interagency Wild and Scenic Rivers Coordinating Council and other partners to establish a Rivers Training Institute that will initially focus on wild and scenic river courses – in a variety of formats. We are looking for a training coordinator to start to build this program. Subject to continued funding, we hope to make this a permanent position as we expand the RMS brand to include quality training opportunities to meet the needs of our agency partners and others.

We've been dipping our toes in fund raising applying to various foundations to support our important projects. So far, we are learning through rejection, but are confident we will find the right partners to support our work.♦

Have a safe and enjoyable summer,

Helen Clough
RMS President



Helen Clough, RMS President

Congratulations

2017 RMS Award Winners!

Contribution to
River Management
Dr. Ken Kimball

River Manager
of the Year
Monica Zimmerman

Frank Church
Wild and Scenic Rivers
Joan Harn

Outstanding
Contribution to RMS
Jena Barringer

2017 RMS Awards

Presented in New Hampshire, Idaho, Michigan and Alaska

Ken Kimball, Joan Harn, Monica Zimmerman and Jena Barringer received the 2017 River Management Society awards. Each year RMS presents these awards to outstanding individuals and groups who support river management. Two of the awards (River Manager of the Year and Outstanding Contribution to River Management Society) are only open to RMS members. The Frank Church Wild and Scenic River Award and Outstanding Contribution to River Management Award are open to all. The outstanding accomplishments of the award winners are summarized in the following paragraphs.

Contribution to River Management

This award recognizes someone with longer tenure in their career with a history of accomplishments (as opposed to more recent accomplishments sometimes highlighted by the River Manager of the Year Award). Dr. Ken Kimball, Director of Research at the Appalachian Mountain Club, was presented the Outstanding Contribution to River Management Award on March 27, 2017, at Pinkham Notch, New Hampshire.

Ken is recognized for the positive impact of his work in protecting rivers, riparian corridors and watershed resources throughout New England. His participation played a key role in developing a New England coalition that successfully implemented numerous interventions on hydropower projects undergoing relicensing with the Federal Energy Regulatory Commission (FERC). With his colleagues, he led the way in developing “settlement agreements” as the preferred alternative in FERC relicensing, including the first landmark “Deerfield Settlement Agreement” that served as a template followed by many subsequent relicensing agreements.

In New England, he has led the coalition in developing other settlement agreements that include the Rapid and Magalloway rivers in the upper Androscoggin basin, multiple dams on the main stem of the Kennebec River, and projects within the Penobscot basin that include the West Branch, Canada Falls, and Seboomook reaches. He has taken the lead role in negotiating with the U.S. Army Corps of Engineers to restore recreational flows in the West River in Vermont, and at other Corps projects.

The results of his work in New England include 642 more days of guaranteed whitewater on six New England rivers, nearly 50 miles of riverside land protection, conservation easements on more than 20,000 acres of land, over \$1 million in

enhancement funds, over \$600,000 for whitewater amenities such as stairways, and removal of all barriers to access, including fees.

His leadership and negotiating skills have often pulled together disparate interest groups, sometimes seemingly enemies, to focus on the resources and what mitigation might be lost in the name of selfish interest. Many times licensees and interest groups were completely antagonistic towards each other at the beginning of a meeting. Slowly and gradually Ken would find ways to develop common interests. His successful work in protecting rivers has been based on the recognition that “good science and good economics will produce good decisions.”

Part of Ken’s philosophy dictates that rivers are best protected when watersheds and lands are likewise preserved as part of a comprehensive view that encompasses both. To this end, at the Appalachian Mountain Club Pinkham Notch facility, he manages a staff of scientists, researchers, and cartographers whose task is to protect and in some cases acquire land areas that include ponds, wetlands, and streams with high resource values. He makes frequent presentations to general public audiences, at scientific conferences, university symposia, to the press and other forums. He directs the Club’s science (mountain ecology and air pollution, land protection, energy development) and

Dr. Ken Kimball receives his RMS Award from Jim MacCartney.



cartography staff, which includes ensuring that the work achieves necessary quality control/quality assurance standards, is peer-reviewed and published, and that staff make their work and its implications available and understandable to the general public.

Appointed by the Governor of New Hampshire, Ken has been Chair of the New Hampshire Rivers Management Advisory Committee whose task is to set flow standards for rivers within the state. His river conservation efforts have extended to the national stage as one of the founding members of the Hydropower Reform Coalition in Washington, DC, and as a Steering Committee member. Ken has participated as an important member of the Review Group of the Electric Power Research Institute in an effort to improve the relicensing process. He was a founding board member of the Low Impact Hydroelectric Institute, a third party independent certification entity using objective, science-based, environmental criteria to certify U.S. low impact hydroelectric power. He has worked tirelessly with state and federal regulators and legislators to develop standards that protect rivers, land, and other important natural resources throughout New England.

Without Ken’s hard work, tenacity, and intellect, those involved in relicensing and river protection work in New England would have never achieved the level of success they now enjoy. Ken was presented this award by RMS Past President, Jim MacCartney, in recognition of a lifetime of work in the service of the public and the management of rivers of New England.

Frank Church Wild and Scenic Rivers

This award recognizes management, enhancement and/or protection of congressionally-designated Wild and Scenic Rivers. The award was presented to Joan Harn of the National Park Service (NPS) at River Rally in Grand Rapids, Michigan, on May 10, 2017. Joan has been fostering cooperative relationships, promoting awareness/education, and protecting Wild and Scenic Rivers (WSR) since she assumed the role of co-coordinator of the National Park Service’s Wild and Scenic River Steering Committee in 2007, and as the National Park Service’s Washington DC representative on the Interagency WSR Coordinating Council. Her passion, expertise, cooperative spirit, and attention to detail have enabled the NPS to effectively respond to numerous threats and to develop protective measures when responding to complex Federal Energy Regulatory Commission relicensing proposals and major water resource development projects affecting Wild and Scenic Rivers.

Joan played a key role in the development of the Park Service’s Wild and Scenic River policy and training programs. Joan has provided invaluable assistance to field staff in addressing numerous river stewardship challenges. She made significant contributions to developing Wild and Scenic River user capacity



Joan Harn receives her RMS Award at River Rally in Michigan.

guidance. Joan’s energy and commitment to protecting the Wild and Scenic Rivers entrusted to NPS care (including state-managed rivers) is evident in her tireless work at all levels—on the river to address resource protection needs or in Washington DC leveraging for funding and responding to Congressional Inquiries.

Joan has spearheaded development of a geospatial database for NPS Wild and Scenic Rivers. She worked to develop and deliver much-needed training to staff at regional and park offices. Joan lead development of educational Fact Sheets about WSRs for Park Service use. She is a key leader in the development of the Interagency WSR Coordinating Council’s User Capacity white paper in response to the Merced Litigation. She coordinated final agency response on the Stillwater Bridge lawsuit (St Croix NSR), briefed NPS and Department of the Interior leadership, and worked diligently to ensure that lessons learned are incorporated into agency and Council policy.

Joan provided leadership and guidance for Wild and Scenic Rivers threatened by Marcellus shale development and interstate power transmission corridors. She worked with the Council to consult with FERC on interpretation of Section 7 on a complex hydropower licensing issue, endeavoring to ensure that mitigation projects (e.g. fish habitat enhancement) can continue to be within WSRs. She improved understanding and consistency in the Park Service’s management of its “partnership” WSRs, forging strong relationships between DC, regions, field staff and non-government partners. Joan sought out and added cultural resources expertise to the Park Service WSR Steering Committee, and made visual resources evaluation skills a priority. Joan started work on a much-needed update to the NPS’s inventory of

eligible rivers, both within national park areas and elsewhere in the nation, using a modern geospatial database approach

Working for an agency that takes great pride in effective management and stewardship for park units, Joan is a constant advocate for rivers, in particular the diverse set of WSRs the agency is entrusted to manage that are sometimes overlooked by Park Service staff lacking awareness of the National WSR System.

While the creation of the Park Service’s WSR program resulted from the efforts of many people, and its work is sustained by staff from all regions, it is not an exaggeration to say that Joan Harn has been the single most important champion of the program, and its hardest worker. Joan cares, graciously but firmly refuses to take “no” for an answer, and effectively seeks win-win solutions.

If Joan Harn’s life were a river, its course would be long, its current strong, and its flow permanent. Even with the meanders, there would be plenty of people and wildlife along the shore who rely on her and look to her for guidance and the occasional spray in the face to wake themselves up. Rest assured, the dams Joan met along the way were certain to allow for fish passage and have plenty of flow for boats!

River Manager of the Year

This award recognizes field-oriented individuals and normally focuses on recent accomplishments. Monica Zimmerman was presented the River Manager of the Year award at a celebration in Idaho Falls, Idaho, on March 31. A dedicated and highly motivated Outdoor Recreation Planner with the Bureau of Land Management (BLM), Monica has been an invaluable asset to the river management program in the Upper Snake Field Office since 2000. She manages nearly 200 miles of river, including the Main Snake, South Fork, Henrys Fork, Teton, and Falls Rivers—all within southeast Idaho’s Greater Yellowstone Ecosystem. This river system receives an average of 250,000 visitors annually.

Monica manages an active water-based recreation program, including the Henrys Lake Area of Critical Environmental Concern (ACEC) and the Snake River ACEC and Special Recreation Management Area. These areas support multiple endangered and special status species and the most unique and bio-diverse ecosystem in Idaho. Monica

serves as the field office lead for the Snake River Partnership, a nationally-recognized land conservation project that has protected approximately 28,000 acres of land as open space for recreation and conservation along the South Fork, Henrys Fork, and Main Snake rivers and the Henrys Lake area.

Through partnerships with non-profit conservation groups, including The Conservation Fund, The Nature Conservancy, and the Teton Regional Land Trust, Monica has been instrumental in leveraging \$65 million from diverse funding sources in fee title acquisitions (11,400 acres) and conservation easements (16,500 acres) on 92 properties. These conservation purchases have augmented 22,000 acres of BLM, Forest Service, and State of Idaho administered river lands.

In 2012, Monica was instrumental in the acquisition of the Fisher Bottom property on the South Fork. This 431-acre parcel is significant due to its location and is a culturally important part of Idaho history. It is the original homestead and historical ranch complex of the Fisher family and well-known author of the frontier Americana genre, Vardis Fisher. The historical landscape documents the struggles of everyday life of early homesteaders in Idaho. Monica has led the effort to manage the newly acquired property by ensuring public access while at the same time protecting the significant cultural and historic resources. She worked with the Shoshone-Bannock tribes and the Forest Service archaeologist on an interpretive trail on the property.

