



Tell Us How You Survive Winter in Niagara!

Write a short story explaining how you Survive the Winter in Niagara. Include places you visit

(Restaurants, Clubs, Stores,

Time with Friends or Whatever you do for fun)

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Contest Ends February 28th

Beat the Winter Blahs in Niagara

Entry 001

How our family survives the winter blahs in Niagara:

Our family survives winter in Niagara in a variety of different ways. When it is bone-chilling cold we rent movies at the local video store and curl up on the sofa with freshly popped popcorn and turn the fireplace on.

When we feel like venturing out, my son and husband don on their “polar bear best’ : winter coat, hat, mitts and warm boots and head out to the road and play the good old Canadian sport of road hockey. Often others in the neighborhood join in and it becomes a street event!

And then there are the days were the Wild plays, Minnesota Wild that is, my son’s favourite NHL team and the whole family heads out to Scorecard Harry’s in Port where the owner graciously puts on the game for the biggest Wild fan and we enjoy the night with great company, wings and pizza!

Entry 002

Winter Blahs? No way! I have convinced myself that Winter is just a wonderful anticipation of Spring. I feel sorry for people who live in the tropics, because they never get to experience the invigorating, fresh, cool joys of snow. Of course, it helps to have great neighbours, like I do, who selflessly help remove the snow from my driveway... Is there anything more fun than watching children frolicking outdoors, refusing to come inside? Another reason I don't mind Winter at all is the fact that I joined a wonderful community group - Garrison Little Theatre. Being busy helping with its productions sure makes the Winter pass along nicely!

Entry 003

Beat winter Blahs. I've been running around niagara and outside Niagara. Doing courses, pulling out my hair. Beating the blahs doesn't seem to work. My course work is to get my son back with me. I don't have much time to relax and what time I do get here and there don't seem to do any good. I tear my house apart to get the blahs to go away. Those are some things I hope one day will work to cut the blahs of winter.

Entry 004

To beat the winter blahs, every weekend I plan us something different to do and look forward too! Last weekend we went bowling at Boston pizza in Niagara Falls on Clifton Hill! They have rock and bowl and great food too!

We also like to go ice skating on the new rink near the Falls; it's cheaper when you're local too! We also like to try out new restaurants we have not been to yet, I'm a big fan of Salad Thai on

St. Paul Street in St. Catharines, amazing Thai food.

There is soo much to see and do in Niagara!

Entry 005

Thank you very much for the top 500 count down on Giant FM. Listen online at home work on your Ipod to beat the winter blahs. It really made my husbands and mine Valentines' Day very special!!!!

It brings make so, so many special memory's for us!!!!

Entry 006

Friends and family are what take away my winter blahs in Niagara! I enjoy spending time with them, finding fun and interesting things to do. A fun night out with family watching our cousin's band play at The Flats, a Trivia night with my husband at Niagara's Best Brewery, a night out with the girls at Johnny Rocco's, a night out with some co-workers at Sushi Jade, and family dinners at my mother-in-law's house.....all good times that make you feel warm, no matter how cold it is outside!

Entry 007

We like to go tobogganing to pass the winter dreary days. I pack up some hot chocolate and a few snacks, don our winter wear and off we go. We take our crazy carpets and sleds and we are on our way to the next adventure in tobogganing.

Entry 008

I like shop around for local wines, go home make a gourmet meal or go out into the snow and bbq[tastes best when there is snow on the ground. Then I relax with my wife and watch a good movie.

Entry 009

I can't think of a better way to beat the blahs than to share Niagara with friends.

Although there is so much more to Niagara than the Falls itself, in the dead of winter, there is nothing more majestic. It is awe inspiring the way that winter transforms this natural wonder and adorns it with crystals of ice and snow. Then, with a style of its own the mist from Falls reach out and touch all that surrounds. It seems to magically turn rocks and trees to glass that then glisten by sun or moon. As the water cuts through this showcase its relentless roar can be heard for miles.

It would be wonderful to come in from cold with some friends and treat them to a bit of "Oh Canada Eh" and show 'them' how to beat the winter blahs with some warm Niagara hospitality!

Entry 010

To beat the winter BLAHS, my family and I would get together with friends for a family game night or movie night to watch on their big screen. My daughter and I would also go outside in the front to build a snow fort or a giant hill for sledding. We also go to my Mom and sister's house to visit, have dinner, and so my daughter can play with her cousins. We manage to keep ourselves busy but also take time to relax together. We will pop some popcorn and have our own quiet movie night - just the two of us.

Entry 011

Hello I live on Niagara prky overlooking the America side it is beautiful but it's cooled I have three dogs and take in cats that have no home and try to help them also have a apartment in back of my home, my bones hurt in winter months so I don't like to go out only if I have to .I AM WRITING this because people only want to hear how great Niagara Falls is when they can make money off of it, will I am different I live in Niagara Falls Ontario all my Life born here winters are changing, years ago lot more snow .People were more with their family, not as interested in coming out to make money and going to school for a long time , people knew how to live better especially in the winter to make their own fun, they and a better life in many ways then the people do now we were more of a family, we help each other my being there when we could going out of our way in many ways to be nice, without money in the picture. I am 67yrs old now my grandfather was one of the first settlers in Niagara Falls he got land her from the king of Italy my spelling is not so go but I TRY, isn't a long story but have a big family here now so when you see all of the notes hope some of want I said comes out of this because there more to life than trying to make money it's yourself when you fine this you can survive or Beat the Winter Blahs anything thank you

Entry 012

My husband and I enjoy hiking in the bush of our property especially after a nice fresh snowfall. One of my favourite spots for winter hiking is the Woodend Conservation behind Niagara College in NOTL.

