

The organization **Casting for Recovery of Eastern Idaho** is holding their retreat on [September 12](#) in Challis, Idaho and needs your help!

Casting for Recovery (CfR) provides healing outdoor retreats for women with breast cancer, at no cost to the participants. Through fly fishing, CfR's retreats offer opportunities for women to find inspiration, discover renewed energy for life, and experience healing connections with other women and nature. And, if all goes well maybe even catch a fish! The retreats are open to women with breast cancer of all ages, in all stages of treatment and recovery. For women who have had surgery or radiation as part of their breast cancer treatment, the gentle motion of fly casting can be good physical therapy for increasing mobility in the arm and upper body. Couple that with the emotional benefits of connecting with nature, and you've got powerful medicine.

How can you help? On the final day of the retreat, volunteer "River Helpers" are each paired with a participant (there will be ~14 participants) and help them fish and reinforce the fishing techniques and knowledge they have learned the previous two days of the retreat. River Helpers would join participants for breakfast at the Living Waters Ranch in Challis and then as a group all go fishing for about 4 hours and then finish up with lunch. So 4 hours or so of great fun and inspiration. Typically River Helpers arrive the day before and camp in the Challis area and do a little fishing on the way to Challis.

If you are interested in being a River Helper on [September 12th](#) please contact Leslie Soderquist at 208-351-8378 or email her at sodele13@gmail.com. Your help would be greatly appreciated.