Monica leads an interagency working group that was formed with local, state and federal representatives to fund and operate 10 fee sites spread along a 62-mile stretch of the South Fork of the Snake River. Regardless of where fees are collected, the working group decides together where and how the money will be spent within the corridor to benefit their shared visitors. This effective partnership, consisting of the BLM, Forest Service, Idaho Department of Fish and Game, and three county entities, gives local stakeholders a voice in the development and management of federal recreation facilities.

In collaboration with the Idaho Outfitter and Guide Licensing Board, the Forest Service, the University of Idaho, outfitters and guides, and the public, Monica recently concluded a seven-year capacity study that determined use thresholds within the rare and fragile Snake River planning area and the Teton River canyon. Monica led an unprecedented public involvement effort, including working with

University of Idaho to set up an interactive survey. The resulting document promotes protection of resources, while refining and clarifying rules for a wide array of special recreation permits for commercial uses (both outfitted and non-outfitted), competitive events, and organized groups, and a reservation permit system for designated camping. The final product of Monica’s tireless efforts will result in consistent interagency management of special recreation permits and designated camping for many years to come.

Monica’s endless professionalism, enthusiasm, and dedication to the river management program have resulted in frequent requests from within and outside of BLM to tap into her vast experience and expertise in the river management arena. Monica is constantly seeking opportunities to increase her skills as an Outdoor Recreation Planner and to foster education of her peers. She instructs and develops training materials for a week-long Outdoor Recreation Planner course, she instructs a week-long interagency Motorboat Operator Certification Course, and she serves on a watercraft safety team. She also serves on an interagency Wild and Scenic River council whose goal is to provide consistent management and guidance through technical reports and to secure grants to develop interagency training related to Wild and Scenic Rivers. In addition, Monica serves as a subject matter expert on a national team to develop training materials for implementing the new Wild and Scenic River manual.

Monica led a team that completed an activity/operations plan for the Snake River planning area in 2008. She continues to manage ongoing implementation of the plan, which includes new infrastructure development, public education, and compliance monitoring. Implementation of the plan has been a great success due in large part to Monica’s diligence and passion to protect the unique resources within the Snake River ACEC.

Monica’s dedication to preserve southeast Idaho’s rivers and their unique and fragile ecosystems will leave a priceless legacy for generations to come. The BLM and those who recreate on the rivers in southeast Idaho are very fortunate that she has chosen this path for her career and personal life.

Outstanding Contribution to the River Management Society

This award category recognizes an individual who has contributed to the success of the River Management Society. The award was presented to Jena Barringer (Daly) in Anchorage, Alaska, on May 18, 2017, by Alaska Chapter President Dave Schade. Jena served as the River Management Society Secretary from 2012 through 2014. She brought a youthful exuberance, creativity, tremendous work ethic and incredible organizational skills to the board. The RMS Board is much more effective and nimble than it was prior to her tenure. Since stepping down from her board position, Jena has continued to provide support to her successor and has stayed in touch.

Jena is a master of organizational skills. This is demonstrated by accomplishments in how the board handles work and documents. Jena brought RMS into a more modern era with the use of a file sharing site to distribute, edit and store documents. She

spearheaded efforts to update and modernize the Master Business Documents including revision and replacement of poorly performing business practices.

As part of the review of the Master Business Documents, the Awards Committee Charter was revised. The revision established the RMS Secretary as the Chair of the Awards Committee. Jena excelled in this role. She also revised the nomination process, assuring quality nominations were received in all award categories.

Jena demonstrated leadership on the RMS Board. She was able to step up and provide order and discipline when and where it was needed. She

effectively tracked action items and assignments and held people responsible for their completion. The RMS Board went through a remarkable change over the last several years. Past business practices and funding sources were no longer reliable. Jena was instrumental and a leader in taking RMS into its future.◆

For more information about the RMS Award categories and to see a list of past recipients, visit the RMS website, About Us: www.river-management.org



Monica Zimmerman is celebrated in Idaho.



RMS Alaska Chapter President David W. Schade presents Jena Barringer her RMS Award at the BLM Campbell Creek Science Center. Photo: Erika Reed

Visit Michigan,

Where Riverology Was Born

by Molly MacGregor

I launched my tenure as president of the Midwest Chapter of RMS by taking a road trip to Michigan, where I visited with four RMS members. Michigan is one of the Midwest chapter's 12 member states. Geographically, it is bordered by four of the five great lakes, has 16 Wild and Scenic Rivers, 16 state designated Natural Rivers and tributary streams (five of which are also federal WSR's), several Blue Ribbon Fisheries, 50 water trails (designated or in process), and about two dozen groups dedicated to the health of specific rivers and watersheds. And, Michigan is the home of *riverology*, the theory that river management is:

- *physics* (how the river flow shapes and reshapes the channel, bottom and banks);
- *chemistry* (how the river balances sediment, nutrients and oxygen);
- *biology* (how algae, bugs, fish, birds, mammals find a home in rivers);
- *history* (how people used rivers); and,
- *economics* (how rivers sustain communities).

Not to mention *literature, culture, religion*, and *music* (which always has been a part of the best River Management Society gatherings). Bob Seger¹ singing on the radio defined the soul of riverology for me:

There was rhythm
And there was order
There was a balance
There was a flow

¹ Bob Seger, "By the River", 1995 release

Windshield time traveling from Ironwood to Ann Arbor gave me an opportunity to revisit my involvement with River Management Society, and river management in my career, and it gave an order, balance and flow to my trip.

I met RMS members at Baldwin, Grand Ledge, Ann Arbor and Empire, and was introduced to Michigan's great rivers and even better to its diverse and dedicated river professionals:

- Diane Walker, U.S. Forest Service, Baldwin, who helps to manage the Pere Marquette River in west central Michigan;
- Doug Carter, retired, Grand Ledge, who ran Michigan's Natural Rivers program for the Department of Natural Resources, and then moved on to Michigan State University and Extension to educate students and stakeholders on water quality. Doug lives near the Grand River near Lansing and has organized successful river events that brought paddlers and positive attention to the Grand;
- Elizabeth Riggs, Deputy Director Huron River Watershed Council, Ann Arbor, who addresses access, water quality, habitat as well as climate change and innovations in funding; and,
- Sue Jennings, Wildlife Specialist, Sleeping Bear Dunes National Lakeshore, Empire, who has added water safety to her National Park Service duties.

Michigan is a national leader in river management. The 16 rivers systems in the state's Natural River program often



Molly MacGregor

overlap with federal land ownership, creating a unique partnership with the US Forest Service. Diane and Doug have both worked in river management in Michigan for most of their careers: Diane in her duties on the Huron-Manistee Forest, and Doug with the state Department of Natural Resources and Michigan State University. Sue has worked on rivers for the National Park Service for 25 years, and is back in her home state, working at Sleeping Bear Dunes National Lakeshore. They've all been RMS members throughout their careers. Doug was a founding member of River Federation in 1982, and over 25 years served in national leadership roles in both RF and RMS (including Federation President and Immediate Past-President of RMS). Elizabeth is the most recent RMS member, although she's spent her career working on rivers, watersheds and the people who use rivers.

Michigan's river management infrastructure reflects the many uses

of its rivers, with formal roles: for the state through aquatic habitat, fishery and water quality management, public and private land management and recreational access; the feds in protecting Wild and Scenic Rivers located on national forests; watershed councils conserving riparian uses, educating stakeholders and helping with emerging issues such as managing multiple uses or identifying invasive species; and cities and towns removing failing dams, guiding riverfront development and building water trails and access points.

The Pere Marquette is complicated, says Diane Walker, RMS member and Assistant Ranger at the White Cloud Ranger District of the Huron-Manistee National Forest, located at Baldwin, Michigan. The Pere Marquette flows 66-miles west to Pere Marquette Lake, and then to Lake Michigan. It is one of several drowned river mouths that drain to Lake Michigan's eastern shore. These drowned river mouths are unique features of the Great Lakes and are especially productive habitat for migratory fish.

That's a reason that the Pere Marquette is a Blue Ribbon fishery, a National Wild and Scenic River and a Michigan Natural River. It provides habitat to migratory steelhead, brown trout and salmon. It is loved by paddlers of all kinds, for day trips or camping. The federal designation emphasizes management of the river and associated federal lands for recreation. The state program emphasizes watershed health and addresses private land ownership. When Walker started working on the western Michigan forest, the state and federal government were aligning to protect Michigan's outstanding rivers. The Pere Marquette was the first of Michigan's Natural Rivers designated as a National Wild and Scenic River. Management of the 16 federally designated rivers is the responsibility of the US Forest Service – not the National Park Service – working under a cooperative management agreement with the Michigan

Department of Natural Resources.

This joint management is a considered model for river management, especially recognizing how the many uses of the Pere Marquette complicate each other. Unified management remains a goal, but one that is complicated by conflicting uses, differing regulations and responsibilities, and not quite enough resources to address every need.

"We had a river planner, but that position doesn't exist anymore," Walker noted. "The most recent plan for the river was updated in 2008 after an extensive public involvement process. Luckily, it is a very flexible and adaptive plan."

Flexibility is necessary to adapt management to changing issues. For example, the types of boats being used for recreation have changed since the river was designated—there has been a move away from canoes that in the past were rented through a livery to kayaks owned by the river user, she said.

The Pere Marquette Watershed Council is an important partner for implementation of that plan, Walker said. It arose out of the desire of fishers and other river users to protect the river and its fishery and other values in the 1960s. The Watershed Council provides scholarships every year to fund two river interns. Their job is to educate visitors on good river ethics and to check permits as people enter the river. The interns are from law enforcement or natural resources programs in schools around the state.

Management of the 66 miles of the Pere Marquette is complicated, but worthwhile. Just ask the Interagency Wild and Scenic Rivers Coordinating Council, which meets for a float on the river this month.

Michigan's longest river flows 260 miles west to Lake Michigan, in the southern part of the state. It flows north from its headwaters near Jackson to the

capitol, Lansing, and then west through Grand Rapids. There are 228 dams within the watershed and some of the towns and cities on the Grand are taking out dams, and building trails along the river.

That's the news about river management in Michigan that Doug Carter wanted to share. Carter lives on a tributary of the river at Grand Ledge, and has spent time on and off the river, building and empowering stewardship and partnership towards better watershed management. Communities support a water trail along the length of the Grand River, from Jackson to Grand Haven. Dam removal is



Doug Carter

a step towards achieving the vision of the trail.

The small cities of Eaton Rapids and Lyons have worked with neighboring townships to remove dams. Removal was recommended in a river recreation plan intended to provide new opportunities such as whitewater paddling and fish migration, as well as to remove the hazards that dams can provide to boaters and swimmers. At Eaton Rapids, removal was made possible by donations of materials and time from local merchants. Those donations may be repaid in increased tourism, including trips and classes, on the restored river.