We have taken our adult kids skating at Nathan Phillips square and the Rink at the Brink.

As a family, we rented a cottage outside of Parry Sound this past weekend where we went skating (played hockey actually) and rode our snowmobiles on the lake. We ride the snowmobiles on the rail-trails around our property or we trail them over to our friends' place and snowmobile around there.

Entry 014

Alright first I would like to introduce myself. I am a 32 year old Port Colborne resident. I work as a occupational therapist and I teach spinning at Ultimate Women's Fitness. I have always been a diehard Summer lover I mountain bike, road ride and run. I have always hated the winter. That was until a few years ago when I devised a survival plan to first get through the winter blahs and now to totally conquer my hate for winter and 100 % embrace it. Here is how.....I have a few women over 30 that I hang out with. Most would say we are a little crazy- our husbands included. Did you know there are plenty of trails locally? We have included every sport possible to tackle them. We run them rain, snow or shine. We have XC skied them and biked them. You must wonder how we get out on them safely when it gets dark so quickly in the evenings and we all work. Well we simply strap on of our headlamps on our heads and have a blast. Even the dark does not keep us off the trails or prevent us from keeping healthy, fit and happy in the winter. Know that we can become the winter gym rat BUT I challenge you to get out there in the sun or dark and take in the beauty of a fresh snow fall while you are engaging in the sports or fitness activities that keep us healthy and happy.

Entry 15

As a summer-lover, the deep freeze of winter sets its "blahs" upon me at the very first snowfall. So it is a long and blah-full season for this gal from Fort Erie.

Fortunately, I have a great neighbour who uses his snow blower on my driveway-- keeping my back injury free. So to beat the blahs, I got busy in the kitchen and baked him a delicious rum cake as a heartfelt thank you for his efforts.

During the holiday season, I'm busy battling the blah's with the hustle and bustle of visiting friends and family. I keep the "blah's" away by revelling in the knowledge that with the New Year's calendar turning, we are edging closer to Spring. I also begin preparing my list of "Ways to Hurt Warton Willy" should he decide to call for an extra six weeks of winter.

Getting through January can be a tough month as the deep freeze settles in. I keep the "blah's" away by surfing the Net for pictures of sunny destinations and tracking the sunrise and sunset times, realizing we are winning more daylight hours.

February is a short month with filled birthday celebrations, Valentine's Day and Family Day. This year I was lucky enough to travel to Cuba for a week, allowing me to escape the clutches of winter's icy grip and enjoy saltwater swims, sandy beaches, and sunny rum-drinking days!

Now as March dawns upon us, it is simply an optimistic matter of time before the season ends. I beat the "blah's" by planning my Spring gardens, urging the crocus and primrose to push up through the remnants of "white stuff", and pray that the month roars in like a lion – so that it will go out with a lamb.

Entry 16

Walk and talk in the cold

Playing cards and hope ace to hold

Shop till I drop with friends in toe

Need new clothes as kids do grow

Watch TV and music I listen

Or watch the snow as it glistens

Niagara is the best with its snow

But looking forward for grass to mow!!!!

Entry 17

As the boredom and blahs set in, we needed to go and do something to lift our spirits. We decided to hit the Niagara Casino. When we walked in all we could hear were the bells, sirens, and the screaming of the people winning jackpots. This was only overshadowed by the awesome neon and flashing lights everywhere. We walked around for a bit taking in all that we could and finally decided to sit down and play a couple of machines. Everyone around us just seems to be winning one right after another. The excitement in that room was electrifying. After watching my husband for a while, I decided to play myself. I could not believe it, the machine went off and just kept ringing and dinging and the next thing you know, I woke up. My alarm clock was going off. . It was time to get up.

The old proverb, "follow that dream" - This is one dream i did follow to get rid of the nasty February blues. We had a blast!!!! Casino Niagara, we will be back!!!

Entry 18

With winter comfortably settled in and fully infected by cabin fever I have maintained a commitment to my routine of laundry, gym cleaning and moments outdoors with my four young children at least once a day. Last weekend was no different however when I sought out the children to recruit them outdoors on a blistery cold morning they were more than reluctant. I had to be inventive not just for them but to perk up my spirits as well. Nestled on the couch were four youngsters and in my sons hands a furry favourite that inspired me...a tiny polar bear. "How would you like to go see Polar Bears in their habitat?" I questioned. With that I packed their suitcases and we began a road trip from Niagara Falls to winter fest in Cochrane, we went to the Polar Bear Habitat and saw Nanook of the North. We took the Polar Bear Express to Moosenee and returned home three days later. Surprised at our adventurous spirit we returned home to Dad and husband whom had to work and could not explore with us. It was truly a spontaneous venture that the children and I will remember for a long time, filled with many firsts. They went snowmobiling, on a helicopter ride above Cochrane, Dog-sledding, they experienced aboriginal culture, went on a train ride and got to spend a long car ride singing, playing their DSI's, taking pictures and looking at the scenery and wildlife on route. It was quite an adventure and we will be taking more weekend trips as a family. Next time we will head South though...we discovered the cold is just as intolerable when we are moving and having fun. So North Carolina here we come.

Entry 19

Canada, you deserved that last goal! Good for you!

Enjoy your gold!

An American living here!

Watching the Olympics makes the Winter Pass Quickly.

Entry 20

**Skating at the
rink by the
brink**

Entry 21

My blahs never really show up because of the contest I entered from 91.7 and you . I may not win for my answer but it does give me a chance to thank you for helping forget the winter blues. The music and the friendly host make it hard to feel bad about winter. Love the old music I love to sing along.