

Community Connections

– May 18, 2021



Good Morning:

Please feel free to pass this information on to anyone who might be interested.

You can find all of the past editions on Niagara Knowledge Exchange by [Clicking Here](#)

Also, please let us know if there is anything you have found that has inspired you and we will share in future newsletters

The rule is you have to
dance a little bit in the
morning before you leave
the house because it
changes the way you walk
out in the world.

–SANDRA BULLOCK



Spotlight Activity: Explore Niagara at one of the Niagara Peninsula Conservation Areas:

Please note: NPCA conservations areas remain open and continue to provide natural spaces for safe, local day-use visits for outdoor, passive recreation. Passive activities such as walking, hiking, bird watching and nature photography are permitted. Some facilities such as washrooms at Ball's Falls remain open during operating hours. Masks are required at all times in indoors and when physical distancing is difficult. When stepping into nature, please visit the conservation area in your local community, and follow all conservation area rules and regulations and public health guidelines

Click on the individual area links for hours, trail maps and more information. All areas are free to visit unless noted in the description. A [NPCA's NaturePlus Pass](#) is available for purchase and provides you with unlimited access to their conservation areas across the watershed.

[Balls Falls:](#) *Designed and built to have a limited impact on natural resources, this award winning LEED Gold certified facility features permanent and temporary galleries. Visitors will take pleasure in the interactive exhibits and displays focusing on nature, conservation, and culture in the context of the area's history, the Niagara Escarpment, and the watershed. The centre is opened Monday to Friday 9 a.m. to 4 p.m. and offers a variety of programs and special events throughout the year. ***there is a fee to access this park***

Beamer Memorial: *Renowned as the best vantage point in the Niagara Peninsula to observe the annual spring hawk migration, and part of the internationally designated Niagara Escarpment Biosphere Reserve, Beamer Memorial Conservation Area offers one of Niagara's most breath-taking and panoramic views of the Niagara Escarpment and Lake Ontario.*

Binbrook: *Facilities that can be found at Binbrook include a swimming beach, children's splash pad, picnic facilities, nature trails, observation platforms and a play area. It resembles cottage country, and the impressive part is, it's close to home! Bring or rent a rowboat, paddle boat or canoe, and experience scenic Binbrook from the water. Canoe along the tranquil shores of one of the few inland lakes located within the Niagara Peninsula Conservation Authority's watershed. ***there is a fee to access this park***

Canborough: *Located in the Town of Dunnville, this 6 hectare property helps protect the floodplain of the Welland River. The site is leased to the Town of Dunnville and is used as a passive recreational park. Fish on the bank of the Welland River for pike, bass, and panfish, or launch your canoe or kayak and paddle the river.*

Chippawa Creek: *Dils Lake, a 10 hectare man made reservoir, is the perfect spot for a variety of outdoor activities including non-motorized boating, swimming and fishing. Equipped with wheelchair-accessible fishing piers and trails, the lake is populated by a variety of fish species including large mouth bass, crappie and carp and is a favourite amongst area anglers, many of whom attend the annual Bass Derby held each July. Additional events hosted by the Campers' Recreation Committee include Canada Day parade, Halloween Celebrations, and Christmas in July. ***there is a fee to access this park***

Comfort Maple: *this conserves what is widely believed to be the oldest and finest sugar maple tree in Canada, which was designated a heritage tree in June 2000 under the Ontario Heritage Act.*

E.C. Brown: *is located on the Welland River in the Town of Pelham. E.C. Brown provides fishing and non-motorized boating opportunities with shoreline frontage and a non-motorized boat launch, as well as a picnic pavilion. Hike the area trail and view wetland, meadow and sculpted forest landscapes constructed to enhance and diversify wildlife habitat.*

Gainsborough: *is a rugged park with no formal trails or activities. It conserves a forest block with sloughs ('wet pockets'), a diversity of plants and limited disturbances, making it an ideal refuge. The public is welcomed to this property to enjoy the tranquil and peaceful woodlot. Parking is available next to the NPCA workshop located on the property*

Gord Harry Trail *This 13 km trail has barrier-free access with gated entries at each road crossing. The Gord Harry Trail connects directly to Wainfleet Wetlands Conservation Area, and passes near Long Beach, Morgan's Point and Wainfleet Bog Conservation Areas.*

Hedley Forest *is a diverse 17-hectare deciduous and coniferous forest. The Red, Silver and Sugar Maples, White and Red Oak and White Ash provide a sheltered habitat for local wildlife including songbirds and White-tailed deer. The NPCA purchased the woodlot in 1967 to conserve its natural heritage*