The dam at Lyons, downriver and

west of Lansing, was damaged, causing erosion that threatened homes and a highway crossing. According to the local newspaper, the dam was built in 1857, when residents placed cobblestones into timber cribs across the river to create a dam to power a flour mill. The mill became a hydro-plant, but it was taken out of operation in 1959. The dam became a safety hazard, and the benefits of removal exceeded the cost of repair. Restoring the rapids covered by the dam has stabilized river banks and allows for the passage of canoes, kayaks and fish on the Grand River.

Downriver, the city of Grand Rapids plans to restore its namesake by removing five dams—four low dams and a larger dam. Removing them will support recreational activities like canoeing, fishing, and rowing, while significantly increasing the safety of the river. Restoring the rapids is a unique and site-specific opportunity, organizers say. Exposed bedrock is extremely rare in the Lower Peninsula, and over one mile of the unique Bayport Limestone formation is currently submerged behind Grand Rapids’ Sixth Street Dam. This limestone ledge makes up a significant portion of the city’s historic rapids, and removal of the dam will re-expose it. The limestone ledge has an ecological role as it provides spawning for Lake sturgeon. The Grand is one of only four rivers on the east side of Lake Michigan which support Lake sturgeon, an ancient fish that can grow to 400 pounds. Once abundant in the Grand River, the population was nearly extirpated by over-fishing, dams, and degradation of their spawning habitat. The limestone outcropping just upstream of Sixth Street offers the perfect spawning environment for Lake sturgeon.

Dams on the Grand River were once considered essential for developing cities and towns. River managers—aka *riverologists*—coming from fisheries sections, water quality bureaus, parks and recreation agencies and a myriad of other backgrounds, know otherwise. And, the dams create dangerous hydraulic currents. Now, cities and towns are organizing to remove dams and restore a more complete range of river activities.

That connection between communities, rivers and trails describes the work of RMS member Elizabeth Riggs, who serves as deputy director of the Huron River Watershed Council (HRWC). It is the state’s first watershed council, founded more than 50 years ago, and is one of several watershed councils across Michigan that have helped to build the state’s river management infrastructure.



Elizabeth Riggs

The Huron River flows 104 miles east to Lake Erie, drawing people for 2.5 million visitor days each year to enjoy paddle sports, fishing, fly fishing, or just have fun. The Huron River Water Trail was designated the country’s 18th National Water Trail by the National Park Service in 2015, which led to Ann Arbor’s designation as one of North America’s (Next) Best Paddling Towns by Canoe & Kayak Magazine. HRWC facilitates the Water Trail and its many partners.

Riggs calls herself a conservationist and a communicator. That’s a good combination of skills for her work in the Huron’s 900-square mile watershed, and its 65 units of government. She’s directing HRWC’s *River Up!* initiative, which is implementing a strategic vision to restore and revitalize the Huron River so that it becomes a destination for residents and visitors in the Great Lakes. The effort is consistent with HRWC’s long history of convening individuals, businesses, and governments along the river. “We help communities use local tools, such as ordinances addressing wetlands, flood plains and storm water to protect

and conserve the river and its watershed” Riggs said. HRWC engages in monitoring streams, educating the public, assisting communities (e.g., reviewing community master plans), protecting drinking water, and reducing pollution. “Huron River Watershed Council benefits from being close to several universities and partnering with them on river studies,” she added.

River Up! was organized in response to a challenge from long-time Michigan congressman John Dingell, known as the Dean of the House. The challenge was that a community’s economic health is tied to its river’s ecological health. *River Up!* helps communities improve river health and invest in

local economic development, including river recreation.

For example, strategic dam removals restore natural flow, Riggs noted. There are more than 100 dams on the Huron River system. Some were built by Henry Ford, as part of his village industry program, to support Michigan’s rural areas. Smaller manufacturing plants in rural areas supplied parts to Ford’s larger factories. Many of these plants were located on rivers, often at the sites of abandoned flour mills. Power generated by dams at mill sites provided accessible and inexhaustible power to the plants, Ford believed.

The smaller industries provided income for farmers, and, Ford hoped, would encourage young people to stay in rural

communities, in a place where technology, agriculture and manufacturing could co-exist. His vision was not achieved. Today, however, the Huron River Watershed Council is helping communities raise funds to study the feasibility of removing



Sue Jennings

some dams, Riggs said. Ford was right in understanding that rivers support communities. But, as Riggs’s works demonstrates, it takes the vision of river managers to bring the pieces together.

River managers know that getting people out on the water is often the first step to building awareness and even engagement in conserving and protecting rivers. River managers also know that river recreation is not to be taken lightly—there are inherent dangers. The river itself can be dangerous—water is high or low. Equipment can be inadequate or damaged. And, accidents just happen, sometimes very quickly, even to the skilled and experienced river user.

That’s why Sue Jennings is organizing a water safety event at Sleeping Bear Dunes National Lakeshore, in Michigan’s northwest corner. “There has been a drastic increase in popularity of recreational paddling, including kayaks, canoes, and stand up boards,” Jennings said. “We as river managers need to increase our education/outreach efforts and help those who come to recreate on our lakes and rivers to do so safely.” *Splash into Summer: Water Adventure Expo* will focus on water safety, paddle skills, recognizing rip currents, how to get out of a rip, trip planning, and life jacket use. One day is directed at staff, particularly those working directly with visitors. The second day is intended for visitors.

Lake Michigan is the deadliest of the five Great Lakes: there have been 82 drownings and 243 rescues of swimmers caught in currents since 2002. That’s double the 62 drownings and 64

rescues in all four of the other Great Lakes. Lake Michigan is a 307-mile long lake with twin, uninterrupted shorelines running north to south. That makes it especially vulnerable to two dangerous types of currents, called rip and longshore. The rip current forms when an increasing amount of water is forced ashore by high winds, and begins surging away from the beach and out to mid-lake. Longshore currents are spawned by winds parallel to the shore.

“According to the Center for Disease Control, drowning is the number one cause of accidental death for kids under age five. It’s the second leading cause of death for kids up to age 14. And it’s fifth overall in the nation,” Jennings said. “The World Health Organization identifies drowning as a neglected health issue. Drownings are up in Lake Michigan this year alone as well as in the park. There are more visitors, many of whom are unprepared for conditions. Rip currents, cold water (hypothermia), and lack of life jackets are all factors,” she said. “Yet, with proper education and outreach, drowning is preventable,” she added.

Jennings manages the park’s wildlife program, which includes piping plover, avian botulism, frogs, bats, and more. She added water safety outreach to her work after her experience working with families after multiple drownings occurred in 2016.

The most recent was last September and involved a young man, Tyler Spink. “Tyler and his friend, Josh, decided to go out into Lake Michigan after paddling down Platte River to its mouth at Lake Michigan. Soon after, winds kicked the waves up, they capsized, and their open cockpit kayaks swamped; they attempted to swim ashore on flotation cushions and were soon separated. Eventually a boater heard Josh calling and was able to pick him up. Unfortunately, Tyler was never found,” Jennings recounted. Tyler’s family asked Jennings to help spread the need to increase water safety awareness.

“The story is an example of how quickly accidents happen—and it can happen to anyone, regardless of skill level. Experienced paddlers have drowned already this year in Michigan due to cold water and not wearing life jacket. It illustrates the importance of educating our recreating river and lake users on the importance of wearing a life jacket and understanding hazards such as weather, currents, and cold water,” Jennings said.

Sue Jennings was my last stop in Michigan. Headed back to Minnesota, I drove east from Empire towards Traverse City, past cherry orchards and hop farms. Then across the big bridge and west again, leaving the sandy beaches and dunes for rocks. Michigan’s rivers lie on a continuum from wild to harnessed, and the state has river managers who are responsive to every bend, pool or riffle. I am proud to represent a group of river managers who are creative, passionate and entrepreneurial... proud to be a

riverologist.

WhiteWater™

The Swift Action River Card Game



RMS Member Creates River Card Game

Lifetime RMS member Randy Welsh, current RMS Treasurer, has created a new river-themed product—*WhiteWater: the swift action river card game*™. This card game captures the thrills and excitement of a whitewater river adventure.

“I wanted to create a game which would help people understand the rapid classification system, while also educating new river runners about common river hazards and appropriate safety techniques,” said Randy. “*Rapid* cards have pictures of Class 1-6 rapids from many popular western rivers. The cards illustrate the different rapid types to help people understand the complexity and variety of rapids they may encounter.”

Other cards show hazards and safeties that are common in river running. The *Hazard* Cards reference river hazards river runners face, such as Rocks, Flips,

and Wraps. During game play these cards force a player to take additional cards from the deck depending on the severity of the Hazard. Other Hazard cards include an Eddy, Scout and Whirlpool. *Safety* cards, on the other hand, display common safety practices and equipment which can protect the river runner from the Hazards. These include things like a Life Vest, Throw Rope, a Hi-Side Maneuver, and a Z-Drag. The Whistle is a master safety that protects the player from all Hazard cards.

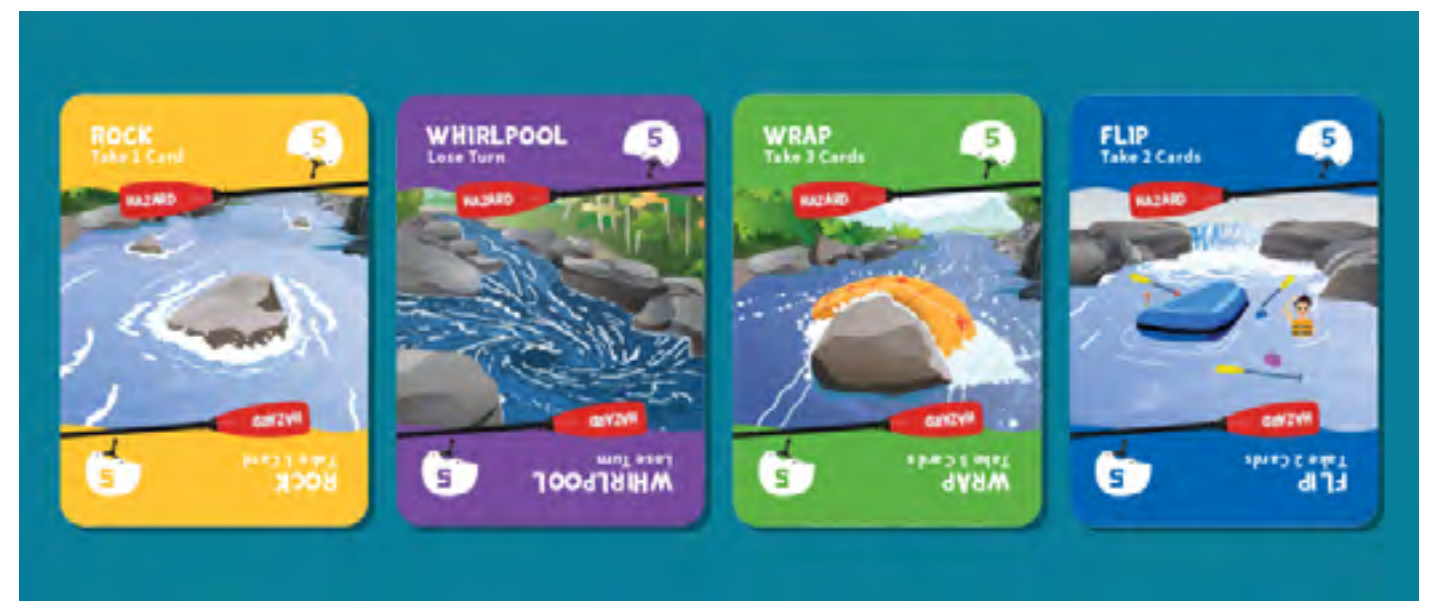
Wild cards, which can aid play during the game round, have illustrations of Knots, Signals, and River Equipment that every river runner should understand. There is even a Groover card which allows a player to “dump” all the cards of one color on an unsuspecting player. *River Guide* cards complete the card set by providing reference information on which

