

Casting for Recovery[®]

Overview of Retreat Activities

Staff Arrival – generally by 1 PM on first afternoon (usually Friday)

Staff Orientation & Set-up – led by the retreat leader (checklist provided)

- Staff sign-in sheet – must be signed by all retreat staff.
- Prepare for arrival of participants – Set up areas for registration, gear distribution, and resource table
- Review schedule and note where various activities will be held.
- Discuss medical/psychosocial information from the participant registration forms, highlighting special needs or concerns. Reminder to all that this information is strictly confidential.
- Complete staff assignments worksheet.
- Review CFR policies.
- Discuss media attending retreat, if any (only allowed on fishing day).
- Note other volunteers/guests assisting/dropping by.
- Hang CFR banner in a prominent location.
- Post a schedule in several convenient locations.

Participant Arrival – usually around 4 PM/All staff assist

- Greet the participants and have them check into their rooms. May engage “Greeters” to assist.
- Participants sign in and receive a folder, nametag, CFR fly pin, CFR Hat (optional) and sign photo release.
- Distribute fishing gear including rod, reel, vest, waders, and boots to use for the duration of the retreat. Have them try on waders and boots for fit.
- Inform participants about the resource table – fly fishing and breast cancer resource materials (for display only unless multiple copies are available), Care to Share sign-up, and Trout Unlimited sign-up (free one-year membership offer).
- Check to see that they have their fishing licenses (if applicable).

Participant Introductions and Overview of Retreat Activities

- **Brief history** of CFR (see CFR mission and history) and **local involvement** - explanation of how the program was established and is supported locally.
- **Media** – Inform participants about any media coverage that will take place during the retreat. Even if there will be no media attending the retreat, the women need to be assured that if they do not wish to be photographed, that we will respect their request.
- **Reminder that this retreat is about the participants** –that they are free to participate at whatever level that they are comfortable and that they are free to break from any activity. Ask that they let someone know if they will be absent from a session so we do not become concerned about their whereabouts.
- **Introductions**
 - Guests – May be asked to speak briefly.
 - Staff – Each member makes a short commentary about their role and their experience.
 - Participants – Generally, participants are invited to tell us about what made them decide to attend this retreat, their experience with fly fishing and, if they care to share it, about their breast cancer diagnosis. In some cases, the psychosocial facilitator may lead this portion of the introductions.
- **Overview** – Explain items in the participant folders.
 - Orvis fly fishing notebook – instruct participants to place the notebook in their vest pocket and bring to classroom sessions
 - Handouts – What is Fly Fishing, Lymphedema, Stream Etiquette, Handling and Releasing a Fish Properly, and Safe Wading.
 - Schedule – Summarize schedule and note where the various activities will be held.

Cont'd on other side

Dinner the First Night – May include several invited guests (volunteers other than retreat staff, greeters, donors, etc.) Guests depart after dinner.

Evening Activity – All staff attend ice breaker/connecting activity led by psychosocial facilitator.

Additional First Night Activity – If time allows, an (optional) additional activity may be included such as a fly fishing video, fly tying, bon fire, or another “connecting” or fly fishing related activity.

First Full Day (usually Saturday)

- **Breakfast** – Make any announcements that are necessary about the activities for the day.
- **First fly fishing session** – Quick re-introduction may be included.
- **Warm-up exercises** – All casting sessions begin with light warm-up exercises led by the medical facilitator.
- **Casting demonstrations and instructional presentations** – see Casting/Instructor Protocol
- **Afternoon** – Medical facilitator(s) lead discussion of medical issues.
- **Free time** – This is very important! An effort should be made to stay on schedule as much as possible, or if necessary, to adjust the schedule to include free time.
- **Dinner** – If car-pooling to the river is required, this is a good time to establish who will be driving and a sign-up sheet passed around to determine who will be riding in each vehicle.
- **Evening Circle** – Directly after dinner the group meets in a private area for discussion of breast cancer issues. See psychosocial guidelines.
- **Drawings for Prizes** – At some retreats, there are random drawings for prizes at mealtimes.

Fishing Day (usually Sunday)

- **Spiritual Gathering** – usually led by psychosocial facilitator. Other staff attendance is optional.
- **Breakfast Reminders**
 - Checkout time – if before departure, provide participants with a place to store their gear and do any last minute freshening-up.
 - Transportation to river – where and when to meet (if applicable).
 - What to bring – meds, rain coat, extra layers, sunscreen, bug repellent, fishing license, hat, eye protection, etc.
 - When to suit up for fishing.
- **Catch and Release Fishing** – See Casting/Instructor Protocol. Set up a central location for demonstration, first aid, beverages and snacks, etc. Facilitators shall stay close to central area. Have FUN!
- **Lunch** – Picnic lunch at the fishing location or back to facility.
- **Graduation** – at fishing location or facility.
 - Evaluation forms – distributed for participants to complete before departure.
 - Reminder to sign up for TU membership and “Care to Share.”
 - Thank you to all the staff and participants.
 - Volunteer certificates distributed to the staff and volunteers.
 - Gift bags and diplomas distributed to the participants by all the staff.
 - A few words about continuation in the sport, resource materials, alumni opportunities, CFR volunteer opportunities, supporting CFR.
 - Short closing activity (led by psychosocial facilitator).
 - Good-byes are said and the participants depart.
- **Staff Meeting** – All staff members stay for a short meeting to process the events of the retreat and to help pack up gear and supplies. Remind the staff to complete and return their evaluation forms. This is a time for discussion of any issues that may have arisen and for closure. Wish all a safe trip home.



