

'Walk the Falls': Create a Healthier Niagara Falls Collaborative teams with Niagara Falls National Heritage Area & Aquarium of Niagara for annual event

From 10 a.m. until 2 p.m. Saturday, Sept. 17, Create a Healthier Niagara Falls Collaborative is putting on its annual event, "Walk the Falls," starting at the Niagara Falls Underground Railroad Heritage Center, 825 Depot Ave. West. This year, it is partnering with Niagara Falls National Heritage Area and the Aquarium of Niagara to make the walk as interactive and eventful as possible.

Organizers said, " 'Walk the Falls' is a City of Niagara Falls tradition that promotes healthy living while partaking in fun activities accompanied by the scenic views of Niagara Falls. The participants will be able to walk one of two routes, the first

being 3.6 miles and the second being 4.5 miles. Both routes begin at the Niagara Falls Underground Railroad Heritage Center and continue along the whirlpool trail to the first stop at the Aquarium of Niagara. At the aquarium, there will be a scavenger hunt, vendors and activities for everyone to enjoy. After the aquarium, participants can choose to either continue back to the Heritage Center or take the alternative route where they detour to Whirlpool State Park before heading back to the Heritage Center."

"The aquarium is committed to being a quality-of-life asset for our neighbors," said Gary Siddall, president and CEO of the

Aquarium of Niagara. "We're fortunate to be positioned along the extensive system of trails bordering the Niagara Gorge, and we are thrilled to be able to work with our partners on events like 'Walk the Falls' to promote access to these important outdoor spaces and encourage healthy and sustainable living in our community."

" 'Walk the Falls' has been one of my favorite events at Create a Healthier Niagara Falls Collaborative, and I'm excited to see this year's turnout," said Brian Archie, event co-chair and change agent of Create a Healthier Niagara Falls Collaborative. "It is amazing to see how many people from the community come out for this walk ev-

ery year, and we are just happy to be able to provide this event for the people of Niagara Falls."

"The programs and events provided by Create a Healthier Niagara Falls Collaborative really do add a certain amount of pride to the area," said Sara Capen, executive director of Niagara Falls National Heritage Area. "We, at the Heritage Area, are very proud to be a recurring sponsor and a supporter of 'Walk the Falls' and many other events hosted by CHNFC."

Organizers added, "COVID-19 is still an active threat in our community. Therefore, wearing masks and maintaining social distance are highly recommended."

IN THE NEWS

Multiple fall interfaith retreats at Stella Niagara's Center of Renewal

October retreats will be presented by three of Stella Niagara's Sisters of St. Francis of Penance & Christian Charity, Holy Name Province.

Organizers said, "With summer quickly coming to a close, fall is the perfect time to revitalize one's perspectives through a retreat experience at Stella Niagara's Center of Renewal."

Events require preregistrations two weeks in advance.

- "Beatitudes: A Retreat on the Practical Dimensions of the Beatitudes for Today" (Thursday-Sunday, Oct. 6-9). This four-day, three-night autumn retreat weekend will be presented by Sr. Marcella Kiesel, OSF. Built upon the Sermon on the Mount (ex., "Blessed are the poor in spirit, for theirs is the kingdom of heaven. ... Blessed are the peacemakers, for they shall be called children of God"), each of the eight Beatitudes will be considered with a focus on today's challenges and opportunities. Included will

be discussions, music, reflective meditation, time outdoors in nature, and other retreat-based activities, along with detailed handouts.

- "St. Francis of Assisi Feast Day Evening of Prayer" (Tuesday, Oct. 4), presented by Sr. Mary McCarrick, OSF (5-8 p.m., including dinner).

- "Celtic Evening of Prayer" (Saturday, Oct. 29), presented by Sr. Colleen Shanahan, OSF (5-8 p.m., including dinner).

- "Fall Faith-Based Book Club" (1:30-2:30 p.m. Tuesdays, Oct. 4 to Nov. 15). The book selected for fall is "Feathers of Hope" by Sharon Garlough Brown.

