



2007 Another Successful Year for CFR Colorado

Arriving as strangers, a knowing nod breaks the ice. Women, whose life experiences are so very different but for the one that brings them here, share stories, silence, meals and laughter. Together they accept the challenge of exploring a new world that teems with life beneath, within and above the healing waters of a Colorado trout stream. They leave as friends.



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. 4-6, 2008: Exhibitor at the Denver Fly Fishing Show, Denver Merchandise Mart, & the Fly Fishing Expo, Denver Convention Center

May 3-4, 2008: Exhibitor at Day of Caring Breast Cancer Awareness Conference, Denver

Spring, 2008: 2nd Annual CFR Colorado Celebration and Benefit, Denver

In 2007, 40 breast cancer survivors and countless supporters joined the community of caring that Casting for Recovery has been creating since 2003 for Colorado women who have experienced breast cancer. CFR Colorado joined with old friends Karen and Dean May, whose hospitality wraps itself around their guests like a warm blanket, to provide two retreats for Colorado survivors at the Mays' North Fork Ranch near Bailey. Thanks to the members of La Garita Club, participants at CFR Colorado's third retreat in 2007 were pampered at the club's private ranch near Wagon Wheel Gap. The beauty of the fall colors that weekend was equaled only by the generosity of the club members and ranch staff.

As soon as one retreat season ends, planning for the next year's begins. Past retreat participant Judy Hamilton Biegler kicked off fundraising to support CFR Colorado's 2007 retreats last fall by hosting a brunch where guests learned to craft beaded jewelry. In June, past participants Laura Pursell and Brenda Trehus teamed with Anglers Junction fly shop in Salida to host a fly fishing clinic for women to benefit CFR. The Women's Outreach Group of the Ferdinand Hayden Chapter of Trout Unlimited continued its many efforts to support CFR's Western Slope presence by hosting its own women's fly fishing clinic and participating in other outreach and fundraising events benefiting CFR in the Roaring Fork valley. The capstone of CFR Colorado's fundraising events in 2007 was its first, soon to be annual, celebration and silent auction held in Denver in May. [See related article on page 3.] Other fundraising efforts included successful grant applications and solicitations to private foundations, corporations and individual donors.

Another cornerstone to CFR Colorado's retreat program is outreach to the breast cancer, fly fishing and general communities to inform potential retreat participants, volunteers and supporters about CFR's Colorado program. In 2007, CFR's outreach activities included volunteer-staffed information booths at breast cancer, fly-fishing and outdoor sporting events in Denver, Colorado Springs, Grand Junction, Glenwood Springs and Beaver Creek. As the number of CFR Colorado retreat participants, volunteers and donors grows, word-of-mouth is also playing an increasing role in stimulating interest and support for the program across the state.



Celebrating Five Years in Colorado

2007 marked Casting for Recovery's fifth year of offering healing retreats to Colorado women who have experienced breast cancer. How did it all begin?



Dana, Kris, Jean and a stand-in for Flora at one of CFR's 2005 Colorado retreats.

Flora Jewell-Stern, Dana Rikimaru, Kris Tita and Jean Williams: All long-time friends and avid fly-fishers with professional experience in the fly-fishing industry, are strongly committed to help survivors of breast cancer.

In the late 1990s, the founders of Casting for Recovery sought to spread the idea of fly-fishing retreats for breast cancer survivors in order to grow the program beyond its New England

roots. Their efforts included presentations about CFR at several women's fly-fishing conferences, where the four Colorado friends first learned of the program. They came away impressed by the idea and eager to get involved with CFR when it expanded to Colorado.

Several years later, CFR's home office in Vermont organized CFR's first two Colorado retreats. Upon learning of the planned retreats, Jean, Kris, Dana and Flora immediately signed on to help, and all four volunteered as instructors or River Helpers at these first retreats, held at Elktrout Lodge and Clear Creek Ranch, in the summer of 2003.

At the retreats, the four friends met Seline Skoug and Susan Balch, CFR's Executive Director and Program Director, and volunteered to help form a local planning team to sustain and grow CFR in Colorado. They also learned that CFR's national office had received funding from a Colorado-based private foundation to help bring CFR to Colorado. With this start-up funding and lots of guidance from Seline and Susan, CFR Colorado was launched.

The four friends formed the CFR Colorado planning team in the fall of 2003. This all-volunteer team, working with CFR's national office, is responsible for all retreat planning, outreach and fundraising to support CFR's Colorado activities.

