



About Casting for Recovery

Casting for Recovery® is a national non-profit support and educational organization that serves women who have or have had breast cancer. CFR provides 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." CFR's retreats are designed to enhance the lives of breast cancer survivors by promoting and supporting mental and physical healing, shared experiences, and the hope that comes from learning new skills.

CFR has provided fly fishing retreats at no cost to participants at locations around the United States since 1996. It began its Colorado program in 2003. CFR relies on local volunteers and organizations to support its community-based retreats.

Any Colorado woman who has experienced breast cancer can apply to attend a CFR Colorado retreat. Fourteen women (plus alternates) are chosen for each retreat by random selection; each person can attend only once.

To apply, or to learn more about Casting for Recovery and how you can help its Colorado program, please contact CFR at:

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

Upcoming Colorado Events

Jan. 9-11, 2009: Exhibitor at the Denver Fly Fishing Show, Denver Merchandise Mart

Jan 22-25, 2009: Exhibitor at the Denver International Sportsmen's Expo, Denver Convention Center

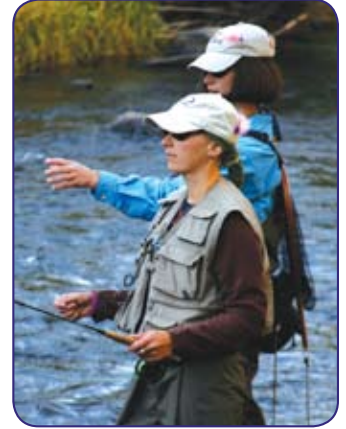
April TBA: 3rd Annual Celebration & Silent Auction, Denver

CFR Colorado Experiences Significant Milestones

"There is something infinitely healing in the repeated refrains of nature — the assurance that dawn comes after night, and spring after the winter."

— Naturalist Rachel Carson

2008 was a year of milestones for Casting for Recovery's Colorado program. CFR has now served more than 200 Colorado women breast cancer survivors and hosted 16 healing retreats since the Colorado program began in 2003. Three of those retreats occurred in 2008 and served 42 Colorado women. More than 150 women applied to attend these retreats, the most ever. The annual spring Celebration and Silent Auction raised record funding for the Colorado program. Colorado retreat participants Anne Sheehan and Gina Salazar were featured on a weekend Today Show segment that aired nationally, and CFR was highlighted on Channel 9 News and in the quarterly magazine High Country Angler. CFR Colorado Program Coordinator Kris Tita served as chair of CFR's national volunteer leadership council and was appointed to CFR's national Board of Directors.



Behind every such milestone are the hundreds of caring volunteers and donors who have become members of the CFR Colorado family. Local volunteers, many of them past retreat participants, helped spread the word about CFR in 2008 by staffing CFR booths at two fly fishing shows and the annual Day of Caring in Denver, as well as at the Colorado Springs Sport & RV Show and the Race for the Cure in Colorado Springs. Other volunteers contacted health providers and support groups across the state to provide them with information about the 2008 program to share with breast cancer survivors. Other volunteers contributed to the newsletters, helped at the spring fundraiser, stuffed envelopes and pitched in wherever else they were needed. The all-volunteer Colorado Planning Team, working with CFR's home office in Vermont, coordinated all of these activities and planned and executed the Colorado retreats with the help of volunteer instructors and guides for the retreat participants. For the retreats, CFR returned to North Fork Ranch near Shawnee and Powderhorn Guest Ranch near Gunnison, both operated by families who put their hearts and souls into supporting CFR and pampering the retreat participants. And all of this was possible only because of the continued, heartwarming generosity of CFR Colorado's donor community.

The most important measure of CFR Colorado's success, however, comes from the Colorado women who attend the retreats. Their comments on the CFR experience are filled with words like unforgettable, incredible, wonderful, meaningful, fun, a blessing, invigorating, outstanding, exceptional, a privilege, awesome, loving — sometimes in capital letters — and followed by exclamation points! Everyone who contributes to Casting for Recovery's Colorado program shares in this experience, and in the joy the retreats bring.



