



## Thank You NVOAF!

I am writing to express my heartfelt gratitude for your incredible work with the Vet Camp program. The opportunity you provide for veterans and their families to learn how to fly fish and experience the beauty of Nevada's great outdoors is truly inspiring and impactful.

Over the course of my participation in Vet Camp, I have witnessed firsthand the transformative power of this program. It introduces veterans to the therapeutic benefits of fly fishing and fosters a supportive and inclusive environment that nurtures connection, camaraderie, and mutual understanding among participants.

Learning how to fly fish has proven to be an enriching and rewarding experience for many of us. It offers a sense of peace and tranquility, while at the same time, presenting an engaging challenge that pushes us to develop new skills. More than that, it gives us a unique avenue to engage with our natural environment and deepen our appreciation for the majesty of Nevada's outdoor landscapes.

The inclusive nature of Vet Camp, extending to families of veterans, is an aspect that truly stands out. You have created an environment where families can reconnect, strengthen their bonds, and create beautiful memories while participating in a rewarding activity.

Furthermore, your staff and volunteers deserve special recognition for their unwavering support, patience, and dedication. They go above and beyond to ensure every participant feels welcome and supported, irrespective of their familiarity with fly fishing or outdoor activities.

The work you do at the Nevada Outdoor Adventure Foundation, particularly with Vet Camp, has a significant and lasting impact on the lives of veterans and their families. On behalf of myself and the many others who have participated in this program, I extend my deepest thanks. We greatly appreciate your commitment to serving veterans and look forward to many more years of Vet Camp and the sense of community it fosters.

Complete Blog Article is available on <http://www.theveterandocor.com/>



## The Therapeutic Advantages of Fly Fishing for Veterans

The journey of returning to civilian life for military veterans can often be fraught with difficulty. Many soldiers encounter a myriad of psychological and physical challenges during this transition period. However, it's increasingly clear that engaging in outdoor activities such as fly fishing can offer significant therapeutic advantages. Here's a deeper look at how fly fishing can support veterans in their journey toward healing and reintegrating into civilian life.

### Therapeutic Connection to Nature

The calming environment of nature plays a critical role in healing and overall wellbeing. When veterans engage in fly fishing, they immerse themselves in tranquil, serene settings often far removed from the typical urban hustle. The peaceful surroundings offer a quiet retreat from stressors, enabling them to relax and reconnect with themselves. Research has shown that regular exposure to natural environments can help reduce symptoms of Post-Traumatic Stress Disorder (PTSD), anxiety, and depression. The soothing sounds of flowing water, the rhythmic motion of casting the line, and the concentration required in fly fishing can create a meditative state that promotes mental calmness and reduces stress.

### Physical Rehabilitation and Stimulation

Fly fishing involves various physical activities, such as walking along riverbanks, wading in water, and casting. These physical elements can help veterans improve their overall fitness and physical health. For those dealing with physical injuries, fly fishing can serve as a gentle, low-impact form of exercise. It helps improve balance, mobility, and hand-eye coordination, which are all critical elements in physical rehabilitation.

### Building Confidence and Resilience

Learning new skills, such as fly tying and casting, and subsequently achieving results, like catching fish, can significantly boost confidence. For veterans, this is particularly beneficial as it offers a sense of achievement and competence. Overcoming the challenges associated

with fly fishing, such as dealing with changing weather conditions or mastering the art of the perfect cast, can foster resilience, a trait essential in their transition to civilian life.

### Promoting Social Interaction and Connection

Fly fishing is not always a solitary activity. Veterans often engage in group fly fishing trips, allowing them to create a sense of camaraderie similar to their experiences in the military. These connections can help combat feelings of isolation and loneliness, which are common among veterans. It provides an opportunity to create a support network of fellow veterans who understand their experiences and challenges.

### Providing a Sense of Purpose and Focus

Fly fishing requires significant concentration and patience, providing a sense of focus that can be therapeutic. For veterans dealing with intrusive thoughts or memories, the focus required in fly fishing can offer a reprieve. It can shift their attention to the present moment, promoting mindfulness. Moreover, many veterans derive a sense of purpose from fly fishing. They often engage in conservation activities related to the sport, such as river clean-up and fish population monitoring. These activities give them a mission, providing a sense of purpose that might be lacking after leaving the military....

The therapeutic advantages of fly fishing for veterans are numerous and profound. The activity offers a gentle yet effective means of therapy that not only soothes the mind and body but also fosters social connections, self-esteem, and a sense of purpose. As we continue to explore alternative therapies for veterans dealing with the challenges of transitioning to civilian life, the role of activities like fly fishing in promoting overall wellness should not be underestimated.

