



REEL RECOVERY
AUSTRALIA
Be Well! Fish On!
www.mendingcasts.org



Marysville Retreat Itinerary 22-23-24th April 2024

WELCOME:

Thank you for attending our Reel Recovery Australia Marysville Retreat hosted by Mending Casts with the fabulous support of fantastic fly fishers. Reel Recovery is an international program that originated in the USA in 2003 so we are celebrating our 21st anniversary this year. In that time over 4000 men have been through the program around the world and you are about to become part of that global brotherhood. Mending Casts has been running these events since 2021 and this will be our 6th Australian men's retreat. So far, we have put 46 men through the Reel Recovery Australia program and you, alongside 8 other participants, are about to join that group. We look forward to hosting you for the 2½ days and hope you have an enjoyable experience.

Some important information that you need to be aware of is summarized below.

The Important Things:

• GETTING THERE:

You are responsible for making your own way to the retreat and we will take care of everything else once you arrive. The venue, Peppers in Marysville, is about 1 ½ hours' drive from Melbourne. If you are stuck for transport, please let us know and we will try to arrange car-pooling where possible.

• COMPULSORY RAT

Everyone who participates in our retreats (including volunteers) **MUST** provide a negative RAT to the COVID Officer Shelley Olson **BEFORE** they will be allowed to attend. This is because some participants will have compromised immune systems from their treatment regime and need to be protected from possible infection. Before leaving home on Monday morning please take a photo of the RAT slide, **SMS the photo to Shelley on 0419 599 950** and include your name in the message as she won't know your mobile phone numbers. Anyone who has not done this will not be permitted to attend. If your RAT is **POSITIVE** then you cannot attend the retreat. For the remainder of the retreat, you only need to do a RAT if you are feeling unwell. We can provide them to you free of charge at the retreat.

• THIS IS A DRY EVENT:

Please keep in mind that this is a "Dry" event so the consumption of alcohol during the retreat is not allowed. However, it is ok to enjoy a glass or two with your evening meals or in the seclusion of your own rooms but it must be done in moderation and outside the official retreat program.

• WHAT TO BRING WITH YOU:

Please bring with you the following items.

- Weather-appropriate clothing
- Good waterproof jacket (just in case!)
- Polaroid sunglasses – glasses must be worn during fishing for safety reasons
- Sturdy closed toe foot-wear
- Warm and thick socks – multiple pairs to ensure the waders are a snug fit.
- All your medication – including those that you only take as needed like Maxalon, antihistamines, etc.
- Any extra equipment you need like cpap or compression garments.
- Track pants are suitable and comfortable to wear under waders

We will supply everything else including fishing gear, waders, caps, shirts and all meals.

• FISHING LICENCES ARE NOT REQUIRED:

To participate in Recreational Angling in Victoria you would normally be required to pay for a Recreational Fishing Licence (RFL). Fortunately, we have secured an exemption from the Victorian Fisheries Authority (VFA) so anyone angling at our retreats does not require one. However please keep in mind that if you choose to go fishing privately outside of the daily activities or after the retreat has concluded, you may need to acquire an RFL. Please check the VFA website [here](#) for their licensing criteria.

• YOUR ACCOMMODATION:

Each participant is assigned a single room so you will not be sharing with anyone else. Park your car in any space. Enter of the main road. You will be met in the carpark near the building and directed where to go from there. Once inside you will receive your room key to put your bag away. Head downstairs to the conference room for some refreshments after your drive.

• TRANSPORTATION WITH YOUR BUDDY:

You will be assigned a “buddy” for the duration of the retreat who will look after you during the 2½ days. They are responsible for transporting you from location to location and keeping track of your movements so please ensure that you follow their instructions. The licence and vehicle registration of your buddy will be ticked off on their arrival to ensure everyone’s safety during the retreat.

• COURAGEOUS CONVERSATIONS:

At set times during the retreat all the participants will take part in group, closed-circle discussions hosted by a trained facilitator. This is where people have the opportunity to talk about their cancer journey and share their experiences with others in the group through an open and supportive forum. It is your choice as to what you say and when – it is totally up to you how you contribute. Our facilitator will explain the process to you at the first session.

- **FEELING UNWELL / INJURED DURING THE RETREAT:**

If you feel **unwell** contact Cherrie or Shelley for assistance or ask someone to call them if needed.

If for whatever reason during the retreat you feel the need to leave an activity and return to your room, please advise either Cherrie or Shelley so we can keep track of your whereabouts and ensure you are OK.