National Spotlight Shines on CFR in Colorado

The call from CFR's home office came in late April: NBC's Weekend Today Show wanted to include Casting for Recovery in a fly fishing story to be filmed in Colorado in early May. Colorado retreat alumnae Anne Sheehan and Gina Salazar immediately agreed to represent CFR in the story, and, led by Colorado volunteer Ginger Borges, made plans to travel to the Lincoln Hills Fly Fishing Club west of Boulder for the shoot.

The NBC co-hosts, Lester Holt and Amy Robach, were already fishing and filming on South Boulder Creek when Anne, Gina and Ginger arrived. Anne recalls, "The preamble to the fly fishing story was that Lester and Amy kid around a lot on the air; Amy got Lester to try gymnastics, so it was his turn to get Amy to try a 'guy thing' — fly fishing."

Anne and Gina put on their waders and were soon on the stream. To introduce the CFR segment, the producer directed them to stand in the water, "chit-chatting and inspecting our flies," Anne said. "Then Lester and Amy come walking into the water and introduce themselves to us, surrounded by people with cameras and a sound crew. We all introduce ourselves; Lester asks how Gina and I know each other, and Gina tells them a little about CFR."



Lester Holt, Gina Salazar, Anne Sheehan and Amy Robach

was at the end of my treatment, and emotionally that was a tough time for me. During my cancer treatment I felt I was actively fighting the disease, and I could focus on the fight. After my treatment ended, I felt bewildered and became obsessed with fear of recurrence. The CFR retreat was very helpful for me in

Anne and Gina were interviewed in turn while the other fished for the cameras. Anne was interviewed by Lester, who asked her what the "Recovery" in Casting for Recovery means. Anne focused on emotional recovery. "My CFR retreat

getting over that fear. It was something that I talked about with my CFR roommate and peers, both in informal discussions and in facilitated discussions with the social worker." Anne also talked about how the fly fishing experience itself helped her, telling Lester it was "a great way to focus on the moment" and "to put aside all of the anxiety related with cancer."

Anne continues, "Lester then asked about the physical part — does casting help physical recovery?" She explained that it did, because casting "is gentle and good for arm range-of-motion issues that are often related to surgery to remove lymph nodes."

The interview concluded with Lester asking whether fly fishing really was a "guy thing." Anne recalls, "I said the CFR women volunteers were skilled anglers and great role models — or at least that was what I was trying to say when I decided I didn't really know the term for a female angler — fisherwoman? flycaster-babe? oh no — the camera is rolling — arg!"

Gina and Anne both had plenty of time to fish on and off camera, and landed many nice trout. Gina's first fish of the day was one of the best, a beautiful 22 inch rainbow trout. Both women commented that it was an honor to participate in the film shoot and to share information about CFR with those experiencing the cancer journey. The day ended with another awesome rainbow, this time the overhead kind! Gina and Anne took this as a good omen, perhaps for another great fishing adventure.

The Weekend Today Show producer and hosts loved the results of the shoot, which they honed into a short, sweet segment broadcast nationally in July. In addition, Anne and Gina's account of their CFR experience so impressed NBC producers that it helped spur more NBC stories about CFR, including a feature story filmed at a New York retreat that was broadcast this fall to the Today Show's weekday audience. To see these NBC stories, follow the links at www.castingforrecovery.org/regional.



Stay in Touch!

If you are a CFR retreat alumnae who would like to learn about ongoing CFR activities, please send any changes to your contact information, including your updated e-mail address, to Colorado@castingforrecovery.org.



Celebration and Silent Auction Success!

More than 100 members of CFR's Colorado community gathered at the Space Gallery in Denver on April 24 to celebrate and support Casting for Recovery and the free, healing retreats it offers to Colorado women who have experienced breast cancer. The event, sponsored by Bret Gardner, Mark Candler and Shawn Copeland, Financial Advisors, Northwestern Mutual Financial Network/Theodore Financial Group, and by Colorado Women Flyfishers, featured wonderful food by Gourmet Fine Catering and a host of fine auction items, including getaway trips, fly fishing rods and other equipment, beautiful pottery, jewelry, art, and more. It also raised a record amount of funds to support CFR's Colorado retreat program, and was a fun and inspiring way to launch CFR's 2008 retreat season. Thanks go to all the silent auction donors, volunteers, attendees and others who made it such a success!