Humberstone: *is comprised of 82 hectares located in the City of Port Colborne and protects wetlands and area waterways. Enhanced by the presence of the nearby Onandaga Escarpment, this peat/muck filled basin is one of only three such features on the Niagara Peninsula, the others being Wainfleet Bog and Willoughby Marsh. Passive recreational activities including bird watching and seasonal hunting can be enjoyed here*

Jordan Harbour *Located in the Twenty Valley watershed, this Provincially Significant Wetland can be found at the south shore of Lake Ontario at Twenty Mile Creek. The kilometre-wide harbour offers a public launching dock for non-motorized watercraft. This waterway is one of the largest uninterrupted natural corridors left in Niagara between the escarpment and the lake. Jordan Harbour is protected as an Areas of Natural and Scientific Interest (ANSI) and contains a variety of unique wildlife and tree species that are rarely seen elsewhere in the peninsula.*

Long Beach: *Located on Lake Erie, Long Beach Conservation Area is one of Niagara's hidden gems. A unique place to camp, swim, sunbathe, fish, sailboard or jet-ski, this property is perfect for memory-building. ***there is a fee to access this park***

Louth *is located along Sixteen Mile Creek in Lincoln County. This 36-hectare parcel of land was purchased by NPCA in 1973, and conserves a portion of the Niagara Escarpment, providing access to the Bruce Trail. Experience the wonders of the Sixteen Mile Creek valley and historic rock formations as you wind your way through the escarpment forest and see and hear the unique forest songbirds. Stunning scenery can be seen from this trail, which features two magnificent waterfalls.*

Morgans Point *offers a unique setting of old growth forest and remnants of the oak savannah prairie that once covered large areas of the Niagara Peninsula. Located along the Lake Erie shoreline in Wainfleet, a sand dune complex and rock shoal outcrop provide natural shore protection for the land, as well as habitat for a wide variety of plants and fauna. The Morgan's Point boardwalk is designed to minimize human impact on the sensitive sand dune environment. Help us protect this rare site by sticking to the boardwalk.*

Mountainview *is a passive natural area located in the Town of Lincoln. Comprised of Carolinian forest, this 25-hectare area conserves Carolinian plants, provides habitat for animals and shelters a portion of the Niagara*

Escarpment. Property highlights include exposed dolostone rock, many bedrock fractures and eroded talus slopes of the Escarpment. Hike the Bruce Trail and discover the various lookout points for a unique view of the Iroquois plain and Lake Ontario.

[Mud Lake](#) Located in Port Colborne beside the Old Welland Canal, Mud Lake is a conservation area dedicated to the preservation of vegetation and wildlife. Encompassing over 60 hectares of wetland and 54 hectares of field and woodland, Mud Lake offers nature trails, superb bird watching, fishing and fall waterfowl hunting.

[Port Davidson](#) is located along the Welland River in the Township of West Lincoln. A vegetative buffer with mature trees help to provide wildlife covers and shades the river for fish and other species. An intimate nook at 0.2 hectares, shoreline fishing and river access await you.

[Rockway](#) is part of the Niagara Escarpment and offers history and beauty in a remote setting. Hike the trail into the Fifteen Mile Creek valley to experience mature Basswood, Sugar Maple, Black Walnut and Sycamore trees. Two spectacular waterfalls plunge from heights of 19.5 meters and 12.2 meters. The watercourse continues downriver, surging over a series of rapids.

[Ruigrok Tract](#) is located in the town of Dunnville, and was acquired by NPCA in 1963. It is comprised of a large tract of interior forest, and is home to a diversity of tree species including, White Ash, White Oak, Red Oak, Swamp Oak, and Hard Maple. Visitors are welcome to come experience the wildlife and forest management area, but limited facilities are available.

[St. Johns](#) Located within the Niagara Escarpment and Twelve Mile Creek valley, this natural area provides a tranquil setting for wildlife and visitors. A hot spot for seasonal trout fishing, St. Johns is also known for bird watching and nature education. Boasting four trails of varying lengths and difficulty: The Tulip Tree, Sassafras, Horseshoe, and St. Johns Ridge trails each wind there way through this large interior forest. Some trails are wheelchair and stroller accessible.

[Stevensville](#) is a passive recreational area located in the Town of Fort Erie. Visitors can experience a forest, meandering Black Creek, wetlands, a fishing pond and an open picnic area.

[Two Mile Creek](#) conserves a significant portion of the Lower Two Mile Creek Valley System, between Lakeshore Road and Niagara Stone Road. It is a forested floodplain, conserved for its significant ecological features. A local trail provides access to Colonel Butler's Burial Ground where commemorative plaques describe his instrumental work during the late 1700s in developing a British stronghold in Niagara.