Safeties may be played on which Hazards. Overall, the card game includes a deck of 104 cards, 4 River Guide cards, and an instruction sheet, all neatly contained in a water resistant box.

“My hope is that WhiteWater can be used as a fun activity to expand people’s knowledge of river classifications, river runner techniques and safety. Game cards can also be used as reference flash cards for launch safety sessions. And it is a great evening campfire activity while on a river trip”, said Randy.

WhiteWater is also a small fundraiser for the River Management Society: \$1.00 of every game sold is contributed to RMS to further its mission. To date over 200 games have been sold.♦

More information can be found on the WhiteWater website: www.whitewatergame.com



For the Love of the River:

Parallel Paths on the “Kinni”—A River Planning and Hydro Story

by Randy Thoreson and Michael Page

The Topic

There is a buzz these days in the historic and beautiful rivertown of River Falls, Wisconsin. This area, which is close to the St. Croix Wild & Scenic River and home to the precious “Kinni” River (short local term used for the Kinnickinnic River), has an important and applicable story unfolding relating to both a Federal Energy Regulatory Commission (FERC) hydro relicensing of two dams and parallel Kinni River Plan headed up by the city of River Falls (which, by the way, also is the Municipal Utility for the two dams).

Take a minute (or a few) and attend and listen to a city-sponsored Kinni River “Tech Talk” (at least eight topical presentations and discussion planned and underway), Friends of the Kinni gathering, or even a local café “Coffee Chat” (the South Fork Café on Main Street is highly recommended) and you will find out what passion and interest in a river is all about.

The Story (briefly)

The story is relatively straightforward, but how city government officials, engaged citizens, interest groups (like Friends of

the Kinni and Trout Unlimited), as well as the University of Wisconsin River Falls (UWRF) are working together is worthy of what many of us in the “Rivers Business” (public or private) are passionate about.

Basically, two things are going on right now in River Falls. First (but only because we have to start the story somewhere), is a currently required FERC hydro relicensing of two historic and relatively small dams. These structures (with an interesting history to google) provide about 1% of the electric needs for River Falls as part of the regional grid. Second, the city of River Falls, recognizing the value and precious nature of the Kinni have started a Kinni River Plan (actually more of a River Corridor Plan) that includes internal and external (i.e. consultant) expertise and an informed and engaged community effort (i.e. citizen’s Tech Talks, as mentioned) highlighting natural resources, recreation and important economic drivers (value, tourism, that whole scenario) necessary in any applicable and useful river planning effort.

But, here is where the story gets interesting. In terms of the two mentioned dams, there is a great effort and interest

in studying and actually applying dam removal feasibility and options. Hence, groups like the Friends of the Kinni, Trout Unlimited, Kinni Watershed, UWRF and reviewing and input agencies (like the National Park Service and US Fish & Wildlife Service) are stepping up to the plate and saying “don’t just remove, but study.” This approach, whereby the authors of this article feel strongly, can be simply summarized as “*good studies lead to good decisions.*”

Hydro in a Nutshell

As many of you that deal with rivers and hydro know, hydroelectric project licenses granted by the Federal Energy Regulatory Commission (FERC) in navigable public waterways expire after a 30-50 year license term (depending on the original license granted). FERC licenses expire for a reason, they expire in order to allow for a re-evaluation of the utilization of the public waterway resource to be conducted.

For River Falls, as pointed out and currently under a FERC relicensing process, the question being asked isn’t “should these dams get a new license?” The true question at hand is “what is the best possible use and protection of this

precious and unique public waterway resource (the Kinni)”?

[Author’s note: A running history of the events and resources available surrounding this entire process can be found on the city of River Falls website: www.rfcity.org/hydro]

In a nutshell, the city of River Falls initiated the application process for a new 30-year license for the River Falls Hydroelectric Facility with FERC in the fall of 2013. Since that date, and after input from many citizens, agencies and interest groups, FERC has granted an extension for final relicensing materials until August 31, 2023, in order to complete warranted and timely studies ranging from sedimentation (reservoir ponds bottom substrate analysis, sediment transport issues, etc.), natural resources, recreation (existing and future projections), dam removal feasibility analysis (all elements), and economic topics (look up FERC Docket #P-10489).

So, to summarize (and making this article too long), a mutually agreeable course of action was established that would allow for greater consideration of alternative futures for the project. The city

would apply for a License Amendment requesting a 5-year extension under the existing terms of their license while simultaneously initiating a comprehensive community-oriented “Kinnickinnic River Corridor Planning Process.”

The River

As pointed out, the city of River Falls, along with stakeholders, interested citizens and agencies have started a Kinni River Corridor Planning Process. The framework for the process and plan is quite collaborative and extensive (see: www.cityofriverfalls.gov/planning).

It would be remiss not to point out that the Kinni is an important tributary to the St. Croix Wild and Scenic River (approximately eight river miles away). As such, input and recognition of this relationship has and will continue to be

important to dam removal alternatives (including mentioned sedimentation), natural resources, and recreation interests. Everyone recognizes the Croix as a local, regional and national treasure worth protecting.

In order to research, engage and gain input on the Kinni Plan, a series of what is termed “Tech Talks” are underway over several months. These topics include (in order): River Corridor Planning 101, River Ecology, Economics, Hydro Facilities and Relicensing, Dam Removal Alternatives, and Recreation and Tourism. So far, they have been very well received with over 200 people attending each one at a community center and having local, regional and national panel speakers (also River Falls has established a public input framework including submittal of comments, media outreach, etc.).

(continued on page 34)

Fishing the Kinni Dam. (Randy Thoreson)



Junction Falls Upper Dam. (Michael Page)



River Falls Main Street. (Chamber of Commerce)





The Mississippi River in Minnesota,. (Ken Ratclif - Flickr)

THE NATIONAL RIVER ORGANIZATIONS

by John Helland

Citizens who appreciate the importance and preservation of our country’s natural resources know that governmental agencies need assistance to do their jobs. That’s why in the conservation arena so many not-for-profit or nongovernmental organizations (NGOs) are acting to augment and monitor the work of the government agencies.

When it comes to rivers—recreation, management, governance, protection, restoration—national nonprofit river groups make a significant contribution. What follows is a description of the five major NGOs active on rivers in the United States.

American Rivers

[American Rivers](#) is a Washington, D. C.-based nonprofit with the largest board and staff of the five NGOs, 26 board members and 80 full-time staff. Some of the staff are situated in nine regional offices around the country.

Created in 1973 by river advocates, it can be called “the Granddaddy” of national river organizations in size. American Rivers was formed initially to fight unnecessary dams on the

nation’s free-flowing rivers and to add new rivers to the Wild and Scenic Rivers System, which was created by Congress in 1968. American Rivers’ goal is to help maintain for the nation clean, healthy rivers that sustain and connect U. S. citizens. The members and staff serve as advocates to protect wild and scenic rivers, restore damaged rivers, and conserve clean waterways.

Working with Congress and federal agencies, such as the Department of the Interior and the U.S. Forest Service, American Rivers advocacy also utilizes field work on particular threatened rivers. They have an annual program that identifies the ten rivers in the country most under threat to be impaired or endangered. This garners a lot of media attention in April each year.

The increasing concern about the effects of climate change on natural resource systems has caused American Rivers to identify the potential impacts on river systems. They also have studied and explained the benefits of restoring flood plains, the toxic legacy of fracking and mining, and the damage caused by pipeline failures on rivers.

Lately, American Rivers has been promoting integrated water management, which is a system to manage water as a single

resource, along with adopting proven technology and policies to promote the natural water cycle. Their work in this area is mostly with cities and water utilities to embrace and utilize the integrated water management approach locally.

River Network

[River Network](#) is a group created in 1988 in Portland, Oregon, but now based in Boulder, Colorado. It works on the local level with river advocates more than American Rivers does, and has a board of 15 members and a staff of 11.

River Network believes in three key ingredients for healthy rivers: clean water, ample water, and strong champions. The organization primarily serves as a helping network to empower and unite citizens and communities to protect and restore rivers.

River Network helps move the local effort on river issues with a bottom-up approach through different levels of government—local, regional, state, and federal. They work to encourage local friends’ groups of river advocates by providing a wide variety of services to advance the cause of healthy rivers. These services include mentoring, consulting, training, technical assistance, scientific support, and hands-on facilitation to strengthen the local effort. They also sponsor events and conferences.

River Network offers small grants and training in the use of best practices on rivers. Each year they sponsor a large River Rally to bring local groups and river advocates together, and to provide educational presentations and individual awards for success in their effort. The rally always takes place in a part of the country that is near an iconic river, so participants can enjoy paddling fun.

River Management Society

[River Management Society](#) (RMS) is a group of river professionals and supporters who study, protect, and manage North American rivers. Created in 1996 from two groups formed in the 1980s, RMS has a board of 13 and a staff of two, with offices in Washington, D.C.

The goals of RMS are to provide professional development, scientific information and education, communication on policy development and decision-making at all levels, and capacity building through collaboration.

There are eight regional chapters of RMS, including one in Canada, that hold meetings and regional field trips to discuss river management issues. RMS prides itself on using a wide variety of forums to share information and connect river professionals regarding the appropriate use and management of river resources.

