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NOW Club – Past, *NOW* and Future

Happy Second Anniversary NOW Club!

Yet another year went by and NOW Club is ready to celebrate its second anniversary. We would like to thank everyone who joined us in any of our activities during this period in either the behind-the-scene organization or the actual participation in the various activities, trips and courses. Many thanks to everyone involved. We did learn a lot from all of you and in return we share our expertise back with you.

In order to further improve our activities and services, we welcome any kind of feedback. We are very happy to hear positive thoughts and encouragements. In the same time, we really appreciate any constructive comments and suggestions.

Thanks again for your participation, help, support, feedback or comments! We look forward to many years of great outdoor adventures beside you - our old and new friends.

As you may expect, we have our annual celebration during the traditional Family Rafting Trip on Grand River in August. This year it is on August 18 – check the details on the [next page](#). We would love to see some of the already loved faces as well as some new ones.

Recent Past Activities

MEC Paddlefest, Sunnyside Beach, Toronto – MEC Paddlefest is an urban celebration of all things paddlesport related. There were plenty of learning opportunities both on water and on land. We were there on Saturday, June 9th, the entire day. Before lunch, we went through a Basic Survival Seminar



and then through a Yoga class. After lunch, we headed on the water in Kayaks and then on Stand-Up Paddle Boards. It was a full day of fun and sometimes wet activities that we enjoyed very much. (check more pictures [here](#))

Bike the Hamilton Rail Trail – We rode the bike only for about 6 km and then we went for a hike through the woods. Although it was a hot day, the trail (at least on this section) is almost entirely in the shade offered by big old trees. (check more pictures [here](#))



Current Activities and Upcoming Events

Note: This is a tentative schedule. For further details or most updated info, check “[Activities](#)” and “[Calendar](#)” sections on our [website](#).

Bike and Canoe

Bike and Canoe on Grand River – This is a day of biking, paddling, swimming and picnicking on the Grand River (which is not really a white water river on this run). This activity is for kids and adults. We bike up the river and paddle down the river. It is either two/three persons in a canoe or one/two person(s) in a kayak. The necessary paddling equipment is provided (including kayak/canoe, PFD, paddles, safety kit, dry bag). You need to bring your bike and bike lock.

Location: **Grand River (Paris to Cambridge)**

Date: **July 29**

Time: **9:00**

Register via email sent to info@nowclub.ca or on the [website](#) by **July 23**

Check [here](#) for more details.

Rafting

Family Rafting on Grand River – This is a day of fun, paddling, swimming and picnicking on the Grand River (which is not really a white water river on this run). This activity is for kids and adults. We could paddle down the river or we could just float away in a “lazy river” style and stop wherever we want. The necessary paddling equipment is provided (including raft, PFDs, paddles, dry bag).

Location: **Grand River (Paris to Brantford)**

Date: **August 18** (to be confirmed)

Time: **9:00**

Register via email sent to info@nowclub.ca or on the [website](#) by **August 10**

Check [here](#) for more details.



Thought of the Month

Stop giving directions. Start saying "Follow me!"

This is exactly what we promote at NOW Club!

It is very easy for someone to give directions that not even they follow. It is bit more challenging for the leader to lead by example. In the same time it is more reassuring for the follower when the leader actually does what they preach.

Nutrition

We really believe nutrition is an important factor of in the equation to achieve and maintain a proper health. We have started “hunting” for local and organic, if possible, farms.

The farm eggs are already on the list and we start collecting “orders”.

Some other items we are looking for are:

- Meat (chicken, beef, pork, turkey, etc.);
- Vegetables (tomatoes, peppers, potatoes, carrots, celery, etc.);
- Fruits (strawberries, grapes, etc.).

Please contact us if you want to join us.

Need More Info / Want to Contact Us?

Website: www.nowclub.ca (the [Activities](#) and [Calendar](#) pages are updated on a regular basis)

Newsletter: in electronic format only, distributed monthly via email. You are welcome to share it with your family and friends. Now, the past issues are available on our [Newsletters](#) page.

Email: info@nowclub.ca

Phone: 416-528-7318 (Moni) or 416-528-6236 (Victor)

We do love spending time outdoors together with people, who share similar values, desires, hobbies and passions.

Enjoy an amazing summer!

Moni, Odette, Anita and Victor (MOAV)



Note: If you do not want to receive any information on subjects related to NOW Club, please let us know and we will respect your wish.