

Women LISTEN, Inc 2023 Fly Fishing Retreat

Announcement of Event

Saturday, August 5, 2023 Beach Lake Lodge Chugiak Alaska

APPLICATIONS DUE Monday, July 17, 2023

COVID Precautions

The Board of Women LISTEN is excited to resume this yearly fly-fishing event and we request all participants to join in the following precautions to keep everyone healthy during the event.

- People with cancer may be at higher risk of serious illness. Check with your health care provider before registering if you have any concerns for your own health as you take part in this group experience.
- Each attendee should have completed the two initial Covid-19 vaccinations.
- Even if you are chosen to attend, you may wake up on Saturday morning experiencing Covid-19 symptoms, or, you might find out that in the last 10 days you've been exposed to Covid-19 or received a positive test result yourself. Please let us know ASAP that you won't be coming. Another woman may be able to take your place. We will miss you.
- Each participant is encouraged to make their own decisions about wearing a mask indoors and outdoors during the day. Social distancing options will also be available. Hand sanitizer and extra masks will be provided. Hand washing facilities are on site.

Attached to this page are two documents that need to be filled out and returned to me at the address listed below. If you experience any difficulty, please call for assistance. I will look forward to receiving your completed forms. Once I receive these forms, they will be given to retreat staff members who will screen and select all participants according to the following guidelines:

Applications will be reviewed, and preference will be given to:

1. Women who have had a cancer diagnosis and have attended Women LISTEN group meetings held on Fridays on Zoom from 10 - 11:30 AM and who have never attended the fly-fishing retreat previously.
2. Women who have had a cancer diagnosis but have never attended Women LISTEN group meetings.
3. Women who have previously attended a fly-fishing retreat may apply for the retreat, but they may only be accepted if fewer than 10 women from the top two priority groups do not fill the designated spots.

Retreat Description The retreat is available free of charge to women who have had a diagnosis of any cancer. The One-Day Retreat (no overnight activities) will be limited to 10 women. Retreat facilities are rustic. You can see additional information about the lodge on Facebook at <https://www.facebook.com/beachlakelodge/>. Come prepared to have an enjoyable, very active, fun filled day packed with laughter and information as you build your support and empowering network through talking and fly-fishing activities. We have fishing gear including float tubes, fins, rods, reels, waders, etc., with a wide variety of sizes that will fit most women.

Applications will be reviewed as soon as possible after submission, and I will contact you to inform you about your acceptance. If 10 individuals are accepted prior to the deadline date, you will be contacted to determine if you want to be on a waitlist. If you have any questions about the screening process, please feel free to contact me.

After you are accepted for the retreat, I will forward additional information to you about the retreat and directions to the retreat lodge, the retreat schedule, and clothing and other items to bring along to the retreat. Again, if you have any questions, feel free to contact me. I'll look forward to receiving your application forms.

Jan Wachsmuth

19709 Second St.

Eagle River, AK 99577

Email: akjdw1@gmail.com

Phone: 907-862-0194



Participant Registration Form (Please Type or Print Clearly)

Applications due July 17, 2023

Women LISTEN does not share your medical information with any third-party providers without your permission.

Name:

Address:

City:

State:

Zip Code:

Daytime Tel:

Evening Tel:

Cell Phone:

Email:

Birth date:

In case of an emergency, please contact:

Relationship to you

Emergency contact number(s) Before 5:00 p.m.

After 5:00 p.m.

Approximate date of your cancer diagnosis

Your stage of cancer currently:

Surgery (Date & brief description)

Dominant Hand: Left Right

Type of surgery: Lumpectomy Mastectomy Axillary Lymph Node Dissection Sentinel Node Biopsy

Chemotherapy: Yes No

Approximate Treatment Dates

Radiation: Yes No

Approximate Treatment Dates:

Reconstruction: Yes No

Type:

Recent surgeries, if any:

Recent treatments, if any:

Is there any history of swelling in your arm, chest, or abdomen? Yes No

If yes, please explain.