The Center of Renewal Retreat & Conference Center at Stella Niagara operates as an interfaith retreat facility. It is sponsored by the Sisters of Saint Francis of Penance and Christian Charity, Holy Name Province.

Organizers noted, "For everyone's mutual health and safety, current COVID protocols will be expected and verified of all participants." Visit www.stellaniagararetreats.org for details.

Call the Center of Renewal at 716-754-7376, ext. 1 or ext. 2.

National & New York state insurance agents to network in Niagara Falls USA

2022 'Big I' leadership conference comes to Cataract City

Destination Niagara USA and the Niagara Falls Convention Center will welcome independent insurance agents and brokers for the "Big 'I' Fall Leadership Conference" from Sept. 11-19. The conference is expected to draw approximately 400 independent insurance agents and brokers from across the U.S. to Niagara Falls for educational seminars, networking opportunities and meetings at both the convention center and the Seneca Niagara Resort and Casino.

A press release noted, "Conference attendees will stay in accommodations in the downtown Niagara Falls area, enjoying meals both there and in Lewiston, and will also have an opportunity to experience the Maid of the Mist during their visit.

"The anticipated economic impact of this conference is close to \$1 million."

"Being able to host face-to-face conferences again is a benefit to attendees who will have a more engaged, immersive experience; and in-person events also provide a critical boost to the local economy," said John Percy, president and CEO at Destination Niagara USA.

John Costello, incoming chairman of the "Big 'I,'" is from upstate New York. He will be installed at the event.

"John is excited to share this beautiful area with the rest of the association attendees. It will be a great place for our membership to visit, with so much to see and do in the area - especially at this time of year," said Sue Nestor, vice president of communications for the "Big 'I.'"

Niagara Arts Guild

The Niagara Arts Guild features a new time and a new exhibitor at its first meeting of the fall: 6 p.m. Friday, Sept. 9.

Tom Hanna, a self-taught watercolor artist painting in a fast and loose style, will demonstrate his work. Hanna's subjects are land and seascapes of North America's East Coast. He shows art in WNY shows such as Allentown, and at other local venues.

The free meeting welcomes both members and guests who are artists and art lovers. It is at the Dale Association, 33 Ontario St., Lockport. Masks are at the discretion of the attendee.

'Coffee with Chris'

Representatives of the Land Bank will join Niagara County Legislator Chris Voccio at "Coffee with Chris" at 9 a.m. Saturday, Sept. 10.

"Andrea Klyczek and Matthew Chavez of the Niagara-Orleans Land Improvement Corp., also known as the Land Bank, will update us on how the Land Bank can help blight mitigation in Niagara Falls," Voccio said.

"Coffee with Chris" is held at Cristoforo Colombo Society at 2223 Pine Ave. Voccio brings Tim Hortons coffee.

'Kidz 'N' Kites' finds new location in 2022

The Niagara County Youth Bureau and Niagara County Department of Social Services announce the 24th annual "Kidz 'N' Kites" event will take place Saturday, Sept. 17, at North Tonawanda's Gratwick Riverside Park.

Organizers said, "Gratwick Park is the home of Great Lakes Kitefliers, featured guests of the event, and will bring a steady breeze off the Niagara River for Kites to fly that day!"

The event will take place from 11 a.m. until 2 p.m., with first-come, first-serve registration. The first 500 youth will receive a free T-shirt, hot dog lunch and kite.

"This event is a great day for youth and families in Niagara County and the surrounding area to come together and fly with us in a celebration of youth," Youth Bureau Director Ben Bunker said.

The event is sponsored by community organizations and local businesses to make it 100% free for youth. Longtime partners Niagara County Sheriff's Office will provide car seat safety checks on location, while Niagara PAL will cook up the hot dog lunches.

Each youth will also receive giveaway coupons to local restaurants, and be in the small and grand prize raffles to be drawn. Entertainment will be provided by Nels Ross from Injest, who has showcased his juggling magic for over 25 years.

For more information, find the Niagara County Youth Bureau on Facebook or search for the "24th Annual Kidz 'N' Kites" event page.

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