

**Featured March 4 Speaker, Jim Cooper, Heroes on the Water (HOW), Maryland Chapter.**

Mr. Cooper is president of the Maryland Chapter of HOW, veterans' charity that creates alternative therapeutic programs to serve veterans, active-duty military personnel, first responders and their families. The stated purpose of HOW is to help warriors relax, rehabilitate and reintegrate through kayak fishing and the outdoors. Mr. Cooper will describe the Maryland Chapter's many kayak outings annually and how they reduce the impact of post-traumatic stress and traumatic brain injury while providing much-needed camaraderie and support for participants.

Open to the public with no entrance fee, the club meetings will be held at the Free State Fly Fishers' club house located at the Davidsonville Family Recreation Center, 3789 Queen Anne Bridge Road, Davidsonville, Maryland. Come and join us for an informational night on fly fishing. The Free State Fly Fishers meetings occur on the first Wednesday of the month, except for the months of June, July and August.

For further information on-line, go to: <http://fs-ff.com/> , visit our Facebook Page at: <https://www.facebook.com/FSFFMD/> or Mark Bange (410) 591-5254