RMS works on hydropower reform and relicensing that emphasizes recreation and carrying capacity for river allocation. They conduct several online workshops and webinars annually. They also keep tabs on which rivers require governmental permits for access, or which have bathroom waste disposal requirements.

One of the new projects for RMS is a national river recreation database with information for the general public on river access points, paddling difficulty rating, and available campgrounds. Another recent program is the River Studies and Leadership Certificate, which partners with several colleges to offer undergraduates select courses to enable them to join the next generation of river professionals working in the field.

Each year RMS has an annual River Ranger Rendezvous, sponsored by one of the regional chapters, that brings professionals together to combine a river trip and discuss common river management issues. Biennially, RMS conducts a river management symposium on international training related to planning and management topics for its members.

American Whitewater

[American Whitewater](#) (AW) formed in 1954 to conserve and restore America’s whitewater resources and to enhance opportunities to enjoy the rivers safely. It is a membership organization of individuals and more than 100 local paddling clubs. Twelve board members and ten full-time staff make up the organization’s governance. Their current office is in Cullowhee, North Carolina, which offers ample whitewater nearby.

AW seeks to connect the interests of human-powered river recreationists with ecological and science-based data resources. They maintain a national inventory of whitewater rivers, monitor potential threats to the rivers, promote public advocacy for whitewater management and for legislation, and provide technical support for local whitewater clubs. They also pursue and protect access and navigability on whitewater rivers.

In the Midwest, AW proposed concepts of Wisconsin law to protect rivers that U.S. Senator Gaylord Nelson used in creating the 1968 Wild and Scenic Rivers law. Also in Wisconsin, AW pushed a dam removal program and dam relicensing for recreational paddlers.

AW helped create the international scale of whitewater difficulty, Class I–Class VI, for whitewater enthusiasts to know the gradient of various rivers. They regularly sponsor several whitewater festivals and paddling events around the country.

American Canoe Association

[American Canoe Association](#) (ACA), now 100 years old, is located in Fredericksburg, Virginia. It has 15 board members and 18 staff people. The ACA’s mission is to provide people with paddling instruction and education in all its aspects. While this includes paddling any form of water resources—rivers, lakes, oceans, and estuaries—ACA promotes stewardship to protect these environments, and sanctions various events and programs for paddlesport exploration, competition, and recreation. They desire to make paddlesport opportunities both fun and safe for the public.

ACA attempts to make paddling education and instruction accessible to everyone interested, including underserved

communities. They regularly communicate paddlesport benefits as healthy lifetime activities, and create strategic alliances with other groups to expand awareness and knowledge.

A Safety and Education Council and certification program for paddlers is a major part of ACA work. They also provide a regular insurance program for local paddling clubs and events. ACA promotes a system of state directors to establish local programs to increase membership and to facilitate communication with the national office.

Collaboration

The five major national river NGOs play a prominent role in their primary focus areas and common collaboration efforts to assure that Americans know about their river resources and the need to help protect them.

American Rivers serves in a traditional advocate role for river issues, especially on a national level. There is collaboration and communication between American Rivers, American Whitewater, and the River Management Society on hydropower relicensing and dam removal on certain rivers, but not always on a regular basis. RMS also has used AW’s inventory and information on whitewater streams in order to develop their own national river recreation database.

River Network also does advocacy work, but more on the local level in terms of capacity building and education on how to promote river issues for desired results.

Arcola Bridge on the St. Croix River, north of Stillwater, Minnesota. Image from the Metropolitan Design Center Image Bank, copyright the Regents of the University of Minnesota. All rights Reserved. Used with permission.



Because RMS is mainly composed of river professionals, both government and private, their meetings and symposia provide a wealth of cross-pollination between the major river NGOs and the public agencies active in the field. In the same vein, River Network’s annual river rallies attract a lot of participants who may be members of two or three of the other NGOs, and whose networking and communication at the rallies leads to more collaboration possibilities among the NGOs.

Risa Shimoda, the Executive Director of RMS, has said that not only do rivers play a central role in shaping landscapes and creating biologically diverse and unique ecosystems, they also form the foundation of cultures, economies, and communities. Rivers connect us to nature, to our past, and to each other.

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About the Author

John Helland served as the nonpartisan research analyst for two environmental committees in the Minnesota House of Representatives for 36 years. Now retired, John serves on a variety of nongovernmental environment boards. As a longtime river lover, he greatly enjoys paddling on midwestern and western streams.◆

This essay was originally published in 2017 in [Open Rivers](http://openrivers.umn.edu/), an interdisciplinary online journal that explores critical conversations around water, community, and place. (See: <http://editions.lib.umn.edu/openrivers/article/the-national-river-organizations/>)

Campsite Development on the Connecticut River Paddlers Trail

by Kristofor L. Kebler

The Appalachian Mountain Club’s Roving Conservation Crew (RCC) spent five weeks over the 2016 summer and fall seasons constructing primitive campsites in two different locations on the Connecticut River in Western Massachusetts as part of the CT River Paddlers Trail. The crew built 4 tent platforms, 1

privy, 4 staircases (one in excess of 55’), installed 2 kiosks, 1 bear box, and 1 picnic table. The crew did an excellent job in changing gears from typical trail work projects to focus on more construction-based work. We look forward to building more campsites along the Connecticut and beyond, in the future.◆

The RCC poses on the just finished 55’ staircase on the Connecticut Paddlers Trail in Montague, MA, 2016. (Kris Kebler)



For more information about AMC’s campsite building services, contact: Kris Kebler – AMC Trail Contract Supervisor: kkebler@outdoors.org (603) 466-8147



Veterans avoiding the rock in the Green River, Utah. (Tim Wagner)

North America's Rivers: Pathways to Recovery?

“The more you look at the rock, the bigger it becomes. The bigger it becomes, the harder it is to avoid. Keep your focus downstream and on the opportunities, rather than on the obstacles. Boating is a lot like life. Focus on where you want to be rather than on where you don't want to be. Recognize the rock in the river but don't focus on it. Focus on the clean run and put all of your energy into accomplishing it.”

—Anonymous

by Deborah A. Tysor, Matthew T. J. Brownlee, Kelly S. Bricker, and Daniel L. Dustin (Department of Health, Kinesiology, and Recreation) and Steven A. Bell (Department of Occupational and Recreational Therapies), University of Utah

This article is the first in a series that will examine the health promoting properties of North America's rivers for veterans coping with Posttraumatic Stress Disorder (PTSD)¹. We begin the series by discussing four underlying rationales for theorizing rivers' therapeutic value and the research challenge that must be met before

the effectiveness of North America's rivers as pathways to recovery can be fully ascertained. In the series' second article we will take readers on a Colorado River trip through Cataract Canyon in southern Utah with veterans from the United States and Great Britain who are experiencing PTSD. Then, in the series' final article, we will report what researchers at the University of Utah and Clemson University have learned from a three-year

study of river recreation's therapeutic benefits for veterans with PTSD, as well as discussing the implications for river recreation management.

This series is timely, we think, because in addition to a concern for preserving and protecting the natural, cultural, and recreational values of North America's rivers, social scientists are now being asked to turn their attention to the identification of rivers' health promoting

properties as part of the “Healthy Parks, Healthy People” science agenda recently announced by the United States Department of the Interior's National Park Service (USDI National Park Service, 2013). It is expected that the fruits of this research will be especially useful to river recreation managers in planning for the future stewardship of North America's riparian environments.

Posttraumatic Stress Disorder

While PTSD can afflict most anyone who has experienced traumatic life threatening events, it has been associated most often with military veterans returning from combat. PTSD is characterized by recurrent and involuntary memories, traumatic nightmares, flashbacks, distress following exposure to traumatic reminders, and physiologic reactivity after exposure to trauma-related stimuli (American Psychiatric Association, 2013).

Although two traditional clinical therapies, prolonged exposure therapy and cognitive processing therapy, have proven to be highly effective in treating PTSD (Bryan & Bryan, 2016), many veterans who could benefit from these treatments avoid them because of the stigma associated with seeking mental health services, or because of an aversion to the Veterans Administration or other more traditional channels of assistance. Consequently, alternative therapeutic approaches to serving veterans with PTSD are of increasing interest, including nature-based therapies.

Nature-Based Therapy

That nature may have a role to play in the healing process is an age-old idea. As Stacy Bare, Director of the Sierra Club Outdoors program for military families contends:

We have known for centuries about the power of the outdoors to heal and help make sense of our imperfect, messy, and often traumatic lives. All three of the major Western religions—Judaism, Christianity, and Islam—feature charismatic leaders (Moses, Jesus, and Muhammad), who spent time in the wilderness or climbed mountain heights to receive divine revelation before starting or continuing their life's work. The Spartans walked home from war. Odysseus took the

long way home, and after Vietnam, Doug Peacock spent 35 years in grizzly bear country tracking and communing with those magnificent animals in one of the largest unspoiled ecosystems in the United States. What did they know? Why did they do it? (Bare, 2016, p. xi)

More recently, Roger Ulrich (1984) lent scientific credence to nature's healing power in a groundbreaking study of patients following surgery based on their recovery room view out onto the built environment or out onto nature. Patients with a view of nature were discharged sooner. Ulrich's seminal work has since led to a cavalcade of theorizing and research dedicated to better understanding nature's healing power (Hartig et al., 2011; Kaplan, 1995; Kellert, 2005; Mitten, 2009).

Underlying Theoretical Rationales

The following four theories underpin the University of Utah and Clemson University's inquiry into the health promoting properties of nature in general, and free flowing rivers in particular:

Attention Restoration Theory

Attention Restoration Theory (ART) has received increasing scientific attention ever since Stephen and Rachel Kaplan published *The Experience of Nature: A Psychological Perspective* in 1989. Fundamentally, ART revolves around the concept of directed attention, where significant effort is used to maintain attention on a single topic or subject. Mental fatigue results from the sustained use of this inhibitory process, but ART suggests that natural environments can restore one's ability to concentrate. The Kaplans created a restorativeness scale detailing the four basic properties of restorative experiences: being away, extent, fascination, and compatibility. The property of being away involves one's removal from a context where sustained directed attention is required. Extent refers to the degree to which one feels as though one has entered another world. Fascination requires immersion into an environment that effortlessly grabs one's attention. The final property, compatibility, asserts that a restorative environment must not interfere with goal satisfaction (Kaplan, 1995).

Important connections exist

between the principles of ART and certain challenges associated with PTSD. According to the *Diagnostics and Statistical Manual of Mental Disorders*, 5th Edition (DSM-V), receiving a PTSD diagnosis requires experiencing at least two arousal and reactivity symptoms that persist for at least one month and distress or impair one's functioning (American Psychiatric Association, 2013). Two of those symptoms include hypervigilance, which involves the perpetual overuse of attention as if one were constantly in danger (Feliciano, 2009), and difficulty concentrating. Hypervigilance produces fatigue through the consistent use of directed attention, and concentration difficulties result from mental fatigue.

