

morgan-carrie-2017-04-22.mp4

Carrie Morgan [00:00:10] My husband started me on salmon and steelhead fishing, here in Idaho, on the rivers.

Carrie Morgan [00:00:24] Just being outdoors, I guess. And the excitement of, when you set your hook, and the fight, I guess, of reeling it in.

Carrie Morgan [00:00:42] Not really. I think I like steelhead, just because they're easier to catch than salmon.

Carrie Morgan [00:00:58] I have no idea. Everyone talks about like Belize, and Australia. I've seen some great photos of my husband's friend that went there, that looks fun but...

James Thull [00:01:14] So maybe Australia?

Carrie Morgan [00:01:15] Yeah, maybe.

Carrie Morgan [00:01:25] Probably patience. And kind of like, a not give up attitude, you know? You might not always catch one right away, but eventually they'll come along, I guess, which is kind of how students are also.

Carrie Morgan [00:01:40] OK. I was diagnosed with breast cancer. And, almost five years ago. And after my treatment, I was just randomly googling breast cancer activities in Idaho, and Casting For Recovery came up, so I had a co-worker and she was going through it also. And I said "Let's sign up for this, it sounds fun." So we got picked. And that was my first experience, really, being in a group, and talking about cancer, but, and fly fishing. So it was good for me, on both, you know areas. And now I volunteer. I'm the alumni coordinator, so I kinda get to go to the retreats, and keep everyone in contact, and put on a reunion. And so that's kind of why I was in, why I got into it. And it was a great organization, that I wanted to help give the same experiences to other ladies.

Carrie Morgan [00:03:12] They learn how to tie flies, and they learn how to cast, and then the, on Sunday, the last day, they bring in a, they bring in a guide for every, all 14 participants. And, so you have your own guide, and they really help you, in the water, to learn what to do. Because it's hard, if you're not really, you know really doing it. But everything kind of builds up, they teach you about the bugs that are around, and so then the last day you put it all together, and fish.

Carrie Morgan [00:03:55] I think, as far as cancer goes, it's hard with, you know, you have your support, and your family, but they don't really get it, and other people try to be nice, but they don't really get it either. You know, like strangers, and as soon as they hear cancer, they kind of, you know. But that was kind of like, the cat was out of the bag already, everyone was there, and they had, you know, gone through some form of cancer treatments, and so we just didn't have to talk about that aspect, really, unless we wanted to. I mean, we did. They do some great sessions where you can really talk if you want to and so.

Carrie Morgan [00:04:51] Yeah, definitely. We're, I think each group that goes through every year is very tight-knit. I have a group of, there's six of us, and we get together often, and we don't always necessarily fish. But, you definitely bond, it's definitely a bonding experience, I think.

Carrie Morgan [00:05:22] I'm sure they all, they are. I'm sure all of those, are threats. I mean, in Idaho, we are less populated. But I see more and more people coming in, I was born and raised here. And more and more people are coming into Idaho. And maybe don't treat the land as it should be treated, because they don't know. I mean, they weren't around here.

Carrie Morgan [00:05:54] Up until this last winter, we haven't really had big winters. It's kind of just stayed in the mountains, where I live. But this winter was really bad. We had flooding at our house, and so, other than this winter it has been a lot less, precipitation. I guess, you could say.

James Thull [00:06:16] Which, of course, affects everything.

Carrie Morgan [00:06:18] Yes. I know, in the town, the city, I used to live in, you could only water at certain times, because it was in a drought situation.

Carrie Morgan [00:06:43] Practice, I guess. And really learn how to do it. I mean, I think Casting's great, because they teach you a lot, but it seems like that weekend is short, and then you might forget. I mean, I went out and bought, you know, a fly rod and stuff, so I could continue to practice, but I think you just have to do it, too. You can't just sit there and work on casting, you have to actually go to the river, and fish. In order to really understand it, and get good at it.

Carrie Morgan [00:07:30] I agree, it is important to do so. I don't know, I have, I was fishing once, steelhead fishing, with my husband, and we were surrounded by tons of men. I was the only woman around, and they were not treating me very well. And I was the only one that caught a steelhead at that point, and then they were kind of like, "Oh, maybe she can fish." And kind of looked at me a little definitely. So, I think that, I don't know how to change that perspective around, as to, you know, women really can fish. Other than, I don't know, I don't know the answer to that. I think, and I think a lot of ladies just think, 'Oh it's a man thing.' So, they don't try.

Carrie Morgan [00:08:35] Yeah. Like, maybe they think you don't know what flies to look for, or really what you want. And so they, they treat you differently. You know, if I went in with my husband, they would talk to him, instead of, and just ignore me, basically like, since I'm the woman, I don't know how to fish, or I don't fish. So. We'll just deal with the man, type of thing.

Carrie Morgan [00:09:00] Definitely. Casting Recovery, or for Recovery, was the best thing that I did, I think, for my mental health, I guess. Just the close bond that you have with the other participants, and the staff, and it's supposed to, like for me, I had some pectoral muscle removed, and it's really supposed to, physically, you know, help you rehab. And so I see that, I do practice casting a lot, just to try and get my muscle memory back. And so, I definitely would recommend it to anyone, you know, I loved it so much that now I, I volunteer, so. It's a great program.

James Thull [00:09:52] That's great. And has that casting, regard, even aside from the enjoyment of just getting out and angling, has that, that physical movement and casting, has that helped your physical strength, and has it helped you rebound, in terms of the effects?

Carrie Morgan [00:10:08] I think it has. It's been a part of it, definitely. I mean, when you can't even do a pushup, but you can, you know, do the casting motion. That's definitely helped me.