



PROJECT
HEALING WATERS
FLY FISHING

Program Guide
for

North Chicago

The Captain James A Lovell Federal Health Center
in partnership with
The Gary Borger Chapter of Trout Unlimited
and supported by
Holy Cross Lutheran Church in Libertyville, Illinois

March 20, 2016



Our Story

In early January of 2016 the Gary Borger Chapter of Trout Unlimited met to discuss the potential of sponsoring a Project Healing Waters Fly Fishing Program with the Captain James A Lovell Federal Health Center in North Chicago and supported by Holy Cross Lutheran Church in Libertyville, Illinois. A Steering Committee was formed to begin outlining the program. In Mid-February, the application was submitted and approved by Project Healing Waters Fly Fishing and our program was named Project Healing Waters Fly Fishing (PHWFF) - North Chicago, part of the Midwest Region. The Steering Committee developed a program schedule and concepts for how our volunteers will be trained and how we will interact with the veterans.

As it is our first year of operation, the steering committee agreed that the program will continue to grow and evolve and that it is important to continuously evaluate what works, and, what needs improvement, in an effort make this program interesting and fulfilling for both the veterans and volunteers. We will accomplish this through conducting team Pull Up Sessions after each volunteer training or veteran program session. At these Pull Up Sessions, we will ask for input by the team to help us evolve the program to advance North Chicago to it's most effective potential. This Program Guide and associated materials will continue to evolve and will be available to volunteers through Trout Unlimited and Holy Cross websites. You can download this document and other supporting materials at:

<http://garyborger.tu.org/chapter/blog>



....We gratefully acknowledge the committed participation by the following organizations



Team TU

The Gary Borger Chapter of Trout Unlimited for sharing their skill and love of fishing



Team Lovell

The Captain James A Lovell Federal Health Center and their Recreation Staff for welcoming Project Healing Waters Fly Fishing to their facility



Team Holy Cross

Holy Cross Lutheran Church for opening their doors and their hearts with their gracious hospitality. We know that your congregation felt this first hand and it is our hope that through this, we will make a difference

....And most of all the Veterans!!!!



....It begins with our Values....

Project Healing Waters Fly Fishing has both Guiding Principles and a Mission Statement. The participants in the North Chicago Program are an extension of these values and offer our program's vision....

....to offer our respect and admiration to those who served....

....to be gracious hosts and grateful guests....

....to learn as we teach and teach as we learn....

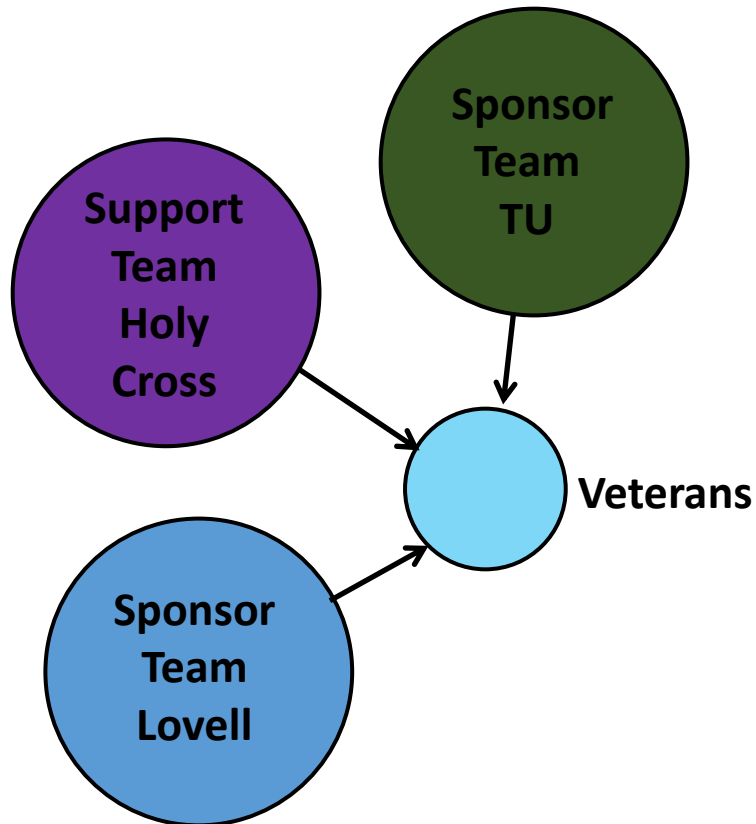
....to appreciate small steps....and....