Are you able to easily walk at least 50 yards, able to ascend and descend stairs and able to stand for periods of time, to lift and cast a fly rod, to use both legs to kick backward in a float tube and to verbally communicate in English? Yes ___ No ___

Explain:

An evening meal of salad and bread will be provided. Please check the box if you plan to take part in the meal.

Salad with chicken Salad

Do you belong to any cancer support group? If so, name

Have you ever fished before? Yes No Fly-fished? Yes No

Comments about fishing

During fishing sessions, we will have float tubes for you to use. If you have a canoe or kayak and prefer to use it rather than a float tube, please indicate it below and bring it to the retreat. We want you to use a watercraft that you feel comfortable in.

____ Canoe

____ Kayak

If you want to use a float tube, you will need chest high waders. Do you want to use a float tube? Yes ____ No ____
Do you own chest high waders? Yes ____ No ____ . If so, please bring them.

If you don't have waders, we will attempt to find a pair that will fit you. Please list the following:

Shoe size	Height
____	____
Chest (in inches)	Hips (in inches)
____	____

If there is anything else you would like us to know about you, please list it here.

Applications due July 17, 2023

Return this form to:

Jan Wachsmuth
19709 Second St.
Eagle River, AK 99577
Email: akjdw1@gmail.com
Phone: 907-862-0194

Women LISTEN Participant Release Form

Applications due July 17, 2023

Retreat Date August 5, 2023

Name _____

Please Read Carefully

Photographs/Video Release: Photos and videos taken during participation in activities are the sole property of Women LISTEN. By signing this release, I allow my image to be reproduced and distributed in any printed materials, websites and multimedia outlets. This authorization is continuous and may be withdrawn only by my specific rescission of this authorization.

Initial: _____

Waiver, Release, and Assumption of Risk: In consideration of Women LISTEN furnishing services and/or equipment to enable me to participate in fishing and casting, I agree as follows:

I fully understand and acknowledge that outdoor recreational activities have: (a) inherent risks, dangers and hazards and such exists in my use of fishing equipment and my participation in fishing and casting; (b) my participation in such activities and/or use of such equipment may result in injury or illness; (c) these risks and dangers may be caused by the negligence of the Women LISTEN volunteers; the negligence of the participants, the negligence of others, accidents, breaches of contract, the forces of nature or other causes. Risks and dangers may arise from foreseeable or unforeseeable causes including, but not limited to, guide decision making, including that a guide may misjudge terrain, weather, trail or river route location, and water level, risks of falling out of or drowning while in a tube, canoe, or kayak and such other risks, hazards and dangers that are integral to fishing and/or use of equipment, I hereby assume all risks and dangers and all responsibility for any losses and/or damages, whether caused in whole or in part by the negligence of Women LISTEN volunteers or by any other person.

I acknowledge my right to review CDC Guidelines for Cancer survivors (<https://www.cdc.gov/cancer/dcpc/about/covid-19.htm#>) and discuss them with my medical provider regarding the risks involved and accept all risks when submitting an application. I will not participate in the activity if I (1) experience symptoms of COVID-19, (2) have a suspected or diagnosed /confirmed case of COVID-19, or (3) have been exposed to any person who has a suspected or confirmed case of COVID- 19 according to CDC guidelines.

I have read and I acknowledge the COVID Precautions in the Acceptance Letter. Initial: _____

I, on behalf of myself, my personal representatives, and my heirs hereby voluntarily agree to release, waive, discharge, hold harmless, defend and indemnify Women LISTEN from any and all claims, actions or losses for bodily injury, illness, property damage, wrongful death, loss of services or otherwise which may arise out of my use of fishing equipment or my participation in fishing or casting activities. I specifically understand that I am releasing, discharging and waiving any claims or actions that I may have presently or in the future for the negligent acts or other conduct by Women LISTEN volunteers.

I HAVE READ THE ABOVE WAIVER AND RELEASE AND BY SIGNING IT, AGREE IT IS MY INTENTION TO EXEMPT AND RELIEVE WOMEN LISTEN FROM LIABILITY FOR PERSONAL INJURY, ILLNESS, PROPERTY DAMAGE OR WRONGFUL DEATH CAUSED BY NEGLIGENCE OR ANY OTHER CAUSE.

Signature _____

Date _____