ABOUT CFR

Casting for Recovery®
PO Box 1123, 7205 Main St.
Manchester, VT 05254
Toll free number: 888-553-3500

Local number: 802-362-9181
Fax: 802-362-9182
Web site: www.castingforrecovery.org
Email: info@castingforrecovery.org

Mission Statement ~

The mission of Casting for Recovery® (CFR) is to provide fly-fishing retreats specifically tailored for women who have or have had breast cancer. We seek to enhance the lives of breast cancer survivors by providing retreats designed to promote and support mental and physical healing. We are committed to socioeconomic and cultural diversity.

History ~

- Founded in 1996 by a professional fly fisher and a reconstructive surgeon
- Founding Sponsor - The Orvis Company of Manchester, VT
- Awarded 501 C(3) non-profit status in 1998
- CFR Canada was incorporated in 2004
- The Hartford Insurance Co. became a major sponsor in 2006

Facts & Figures ~

- CFR relies on donations from individuals, grants and corporations
- Donations may be allocated to a specific project or retreat
- The Orvis Co. is a major sponsor and the sole source of fishing equipment used at retreats
- Donations from other fishing equipment manufacturers are welcome as gifts for participants, for fundraising, and for alumni events.
- In 2004, 76 cents of every dollar donated went directly to programs
- 163 retreats have been held to date, serving over 2,000 women
- In 2006, 34 retreats in 23 states will serve nearly 500 survivors
- Approximately 600 volunteers are actively involved in the program, including: retreat coordinators, medical professionals, therapists, fly-fishing instructors, river helpers, and alumni
- 35% of our referrals are from the medical community; 24% from friends/family; remainder are from media and outreach by volunteers and fly fishing and healthcare organizations

Why Fly Fishing & Breast Cancer ~

No other programs that we know of have combined fly fishing, counseling, medical expertise and breast cancer recovery. Physically, the motion of fly-casting is similar to the exercises that surgeons prescribe after surgery or radiation, thus promoting soft tissue stretching. The rhythm of casting of the line and being in a natural setting also relieves everyday stress and provides a sense of calm. The retreat offers respite, connectivity, and provides information to survivors. Beyond the weekend, annual alumni events are organized and many alumni now volunteer with the organization.

Program Highlights ~

- Two and a half day retreat offered at no cost to the participants
- Retreat incorporates both fly-fishing instruction and social support, ending with a half day of guided catch and release fly fishing.
- Focus is on wellness as opposed to illness, empowerment as opposed to helplessness
- 14 participants and up to 20 alternates are selected at random from the applicant pool (based on service area) to attend each retreat
- At least one medical professional, one psychosocial counselor, four fly fishing instructors trained specifically for the Casting for Recovery Program staff each retreat.
- Participants range in age from 30 to 84 and are from many socioeconomic and cultural backgrounds.
- The program is appropriate for women in all stages of treatment and recovery, and various stages of emotional adaptation to breast cancer.

Evaluations ~

The program has shown to have a positive impact on breast cancer survivors. Participant data from 2005 shows that after attending a retreat:

- 88% felt better able to cope with their disease and are more aware and accepting of themselves
- 99% would recommend this program to/for others
- 89% learned something new about breast cancer
- 97% felt connected with other participants
- 90% intend to continue participating in the sport of fly fishing

Organizational Goals ~

- Expand retreat locations and services to alumni
- Support volunteers through education and collaboration
- Align with medical facilities for their patients

Board of Directors ~

Kate Fox, Co-owner & Publisher Vermont Magazine & Saratoga Living ~ Co-Chairman, Arlington, VT
Roxanne Joffe, President Acrobatix Worldwide & Cap Creative ~ Co-Chairman, Sarasota, FL
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Martin Cooper, Vice President Design, Burberry, Ltd., NY, NY
Gwenn Perkins ~ Chair Emeritus, Manchester, VT

Staff ~

Executive Director ~ Seline H. Skoug
Program Director ~ Susan D. Balch
Office Manager ~ Linda S. Lyons

Promotional Materials (available upon request) ~

VHS or Beta Video (8 minutes), brochures, posters, copies of articles, fundraising flyer, quotes from past participants



Casting for Recovery®
Fly Fishing Instructor
Job Description and Qualifications

The fly fishing instructor is a representative of Casting for Recovery and agrees to abide by these policies and procedures, and act in a professional manner. Failure to abide by the CFR policies and procedures will result in the instructor being asked to step down from that position.

