



Casting for Recovery (CfR) River Helping

Ahhh... spring at the Indian Creek Lodge in the Trinity Alps. There is something special about a Northern CA Casting for Recovery Retreat where you wake up to the sound of geese honking and if you listen carefully, you can hear the river flowing through your backyard. You open your door and start the day by breathing in crisp cool air as you gaze on snowy mountain peaks. It makes you appreciate all that nature has to offer. And it's also an opportunity for fourteen breast cancer survivors to learn the new sport of fly fishing in a supportive and therapeutic environment. And by taking part as a CfR River Helper, you can make all this possible.

This year the Northern California CfR Retreat will be held the weekend of April 7-9. Saturday will be spent teaching participants the rudiments of fly-fishing lore -- gear, knots, entomology and of course casting. On Sunday, the excited women will don their waders, grab their rods, and head down to the Trinity River where each woman will be matched with a "River Helper" guide. The river helpers are critical, both in providing a sense of security for women who are new to wading but also in selecting flies, helping with knots, deciding where to fish, learning to mend, and simply knowing what to do if they get a fish on the line. The women and their helpers only have the morning to fish, but it is enough to whet appetites for this new sport and bring big smiles to everyone's faces.

Please consider volunteering as a River Helper. To find out more about Casting for Recovery, check out <http://castingforrecovery.org/home>. To find out more about River Helping and complete an application, click on the Ways to Help dropdown.

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A Leading Breast Cancer Quality of Life Program

Casting for Recovery's program combines counseling, medical information, and the therapeutic sport of fly-fishing.

Our two-and-a-half day retreats are offered at *no cost* to women at any age and any stage of breast cancer treatment and recovery.

Casting for Recovery is a 501(c)(3) non-profit.