....to have fun....

....so this is how we are going to do it....



...We are going to play from a deep bench....



....Knowing that this program will operate year round, it is important to provide team depth to cover for the times some of our mentors can't be there....

....We are reasonably certain that we will outnumber the veterans initially....that's the optimal position to be in....

....When possible, we will strive to pair mentors and veterans in a manner that promotes a consistent relationship....

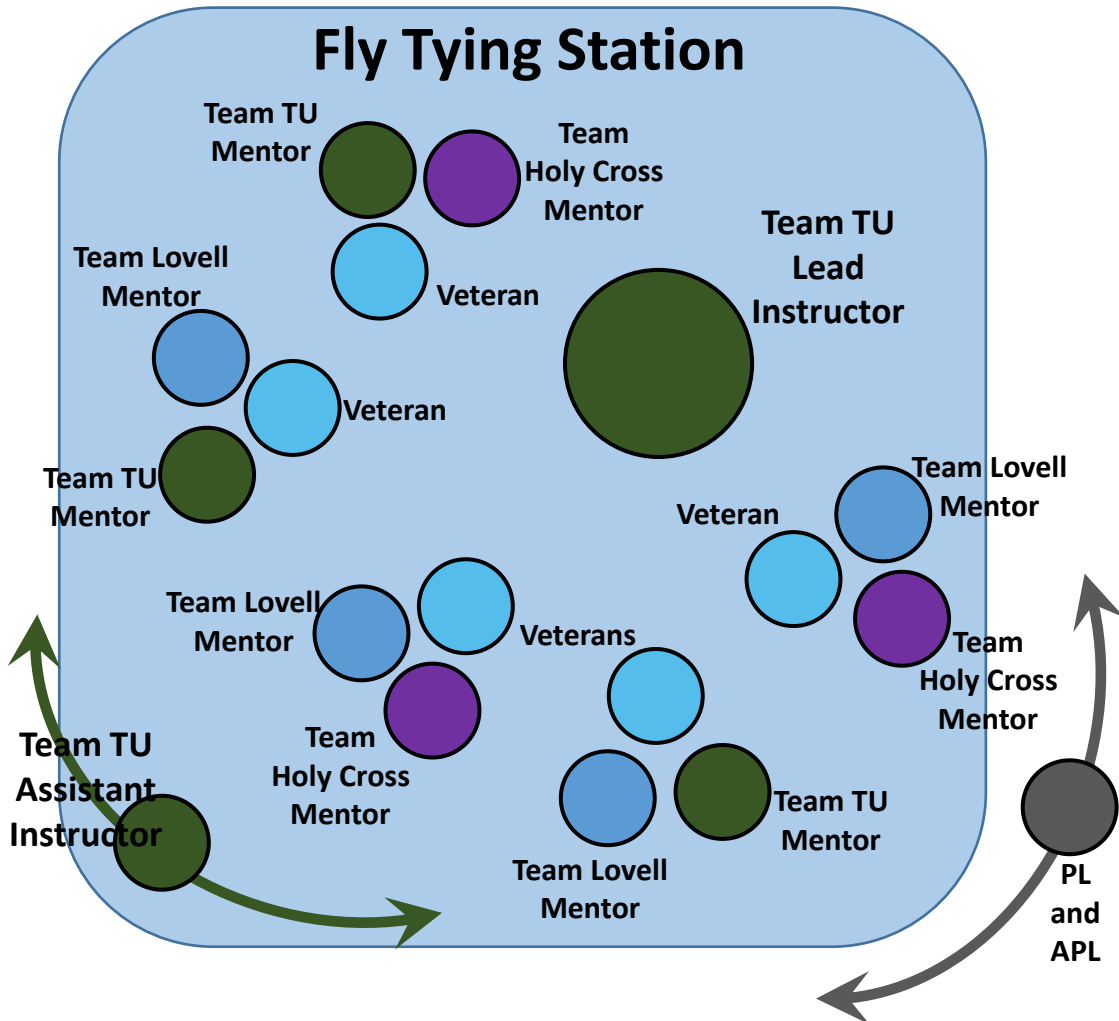
....To build that team depth, Team TU, as technical advisors, is committed to train members of Team Holy Cross and Team Lovell to assist in mentoring and ultimately teaching fly fishing skills....