ROLE

CFR fly fishing instructors shall:

- lead and/or assist with demonstrations and classroom sessions according to CFR casting/instructor protocol. Responsibilities during the retreat will be assigned by the retreat leader at the beginning of the retreat.
- act as an instructional guide during catch and release fishing.

TIME COMMITMENT

All instructors are required to commit to the entire duration of the retreat. Hours are generally from early afternoon on the first day, until late afternoon on the third day.

QUALIFICATIONS

The CFR fly fishing instructor must:

- be a dependable professional who exemplifies and models the CFR program values.
- act in a professional manner at all times.
- have previous experience as a fly fishing instructor.
- demonstrate excellent interpersonal and communication skills.
- have the ability to work independently and as part of a team.
- be trained and knowledgeable in the CFR teaching methodology and psychosocial guidelines.
- have knowledge of, and be sensitive to, breast cancer issues.
- use the psychosocial and medical staff as a resource for participants needs.
- have the ability to remain flexible in style and approach.

OTHER RECOMMENDATIONS

- Annual attendance at a CFR instructor training session.
- Certification in CPR and first aid.

ADVANCING TO THE POSITION OF CFR RETREAT LEADER

- Acquire experience in leading all demonstrations and classroom sessions.
- Act as an assistant to the retreat leader.
- See Retreat Leader job description for additional requirements.

CFR reserves the right to determine at our own discretion whether an individual meets the criteria described above.

Casting for Recovery®

"River Helper" Job Description

As a "River Helper" you must:

- be an experienced fly fisher.
- dress in full fishing guide attire.
- be familiar with the program.
- complete a volunteer application.

River Helpers may be partnered with a CFR fly fishing instructor to assist with the individuals that are assigned to them, or be asked to guide no more than two individuals.

Most of the participants in this program are beginners with very little casting experience. The women are equipped with a rod, reel, breathable waders, and a vest. The vest is loaded with 7 ½ foot 4X leaders, a spool of 5X tippet material, nippers, forceps, floatant, strike putty, and sink putty. CFR has an assortment of flies for their use. They have been taught a fly to tippet knot (clinch) and a tippet to leader knot (surgeon's). They also had a short presentation on the trout's diet and behavior. In some instances, there will be an on-stream demonstration of moving water techniques before the guided fishing begins.

Items that may be helpful to bring along if you have them:

- Wading staff
- Assortment of flies
- Catch and release net
- Spare polarized sunglasses

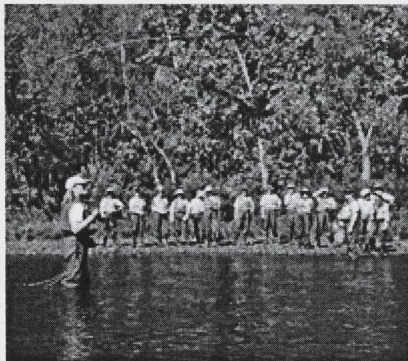
You are not required to bring a rod, but if you do, it should not be longer than 8 ½ feet or heavier than a 5 wt.

There will be a central gathering point set up where you should check-in when you are through fishing. Located in this area will be a comfortable resting spot, snacks, beverages, first aid kit, and emergency assistance.

Things to remember:

- The women are beginners.
- Teach in the positive.
- Pinch down the barbs on all flies.
- Give them the opportunity to do things for themselves. Offer your assistance, but don't automatically do everything for them.
- Generally, the women need to be given some "space." Time to be alone on the river and experience the sights and sounds.
- Seek immediate treatment for sunburn, insect bites, and hooks in body parts.
- Although we all want our "students" to catch a fish, take the time to find out what it is that they would most like to get from this experience. Sometimes they are just as content practicing their casting with only a piece of yarn.
- Be SAFE and HAVE FUN!

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Our Mission.

The mission of *Casting For Recovery* (CFR) is to provide fly-fishing retreats specifically tailored for women who have or have had breast cancer. We seek **TO ENHANCE THE LIVES OF BREAST CANCER SURVIVORS** by providing retreats designed to promote and support mental and physical healing. We are committed to socioeconomic and cultural diversity.

Why Fly Fishing and Breast Cancer?

The experience of breast cancer and breast cancer treatment has countless effects on a woman, her family, and her friends. CFR focuses on two broad categories of these effects, the physical and the psychosocial.

First, the sport of fly fishing and the



casting techniques acquired during the *Casting For Recovery* retreat provide a motion for joint and soft tissue stretching.

