

## From 1 to 4,000

### Message from the Executive Director

**B**efore you read any more, take a look at Page 2.

This is our fourth “Page 2”—2010, 2014, 2017, and today. Each Page 2 stands as a monument to the courageous men who have joined us over the past 19 years. I get chills when I see the totality of our accomplishment: collectively, what a brotherhood; individually, each man has touched us with his story and his spirit.

Take another look. If you’re reading this Newsletter, it’s likely you know someone on Page 2.

If you were a participant during the past five seasons, you’re here, as are your brothers from your Retreat. Spend some time remembering the friendships you made, and feel the strength of the bonds that still live on. Renew the sense of camaraderie and support you felt then, and let it fill your heart today.

If you helped these men as a volunteer, find your Buddy and recall the time you spent with him on the water; the stories shared and the thrills of a “tight line.” Know that your passion for fly-fishing gave him joy, and the gift of your service gave him hope.

If you’re a supporter, know that your generosity has touched these men deeply and given them a life-changing experience that will never be forgotten. Maybe you gave in honor or memory of one of these men; find him on Page 2 and know that, like you, we are all better for knowing him.

I have had the honor and pleasure of meeting many of our 4,000 participants



*Andy today*

*Andy, front & center, 2003*

over the past 19 years. I cherish each and every one of them; when I see their names on Page 2, it brings back the time I shared with them, experiences that have enriched my life so deeply.

One of those men dates back to 2003, and our inaugural Retreat in Loveland Colorado. Andy Freeman has survived brain cancer for 23 years and is the lone survivor of that first-ever Retreat. That he is still here is pretty miraculous, and he is a shining star of the enduring journey we have all been on at Reel Recovery. Andy

and I have stayed in touch on and off over the years, and in November, Andy came, in person, to our Denver Fundraiser. Giving Andy a hug, after all these years, was magical; I felt the spirit of 4,000 men in that embrace.

Sometimes, maybe too often, the impact of what we do can get lost in the day-to-day. But looking at Page 2, remembering Andy and so many others, I am reminded that Reel Recovery is truly special. I invite you all to pause, reflect on those you’ve met on this journey, and let the goodness of this community fill your heart.

Be Well! Fish On!

Stan Golub, Executive Director

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**4000 Men.** At the end of 2017, we set the goal of serving 4,000 men by 2000. We all know why it took a bit longer, but that has only sweetened the joy of serving this next 1,000. It has been our privilege to meet these men, to hear their stories, offer them our friendship and support, and share with them our passion for fly fishing. Each and every one of them has touched us and we honor them here, and forever in our hearts.

*Be Well! Fish On!*



# Sharing Their Stories....



Jim (c), 2022 Texas participant

*"I have given a lot of thought to what was included, but greater still the warmth and camaraderie at the retreat. It wasn't like you walked into a bunch of strangers, but instead, like friends you already knew. I couldn't help but notice how relaxed I was and very open to visiting with whomever I encountered. We can't orchestrate that. As we grow stronger and learn to live our 'new normal' we need the freedom to test ourselves more so we can determine what we can do. I was given that freedom. Words can't describe the encouragement this time was for me."*

Jim, 2022 Texas participant

*"Our gathering affected me in a way that I know will be sustained for the rest of my life. Your shared medical experiences and knowledge of treatments added immensely to my education and awareness, and will undoubtedly increase my chances of living longer. Your sharing of personal journeys, drawn from the depths that few men dare risk speaking from, helps me feel less alone in my own journey. Thank you all. I'm indebted to each of you."*

Kirk, 2022 Oregon participant



Kirk, and the Circle of Strength



*"I can't say enough about how much I enjoyed the retreat. I've tried to describe how, when you throw cancer survivors and fly fishing into a pot and gently mix them, you can create a profound experience. Being with someone who has walked the ground before creates a common understanding of our individual stories and how they can connect with each other. It was well planned, well executed and a great time. Thank you for helping me understand my own experience by your sharing your experiences."*

Keith, 2022 Wisconsin participant

*"The time with you all was so unique, so real, so rewarding and so beneficial. I learned so much from all of you. Whether it was in the circle, in the stream or in the car on the way to the other ponds. Here I am back and entrenched in obligations and stress of my life. I longed for just one more night, just one more chat, more time in the stream with a buddy. Time with nothing to think about but a good fly placement and the hope..."*

Jon, 2022 Michigan participant



Jon (l) and Buddy Robbie



*"It was a totally different experience for me to be open to sharing extremely sensitive personal feelings and concerns with a group of men whom I had never even met. The 'safe' atmosphere calmed my fear of vulnerability which allowed me to trust the process. I could go on and on expounding upon all the good things that I came away with from the retreat; suffice to say that my participation in the Retreat at Dome Mountain was indeed a LIFE CHANGER!!"*

Mike, 2022 Montana participant

Mike (second row left), 2022 Montana participant





## Generous Support in 2022

We thank these major sponsors, and hundreds of other individuals and organizations who have supported Reel Recovery in 2022. In these challenging times, we cannot understate our gratitude and appreciation for the financial support we continue to receive. These generous contributors have been vital to our sustainability during COVID; please consider joining them as we prepare for a full season of Retreats in 2023.

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## 4,000 Photos for 4,000 Men

We have updated our Photo Galleries to include our 2022 Retreats. We now have pictures from all 375 Retreats since 2003! This is a wonderful way to see some old friends, revisit fond memories, and, for those who have not attended, get a vibrant, visual sense of what our Retreats are all about. Check it out: <https://reelrecovery.org/portfolio-types/retreats>.



## 2023 Retreat Schedule is Here!

We're geared up for another full season of Retreats and our 2023 Schedule is now posted on our website. We're planning at least 32 Retreats and most dates are now confirmed and open for Applications. Please share information about our Retreats with any men you know who are living with cancer. As always, our Retreats are completely free and offer a powerful, life-changing experience! [www.reelrecovery.org/programs/retreat-schedule](http://www.reelrecovery.org/programs/retreat-schedule).



## Help us Thrive!

2022 has been a comeback year for Reel Recovery and so many other non-profits and small businesses. Not only have we survived, but in 2022 we thrived! With your help, 2023 can be even better, serving more men who need our healing Retreats. Every dollar is important, so please join us today so we can continue this good work together. Use the form below or donate online at [reelrecovery.org/year-end-giving-campaign](http://reelrecovery.org/year-end-giving-campaign).

## Please Give Us A Hand!

### DONATION FORM

- \$75 Please send me the Reel Recovery Mesh Cap
- \$150 Please send me a Reel Recovery Short-Sleeve T-shirt *Circle size below*  
Unisex Size: S M L XL XXL XXXL
- \$350 Please send me a Reel Recovery/DriQ Long-Sleeve Performance Shirt *Circle size below*  
Men's Size: S M L XL XXL
- \$700 Please send me a Reel Recovery/Orvis "Recycled Drift Vest" *Circle Size below*  
Men's Size: M L XL XXL
- Here's my gift of \$\_\_\_\_\_.  No premium, thanks.

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