If you are **injured** in any way, even if it is something minor, please let someone know. They will contact Cherrie or Shelley and you will either be treated onsite or they will contact the relevant help you need.

Rest when you need to rest, eat when you need to eat and remember to stay hydrated and take your medications as needed.

All incidents, regardless of how small, will be recorded for future reference if needed.

- **DO NOT RECUSCITATE (DNR) FORM:**

Our retreat staff carry an Automatic External Defibrillator (AED) as part of our First Aid kit and we have professional paramedics plus trained first aid officers on hand for medical support. It is assumed that by signing the Application Form that participants consent to resuscitation should it be required. If you wish to be deemed "Do Not Resuscitate (DNR)" please advise our First Aid Officer Cherrie Ninness when you arrive at the retreat or via email. If you have the appropriate signed form from your medical practitioner, please email it to Cherrie via return email or bring it with you to the retreat. Your wishes will be carried out, you will be treated with the utmost respect and we will notify your family.

ITINERARY:

The attached itinerary outlines the day-to-day activities in which you will participate. Please try to be at each location on-time as the scheduling of activities is very tight. Remember this retreat is about you, for you. You do not have to participate in all the activities if you are unable to (although we hope you can).

We hope you enjoy the retreat.

Be Well! Fish On!



22nd-24th April 2024

Monday 2nd April

- ✿ 3.30 pm Participants **Arrive at Peppers 32/34 Murchison Street** Marysville
Check-in & unload luggage in rooms – **afternoon tea in conference room**
- ✿ 4.00 pm **Conference Room** - Welcome speech and introduction to members and Buddies
- Vesting ceremony
- ✿ 5:00 pm **All Participants** - Courageous Conversation #1 and 2 – Chalet lounge
- ✿ **6.00 pm** **Everyone – Dinner – Andiamo Restaurant - Peppers**
- ✿ 7.00 pm **Everyone** - Fly Tying in Conference Room - Introduction to fly fishing, flies and tie your own fly
- ✿ 9.30 pm End of Day one