THE DYNAMICS OF FLY FISHING RELIEVES EVERYDAY STRESSORS AND PROVIDES A SENSE OF CALM.

Secondly the effects of breast cancer, can lead a woman to isolation. The social stigma attached to cancer may cause fear or uncertainty on the part of family, friends, and acquaintances. The benefits of attending a CFR retreat include social support and spending time in a beautiful, natural setting. The weekend focuses on wellness and provides key resources on issues surrounding breast cancer.



Program Highlights.

To date, CFR has provided free weekend retreats to 400 breast cancer survivors of all ages. For season 2001, our goal is to provide a retreat to 300-400 women.

- Each two-and-a-half-day retreat is offered at no cost to the participants and includes lodging, meals and professional instruction.
- Any woman who has experienced breast cancer is eligible to attend a retreat.
- Trained female facilitators staff each retreat including: a psychotherapist, a health care professional (i.e.: physical therapist, nurse), and four fly-fishing instructors.
- Educational resources are available throughout the weekend, including information on lymphedema, coping techniques and other breast cancer information.
- Volunteers from each community are involved in the

retreat.

- Guidelines are used to maintain the quality at each retreat.

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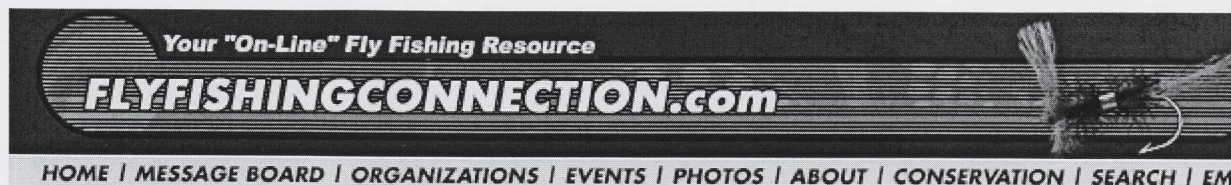
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02492-3030

phone. 888-553-3500; **fax.** 781-453-3999

email. general information—CFRProgram@aol.com; webmaster—
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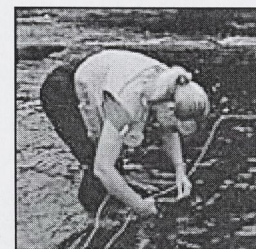
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Fly Fishing as Breast Cancer Therapy

by Teresa Manocchia - May 29, 2001

Summer in the Catskill region of New York State is always a special, if not prime time for fly fisher, the ideal moment to rediscover the rich fly fishing history that seems to lurk behind every rock of the Beaverkill, between the rhododendron bushes of the Willowemoc, or on the streets of its quaint little towns.



The rivers are getting a little lazy this time of year, softly rippling and gurgling, but most certainly inviting to new anglers. On one of their banks, a small group of women huddles together a little self-consciously. They have met only recently, but the bond they share is a strong one, the result of a common and potentially devastating experience. All the women are breast cancer survivors, now dealing with the uncertainties and discomforts of recovery. It's a long and painful process both physical and mental. As important as physical therapy is for the body, regaining self-confidence and peace of mind, can prove to be the harder task. They have reached that critical point when finding a new interest, a new passion, may just be the key to survival.

Casting For Recovery, a non-profit organization founded in 1996, offers women recovering from cancer this opportunity through free fly-fishing clinics in various parts of the country. In these weekend-long retreats Casting for Recovery, however, provides more than just the opportunity for a new activity. For the participants, in fact, they can count on the support and guidance of an experienced volunteer staff that includes psychotherapists, healthcare experts and trained female fly fishing instructors, the clinic becomes a totally enriching experience.

Lisa Lyons, a member of this volunteer staff, approaches the group in a caring way that has nothing contrived or artificial about it. She always makes the participants feel welcomed and relaxed. When I met Lisa a few years ago, she was the energetic and successful director of the Catskill Fly Fishing Center and Museum in Livingston. A petite brunette, with a soft, warm smile, Lisa is now Community Planner for the National Parks Service Rivers and Trails Program, a job which allows her the opportunity to spend a lot of her time in the outdoors she loves. Lisa, however, still manages to find time to volunteer her expertise to the organization, Casting For Recovery.



'I love what the program does for these women', Lisa explains. 'It's like a reawakening for them. They're surrounded by a soothing natural habitat and camaraderie. Even if they have never thought about fly-fishing before, they jump into this new activity. I recently met one of the women who attended the clinic at a local supermarket. She came to me bubbling with excitement and told me with a smile: 'All of my fishing gears are ready. I can't wait until the beginning of the fishing season!' I felt really proud then because of her enthusiasm, her new purpose and her recovery.'