Research suggests the tenets of ART may provide reasonable explanations for the efficacy of nature-based activities in reducing mental fatigue and increasing cognitive functioning among veterans with PTSD. For example, studies of ART have shown that scenes involving slow-moving water prove particularly restorative (Felsten, 2009). These findings provide a potential explanation for the restorative benefits of fly-fishing, because fly-fishing involves standing in or near a slow-moving body of water. Additionally, fly-fishing provides excellent opportunities for veterans to experience the restorative influence of being away by bringing them out of their daily environment and spending time by a river (Alger, 2016; Bennett, Van Puymbroeck, Piatt, & Rydell, 2014; Price, 2016). The experience of extent can also be maximized by visiting rivers that look, sound, smell, and feel vastly different from the sensations experienced during the veteran's daily life. Additionally, the context of a river provides the opportunity for fascination to occur, as long as the river is naturally occurring and not constructed by humans. This describes many of North America's rivers.

Social Comparison Theory

Social Comparison Theory (SCT), first developed by Leon Festinger (1954), posits that people tend to “evaluate their abilities and attitudes by making comparisons with others” (Reber, Allen, & Reber, 2009). Over time, SCT began to incorporate domains that included the need for self-enhancement (Gruder, 1971), validation (Goethals & Darley,

1977), maintenance of a positive self-evaluation (Tesser & Campbell, 1982), and a propensity toward the avoidance of closure (Kruglanski & Mayseless, 1990). According to SCT, people are inclined to notice those around them who are dissimilar and make assessments about themselves based on those differences (Kruglanski & Mayseless, 1990).

Various symptoms of veterans with PTSD directly align with the core tenets of SCT. For example, avoidance of trauma-related thoughts or feelings can prevent veterans with PTSD from experiencing closure (American Psychiatric Association, 2013). Also, individuals with PTSD often have persistent and distorted negative beliefs and expectations about themselves, as well as self-blame for causing traumatic events or the resulting consequences (American Psychiatric Association, 2013), which relate to the SCT domains of the need for self enhancement and maintaining a positive self-evaluation. Most importantly, individuals with PTSD often feel alienated from others (American Psychiatric Association, 2013), which, according to the foundational principle of SCT, can prevent them from evaluating their abilities and attitudes in a positive or constructive way.

Running rivers may offer a unique opportunity for veterans with PTSD to connect with a community of people who experience similar challenges, thereby reducing their negative feelings and sense of isolation regarding the difficulties they face. Evening campfires provide an informal (i.e. non-clinical) atmosphere for conversations where veterans with PTSD can identify and communicate with each other about their symptoms, experiences, and daily struggles. In this regard, river trips may provide particularly good contexts for mindfulness programs designed to reduce feelings of shame and frustration for individuals with PTSD, as well as improve their concentration, awareness, compassion, and acceptance through the practice of mindfulness.

SCT also reinforces the importance of remaining cognizant of each participant's symptoms and drawing connections between individuals who experience similar symptoms. For example, through mindfulness meditation practice, multiple participants may discover an increased ability to reduce reactivity when faced with symptoms of hypervigilance. Communicating these shared struggles

and victories in a group setting may decrease distorted thoughts and feelings of self-blame and negative beliefs or expectations as participants encounter the emotional relief of discovering that they are not alone in their experiences. If river trips offer opportunities for participants to spend quality time together, build camaraderie, have meaningful conversations, and discover the broader community of veterans all over the world who experience the same daily struggles, the tenets of SCT suggest such trips might serve as an effective therapeutic medium for reducing PTSD-afflicted veterans' sense of isolation and allow them to more accurately evaluate their abilities and attitudes, reduce their symptoms and give them a more positive outlook on life.

Flow Theory

Mihaly Csikszentmihalyi's Flow Theory suggests that optimal experiences occur when balance exists between one's level of skill and the level of difficulty encountered during an activity (Csikszentmihalyi, 1975, 1990). Entering a state of flow is characterized by becoming so engrossed in the activity that the participant concentrates intently on the present moment, loses the sense of how much time is passing, experiences a sense of personal agency over what takes place, does not feel self-conscious, and perceives the activity as intrinsically rewarding (Csikszentmihalyi, 1990).

When experiencing flow, individuals do not have to make decisions regarding how to allocate their attention (Csikszentmihalyi, 1990). This can provide respite for the hypervigilant, fatigued minds of individuals with PTSD. Instead of deciding what to focus on, the activity at hand fully occupies all of their senses and provides them with an all-consuming, optimal experience. Flow experiences can thus draw participants' attention away from trauma-related stimuli and focus their attention entirely on the positive feelings of the present moment.

A key component of Flow Theory is the importance of skill mastery and task accomplishment in providing optimal experiences that are perceived as intrinsically rewarding. Recent research has revealed that a sense of task accomplishment and skill mastery when faced with physical challenges and competitive activities can play a

significant role in reducing symptoms of PTSD among veterans (Gilbert, K., Gilbert, R., Dawson, Beckmeyer, & McCormick, 2016; Rabinowitz & James, 2016; Scheinfeld & Spangler, 2016). For example, experiencing skill mastery and task accomplishment while achieving flow can take place while fly fishing as participants learn a variety of fly fishing techniques, including how to tie a fly, cast a fly, and, of course, catch a fish.

Learned Helplessness Theory

The concept of agency in Flow Theory closely relates to the core tenets of Learned Helplessness Theory (LHT). Attributed to Martin Seligman, LHT posits that the real or perceived absence of control over current circumstances influences one's capacity to escape from adverse circumstances in the future (Klein, Fencil-Morse, & Seligman, 1976). People who demonstrate learned helplessness have encountered difficult or traumatic experiences and found themselves unable to escape the suffering produced by these experiences. This discourages them from trying to avoid negative experiences in the future because of their past feelings of helplessness when faced with adversity. The challenging circumstances veterans with PTSD encountered in the military can thus leave them feeling helpless in everyday life.

River recreation provides a potentially ideal therapeutic milieu for countering the effects of learned helplessness. Whether it's successfully negotiating a river rapid in a raft, learning to kayak, or honing cooking and camping skills, rediscovering agency in their lives and having new experiences where they are able to confront and control the challenges that come their way may help veterans with PTSD overcome their learned helplessness behaviors (Ewert, 2016). These successes can empower PTSD-afflicted veterans to gain more confidence in their ability to improve their own mental health.

An introductory mindfulness program, for example, that provides veterans with the basic knowledge and skills necessary to begin incorporating mindfulness practice into their daily lives will often cause veterans with PTSD to experience a general decrease in their symptoms. Subsequently, their capacity to manage their symptoms when confronted with a high-stress environment will



also increase. Through this process of learning, task accomplishment, skill mastery, and subsequent improvements in health, veterans with PTSD may soon discover that they are not helpless, but, in fact, that they are highly capable of exerting power over their adverse circumstances.

The Research Challenge

Overall, Attention Restoration Theory, Social Comparison Theory, Flow Theory, and Learned Helplessness Theory may be useful in explaining the efficacy of riparian environments as therapeutic pathways for veterans with PTSD. Serving veterans and their families in river settings via health promoting programs such as fly fishing (Alger, 2016; Bennett, Van Puymbroeck, Piatt, & Rydell, 2014) and mindfulness training (Tysor, 2016) has the potential to add value to the natural, cultural, and recreational values associated with North America's rivers.

As we have reported elsewhere (Dustin, Bricker, Negley, Brownlee, Schwab, & Lundberg, 2016), the research challenge is daunting. Unlike laboratory settings, where conditions can be controlled to account for confounding and/or extraneous factors which may influence outcomes, river research tends to be more problematic. Parsing out exactly what it is in the riparian environment that accounts for its therapeutic effects is a complicated scientific undertaking. Is it rivers alone, is it the activities conducted on, in, or adjacent to rivers, or is it some combination thereof that accounts for river recreation's healing power?

Agreeing on the most appropriate epistemological and theoretical foundation(s) upon which to base this line of inquiry, and then selecting the most appropriate research methods complemented by the most appropriate research tool, or combination of research tools, to answer the relevant questions, also require considerable forethought and measurement precision to ensure the findings meet the canons of scientific inquiry.

What we have learned to date through scattered studies, testimonials, and a large amount of anecdotal

evidence is that river recreation appears to hold considerable therapeutic promise for veterans with PTSD (Dustin, Bricker, Arave, Wall, & Wendt, 2011). Whether it is the non-clinical character of river settings, where veterans and their families can work out their difficulties in a non-judgmental atmosphere, or whether there is something in human interactions with rivers that is inherently therapeutic due to our species’ age-old penchant for rivers, or whether the healing is rooted in the camaraderie and comfort that come from finding out that one is not alone in dealing with war-related trauma, or whether there are important interrelationships between or among all of these possibilities, constitute the research challenge at hand.

Conclusion

In the end, it is also possible that there may be other forces at work. While traditional clinical therapies tend to focus on the treatment of pathology, on what is wrong with individuals, it may be that what is different about river recreation is that it brings out what is right with individuals. With respect to veterans with PTSD, we might then hypothesize that river outings bring out and build upon their strengths in a way that allows them to deal with their war-related wounds more effectively (Carruthers & Hood, 2007). This could be interpreted further to mean that what river recreation does for PTSD-afflicted veterans is change their perspective on life. Being on a river and engaging in activities that encourage them to contemplate their relationship to the bigness outside themselves could lead to a shift from preoccupation with self to the realization that they are a part of something much larger (Dustin, 2012). This realization, in turn, could be healthy for those preoccupied with their own war-related trauma. If such a shift in perspective were found to be occurring, then the strengths-building character of river recreation could be seen as a powerful health promoting property. North America’s rivers might then come to be seen as a valuable therapeutic context for complementing traditional clinical therapies as well as being a repository of natural, cultural, and recreational value.◆

Requests for the complete reference list informing this article should be directed to: <daniel.dustin@health.utah.edu>



river-management.org

The next time you visit the River Management Society website, you will see that it looks different! From the landing page, we now highlight and point visitors to priority projects such as the River Studies and Leadership Certificate and NationalRiversProject.com and Symposium.

Flexible Format

We will highlight program updates to make it easier to learn how we are growing support for river professionals via links to our own pages and those of RMS members, sponsors and partners.

Expanded Archives

Interested in a topic you have learned about through RMS but do not recall where it was printed or shared? In addition to the archive of RMS Journals, you can now search listserve questions and members’ responses dating back to 2000 and RMS News Digests, introduced in 2014. We will not archive listserve job and grant posts, as the links expire quickly.