The four were quickly joined on the team by Dr. Virginia Borges, a breast oncologist who had worked with CFR in Massachusetts, and Kathy Kanda, a fly-fishing enthusiast with non-profit experience. Sally Barton and Karen Grillos, both breast cancer survivors, also joined the team and added their experience as participants in CFR's first Colorado retreat to the mix.

In the years since it was formed, the CFR Colorado planning team has hosted 11 additional CFR retreats to bring the total number of Colorado retreats in the program's five-year history to 13, and the total number of Colorado women served by CFR to date to 175. Each year, the Colorado planning team has added new elements to its program, including a semiannual newsletter, a third retreat each summer, and a silent auction benefit. The planning team also coordinates an enthusiastic cadre of more than 100 additional volunteers who help make the Colorado retreats possible, and, with assistance from CFR's national office, has developed a diverse base of funding for CFR's Colorado program including support from foundations, corporations and individuals.

The CFR Colorado planning team has evolved over the years. Of the four original members, Kris and Dana are still active with the team, and both also regularly serve as staff



Flora at a 2006 Colorado retreat

at CFR's Colorado retreats. Flora resigned from the planning team after having her second child in 2005, but still participates in a retreat each season as an instructor or River Helper. Jean resigned from the team when she moved to Jackson, WY, to work as a fly-fishing manufacturer's rep and occasional fly-fishing guide. All women remain very committed to Casting for Recovery, the survivors and fly-fishing. Jean said, "This is really a blessing for us—to encourage or

help someone. [Each CFR retreat is] a small, well-organized, heartfelt opportunity to celebrate survival."

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.



LAURIE TURNEY: RENEWED BY CAMARADERIE AND FISHING

Laurie Turney of Boulder is a two-time breast cancer survivor. Talk about a positive attitude! Laurie had just emerged from a reoccurrence and a second diagnosis of breast cancer when she was selected to attend CFR's 2007 Labor Day weekend retreat at North Fork Ranch. She says, "I had recently finished my chemo and radiation, and the retreat was exactly what I needed to help build my spirits again!" Laurie got that and more. As she says, "What most surprised me was how much I enjoyed the sport of fly fishing!" From the size of the fish Laurie caught, you can see why she got "hooked," and has already gone fly-fishing again.



Laurie was touched throughout the retreat by the care shown to the participants: "That this was all for us was just unbelievable! It was such a great experience to share with others who have heard those words: 'You have breast cancer.' And 10 fly-fishing instructors donated their time to give us one-on-one instruction! That was so awesome and totally unexpected."

"I came away from my retreat feeling renewed and alive! I feel so honored to have been chosen to go on the CFR retreat. I made new friends and now have a strong desire to volunteer for CFR and give back. Thanks you so much, CFR!"

"The participants [at my retreat] were amazing women with such stories of courage. I feel privileged to be part of this group! "Thank you" can't begin to cover the depth of gratitude I feel for all who made this possible.

—2007 Colorado Retreat Participant



"A get-away from 110+ temps to a cool, green mountain paradise was rejuvenating for this desert dwelling 'exchange-instructor.' But to meet and share the sport I love most with 14 of my biggest heroes from Colorado was the best. It's a privilege to join efforts and ideas to help bring new strength, smiles and lighter hearts to more breast cancer survivors all across the country."

—Shirley Johnson, CFR Arizona Planning Coordinator and "exchange instructor" at CFR Colorado's 2007 Labor Day weekend retreat. That's Shirley on the left.

Silent Auction a Success!

The Walnut Foundry, one of Denver's hippest new party venues in LoDo, was the place to be on May 31 when CFR Colorado celebrated the start of summer and its program for Colorado breast cancer survivors with its growing community of retreat participants, donors and volunteers. The silent auction event, sponsored by Northwestern Mutual Financial Network/Theodore Financial Group thanks to the efforts of financial advisors Bret Gardner and Mark Candler, featured great food from Gourmet Fine Catering and raised substantial funds to support CFR Colorado's ongoing work. Also contributing to the success of the event were the many business and individuals who donated auction items, which included fly fishing equipment and trips (of course!) as well as weekend get-aways, food and wine gift baskets, home furnishings, jewelry and much more.

Plans are now being made for the 2008 celebration and auction, and volunteers are needed to help organize this spring event. For more information, contact Kris Tita at Colorado@castingforrecovery.org or 303-744-7355.



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.



I'll donate one or more of these needed items:

- Retreat gift bag items (sets of 14), laptop computer with Powerpoint, easels, cases of bottled water, stamps.
- Personal services as database manager, volunteer coordinator, photo archivist.



**Contact CFR Colorado at
303.744.7355 or Colorado
@castingforrecovery.org**

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