One of the retreat's most beneficial aspects is the bonding that occurs between women. Often it's the beginning of meaningful and long-lasting friendships that strongly contribute to the women's recovery. As a group, they discover the

intricacies and the physical and mental challenges of a new sport. The healing contact with their natural surroundings allows them to momentarily forget their discomfort while learning the mechanics of casting. This motion closely mimics exercises followed in therapy to reduce lymphedema and the painful consequence of mastectomy that tightens the lymph vessels' scars and diminishes the elasticity of the skin under the arm. The casting movements can help restore this mobility much like the exercises would, with the added advantage of being a far more enjoyable activity.

Casting for Recovery is more than ever committed to contribute to the well-being of breast cancer survivors, who come from diverse socio-economic and cultural backgrounds. These three-day weekends which host between twelve and fifteen women per session, are meant just as a beginning starting point. On Friday nights the groups have a chance of socializing and meeting fellow students and staff during the welcoming reception at the lodge. Saturday is a day filled with activities. The women practice casting techniques, knot tying, learn about fishing gears and basic stream biology the skills they will need on Sunday, when they will actually implement what they have just learned in a catch-and-release session on local streams. Of course the schedule is a very flexible one and if someone decides to stay behind and relax with a book, that's fine too. Most of the time, however, fishing fever takes over and it tends to last a lifetime.

Some of the best shared moments may be ones spent together during a 'fireside chat'. Under a psychotherapist's guidance, each student is encouraged to talk about her own experiences, the current issues in breast cancer recovery, offer her own suggestions on emotional coping techniques, or just discuss topics of general interest to the group. For the women this session provides an invaluable opportunity to express their innermost feelings and thoughts in a support group's caring and sympathetic atmosphere. True to their motto 'To Fish is to Hope', Casting for Recovery is not just about fly fishing, but also it is about hope, disease management, and the development of new interests, all necessary steps for breast cancer patients in making a complete recovery.



As the organization is based solely on donations and volunteer's support, a major effort is cons needed to continue and provide more and more women with the opportunity to share in this experience. If you'd like to learn more about this group or to make a donation so that more women can benefit from it, visit their comprehensive and informative web site at www.castingforrecovery.com. There you will also find links to other organizations and groups dealing with the different aspects of breast cancer and a complete schedule of upcoming clinics. Information can also be obtained by **1-888-553-3500**, or by writing to *Casting For Recovery - PMB-257- 946 Great Plain Avenue, Needham, MA 02492 - E-mail*

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Women's Flyfishing®

Casting for Recovery

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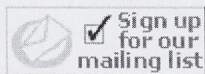
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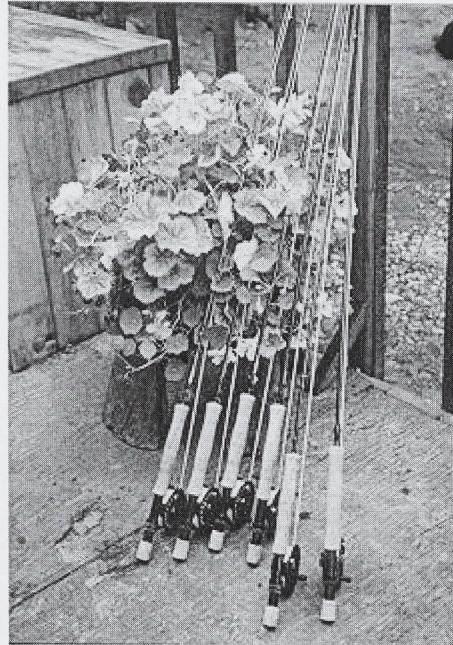
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What a retreat! Most of us hadn't laughed in ages. And it wasn't the fishing that was so... Instead, it was the Saturday evening song-fest that started out innocently enough as a marshmallow roast over the bonfire. Thanks to the addition of graham crackers and chocolate, "sugar" suddenly began to appear. It must have been... sugar, but the next thing we knew, two teams of singers had formed and were challenging each other to come up with (and then actually sing) songs with the word "love" in the lyrics. Back and forth they were taking turns entertaining the rest of us with their renditions. Although the evening ended in a tie, one side's rendition of "Stop, in the name of love" clearly was the highlight of the evening. No stopping these breast cancer survivors.

When we finally went to bed, we'd already decided that a new tradition of the Alaska Casting For

Recovery retreat had been born. A Saturday night song-fest competition!

The rest of the week-end was just as much fun. Fly lines tangled and flies caught in the net, but, with the help of the volunteer instructors, these sixteen women persisted until finally we were rolling out and flies were landing delicately on the lake. "Wow," someone remarked as several lines at once delivered the fly to rising trout, "look at that. We're flyfishing!"

At Camp LaVern Griffin, we had the usual lessons in casting, knot tying and fly tying. In addition, we also spent time in the canoes and paddle boats enjoying Kalmbach Lake and fishing. After getting all geared up, some even gave the float tubes a try. We all knew when we got a hit, and we even heard the announcement from down the lake that someone had actually caught a fish from the float tube!