....While this won't happen over night, the benefits will be rewarding as we watch this team grow, having FUN along the way....

...let's look at how we apply this strategy....



....If we use fly tying as an example....



....At every Skill Station there will be a Lead Instructor....This will be a Team TU Member....they may or may not provide individual instruction....

....Team TU could also provide an Assistant Instructor who can walk around the stations and offer on-the-spot assistance....

....Depending on the numbers, there may not be a TU Mentor for every veteran....that's where the Assistant comes in....the goal would be to coach up all volunteers so that in the future there is less dependence on TU Mentors and less distinction between mentors in general....

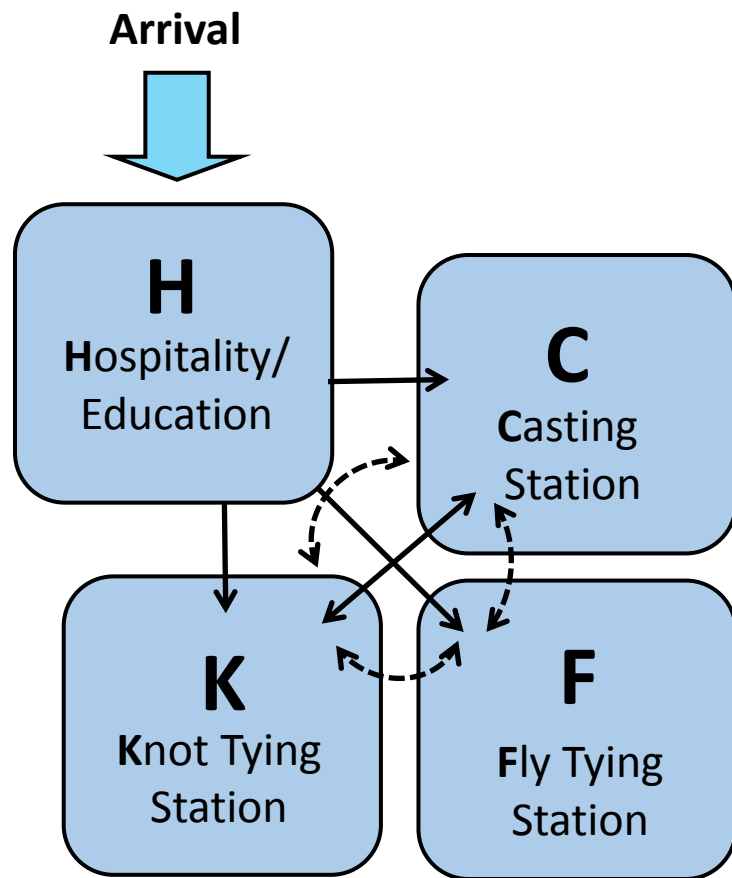
....As the program evolves, this arrangement supports varying skill levels in the veterans....

....The Program Lead (PL) and the Assistant Program Lead (APL) will "work the room" to monitor interactions....

....so our next step is to look at it all together....



....Here's how the stations work....