Complete article is on [The Veteran Doctor Blog](http://www.theveterandocor.com/). Please go to <http://www.theveterandocor.com/> for this article and more.

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## Harnessing Adversity: Discovering Purpose in Service for Veterans

For veterans transitioning to civilian life, the journey can be challenging, often exacerbated by physical and mental health issues. Interestingly, adversity can often be a powerful catalyst, helping individuals find a purpose. Let's delve into how confronting adversity can steer veterans toward serving something greater and fostering healing.

### Adversity as a Catalyst for Growth

Adversity is an inevitable part of life, but it doesn't have to be crippling. Instead, it can be a force that propels individuals towards growth and purpose. The concept of post-traumatic growth refers to the positive psychological change experienced because of adversity. For veterans, this might involve taking their challenging experiences and using them as a foundation for discovering a newfound sense of purpose in serving others or a cause.

### Finding Purpose in Service

Service has long been identified as a source of fulfillment and meaning. It involves contributing to something larger than oneself, which can imbue life with a profound sense of purpose. For veterans, service can take many forms - volunteering with a charity, mentoring young people, joining community initiatives, or even starting their own non-profit organizations. Veterans can reclaim their sense of agency by serving others, translating their experiences into positive action.

### Role of Community Engagement

Community engagement is a crucial aspect of this journey. When veterans actively participate in their communities, they build connections, foster mutual support, and strengthen their sense of belonging. This connection with others often facilitates healing and helps veterans find meaning beyond their personal experiences of adversity.

### Building Resilience through Adversity

The hardships veterans face can forge resilience, a key component of mental health. Resilience doesn't mean avoiding struggles but instead navigating them effectively. By working through adversity, veterans can develop a coping toolkit, equipping them to face future challenges. This resilience can inspire others, contributing to a broader culture of strength and perseverance in their communities. In the face of adversity, discovering purpose in service can be a powerful healing journey for veterans. It allows them to navigate their experiences not as insurmountable obstacles but as catalysts for growth and contribution. Our role as a society is to support these endeavors, recognizing the immense potential that lies within each veteran's journey..... [Complete article is on The Veteran Doctor Blog. Please go to http://www.theveterandoctor.com/ for this article and more.](http://www.theveterandoctor.com/)

## Monthly Resource Picks



### Nevada Outdoor Adventure Foundation

<http://www.nvoaf.org/>

The Nevada Chapter of the Outdoor Adventure Foundation is a 501 (c) (3) We provide Hunting, Fishing, and outdoor adventures for veterans in need, some are wheelchair-bound caused by injury during active military service or who have lost a limb during active military service.

We also provide hunting, fishing, and outdoor adventures for children under the age of 18 and young adults under the age of 25 with cancer or another life-threatening illness.

Our Outdoor adventures include numerous Big game and Bird Hunts Including Dove, Pheasant, and Quail, Fresh and Saltwater Fishing trips, Camping and many other outdoor adventures.



### Merging Vets & Players

<http://www.vetsandplayers.org/>

Our nation's warriors - from every field of battle - possess a sense of strength, of excellence, and of commitment that we seldom see here at home. However, far too many of them are struggling to transition their abilities towards a new mission - leading themselves, their families, and their communities off the field.

## Upcoming Local Events

- Branded One CrossFit-BJJ Fundamentals – Branded One CrossFit – 2055 E. Windmill Ln #125, Las Vegas, NV 89123 USA –Thursday, June 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>, 2023 @ 8:00am – Occurs Every Thursday!
- SNVCC Veteran Coffee Connections – Royal Coffee Roasting – 5608 S. Rainbow Blvd, Las Vegas, NV 89118, USA - Tuesday, June 6, 2023 @ 9:30am
- SNVCC Race to Erase 22 – Volunteer & Program Outreach – Social Dirt Cantina – 6161 Jo Marcy Dr., Las Vegas, NV 89131, USA - Thursday, June 8, 2023 @ 6:00pm
- NVOAF Vet Camp – Fly Fishing and Fun! - Horsethief Gulch Campground & Eagle Valley Reservoir, NV 891043, USA – Friday - Sunday, Jun 16-18, 2023 @ 0800am
- NVOAF Fundraising Banquet – Gold Coast Hotel and Casino – 4000 W. Flamingo Rd, Las Vegas, NV 89103, USA, Saturday, July 8, 2023 @ 6:00pm – 9:00pm



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