It rained, as it seems to every year, but all that did was make us decide to hang this year's prayer flags inside where we could all read the encouraging messages from the participants. (We also decided that we'd just have the song-fest inside if it rained again next year.)

The song-fest was just part of the up-beat mood of the 2000 retreat. Laughter, support, encouragement, and the true determination to survive were the hallmarks of the week. And, to symbolize that determination, The Alaska Bird Treatment and Rehab Center rehabilitated a bald eagle to the lake and released it back into the wild to conclude the retreat. What a retreat!

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Women's Flyfishing®

Casting for Recovery

Casting For Recovery fly fishing retreats: breast cancer physical therapy and su



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Click here to read about the 2000 CFR retreat in Alaska or check our calendar for the most recent. Also, CFR now has a website! Visit them here. Finally, remember to visit our fly fishing books page and donate 100% of our proceeds from the sale of books to CFR!!



Casting for Recovery is a nationally recognized nonprofit program established in 1996. It provides an opportunity for women whose lives have been profoundly affected by breast cancer to experience physical, emotional, and spiritual healing through retreats in a beautiful natural setting; fly-fishing, a sport for life.

In 1999, eight CFR retreats were offered throughout the United States. This year, we have plans for 13 retreats in 9 states, Alaska, Vermont, Pennsylvania, New York, New Jersey, Arkansas, Michigan, and Washington.

Over 200 breast cancer survivors have participated in the program. Any woman who has experienced breast cancer, whether before or after treatment, or perhaps her battle with breast cancer was ongoing, is eligible to participate in a CFR retreat. She may still be in treatment, or perhaps her battle with breast cancer was ongoing. Each retreat is offered, including lodging and meals, at no cost to the participant. Orvis Co. provides the fly fishing gear for the participants to use during each retreat.

The CFR retreat is a two-day program that incorporates both fly fishing instruction and physical therapy support. Women trained specifically for the CFR program staff each retreat include a physical therapist, a health care professional, a psychotherapist, and fly-fishing instructors. Participants arrive the evening before the first day's activities for an informal gathering with the volunteers, and other supporters. Fly fishing instruction includes casting, knot tying, and entomology and more. Meals are informal and allow for spontaneous conversations. The second night features a "fireside chat." Fishing on the second day provides time for participants to put their new skills to the test with catch and release fishing.

We know of the positive impact this program has had on many of the participants from their evaluation forms, personal letters, and testimonials we have received. Here is just one from a past participant:

"You've given me new friends, new skills, and new hope." Susan

Alaska's 4th annual CFR retreat was held on July 14, 15, and 16, 2000 at LaVerne Camp on Kalmbach Lake in Wasilla. Camp LaVerne Griffin is on beautiful Kalmbach Lake, about 50 miles north of Anchorage. The camp provides cabin facilities, a bathhouse, food, and best of all, a gorgeous lake complete with a family of loons and lots of lar

silver salmon. [Click here](#) to read more.

For more information on CFR in Alaska, you can contact:

- Marcia Hastings
YWCA
PO Box 102059
Anchorage, Alaska 99510
Or email Marcia at mhastings@ywcaak.org

Casting for Recovery retreats are made possible through generous donations from private individuals, corporations, foundations, and grants. Many volunteers have contributed their time and effort to the program, also. For more information on Casting for Recovery retreats around the country or to make a deductible donation contact:

- Seline Skoug
Casting For Recovery PMB-257, 946 Great Plain Ave.
Needham, MA 02494
Phone (888)553-3500
e-mail: CFRProgram@aol.com

or visit their website [here](#).

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“As a fly fisherwoman, fly-tier and breast cancer expert, I heartily support Casting for Recovery as one of the best programs for breast cancer survivors that I know.”

- Susan Love, M.D., M.B.A.
author of Dr. Susan Love's Breast Book

Special thanks to:

Our volunteers.

The Hartford Life Insurance Companies
The Orvis Company
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Albright Tackle

Baseline Consulting Group, Inc.
Cancer League of Colorado
Carson-Tahoe Cancer Center
Clear Channel Worldwide
East Idaho Fly Tying Expo

Federation of Fly Fishers Councils
Fly Fishers Foundation
Gathering of the Clan Fly Fishers Camp
Genomic Health, Inc.

Google, Inc.
Investment Professionals, Inc.
Karma Foundation
Komen for the Cure Affiliates
Mars Foundation

Morris Communications
NY Fishing Tackle Trade Association
S.A.C. Capital Advisors, LLC
Sallie Mae

Sam's Club Foundation
Sanofi-Aventis
SmartWool Corporation
Temple Fork Outfitters

To Celebrate Life Breast Cancer Foundation
Trout Unlimited National and Chapters
Under Armour
Ziv Tzedakah Fund

... and to the many other individuals, families, fly-fishing clubs, fly tiers and business that support CFR.