CFR Executive Director Seline Skoug and Bret Gardner

CFR National News

- In 2008, Casting for Recovery hosted 37 retreats in 27 states, serving more than 500 breast cancer survivors. Since 1996, approximately 3,500 women nationally have participated in CFR's healing retreats through the generosity of hundreds of volunteers and thousands of local and national donors.
- CFR launched a national, quarterly e-newsletter in April this year. To subscribe, please go to www.castingforrecovery.org or email info@castingforrecovery.org.
- Casting For Recovery is featured in the recently released novel, "Time is a River," by New York Times bestselling author Mary Alice Monroe. She tells the story of a breast cancer survivor who, after attending a CFR retreat, is faced with adversity and the intrigue of solving a mystery. The tale captures both the perspective of a breast cancer survivor and the beauty and imagery of the sport of fly fishing. Monroe credits CFR volunteers Starr Nolan and Dana Rikimaru in the book's introduction.

This has been life changing! I made new friends, have renewed spirit, confidence and energy in myself. It was an AMAZING event.

—2008 Colorado Retreat Participant

First Colorado Retreat Alum Sally Barton Vital to Colorado Program

In 2003, Sally Barton learned about Casting For Recovery from an Orvis catalog, sent in her application and was selected to attend the first CFR Colorado retreat at the Elk Trout Lodge. At that retreat Sally met Ginger Borges, who was the medical facilitator, and Kris Tita, who was Sally's river helper.

"It was just a wonderful weekend!" Sally said, and expressed her interest in continuing her involvement with CFR as a volunteer. She then joined Ginger and Kris on CFR's newly-formed Colorado Planning Team, and has been an integral member of the team ever since. "It just felt like the right thing to do, to promote this program and give other women a chance to experience a retreat."

Sally described her retreat experience as being "just magical." It allowed her the time "to take a step back, look at life, and put things in perspective." "Fly fishing is a wonderful exercise for the

upper body, and just getting out is spiritually rewarding — [it means] being able to just focus on one thing outside of one's cares and worries, like a meditative state."

One of the things that Sally likes most about CFR Colorado is being able to work with all the wonderfully generous, giving people involved with the program. "They have all been a joy to work with!" Sally describes her CFR experience as amazing both for her personally and for the opportunity it has provided to serve so many women, touching their lives in meaningful ways.



How You Can Help

Supporting Breast Cancer
Survivors through Healing Retreats

I'll contribute _____ \$1,000 _____ \$500 _____ \$250 _____ \$100 _____ \$50 _____ Other

_____ Enclosed is my check (write CFR Colorado in the memo line to ensure Colorado women benefit from your contribution)

_____ Please charge my _____ VISA _____ Master Card

Card Number: _____ Expiration: _____

Signature: _____

You can now donate on-line! Go to www.castingforrecovery.org and click on "Support." To support CFR's Colorado program, designate your donation for "Colorado retreats."

Mail this form with your contribution payable to:

Casting for Recovery
P.O. Box 1123
Manchester, VT 05254

Casting for Recovery is a 501(c)(3) organization. All contributions are tax deductible to the full extent of the law.



Casting for Recovery's National Sponsors:

The Hartford, The Orvis Company, Under Armour



"CFR Colorado" is published twice yearly by Casting for Recovery's Colorado Program, 911 S. Vine St., Denver, CO 80209. This issue, published in November 2008, is Issue No. 9 in the series.

Printing discounted by Sir Speedy, 11th & Lincoln, Denver
Design & layout by Strijek Design, LLC StrijekDesign.com



CFR Colorado
911 S. Vine Street
Denver, CO 80209

Return Service Requested

Non-profit Org.
U.S. Postage Paid
Denver, CO
Permit No. 1302



www.castingforrecovery.org
colorado@castingforrecovery.org