Membership Invoices

One notable administrative improvement will make life easier for members who pay through their organization. Accompanying renewal notices emailed to you will be both 1) a link to the renewal form as before and 2) an invoice that you can opt to forward or refer to as the basis for your payment.

More Insights to Come

As we learn about the new site capabilities and the methods by which we can now provide news and information that is both relevant and timely for members and other river professionals, we will share them here or in the RMS News Digest.

We thank the many people who have helped through this transition with comments, archiving effort and proofreading. Ben Schmidt, Rick Waldrup, Gary Marsh, Jack Henderson, Helen Clough, Linda Jalbert, and our long time website supporter and assistant Chet Crowser...

... thank you!

(Adopt an Island, from page 1)
With a limited staff, it is very difficult for BLM to visit each island. Sometimes the visits are several years apart.

BLM staff are using the current land use plan process to consolidate their activities at the islands onto a spread sheet that summarizes conditions, especially the status of invasive species on these islands. “Managing invasives on the islands is like a dog chasing his tail,” Kassander said. “If someone upstream has phragmites, the seeds are going to wash up on our islands every year. We are trying to incorporate prescribed fire to control grasses and low-lying herbaceous species that are not fire tolerant.”

But, how to keep that spread sheet updated? Kassander and her colleagues hope that they can persuade folks who have an island in their backyard to visit, observe conditions and report back to the BLM office. In short, they are actively looking for folks to **adopt an island**.

“We can’t get everywhere,” Kassander said.
“We are looking for people, especially paddlers, who have an interest in helping preserve public land. It would be increasingly helpful if they were regulars on a certain stretch of river so that they would be able to notify us of anything unusual that we would need to come and check on. We want experienced paddlers who know the area, and who are interested and knowledgeable about what to expect. If they don’t know the area, we will teach them,” she said. “We are hoping that these volunteers would be able to notify us if there is litter on the island or if someone is abusing any of the native species or if the island is being over used. Having paddlers or island users notify us is essential to preserving these public islands.”

Finding volunteers – especially over a large geographic area – is tough. “We don’t have a full time volunteer coordinator,” Kassander said, “and we don’t have a big following of local paddlers on social media, so finding volunteers depends on face to face contact.”

“Previously the BLM was only able to manage islands custodially so it was up to supervisors to define what we see the use of these islands being,” she said. “Now we hope to see these islands flourish as intended to be.”◆

- To volunteer:
- 1) visit the **volunteer.gov** website
 - 2) select Wisconsin
 - 3) scroll through opportunities and select “Field Assistant”

To see an interactive map of all 600 islands:
<http://arcg.is/1UibVmY>



Excerpt from
volunteer.gov website:

The BLM Northeastern States District (Milwaukee, WI) manages approximately 600 islands across the state of Wisconsin and is looking for volunteers who are able to be a part of field activities. Field activities would include paddling a canoe or kayak for a number of hours in all types of weather and water conditions. In addition, volunteers would be asked to help with island surveys and invasive species control. Volunteers are required to have paddling experience in moving water. Volunteers are able to apply from anywhere in the state of Wisconsin as BLM employees do intend to visit many different parts of the state; however, volunteers will be required to attend a canoe training and skills test. The training will be held in a lake near Milwaukee, Wisconsin (location TBD). Volunteers will be able to ride with government employees if transportation is needed to location where field work will take place.

Volunteers must have proper clothing for field work and be able to work long days out in the field if necessary. Volunteer work would be on various days throughout field season, never for more than 2-3 consecutive days. If volunteer is interested, field work may involve overnight stays or camping on BLM islands. If you are interested in volunteering, but have no experience paddling, please contact Katie at kkassander@blm.gov to perhaps create other arrangements.

Volunteer Activities

- Botany
- Conservation Education
- Trail / Campground Maintenance
- Back Country / Wilderness
- General Assistance
- Weed / Invasive Species Control



RMS River Ranger Rendezvous 2017 BLM Hammer Creek Recreation Site, Cottonwood ID

RRR campsite and classroom location. (Antonia Hendrick)

by Katy Kuhnel

Over the course of a four-day, three-night campout along the Lower Salmon River, Idaho, a group of enthusiastic and passionate folks gathered for the 2017 River Ranger Rendezvous. Employees of both federal and state government agencies from California, Colorado, Idaho, Montana, Oregon, and Utah showed up to learn about and discuss the different aspects of river management with a gorgeous stretch of the Lower Salmon River providing a backdrop for the outdoor classroom. Collaboration and whole-hearted conversation were the themes of the week. In addition to providing outstanding learning and networking opportunities, the 2017 River Ranger Rendezvous also generated 13 new River Management Society members!

The serene, wide-open field surrounded by cottonwoods and bordered by the raging Lower Salmon was a welcome view upon arrival to the Hammer Creek camp area late Monday evening. Many of the group arrived the night before the Rendezvous was set to begin, traveling all day Monday, ready to wake up early Tuesday and begin the course. The Bureau of Land Management (BLM) Cottonwood Field Office Recreation crew had been setting up the camp location all day and were happily waiting for everyone to arrive, a welcoming campfire crackling its greeting sounds. Newcomers set up their tents in the open field behind the Campground Host of many years, Roy; a most entertaining and knowledgeable fellow. After a solid night of rest under the stars, the group rose bright and early Tuesday morning to the smell of sizzling bacon and fresh coffee. The food, provided and prepared by the Cottonwood crew, was plentiful and outstanding for the

duration of the course. Everyone pitched in after the meals for clean-up and dish duty.

Day one of the event began with an overview of the management efforts on the Lower Salmon and the program highlights of the area, followed by guest presentations from Lynn Danly, Cottonwood Field Office Natural Resource Specialist, and David Sisson, Cottonwood Field Office, Coeur d’Alene District Archeologist. Lynn discussed the coordination efforts among the recreation staff and the weeds/ range employees in the field office. Teamwork and the desire to achieve common goals drives this field office, with collaboration across disciplines making things happen on the ground. The river rangers are able to help the weeds crew complete their invasive and noxious weeds management and monitoring efforts, while the range folks work with the recreation crew to limit livestock use of the popular river corridors during peak rafting and fishing times. The reduction of flammable fuels around fire pits, vegetation control on gravel pads, and poison ivy control in campgrounds and boat ramps are a few more examples of cross-discipline work in the field office.

David spoke to the group about the fascinating archeologic resources of the area. In addition to handing out fun goodie bags full of heritage and archeology swag, David engaged the group with excellent information about how river management goes hand-in-hand with managing cultural resources. David encouraged everyone to work closely with their cultural resource team in their office in order to best protect these important sites.

The afternoon sessions provided information about the



amazing GIS team in the BLM Idaho State Office, with the GIS team coming out to the camp for a couple of days. GIS is an essential aspect of river management and resource professionals in the area are extremely lucky to have such an outstanding group of GIS individuals working on their team, not only in the state office, but across field offices as well. The group learned about recent map production efforts, the new BLM Lower Salmon River Guide, new kiosk information displays, and many other projects in the works.

The day ended with an interactive presentation from the local Idaho Department of Fish and Game Conservation Officers. The trio of officers presented the importance of safety and personal awareness when interacting with the public. Public relations scenarios were set up and teams of two or three individuals acted out how they would deal with the real-life interaction while in a working situation. The officers created a comfortable and encouraging atmosphere to practice dealing with unruly, injured, or difficult members of the public while working on the river or elsewhere. The scenario training was extremely beneficial and useful to all attendees, whether out in the field or not!

One of the highly anticipated events at the Rendezvous was the Fundraiser Raffle for the River Management Society which took place on Tuesday evening. Over \$1,700 of donated items including sleeping pads, a personal dry box, throw bags and barrel pumps, growler bottles and dry bags, and much more were raffled off. The businesses that donated items were remarkably generous and provided the group with an outstanding selection of raffle items. The raffle and other donations raised over \$2,612.96 for the River Management Society.

Day two of the Rendezvous began with a discussion on youth engagement, volunteer programs, and other community outreach efforts. This was followed by the long standing topic of human waste management. The presenters outlined the different types of toilets utilized, what specific rules apply to individuals on the Lower Salmon River, and the benefits of installing a SCAT machine near take-out locations (a fascinating piece of equipment).

After lunch, Robin Fehlau (BLM Idaho State Recreation Program Lead) and Cathi Bailey (BLM National Wild and Scenic Rivers Program Lead) presented information regarding the 50th Anniversary of the Wild and Scenic Rivers Act and other information about the National Wild and Scenic Rivers System. The 50th anniversary is in 2018 and will build awareness about the WSR system, inspire action and stewardship, and celebrate our outstandingly remarkable national rivers. The ladies presenting the information were inspirational themselves and provided a good discussion opportunity for participants to brainstorm events that could take place in their areas to celebrate the anniversary.

The group then gathered together for a brief field trip through the Hammer Creek campsites to view the restroom facilities and maintenance, a new water system, and the infamous “Wreck-reation” sculpture installed near the boat ramp at the site. The sculpture was conceptualized by Evan Worthington, Park Ranger for the BLM Boise District, formerly at the Cottonwood Field Office. Groups of local youth traversed the river, collecting trash and big-ticket garbage items that they then took back to their school to create the sculpture. The art draws attention to the

massive amount of refuse that collects in our river systems, while emphasizing the multiple-use opportunities of river recreation. The day ended with a brief exercise and demonstration on ropes, knot tying, and Z drags, followed by a friendly throw-bag competition. Group members practiced their abilities and learned a few new skills.

Unfortunately, the river flows proved to be too high for the planned boating trip, so the beached group participated in a land-based Leave No Trace training. The trainers, Ryan Turner and Evan Worthington, provided excellent instruction and demonstrations. They split the crowd into two smaller groups and provided each individual with a Leave No Trace principle to practice teaching. The variety and hilarity of teaching skits provided some welcome entertainment for the day and into the evening. Participants left the training with the necessary skills to pass on the principles to other members of the recreation community.

Roy Smith, BLM Lakewood, Colorado, acting during a Leave No Trace skit about illegal artifact collecting. (Kyle Caldwell)



If you have the chance to participate in one of the River Ranger Rendezvous, DO SO! The entire week was well worth it and the connections made throughout the group will provide a lasting network of personal and professional contacts for years to come. New members of the River Management Society include: Bob Brennan, Kyle Caldwell, Glenn Caldwell (not brothers!), Tipton Power, Kari Points, Katy Kuhnel, Marshall Nichols, Glenn (Travis) Seaberg, Richard White, Nathan Jayo, Gina Pearson, Danielle Winterholler, and Rebecca Urbanczyk. ♦

Thank you to the BLM Cottonwood Field Office for hosting a Rendezvous to remember!