[Virgil](#) includes a nut grove with more than 15 types of nut trees and a Tulip tree plantation. Virgil Dams features the Four Mile Creek floodplain, two dams and the Virgil reservoir. Hiking, as well as fishing, and bird watching, are great ways to experience nature. Blue Herons, Black-Crowned Night Heron, common Terns and Redheaded Woodpeckers are a few the wildlife species that can be spotted at Virgil.

[Wainfleet Bog](#) Trails and boardwalks wind you through this wet, wild and wonderful place. Bog plants, butterflies, migrating songbirds and animals make their homes in the restored habitat sections. Enjoy your day visit along hiking trails with interpretative signs and ample nature appreciation opportunities.

[Wainfleet Wetlands](#) The site contains the best exposed fossil and viewing area of geological formation and fossils (ancient marine lifeforms) in the Niagara Peninsula, highlighting species that lived 380- 450 million years ago in the shallow warm saltwater sea of the Michigan Basin that covered the site. Tilobites, crinoids shellfish and corals can be seen.

[Willoughby Marsh](#) is a swamp ecosystem and one of the largest forested wetlands in the eastern part of the Niagara Peninsula.

[Woodend](#) With sweeping vistas of Lake Ontario and the escarpment slopes, Woodend is considered to have been an observation point during the War of 1812 for both armies. Woodend's location was at the center of the action, with the Queenston Heights battle 9.6 kms east, Beaver Dams battle 4.8 kms southwest and Lundy's Lane battle 9.6 kms southeast.

Check out these Local Activities and Resources:

Brock University's Lifespan Development Research Institute: [Click here](#) to register for a free live webinar entitled The Effectiveness of Virtual Parent Training for Young Children At-Risk for Autism Spectrum Disorder. The session will be held on Thursday, June 3 from 12:30 to 1:30 p.m.



Niagara Region Public Health's Dental Clinics are now open!

In-person appointments are available for children, from birth to 17 years of age:

- Niagara Falls on Tuesdays;
- Welland on Thursdays

Dental Health Clinic: To book an appointment, call the Dental Health Line at 905-688-8248 or 1-888-505-6074 ext. 7399

Virtual assessments are also available through the [Dental Health Live chat](#).

For more information visit niagararegion.ca and search "[dental](#)"

Cycling in Niagara: Now that the nice weather has returned, it is time to get out the bicycles and get in some socially distanced time outdoors. Check out the Niagara Cycling Tourism Centre website for information on local cycling routes, resources and planning help. [Click here](#) to get your wheels rolling.

Le Centre du cyclotourisme de Niagara: [Cliquez ici pour](#) vous trouverez des cartes interactives des routes et des pistes, des services orientés aux cyclistes et des informations touristiques. Niagara souhaite la bienvenue aux cyclistes. Bonne route!

Niagara Cycling: is another local site devoted to all things cycling in Niagara. This site includes local maps, bike shop locations, information on rentals plus information on local clubs. [Click here](#) to learn more.

Bike Niagara: If your bike riding skills are a little rusty or maybe you didn't learn how to ride a bike, Bike Niagara has got you covered. [Click here](#) to learn more about the learn to ride and bike safety courses that they offer.

Virtual Bike Rodeo: [Click here](#) to learn about bike safety during Heart Niagara's virtual bike rodeo

Hop on the Bridge-It: Opening May 22nd, the Port Robinson ferry "Bridge-It" will take cyclers and walkers across the Welland Canal at the site of the former Port Robinson bridge. [Click here](#) to learn more.

Activities and Supports for you, your clients and families:

Art Lessons on YouTube Your Kiddos will Love: [Click here](#) for a round up favorite art channels to help bring out your child's creativity.

Canadian Virtual Field Trips for Fun & Learning: [Click here](#) to visit some of Canada's iconic and historical locations.

Educational Websites for Kids - Fun learning sites for kids: [Click here](#) for a round up of over 25 educational websites for kids to keep them busy for hours exploring and learning about the world around them.

10 sites éducatifs pour vos jeunes qui n'ont pas d'école : Les écoles étant fermées en raison de la pandémie de COVID-19, plusieurs parents doivent user d'astuces afin d'enseigner les différentes matières à leurs enfants. Si vous êtes à la recherche d'exercices pour faire du soutien scolaire, [cliquez ici](#) pour 10 sites éducatifs pour stimuler et aider vos jeunes dans leurs apprentissages!

Reintroduce Play Time with These 5 Socially Distanced Games: Together Families interviewed some of their favourite parents and came up with this list of responsible play ideas for kids who need a little fun in their lives. [Click here](#) to view the list and try out some of their ideas.

Kid2kid: [Click here](#) to watch the video of kids providing advice to kids on how to cope with Covid-19.

