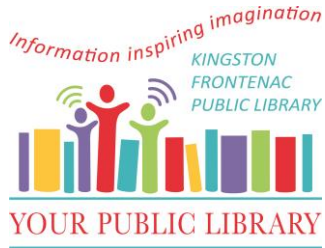

MEDIA RELEASE



Kingston Frontenac Public Library

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October 8, 2019

FOR IMMEDIATE RELEASE:

KFPL Live: Canoe for Change

For the past three summers Kingston retirees Glenn Green and Carol Vandenegel have canoed some 8,515 kilometres across Canada. Already experienced paddlers, in this bucket-list project they've braved bears and high waves to follow old voyageurs' routes, experiencing breathtaking scenery, back-breaking portages, and perhaps a little more togetherness than many couples would find comfortable. But although they were alone in their canoe, Carol and Glenn benefited greatly along the way from the kindness of strangers who offered them showers, beds and home-cooked meals.

They've also used their journey to raise awareness of Kingston's Loving Spoonful and its vision of a food-secure community, provisioning themselves with fresh local food dehydrated at home, then shipped ahead along their route. By the time they paddled into the Cataraqui Canoe Club this September 19 they had raised \$23,000 and spread the word coast to coast. Now they're sharing photos and stories of their trip with their home community, including during two KFPL Live presentations.

Glenn and Carol will speak twice at library branches: first at the **Isabel Turner branch on Tuesday, November 5 at 7 p.m.**, and then at the **Calvin Park branch on Saturday, November 9 at 2 p.m.** Both presentations will be the same and both are open to adults and teens. There is no admission charge, but seating is limited. To avoid disappointment, please register in advance at calendar.kfpl.ca or by phone at (613) 549-8888, starting at 9 a.m. on Saturday, October 26.

Questions? Contact: Anne Hall, 613-549-8888, ext.3528, ahall@kfpl.ca