Tuesday 23rd April

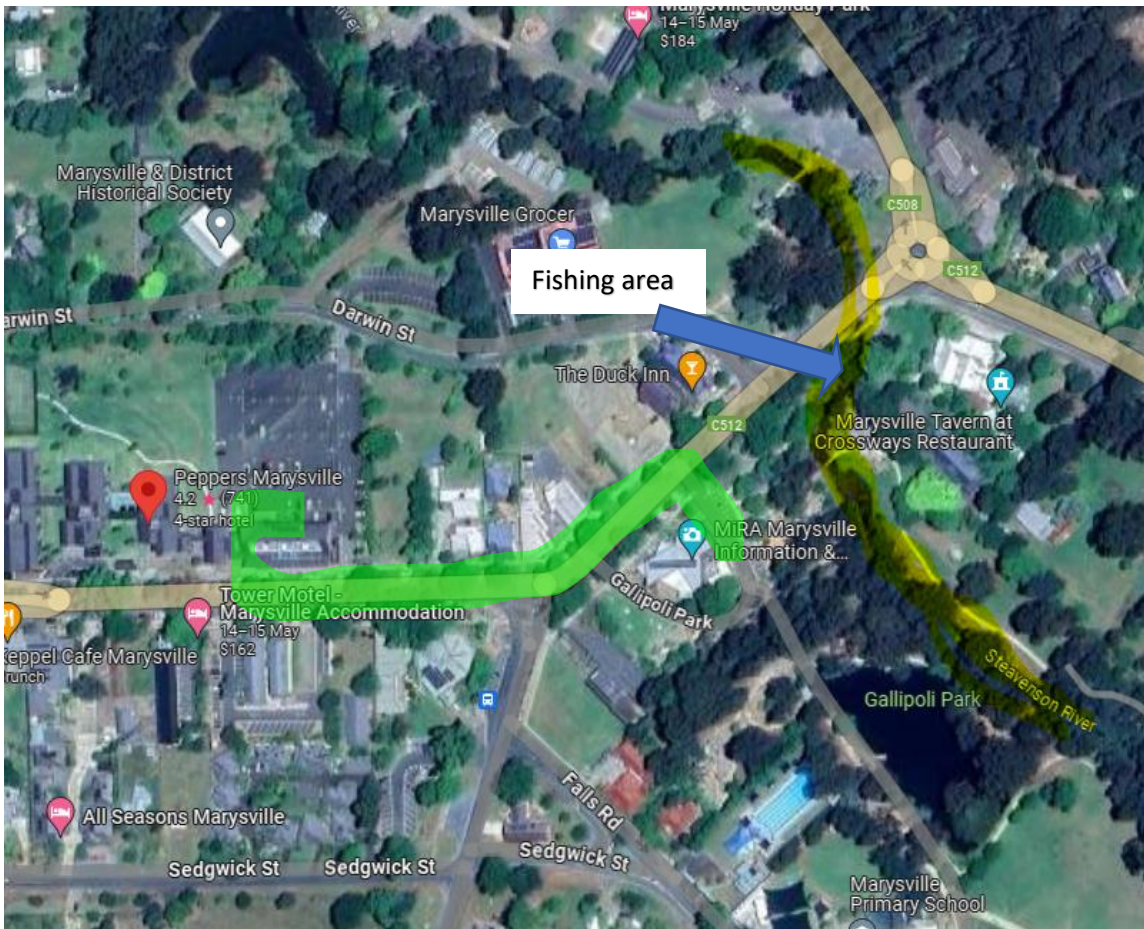
- ✿ **7.00 am** **NOTE: If you are feeling unwell, please notify Shelley (COVID Officer) and do a RAT before leaving your room – do not leave your room if COVID+**
- ✿ **7.30 am** **Breakfast – restaurant – Andiamo Restaurant - Peppers**
- ✿ 8.30 am **Participants** - Courageous Conversation #3 – Chalet lounge
- ✿ 9.45 am **Everyone** to meet in the carpark – carpool to practice oval
- ✿ 10:00 am **Participants & Buddies**
Introduction to fly casting & fly-fishing session 1 – John is lead instructor with assistant Jo
- ✿ **11.15 am** **Morning tea**
- ✿ 11.30 am Introduction to fly casting & fly-fishing session 2
- ✿ 12:35 am Fly Casting session ends – everyone to help pack up gear
- ✿ 12.45 am **Everyone** - Return to Peppers with your buddy
- ✿ **1.00 pm** **Lunch – everyone – Andiamo Restaurant - Peppers**
- ✿ 2.00 pm **Everyone** – Transport to river for fishing
- ✿ 2:15pm **Participants & Buddies** - On the water fishing
- ✿ 4.30 pm **Everyone** head back to Peppers
- ✿ 5.30 pm **Participants** - Courageous Conversation #4 Chalet Lounge
- ✿ **6.30 pm** **Everyone - Dinner – Restaurant – Cuzens Restaurant - Peppers**
- ✿ 7.30 pm End of day 2

Wednesday 24th April

- ✿ **7.00 am** **NOTE: If you are feeling unwell please notify Shelley (COVID Officer) and do a RAT before leaving your room – do not leave your room if COVID+**
- ✿ **7.30 am** **Breakfast – everyone – Andiamo restaurant - Peppers**
- ✿ 8.30 am **Everyone** – pack your bags if you are not staying an extra night and hand your Keys to Merrill – do not leave the hotel until your name is marked off
- ✿ 8.45 am Meet in the carpark – let your buddy know you are there
- ✿ 9.00 am Travel in convoy to the private fishing location in Buxton
(approx. 20 mins travel time – look for orange flags on gate) – see Map #2
- ✿ 9.30 am Courageous conversation #5 in the tent or waterside – weather dependent
- ✿ 10.15 am **Everyone** – Welcome & safety briefing
- ✿ 10.30 am **Participants & Buddies** - Gear up & Group Photo - Check VHF Radios
- ✿ **12.00** **Everyone – lunch**
- ✿ 12.45 pm **Participants & Buddies** - Fishing continues
- ✿ 3:30 pm **Participants & Buddies** - Fishing concludes
 - Pack up gear – hand-in all equipment to Shelley to be checked-off list
- ✿ 4.00 pm Closing Ceremony commences
 - **Everyone** - Presentations & Vesting Ceremony
 - **Everyone** - Courageous Conversation #6 - Closing the Circle
- ✿ 4.30 pm Complete Feedback forms
- ✿ 4:35 pm Retreat Day 3 concludes

Be Well! Fish On!

Practice Oval – Trevor Harrow Oval – Off Falls Rd – follow roadway around to gazebo



MAP 2

1788 Maroondah Hwy Buxton – Pvt land

