

What is  
Women LISTEN, Inc. . .

~ Women LISTEN is a group that promotes the physical, emotional and spiritual well-being of women living with cancer.

~ The goal of our group is to give emotional support, share information and practical ideas, advocate for people with cancer, and connect women in meaningful ways.

~ Our mission is represented in our name, Women LISTEN, which stands for: laugh, inform, support, talk, empower and network. We welcome all, from just diagnosed to long-time survivors.

~ We became a 501(c)3 non-profit organization in September 2004.



Cancer Haiku

By

Jan Porterfield

People with cancer.

We live optimistically.

With hope, joy and fear.



Cancer cannot take away our hope.

A Fly Fishing Retreat  
For Women  
Cancer Survivors  
**Registration Form**  
August 19 -21, 2011  
Wasilla, Alaska



Offered by  
**Women LISTEN, Inc.**

*A supportive group of  
women cancer Survivors*

P .O. B o x 110167  
Anchorage, AK 99511

[www.womenlisten.org](http://www.womenlisten.org)

Jan Schnorr, Retreat Coordinator  
Deb Ward & Joan Bohmann, Group Facilitators

Please join us for an uplifting retreat in a lovely setting located on Kalmbach Lake, approximately 10 miles west of Wasilla, Alaska.

A detailed map to the LaVerne Griffin Youth Recreation Camp will be provided to participants at a later date.

The retreat is available free of charge to women who have had a diagnosis of any cancer. The retreat will be limited to 14 women. The deadline for women who participate in Women LISTEN weekly group meetings is May 2, 2011.

Preference will be given to those who have participated in Women LISTEN weekly support meetings. After that date, all other applications will be reviewed and retreat participants will be selected based on date of application and the Retreat Staff Review. A waitlist will also be used to fill any last minute cancellations.

Women selected to participate in the Retreat will need to complete additional forms prior to final approval. The forms include a medical release form from your medical care provider and an information/release form from you.

**Please bring:** sleeping bag/blanket and pillow, sleepwear, robe, slippers, bathing suit & towel, toiletries, outdoor/walking/rain gear, warm jacket/shirts & pants, synthetic long jons & wool or synthetic-mix sox (not cotton), ball, sun, or fishing hat, sunglasses and any other comfort items of your choice.

*Please do not bring alcoholic beverages or tobacco products, as the retreat camp is a tobacco and alcoholic free facility.*

## Retreat Schedule

### Friday, August 19, 2011

5:30 Arrive at camp...Settle-in  
6:00 Dinner  
7:00 Introduction & Information Session  
8:00 Relaxation, Walks, Canoeing, Journal

### Saturday, August 20, 2011

8:00 Breakfast  
8:45 Introduction to Fly Fishing  
10:00 Break  
10:15 Casting  
11:15 Knot tying & Flies  
12:00 Lunch  
1:00 Afternoon Activities (45 Min. sessions)  
~ Float Tubing, Casting & Landing Fish  
~ How to Fish  
~ Special Activity  
4:00 Speaker on Topics of Health  
Facilitated group activity  
5:00 Break  
5:30 Dinner  
6:30 Storytelling & Sharing  
8:00 Evening Activities  
~ Fishing, Boating, Fishing Information  
~ Walks, Rest, Journal  
10:00 Bed-time

### Sunday, August 21, 2011

8:00 Breakfast  
8:45 Fishing & Boating  
11:30 Pack up & load cars  
12:00 Lunch & Pack Up & Load Cars  
1:00 Reflections & Networking  
2:00 Leave for Home

We believe that arriving on time and staying for the entire event will enhance your experience and the experience of the other participants.

## Retreat Participant Application

(Please return application as soon as possible)

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Please Send Applications to:

Women LISTEN, Inc.  
P.O. Box 110167  
Anchorage, AK 99511

Questions regarding the retreat should be directed to Jan Schnorr, 337-1818 or [Janiceinak@gmail.com](mailto:Janiceinak@gmail.com)

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Retreat group facilitators are trained in group facilitation and peer support and do not provide medical or psychological intervention. Health/medical information provided at Retreats is intended to complement cancer treatment and not take the place of care provided by medical and mental health practitioners.

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Women LISTEN, Inc.  
is a not-for-profit corporation.  
*Thank you for your support*