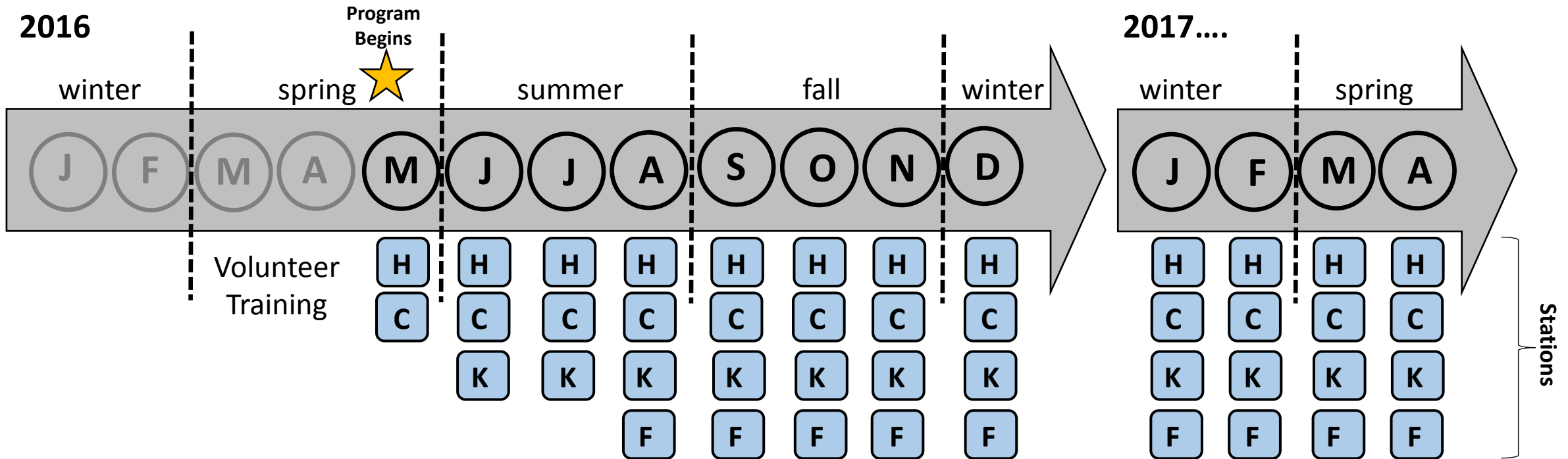


....All sessions will begin with Hospitality....This allows for some bonding time and time for the veterans to decompress....This station could also support an educational component like instructional or conservation videos....In an effort to “test” our program early on, we will be running our volunteer training sessions just like we would run our program for the veterans....This gives us a chance to simulate the experience and make improvements before we have our first interaction with the veterans.... In order to provide an experience with more variety, the room will be set up in “stations” where the trainees will have the opportunity to move from station to station relative to their interest or energy level....

....now we can look at how this plays out over time....



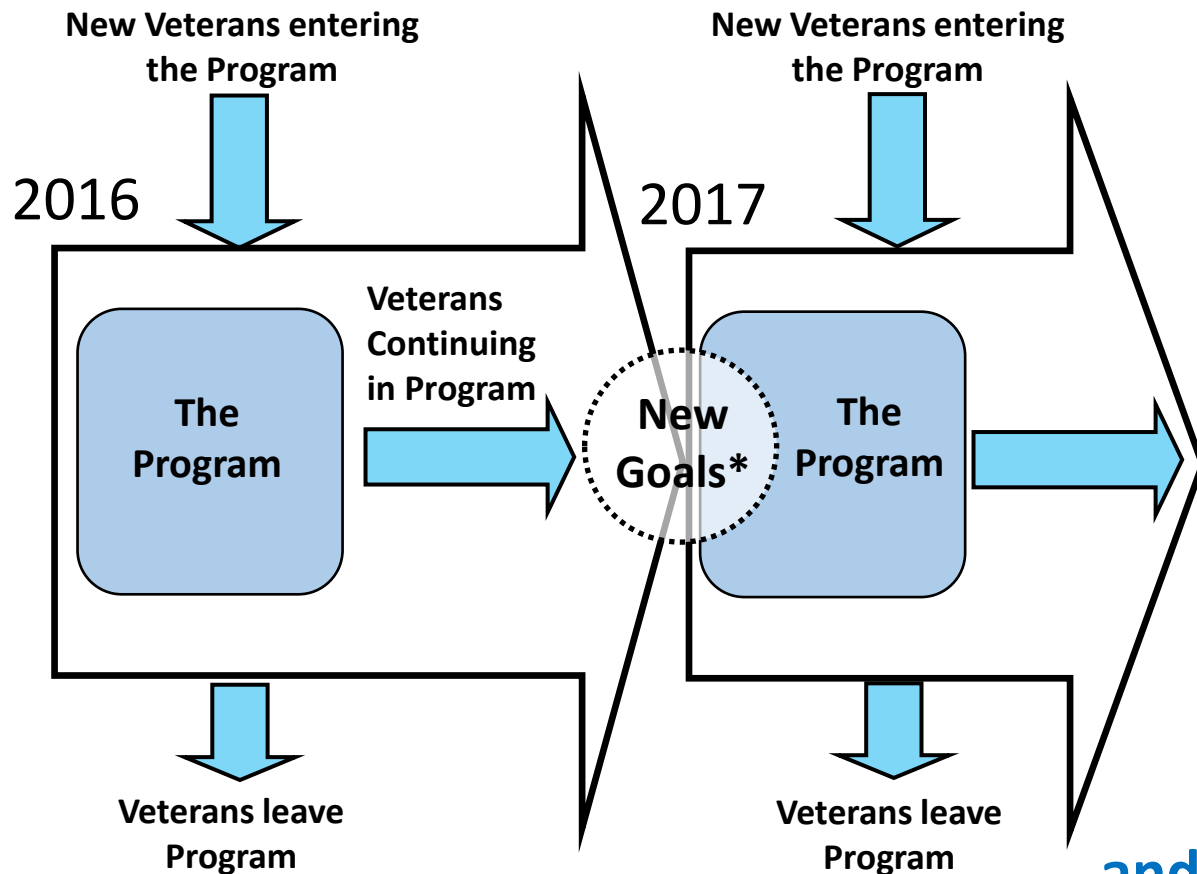
....Here's how we ramp up the year and beyond....