P.O. Box 1123
Manchester, Vermont 05254
www.castingforrecovery.org
1-888-553-3500
info@castingforrecovery.org



New Friends

New Skills

New Hope



Who We Are

Casting for Recovery is a national non-profit, support and educational program for women who have or have had breast cancer.

We provide an opportunity for women whose lives have been profoundly affected by the disease to gather in a beautiful, natural setting and learn fly-fishing, “a sport for life.” Just as importantly, we offer an opportunity to meet new friends and have fun.

Our weekend retreats incorporate counseling, educational services and the sport of fly-fishing to promote mental and physical healing.

Founded in 1996, CFR has been offering no-cost retreats across the country. We rely on local volunteers and organizations to support our community based retreats.





"To Fish is to Hope"

CFR retreats involve both psychosocial and physical aspects of recovery.

{ www.castingforrecovery.org }

Why Fly-Fishing & Breast Cancer?

- ~ The retreats provide an avenue for social support and group interactions, reducing the feeling of isolation many survivors might have.
- ~ The dynamics of fly-fishing provide a healing connection to the natural world, relieving everyday stressors and promoting a sense of calm.
- ~ Fly-fishing techniques provide a gentle exercise for joint and soft tissue mobility.
- ~ The retreats offer a forum for women with similar experiences to meet, learn a new skill and gain a respite from their everyday concerns.

"My body is tired but my spirit is renewed. I leave with memories of strong, beautiful women and a new experience to build on. I leave with the information that will help me to continue on as a survivor."

What We Do

Casting for Recovery is a national non-profit, support and educational program for women who have or have had breast cancer.

- ~ CFR provides weekend retreats at no cost to the participants including lodging, meals and professional instruction.
- ~ Any woman who has experienced breast cancer is eligible to attend a retreat (with medical clearance from physicians).

The Program

Each retreat is two and a half days



- ~ Trained facilitators staff each retreat including: a psychotherapist, a health care professional (e.g. physical therapist, nurse), and four fly-fishing instructors.
- ~ Volunteers and organizations from each community are involved in the retreat.
- ~ Guidelines are used to maintain the quality and consistency of retreats.

- ~ Participants learn the fundamentals of fly casting, entomology, knot-tying, equipment basics – but most importantly, participants spend time on the water practicing catch-and-release fishing.
- ~ Counseling and medical information are available throughout the weekend, including an evening group session on Saturday night.
- ~ Educational resources are available, such as fly-fishing opportunities and breast cancer information.
- ~ Women are encouraged to participate at their own level of comfort.

How you can help...

...us offer fly-fishing retreats to breast cancer survivors

Detach this form and fax to: (802) 362-9182 or mail to:

Casting for Recovery
P.O. Box 1123
Manchester, Vermont 05254
1-888-553-3500
info@castingforrecovery.org

Please make all checks payable to:
Casting for Recovery

All contributions are tax deductible to the fullest extent of the law.

Ask your employer about matching your gift.

I would like to make a contribution:

\$2500 \$1000 \$500 \$250
 \$100 \$50 Other

I would like my contribution to be:

In honor of: _____

In memory of: _____

For the following retreat: _____

Check VISA Master Card

Card Number: _____

Signature: _____ Exp: _____

Name: _____

Address: _____

Phone: _____

E-mail: _____

Casting for Recovery is a 501(c)(3) organization





February 2008

Dear Friend of Casting for Recovery – Montana

I appreciate your willingness to consider a proposal for funding the Casting for Recovery (CFR) Montana Retreat, and have enclosed information on this program for your review.

CFR is a national program that provides free fly-fishing retreats specifically tailored for women who have had breast cancer. It seeks to enhance the lives of breast cancer survivors by providing a setting designed to promote and support mental and physical healing. The program is currently in 25 states, and we are really excited about bringing it to Montana. It will take place June 27-29, 2008 at the 320 Guest Ranch in Big Sky. Having been a participant in the program two years ago in New York, I can personally attest to the incredible physical and emotional healing that it creates.

As you will read in the literature, the program is run by over 700 volunteers, with a small administrative staff in the national office in Vermont. It is truly a grassroots effort, which requires local fundraising. The staff of the Billings Clinic and St. Vincent's Healthcare is supportive of this program, and are on the Planning Team. In addition, Stephanie Streed, Breast Health Coordinator at St. Vincent's, and Deb White, Oncology Patient Navigator will be medical/social staff at the retreat. And Gayle Whittenberg, noted fly-fishing expert and licensed guide, will be the lead fly-fishing instructor.

To this end, I would like to request that you be a sponsor of the Casting for Recovery Montana Retreat at one of the levels indicated on the enclosed Sponsorship Opportunities card. I have also enclosed a sign-up application in case you know someone who might wish to apply to attend the retreat.

