

C.A.S.T. for Kids Event Held at Lake Berryessa



Getting ready for a fun day of boating and fishing.

On Saturday, Oct. 13, 20 excited youngsters ages 5 to 15 participated in a C.A.S.T. (Catch A Special Thrill) event at Lake Berryessa in Napa, County, Calif. Pleasure Cove Marina hosted the event in conjunction with the Bureau of Reclamation's Central California Area Office. Reclamation thanks Pleasure Cove Marina for providing the site, the BBQ lunch and several of the boats.

The children, all of whom have disabilities or disadvantages, gathered for a wonderful day of outdoor fun. The children were first taught about water safety before getting a chance to go fishing on a boat. For many, this was their first time either fishing or boating. The kids loved getting their fishing equipment and going out on the water (even though, unfortunately, very few fish were actually caught!).

The event couldn't have taken place without the 11 boat captains and the many wonderful sponsors and volunteers representing 23 organizations including the California Department of Fish and Game, CAL Fire, the Napa County Sheriff's Department, Yolo Foster Care, Big Brothers - Big Sisters, Foster Care of Solano County, C.A.S.A (Court Appointed Special Advocate), Napa and Solano County Schools' Special Education Departments, Travis Air Force Base, Monticello Ski Club, Fairfield Suisun Bass Reapers, and Best Bass Tournaments.



A proud fisherman with his catch.

Interpretive programs and events at Lake Berryessa tie into President Obama's *America's Great Outdoors* initiative (<http://americasgreatoutdoors.gov/>), which seeks to empower Americans to share in the responsibility to conserve, restore and provide better access to our lands and waters and leave a healthy, vibrant outdoor legacy for generations to come. Ranger-led activities also support the Department of the Interior's *Let's Move Outside* initiative (<http://www.letsmove.gov/lets-move-outside>), which encourages children and their families to enjoy outdoor activities that abound in every city, town and community.

As part of the *Let's Move Outside* initiative, the participants were given healthy snacks, information on nutrition and a balanced diet, and encouraged to enjoy the outdoors and exercise 60 minutes a day. Organic Clif Bars were provided for breakfast and as snacks for the children while on the water. Clif Bar is a partner that has provided healthy snacks for this event for several years. Turkey burgers were served for lunch instead of hamburgers or hotdogs, fruit cups replaced potato chips, and water and Gatorade were served rather than high-sugar soda/fruit juice.



The children, parents, sponsors and volunteers posed for a photo with the *Let's Move Outside* banner.