



Casting for Recovery

Victoria, Australia



Merrijig Retreat Itinerary 4th-5th-6th March 2024

WELCOME:

Thank you for attending our Casting for Recovery Merrijig Retreat hosted by Mending Casts with the fabulous support of the Sebel Pinnacle Valley Resort. Casting for Recovery is an international program that originated in the USA in 1996. In that time over 5000 women have been through the program around the world and you are about to become part of that global sisterhood. Mending Casts has been running these events since 2019 and this will be our 5th Australian retreat. You are about to join the other 35 women who have attended our retreats so far and we hope you have as much fun and get as much out of it as they did.

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, [The Sebel Pinnacle Valley Resort](#) in Merrijig is about 2 ½ hours' drive from Melbourne. Drive through Mansfield, follow the Mt Buller Road for about 20 minutes and the entrance to The Sebel can be seen on your right-hand side.

If you are stuck for transport, please let us know and we will try to help 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 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, we do allow people to enjoy a glass or two with their evening meals or in the seclusion of their 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 (it is a safety requirement that glasses are worn while fishing)
- 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.

We will supply everything else including fishing gear, waders 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 in the first carpark on the right once you enter the property. We will have a sign directing you. Park in the green area marked on map #1. 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 Atrium for some refreshments after your drive. You will also get your waders fitted.

• 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 (if needed) 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.

- **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. There is a helipad onsite, I'm sure it won't be needed!

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, nursing staff 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 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.





Merrijig Retreat Itinerary


4-6th March 2024


IMPORTANT: Please undertake a **COMPULSORY RAT** prior to departing your house and SMS the result to COVID Officer Shelley on 0419 599 950. If the RAT is positive advise Shelley that you are unable to attend the retreat. You'll be first on the list for the next one.


Monday 4th March


-  **4.00 pm** Arrive at accommodation – Sebel Pinnacle Valley Resort – 1 Mimosa Drive Merrijig. (off Mt Buller Road). (See Map #1)
 - Drive into Carpark 1 on the right- sign posted
 - Afternoon tea in the atrium
 - Fitting of fishing waders

-  **5.00 pm** Conference Room – Lifts are available if required, it's up a bit of a hill
 - Retreat Opening - welcome speech, introduction to members and Buddies
 - Vesting Ceremony – Everyone. Handing-out of fishing vests with Buddies

-  **6.00 pm** Everyone - Dinner – The Stirling room

-  **7.15pm** Participants & Buddies - Conference Room
 - Introduction to fly fishing, flies and tie your own fly – hosted by Joanne

-  **9.30 pm** End of Day one. Talk to Cherrie or Shelley if you're feeling unwell.

-  Feel free to head off to bed or stay around and relax and chat.



Tuesday 5th March

- ✖ 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 – Restaurant – lifts are available if you need one**

- ✖ 8.45 am **Everyone to meet at the hotel atrium (bottom floor of accom lodge)**
 - **Head to the practice casting area with your buddy**

- ✖ 9.00 am **Participants & Buddies**
 - **Buddies – collect fly rods and reels for participants**
 - **Intro to fly-casting and fly-fishing (1st half)**
 - **Andrew is lead instructor with Joanne assisting**

- ✖ 10.15 am **Everyone - Morning tea – either in atrium if cold or outside in the gazebo area if not**

- ✖ 10:35 am **Intro to fly-casting and fly -fishing (2nd half)**
 - **Andrew is lead instructor with Joanne assisting**

- ✖ 11:35 am **Fly Casting session ends – everyone to help pack up gear**
 - **Buddies will keep your fly-fishing equipment**

- ✖ 11.45 am **Hang out at the Rotunda and smell the delicious spit cooking**

- ✖ 12.15 pm **Lunch – Everyone – in the rotunda near the practice area**

- ✖ 1.30 pm **Look Good Feel Better**

- ✖ 3.30 pm **Participants & Buddies - Fishing on the Sebel lake**

- ✖ 5.00 pm **Participants – Head back to your rooms for a freshen-up**

- ✖ 5.30 pm **Happy Hour on the deck**

- ✖ 6.30 pm **Everyone – dinner in the Stirling room**

- ✖ 7.30 pm **Participants Conversation – games room downstairs from restaurant**

- ✖ 8.30 pm **End of Day 2 formal events – talk to Cherrie or Shelley if not feeling well.**

- ✖ **Feel free to head back to your room or stay around for a relax and chat**



Wednesday 6th March

- 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 – restaurant – lifts are available if you need one
- 8.30 am** Everyone – pack your bags if you are not staying an extra night and hand your keys to Linda
- 9.00 am** Travel with your buddy to the private fishing location at Delatite Station, Delatite Lane via Mansfield-Woods Point Rd, Mansfield - (approx. 25 mins travel time – look for orange flags on gate) – see Map #2
- 9.30am** Everyone – Welcome & safety briefing
- 9:45am** Participants & Buddies
 - Gear up & Group Photo
 - Check VHF Radios
 - Group photo
 - John will direct you and your buddy to your fishing sector - marked areas
- 11.45am** Everyone – lunch
- 12.45 pm** Participants & Buddies - Fishing continues with rotation to a different sector
- 3:30pm** 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
- 4.30 pm** Complete Feedback forms
- 4:35 pm** Retreat Day 3 concludes -

We hope you have had a fantastic time and it means a great deal to us that you have come along and spent 2.5 days with complete strangers with similar stories.

