



**SOUTH NATION
CONSERVATION
DE LA NATION SUD**



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CANOE THE NATION CHALLENGE OPENS SPEAKERS SERIES

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South Nation Conservation kicks off its new, occasional Speakers Series Nov. 23 with two Chrysler women who kayaked much of the South Nation River watershed earlier this year and have hundreds of photos to prove it.

As part of a group, recreational kayakers Elaine Lavictoire and Christina Yelle took up SNC's "Canoe the Nation Challenge" to paddle five established routes for a total distance of about 175 km.

Their detailed record of the trip earned them top prize in the 2009 Challenge. On the 23rd, they'll show-and-tell the audience all about it at SNC headquarters in Finch, beginning at 7 pm. Admission is free and light refreshments will be served.

Joining Lavictoire and Yelle will be Rick Reid who operates Kanata's Discover Paddling, a wilderness canoe trip service specializing in Ontario Recreational Canoeing and Kayaking Association certification courses.

Reid has been an avid canoeist, hiker and wilderness camper since his early youth. Fully certified, he has a wide range of experience in leading and instructing in the outdoors. His presentation will cover how to get started, choosing a canoe or kayak, training, safety and even proper dress, along with specific tips on voyaging the South Nation.

Each of five South Nation canoe routes takes about a day to complete and is designed to highlight the history and natural features of the watershed, said Challenge coordinator Karen Cooper. Anyone wishing to follow in Lavictoire and Yelle's wake can enter as an individual or as part of a team. Maps are provided. An official detailed and dated log must be kept.

"It's a great opportunity to explore first hand what that little river in your own backyard has to offer," Cooper said, adding that it's also useful in educating participants in various SNC services, everything from fish habitat enhancement and shoreline buffer strip creation, to flood control.

FOR MORE INFORMATION: Gord Shaver, SNC, 1-877-984-2948, ext. 296.

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