....by late summer we should have all stations up and running....



...over time we will have to adjust our goals...



...This program is intended to run for many years to come....recognizing that veterans will come and go, and, that the remaining veterans skills will grow, the program must adapt to a variety of veteran skill levels....The goal will be to run a program that can support teaching new veterans as well as create challenges for continuing veterans....

....and in time we will have built a legacy program....

*New goals and challenges for our continuing Veterans

2016 PROJECT HEALING WATERS PROGRAM TIMELINE – Dated 1.22.16 (revised 3.20.16)



January						
Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

February						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29					

March						
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

April						
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					1	2
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

May						
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

June						
Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

July						
Su	Mo	Tu	We	Th	Fr	Sa
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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

August						
Su	Mo	Tu	We	Th	Fr	Sa
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28	29	30	31			

September						
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25	26	27	28	29	30	

October						
Su	Mo	Tu	We	Th	Fr	Sa
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

November						
Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

December						
Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

NOTES:

A Volunteer Orientation with VA (7PM to 8:30 PM at Holy Cross Church)

B Volunteer Orientation with VA (7PM to 8:30 PM at Holy Cross Church)

C First Training Session (7PM to 8:30 PM Holy Cross Church) – Orientation to Equipment & Casting

D Second Training Session (7PM to 8:30 PM Holy Cross Church) – Casting Practice and Tying

E Third Training Session (7PM to 8:30 PM Holy Cross Church) – Tying and Casting Practice

F Program Celebration (Holy Cross Church – Time to be determined)

G Program Sessions (11:30 AM to 2:30 PM at Holy Cross Church)



Steering Committee Members:

Barry Coddens (Bac248@northwestern.edu) – Trout Unlimited

Darwin Adams (darwinla@att.net) – Trout Unlimited

Jeff Reinke (jeff_reinke@att.net) – Trout Unlimited- Program Lead

Sean Gartland (Sean.Gartland@va.gov) – Lovell VA

Amy Lefstad (Amy.Lefstad@va.gov) – Lovell VA

Reverend Robert Davis (pastorbob@holycrosschurch.org) – Holy Cross Church

Sam Sides (sidessam@aol.com) – Holy Cross Church – Assistant Program Lead

Ron Rank (ron@ronrank.com) – Holy Cross Church

Charles Dierker (en005@aol.com) – Holy Cross Church

General Notes:

The program will conduct preliminary orientation sessions at Holy Cross Church. Formal orientation will take place on the Lovell campus on an individual sign-up basis. Thereafter, the program will be held at Holy Cross Church in Libertyville or at nearby park districts and local fishing spots.



