

## CASTING FOR RECOVERY

*“If people concentrated on the really important things in life,  
there’d be a shortage of fishing poles.”*

- Doug Larson

Sabina Smith didn’t think she was the type that needed a cancer support group – until she stumbled upon an opportunity to attend a fly fishing retreat sponsored by Casting for Recovery.

The retreat was the perfect blend of fly fishing and breast cancer support. “When you’re in the river,” says Sabina, “for that period of time you don’t have cancer.”

Sabina’s weekend venture left her with the tools to better manage cancer. It also inspired her to help create that same experience for other breast cancer survivors.

### **Things in common**

Sabina first met Michael, her future husband, in 1985 while on an Audubon bird walk at a local wetlands area. It was April 15<sup>th</sup> and she was looking for an activity less depressing than doing her taxes.

Sabina and Michael kept in touch off and on over the next fifteen years, meeting often on various birding activities. After a 5-year *off* period, they met again. This time something beyond being “birding buddies” sparked between them. They were married two years later.

As newlyweds, Michael and Sabina looked for additional activities they might enjoy together. Fly fishing sounded like fun. But following a routine mammogram in January of 2003, Sabina was diagnosed with breast cancer. Needless to say, fly fishing temporarily fell by the wayside.

Michael supported Sabina in all her treatment decisions without question. He prepared meals, went with her to oncologist appointments and planned ahead for an end-of-treatment celebratory vacation. Later he would give her a special gift – her first fly fishing outfit complete with rod, reel, line, waders and boots.

### **Lottery winner**

After recovering from surgery and as radiation treatments were beginning, Sabina decided to take the fly fishing classes after all.