

Thirty Children Participate in the Fifth Annual C.A.S.T. for Kids Fishing Event at Lake Berryessa on Saturday, Sept. 14



The Mid-Pacific Region's Lake Berryessa Field Office, in partnership with the C.A.S.T. (Catch a Special Thrill) for Kids Foundation and Pleasure Cove Marina, hosted 30 children at the fifth annual C.A.S.T. for Kids fishing event at Lake Berryessa on Saturday, Sept. 14.

The event was held from 8 a.m. to 2 p.m. at Pleasure Cove Marina. Each child received a fishing pole, tackle box, T-shirt and other prizes and spent the morning fishing with local anglers and volunteers. A free barbeque lunch was served to participants, parents and volunteers in the afternoon. The ever-popular Smokey the Bear even made an appearance!

Volunteers were key to the day's success. Reclamation's eight volunteers were assisted by 25 boat captains who donated their boats and expertise to take the kids out fishing and an additional 40 volunteers from a variety of agencies and groups who helped to set up, assist with registration and awards, prepare lunch, staff booths and provide other needed assistance.

Reclamation received wonderful support from Pleasure Cove Marina, which provided the site, the BBQ lunch, and some of the boats and brought "Tuggie," a remote-control tugboat from the Department of Boating and Waterways. Travis Air Force Base sent volunteers as they do every year to cook. A core group of boaters always supports this event, and this was the best year ever with 25 boats and captains. One of the partners donated funding which was used to pay for additional food items and hire a face painter.



RECLAMATION

Managing Water in the West

Other partners/co-sponsors included Fairfield Suisun Bass Reapers, Cal Fire, Capell Valley Volunteer Fire Department, Napa County Sheriff's Department, California Department of Fish and Wildlife, Monticello Ski Club, Clif Bar, Randy Pringle of Best Bass Tournaments and Pure Fishing.

Children's agencies included Yolo Foster Care, Big Brothers Big Sisters of Northern California, Foster Care of Solano County, C.A.S.A (Court Appointed Special Advocate), Autism Speaks, Napa and Solano County Schools Special Education Departments, Progress Ranch treatment facility and COPE family center.



C.A.S.T. events tie into the Department of the Interior's *Let's Move Outside* initiative, which encourages children and their families to enjoy the outdoors

(<http://www.letsmove.gov/lets-move-outside>). At the event, *Let's Move Outside* was explained to the children, parents and volunteers, everyone was given healthy snack recipe ideas and information on nutrition and a balanced diet, and they were encouraged to enjoy getting outside and exercising for 60 minutes a day.

The food incorporated healthy eating habits: organic Clif Bars were provided for breakfast along with fruit, orange juice and water. Clif Bar is a partner that has provided healthy snack options for this event for several years. Turkey burgers were served for lunch, with fruit and fruit cups as side dishes. Lemonade and water were provided rather than sugary soda.

The C.A.S.T. for Kids Foundation is a national, non-profit organization whose goal is "to provide disabled or disadvantaged children with the opportunity to enjoy a quality outdoor recreational experience through the sport of fishing" For more information on C.A.S.T. for Kids, please visit <http://www.castforkids.org/>



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