

# Beat the Niagara Winter Blahs



Thanks For Telling Us How You Survive Winter in Niagara!

Read the short stories explaining how they Survive the Winter in Niagara.

[CLICK HERE TO READ WINNING STORIES](#)

## Contest Sponsors



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## Winners Announced Today:

## Contest Closed March 3<sup>rd</sup> 2010

## Beat the Winter Blahs in Niagara

Get your cameras ready for our Shoot the Signs of Spring Photo Contest!

Starting April 1, 2010

Holding contest in Niagara send the link to [info@shopniagara.ca](mailto:info@shopniagara.ca)

We will add it to [www.niagaracontests.com](http://www.niagaracontests.com)

Niagara's Contest Headquarters!

**Niagara Events can be posted free on [www.whatsupniagara.com](http://www.whatsupniagara.com)**

# **Congratulations to Our Winners**

**Entry 014 Wins Dinner and Show Tickets for 8 at [Oh Canada Eh!](#)**

**Entry 009 Wins a Tour and Tasting for [Herdner Estates Winery](#)**

**Entry 001 Wins a \$50.00 Gift Certificate for [Moes Tap and Wings](#)**

**Entry 007 Wins a \$25.00 Gift Certificate to [Heritage Cheese and Catering](#)**

**Entry 005 Wins a Gift Certificate from [Solace Hair and Esthetics](#)**

Please forward your mailing address to

[contests@shopniagara.ca](mailto:contests@shopniagara.ca)

with your winning story

Thanks Walter

## 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 out 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 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 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 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 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!!!!**