

Travel Outlook



Jetboat ride is exciting tour

Montreal is the only city in the world where you can ride a world-class rapid only 20 minutes from a mid-town dock! Jet boating on the Lachine Rapids can easily lay claim to being the world's most exciting boat tour.

For the past four years, jet boats operated by Lachine Rapids Tours have been plunging through the turbulent rapids of the mighty St. Lawrence River right in downtown Montreal, Canada. Waves 12 feet high give visitors a unique appreciation for the early French explorers who confronted this raging river hundreds of years before. Montreal was founded at the base of these rapids by Jacques Cartier on his way to La Chine (China) more than 450 years ago. During the Victorian era, huge steamships carried passengers through the rapids.

Now 40 years after the last steamboat was retired, tourists are again riding the wild Lachine waters. For 45 minutes of the 90 minute tour, high powered aluminum boats crash the thundering waves, run the rapids and to the delight of the crowd, turn around and do it again and again. In only four years of operation more than 75,000 people have enjoyed the trip and marvelled at this untamed section of the St. Lawrence in the middle of one of North America's most cosmopolitan and cultured cities.

If you are going to Montreal, no visit is complete without a jet boat ride through the legendary rapids of the mighty St. Lawrence River. Can this truly be the World's Greatest City Boat Tour? How does it compare with the Bateau Monches on Paris' Seine, Venice's Gondolas or the Staten Island Ferry in New York? There's only one way to find out. Contact Lachine Rapids Tours, 105 Commune Street West, Montreal, Quebec, H2Y 2C7 or telephone 514-284-9607.

A beach for the picking. Prince Edward Island is renowned for some of the most spectacular beaches in North America - 500 miles of them to be exact. "The Island" has a beach to suit every taste! White sand or red; supervised beaches where you can "blend in with the crowd" or solitary

beaches, all to yourself. Beaches for hikers; beaches for swimmers; beaches for sunbathers or just plain people-watchers. Any location on the island is only minutes away from first-rate beaches. (P.E.I., Canada, Tourism/Camera Art photo)

On the Ottawa River

Guiding through whitewater thrills

Your pulse racing, you plunge into whirling whitewater rapids. "Hard forward," shouts your guide above the roar of the Ottawa River and all paddles dip, propelling the raft forward to one of nature's great adventures.

Riding the rapids is incomparable excitement and a part of a memorable day exploring the river, meeting new friends and discovering new sides of yourself. It is a day of unique camaraderie, community and great fun.

Wilderness Tours offers an accessible and winning combination for whitewater enthusiasts or novices. Over the past 12 years, it

has grown to be Canada's largest and leading whitewater rafting company. It has also made the Ottawa into the country's most popular whitewater river - a world-class attraction. Nearly a quarter million people - 14 to 80 years old - have safely experienced whitewater rafting Wilderness Tours' style.

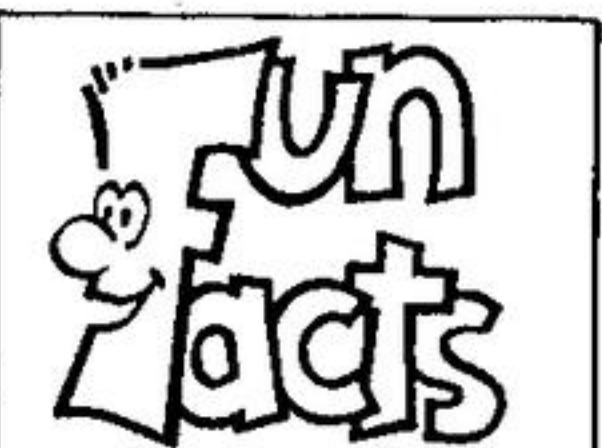
The Ottawa, one of the world's great rivers, was the early passage into the interior for daring explorers. Later it was the rafting waterway for Valley loggers. Today, only 90 minutes west of Ottawa, Canada's capital city, lies the only remaining stretch of wild water - the Rocer Ponds. This isolated 8 kilometre section is virtually a paradise of 175 islands, channels, live sand beaches and coves plus wild,

whitewater from huge crashing waves to roller coaster rapids.

It is an unspoiled section of the Ottawa and it captured the spirit of adventure in Joe Kowalski, Wilderness Tours' founder. Joe, originally from the Pennsylvania Appalachians, built the business on the philosophy of treating guests as friends and providing great value in outdoor recreation. It's a philosophy that works! Word of mouth referrals and repeat business are the source for a vast majority of the participants.

Wilderness Tours offers exciting rafting with expert, friendly guides plus a whole lot more. Rafter's Restaurant, on the banks of the Ottawa River, has fine dining, live entertainment and dancing.

Featured in the many good-value package deals, is the 160-acre Outdoor Centre with complete facility camping, a kilometre of sandy beach, kayaking, windsurfing, sailing and much more. There is 250 trained, personable staff, devoted to creating a "Club Med" style of an action-packed, fun-filled vacation. experience the thrill of whitewater rafting and the fun of a Wilderness Tours' vacation. For more information, write Wilderness Tours, Box 89, Beachburg, Ontario, Canada K0J 1C0 or phone 613-646-2291.



1. In 1907 the first successful daily comic strip, "Mutt and Jeff," appeared in the San Francisco Chronicle.
2. Although over the years the comic strips have proven to be one of the most popular sections of the newspaper, some newspapers do not carry comics.
3. The oldest existing commercial newspaper is the Courant of the Netherlands. The first issue appeared January 8, 1656.

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REGISTRATION FOR THE 1987-88 SEASON

Sat., March 28 - 1-4 p.m. — Sat., April 18 - 9 a.m.-Noon

ALCOTT ARENA UPSTAIRS

1 person	\$90.00	LATE REGISTRATION AFTER APRIL 18th	1 person	\$125.00
2 persons per family	\$150.00		2 persons per family	\$190.00
3 or more per family	\$190.00		3 or more per family	\$245.00

For player registering for the first time with G.M.H.A. 1/2 posted fee.
Cheques dated Sept. 1/87 will be accepted.

All players taking part in Spring Try-outs must be registered with the G.M.H.A. for the 1987-88 season.

Tasty Recipes

PEANUT BUTTER COOKIES

- ½ cup brown sugar
- ½ cup white sugar
- ½ cup butter
- ½ cup peanut butter
- 1 egg, beaten
- 1 cup flour
- 1 tsp. baking soda
- 1 tsp. vanilla

Mix all together, drop by teaspoonful on greased cookie sheet, and press with fork. Bake at 350° about 10 minutes or until golden.

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SPECIALS

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Foodstuffs