Team Trout Unlimited Volunteer List and Contact Information

Barry Coddens (Bac248@northwestern.edu)

Myra Coddens (mcoddens@yahoo.com)

Darwin Adams (darwinla@att.net)

Evelyn Adams (evelynba2@att.net)

Jeff Reinke – Program Lead (jeff_reinke@att.net)

Josh McKown – Orvis – Chicago (JMFLYFISH@gmail.com)

David Kuffner (davidjkuffner@icloud.com)

Javier Guevarra (ecuador.flyfishing.5@facebook.com)

Matt Jennings (mattsbug@comcast.net)

Frank Leigner (fleigner3@comcast.net)

Bill Orth (bill_orth@hotmail.com)

Bob deGraff (b.degraff@comcast.net)

Jen Ripple (jen@dunthemagazine.com)

Kurt Kopala (TightLoop.com)

Kurt Meier (wkurtmeier@hotmail.com)

Mitch Kiesler (mitch537@gamil.com)

Tim Bliese (Timoty.Bliese@abbot.com)

Mark Mellicker (hooked03@gmail.com)

Mark Wortsmann (Mark.Wortsmann@CNA.com)

Team Lovell Volunteer List and Contact Information

Sean Gartland (Sean.Gartland@va.gov) – Lovell VA

Amy Lefstad (Amy.Lefstad@va.gov) – Lovell VA

Full list of Volunteers is still in development

Team Holy Cross Volunteer List and Contact Information

Reverend Robert Davis (pastorbob@holycrosschurch.org) – Holy Cross Church

Sam Sides (sidessam@aol.com) – Holy Cross Church – Assistant Program Lead

Ron Rank (ron@ronrank.com) – Holy Cross Church

Charles Dierker (en005@aol.com) – Holy Cross Church

March 20, 2016



Agenda - Open House / Orientation

March 14th and 15th, 2016 - 7PM to 8:30 PM
Holy Cross Lutheran Church Community Room

Reception
Guest Sign in

Welcome and Introductions
Pastor Robert Davis

Working With Veterans and VA Orientation Schedule, Q&A
Amy Lefstad

Program Overview
Team Trout Unlimited

- **Present Program Structure**
- **Review Preliminary Schedule - Dates and Times**

Pull Up Session
Steering Committee in Attendance

Church Address:

Holy Cross Lutheran Church
29700 North Saint Mary's Road
Libertyville, Illinois 60048

Recommendations:

Access to church community room 30 minutes prior for set up
Hospitality would be wonderful – coffee, tea or soft drinks as the Church desires



Agenda – Training Session One

March 17, 2016 – 7 PM to 8:30 PM

Holy Cross Lutheran Church Community Room

Welcome Reception

Team Holy Cross

Lesson One – Introduction to Fly Fishing and Casting

Team Trout Unlimited

Pull Up Session

Steering Committee in Attendance

Church Address:

Holy Cross Lutheran Church
29700 North Saint Mary's Road
Libertyville, Illinois 60048

Recommendations:

Access to church community room 30 minutes prior for set up
Hospitality would be wonderful – coffee, tea or soft drinks as the Church desires



Agenda – Training Session Two

April 6, 2016 – 7 PM to 8:30 PM

Holy Cross Lutheran Church Community Room

Welcome

Team Holy Cross

Lesson One Review – Casting

Team Trout Unlimited

Lesson Two – Introduction to Knots

Team Trout Unlimited

Pull Up Session

Steering Committee in Attendance

Church Address:

Holy Cross Lutheran Church
29700 North Saint Mary's Road
Libertyville, Illinois 60048

Recommendations:

Access to church community room 30 minutes prior for set up
Hospitality would be wonderful – coffee, tea or soft drinks as the Church desires



Agenda – Training Session Three

April 20, 2016 – 7 Pm to 8:30 PM

Holy Cross Lutheran Church Community Room

Welcome

Team Holy Cross

Lesson Review – Casting

Team Trout Unlimited

Lesson Review – Knot Tying

Team Trout Unlimited

New Lesson – Introduction to Fly Tying

Team Trout Unlimited

Pull Up Session

Steering Committee in Attendance

Church Address:

Holy Cross Lutheran Church
29700 North Saint Mary's Road
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In Development