Thank you so much for your consideration of this request. I will give you a call in a few weeks to follow up. In the meantime if you have any question, or need further information please call me at 406-697-1952.

Sincerely,

Alice Golden
Volunteer Planning Coordinator.

Encls.



Program Highlights ~

- Two and a half day retreat offered at no cost to the participants
- Retreat incorporates both fly-fishing instruction and social support, ending with a half day of guided catch and release fly fishing.
- Focus is on wellness as opposed to illness, empowerment as opposed to helplessness
- 14 participants and up to 20 alternates are selected at random from the applicant pool (based on service area) to attend each retreat
- At least one medical professional, one psychosocial counselor, four fly fishing instructors trained specifically for the Casting for Recovery Program staff each retreat.
- Participants range in age from 30 to 84 and are from many socioeconomic and cultural backgrounds.
- The program is appropriate for women in all stages of treatment and recovery, and various stages of emotional adaptation to breast cancer.

Evaluations ~

The program has shown to have a positive impact on breast cancer survivors. Participant data from 2005 shows that after attending a retreat:

- 88% felt better able to cope with their disease and are more aware and accepting of themselves
- 99% would recommend this program to/for others
- 89% learned something new about breast cancer
- 97% felt connected with other participants
- 90% intend to continue participating in the sport of fly fishing

Organizational Goals ~

- Expand retreat locations and services to alumni
- Support volunteers through education and collaboration
- Align with medical facilities for their patients

Board of Directors ~

Kate Fox, Co-owner & Publisher Vermont Magazine & Saratoga Living ~ Co-Chairman, Arlington, VT

Roxanne Joffe, President Acrobatix Worldwide & Cap Creative ~ Co-Chairman, Sarasota, FL

Tom Hayes, Attorney, Hayes & Windish ~ Secretary, Woodstock, VT

Stephanie Ewen, Vice President Employee Relations J.P. Morgan Chase, Retired, Bronxville, NY

Helen S. Maher, Avon, CO

Martin Cooper, Vice President Design, Burberry, Ltd., NY, NY

Gwenn Perkins ~ Chair Emeritus, Manchester, VT

Staff ~

Executive Director ~ Seline H. Skoug

Program Director ~ Susan D. Balch

Office Manager ~ Linda S. Lyons

Promotional Materials (available upon request) ~

VHS or Beta Video (8 minutes), brochures, posters, copies of articles, fundraising flyer, quotes from past participants



ABOUT CFR

Casting for Recovery®
PO Box 1123, 7205 Main St.
Manchester, VT 05254
Toll free number: 888-553-3500

Local number: 802-362-9181
Fax: 802-362-9182
Web site: www.castingforrecovery.org
Email: info@castingforrecovery.org

Mission Statement ~

The mission of Casting for Recovery® (CFR) is to provide fly-fishing retreats specifically tailored for women who have or have had breast cancer. We seek to enhance the lives of breast cancer survivors by providing retreats designed to promote and support mental and physical healing. We are committed to socioeconomic and cultural diversity.

History ~

- Founded in 1996 by a professional fly fisher and a reconstructive surgeon
- Founding Sponsor - The Orvis Company of Manchester, VT
- Awarded 501 C(3) non-profit status in 1998
- CFR Canada was incorporated in 2004
- The Hartford Insurance Co. became a major sponsor in 2006

Facts & Figures ~

- CFR relies on donations from individuals, grants and corporations
- Donations may be allocated to a specific project or retreat
- The Orvis Co. is a major sponsor and the sole source of fishing equipment used at retreats
- Donations from other fishing equipment manufacturers are welcome as gifts for participants, for fundraising, and for alumni events.
- In 2004, 76 cents of every dollar donated went directly to programs
- 163 retreats have been held to date, serving over 2,000 women
- In 2006, 34 retreats in 23 states will serve nearly 500 survivors
- Approximately 600 volunteers are actively involved in the program, including: retreat coordinators, medical professionals, therapists, fly-fishing instructors, river helpers, and alumni
- 35% of our referrals are from the medical community; 24% from friends/family; remainder are from media and outreach by volunteers and fly fishing and healthcare organizations

Why Fly Fishing & Breast Cancer ~

No other programs that we know of have combined fly fishing, counseling, medical expertise and breast cancer recovery. Physically, the motion of fly-casting is similar to the exercises that surgeons prescribe after surgery or radiation, thus promoting soft tissue stretching. The rhythm of casting of the line and being in a natural setting also relieves everyday stress and provides a sense of calm. The retreat offers respite, connectivity, and provides information to survivors. Beyond the weekend, annual alumni events are organized and many alumni now volunteer with the organization.



ALICE GOLDEN
VOLUNTEER PLANNING COORDINATOR

406-697-1952

aagolden@msn.com

www.castingforrecovery.org