Gina Pearson, BLM Challis Field Office, and Rebecca Urbanczyk, BLM Cottonwood Field Office, acting as misinformed tourists harassing the wildlife during a Leave No Trace training skit. (Kyle Caldwell)



Above: The “Wreck-reation” sculpture. (Kyle Caldwell)

The Rendezvous group tours the Hammer Creek campsite and facilities.



Welcome New RMS Members



Associate

Nathan Jayo
Outdoor Recreation Planner
Bureau of Land Management
Twin Falls, ID

Katy Kuhnel
Outdoor Recreation Planner- Pathways Student
Bureau of Land Management
Challis, ID

Marshall Nichols
River Ranger
Bureau of Land Management
Howard, CO

Tim Palmer
Writer/Photographer
Port Orford, OR

Tipton Power
River Ranger
Bureau of Land Management
Boise, ID

Kyle Caldwell
Park Ranger
Bureau of Land Management
Cottonwood, ID

Robert Brennan
River Ranger
Bureau of Land Management
Moab, UT

Glenn Caldwell
Park Ranger
Bureau of Land Management
Cottonwood, ID

Kari Points
Outdoor Recreation Planner
Bureau of Land Management
Vale, OR

Katherine Comer
Conservation Policy and Development Associate
Harpeth River Watershed Association
Franklin, TN

Organization

Kelly Bricker
Professor
University of Utah
Salt Lake City, UT

James Vonesh
Associate Professor
Virginia Commonwealth University
Richmond, VA

Andy Rost
Associate Professor
Sierra Nevada College
Incline Village, NV

Professional

Barbara Sharrow*
Field Manager, Retired
Montrose, CO

Richard White
Field Manager
Bureau of Land Management
Cottonwood, ID

*Editor's note: I started working for the American River Management Society in 1993 (almost 25 years ago). At that time, **Barbara Sharrow** served as Secretary on the ARMS Board of Directors, as well as editor of this publication. If you are curious about the early days of RMS, contact Barb, as she was instrumental in the beginnings of this organization. A special hello and welcome back to you, Barb!

RMS Chapters

Midwest by Molly MacGregor

We invite everyone to join us on a float, likely between Spring Green and its mouth at Wyalusing, at the Mississippi River. The trip will be within those two locations, possibly Spring Green and Boscobel. The Wisconsin is a slow, meandering river with plenty of sandy beaches and sandbars. It is perfect for beginners or families with children that want a relaxing ride without having prior canoe knowledge or skill. The river is about 4-5 feet deep on average; however, there are spots that are much deeper and also some spots that are much shallower. Because Federal law requires a minimum amount of water for ecosystem health, the river will always be runnable. We'll camp on a river sandbar at least one night.

Contact Katie Kassander (kkassander@blm.gov) or Molly MacGregor (mfmacgregor@outlook.com) for details.♦

Join the
Midwest Chapter
on the Lower Wisconsin
August 25 - 27, 2017



Northwest by Louise Kling

Happy Summer NW Chapter!

It has been a busy season of planning for our chapter and we hope some of you have been able to take advantage of these opportunities. We have an official update on River Ranger Rendezvous from Katy Kuhnel, and are happy it was a great success! River Ranger Rendezvous is a cornerstone for RMS, providing opportunities for individuals responsible for the day-to-day management of our nation’s rivers to get together to share leadership and management ideas, and to develop professional relationships. Huge thanks to **Ryan Turner** and **Joe O’Neill** for leading this event!

Unfortunately, we had to cancel our Deschutes River trip originally scheduled for June 23 due to low turnout. I want to thank Joe Benson and our other Prineville members for offering to lead this trip and doing the legwork to make it happen. We’ll have to huddle on ways to improve our messaging and get the word out on these important opportunities. The river trips are a real benefit to our members, so please share your suggestions to help us get you on the river!

On that topic, provided Jon Newman and his colleagues survive the solar eclipse in August (or more specifically, the masses that descend on Jackson, WY), we have a great 2-day Snake River trip planned for early fall. Watch for updates on the NW Chapter website. If you are looking for more trips, check into the whereabouts of Adam and Susan’s “[Wild River Life](#)” tour as they paddle and explore 50 Wild & Scenic Rivers to celebrate the 50th anniversary of the Wild & Scenic Rivers Act (<http://www.wildriverlife.com/the-route/>). The team is planning on hitting the Northwest Chapter states of Wyoming and Montana in July, including the Snake River Headwaters, Flathead River, Missouri River, and Montana Headwaters Eligible Rivers. They are seeking fellow river lovers to join them, so please reach out if you can!

The 2018 Symposium! Planning for this event is gathering momentum. June brought a final logo (stay tuned for the big reveal!) and some solid preliminary planning for the program (including trainings). Field trip planning is underway and promises to bring lots of opportunities to get out on the water while you are in the Northwest. Many of you have signed up to help, thank you! There is lots more opportunity to get involved – please feel free to reach out to me, Risa, or Helen for ideas on how you can help. And, if you have ideas for training topics, please share! The trainings will be a prominent part of our program and we want to make sure they focus on topics that are useful to you.

Lastly, we are seeking individuals who are interested in participating in RMS as a NW Chapter officer. We will be rotating positions as President, Vice President, Secretary, and Events Coordinator next year, and would love to have our new officers join us in Tennessee this fall for our annual board

meeting. There are lots of exciting things happening for RMS and these roles provided a first-hand opportunity to help grow our organization. Please reach out to me if you are interested! Enjoy summer and stay safe!◆

Kind Regards, Weezie

Incident at Big Joe
Yampa River

On June 5-9 we ran the Yampa and Green rivers— the Yampa running close to 10,000 cfs and the Green at 8,600. I got shaken up in “Big Joe” and rowed away with two broken ribs and some damage to my left leg after my foot got lodged between the left rear tube and the frame. Without my crew “highsiding” (which prevented a flip), I believe I would be a statistic today.

So I learned the following:

Although I am an experienced boater with years on the Yampa, I took “Big Joe” for granted. As we were approaching “Big Joe” and a huge hole in river center, I had the warning go off in my head: “Maybe we should scout this.” I ignored the prompting, thinking that “Big Joe” could not be more difficult than “Little Joe,” which we had just run earlier.

An earlier discussion of “highside,” and how it works, was a life saver and should be part of any safety talk.

Although I carry a Gerber shorty knife, I did not think to use it to deflate the tube and release the pressure on my leg. These tools are expensive but would have been critical gear if our situation had gone from bad to worse. So I strongly suggest carrying such a knife and talking about how and when to use it.

Later that day, continued doses of Ibuprofin (800mg) and a High Float life vest, cinched very tightly around my chest, kept me in bearable pain for the rest of the trip. The life jacket was a great first aid tool.

Thanks for letting me report.◆

—Greg Trainor, Vice President
RMS Southwest Chapter

Southwest by Rob White

Happy paddle season from the Southwest Chapter! We invite you on a leisurely float down the Gunnison River in Colorado on July 28-29. Don’t miss the valuable campfire talks regarding river management and the camaraderie of RMS members. Please visit the RMS website for more information and to sign up, or contact Trip Coordinator, Stuart Schneider at: swschneider@blm.gov.

Also, please send any summer float trip pictures and a brief summary to Southwest Chapter Secretary, Matt Blocker at mblocker@blm.gov by early August for the fall edition of the RMS Journal featuring our Chapter.◆



Above: Margaret Schneider enjoys the drops in the Psychedelic Rapid, just downstream of the Gunnison Whitewater park.

Below: Boaters on the Gunnison River pass beneath the Palisades, volcanic rocks that were deposited during a much less friendly climate scenario. We guarantee no volcanic eruptions on the Southwest Chapter float trip!





The Kinnickinnic River. (Randy Thoreson)

RMS Journal

Care to share?
Submission deadlines:

Fall 2017	Vol. 30, No. 3	Southwest	Jul 1
Winter 2017	Vol. 30, No. 4	Northwest	Oct 1
Spring 2018	Vol. 31, No. 1	Northeast	Jan 1
Summer 2018	Vol. 31, No. 2	Special Focus	Apr 1
Fall 2018	Vol. 31, No. 3	Pacific	Jul 1
Winter 2018	Vol. 31, No. 4	Alaska	Oct 1
Spring 2019	Vol. 32, No. 1	Southeast	Jan 1
Summer 2019	Vol. 32, No. 2	Midwest	Apr 1
Fall 2019	Vol. 32, No. 3	Southwest	Jul 1
Winter 2019	Vol. 32, No. 4	Northwest	Oct 1

In Summary
The River Falls and Kinni River experience is a good study on Community Collaboration, Agencies Involvement, Citizens engagement, and the value of well researched and effective Studies. It is still in progress and more exciting dialogue and decisions are forthcoming.

More information about the collaborative Kinnickinnic River Corridor Planning Process can be found at <http://www.kinnicorridor.org>

Also, make sure to view a great video on the Kinni Hydro topic and love of the River on a U-Tube site called “*The Dam Decision*” (put together by the UWRF). An update and continuation of that documentary worthy of an Award is also underway.

The effort can be summarized in the following quote:

“*This is an opportunity for the community and those involved to work together and determine the future of the precious Kinni River corridor and hydro facilities.*”
— Buddy Lucero
Community Development Director
City of River Falls, WI ♦

Randy Thoreson works for the Rivers, Trails and Conservation Assistance Program (MN Office, National Park Service) and Michael Page is President, Friends of the Kinni, River Falls, WI.

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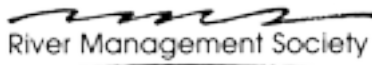
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Fall 2017 - Southwest Chapter Focus

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SAVE THE DATE – 2017 RMS National and Chapter Events

- July 28-29 Gunnison River trip, CO. Southwest Chapter host. Contact Stuart Schneider: stuartschneider@gmail.com
- Aug 25-27 Lower Wisconsin River trip, WI. Midwest Chapter host. Contact Katie Kassander: kkassander@blm.gov (or)
Molly MacGregor: mfmacgregor@outlook.com
- Sept 15-17 Snake River trip, WY. Northwest Chapter host. Contact John Newman: jnewman@fs.fed.gov
- Sept 30 - Oct 1 Owens River trip, CA. Pacific Chapter host. Contact Larry Frielich: lfrielich@inyocounty.us
- Oct 8 Duck River trip, TN. Southeast Chapter host. Contact Jane Polansky: jane.polansky@tn.gov
- Oct 14 or 15 Nashua River trip, MA. Northeast Chapter host. Contact Lelia Mellen: lelia_mellen@nps.gov