Save the Date: Brock University Bachelor of Early Childhood Education (BECE) Student Research Virtual Symposium - May 26th, 2021. Student research projects will be presented & publicly available for viewing on this date. Preview one of the presentations by [clicking here](#). More details to follow – keep an eye on [this site](#)

The Gegi Project: The goal of gegi.ca is to equip all Ontario students and teachers – whether transgender or cisgender – with the tools to advocate for the right to express and live their gender in their own way without experiencing discrimination, harassment or violence, and without being told they have to change. [Click here](#) to view the recently launched website that has lots of great resources and information, plus Gegi is a unicorn!

Je suis Gegi!: Si toi ou une personne que tu aimes vives de la discrimination fondée sur l'expression ou l'identité de genre à l'école, ou si tu souhaites en apprendre davantage à ce sujet, [cliquez ici](#) pour tu trouveras sur le site de Gegi l'information et les ressources dont tu as besoin.

Desk Yoga: Everyone spends too much time at their desks and not enough time balancing their work days with stretch and movement breaks. The Librarians at Brock University have created the perfect solution, Desk Yoga. [Click here](#) to visit their YouTube channel and try their short but effective yoga breaks.

How Resilient Are You? : Find out by taking this short but effective survey designed by Strong Minds- Strong Kids – Psychology Canada with support from the Royal Bank of Canada. It is designed for youth but is a great refresher for anyone. After answering each question, resources pop up that provide extra support. [Click here](#) to start the survey.

Tiny Desk Concerts: Need a musical break in your day? Check out National Public Radio's (NPR) Tiny Desk Concerts. There is a variety of free, short concerts by a wide variety of artists that provide a nice musical interlude in your day. [Click here](#) to explore all that are available.

CBC Kids: This website always has new content for families including games, quizzes, recipes and so much more! [Click here](#) to explore all that they offer.

Zone des petits: [Cliquez ici](#) pour toutes les émissions, vidéos, jeux et activités.

Tundra Books – Book Extras: Tundra Books is the home of Penguin Random House Canada young readers and friends. Included on their website is a Book Extra section where you will find a long list of book extras such as educator's guides, activity kits and discussion guides, all for free. Even if you don't have the books, you can still enjoy the activities and ideas. [Click here](#) to learn more

Stay Active Outdoors:

Please Note: As the municipalities in Niagara work to slow the spread of COVID-19 there are restrictions on the use of outdoor spaces. Please visit the individual sites for more information.

Région du Niagara Randonnées: [Cliquez ici](#) pour découvrez le phénomène naturel de l'escarpement du Niagara – en randonnée, en voiture ou à vélo.

Niagara Region: [Click here](#) to check out the many walking and hiking trails that our Region has to offer with unique features in a natural setting.

Get Active in Niagara Parks: Explore endless trails, learn about the exciting sport of bouldering, discover the hundreds of species of bird along the Niagara Parkway, or take an unforgettable ride along the 53-kilometre Niagara Recreational Trail. [Click here](#) to find out what is available to explore.

99 Insanely Fun Things To Do Outside [Click here](#) for some cheap and easy ideas.

10 activités extérieures pour les tout-petits: Enfin le beau temps! [Cliquez ici](#) pour 10 activités extérieures amusantes qui ne coûtent presque rien pour les tout-petits! Bonne nouvelle, ces activités peuvent toutes être faites en respectant le confinement.

Stay up-to-date:

“Even when vaccinated, it is crucial to remain vigilant and follow public health measures to protect yourself, your loved ones and our community. ★Limit close contact to only those you live with ★Continue physical distancing ★Clean your hands often ★Wear a mask correctly”.~ Niagara Region Public Health

Ontario's vaccine distribution implementation plan: [Click here](#) to learn about Ontario's Vaccine Distribution Implementation Plan.

Plan de mise en œuvre de la distribution des vaccins de l'Ontario: [Cliquez ici](#) et en savoir plus sur le Plan de mise en œuvre de la distribution des vaccins de l'Ontario.

Niagara Health: Niagara Health's COVID-19 Vaccination Clinic is open to priority groups by appointment only at the Seymour-Hannah Sports and Entertainment Centre in St. Catharines. [Click here](#) to learn more.

Niagara Health: Sur cette page, vous trouverez des renseignements et des ressources concernant notre réponse à la pandémie de COVID-19. La vigilance dont nous faisons preuve en matière de prévention et de contrôle des infections nous permet de continuer à protéger les patients, les visiteurs et les membres de notre équipe [Cliquez ici](#) pour en savoir plus.

COVID-19 response framework: keeping Ontario safe and open: Read how we're keeping Ontario safe and open, including regional health measures and sector-specific public health and workplace safety measures. [Click Here](#)

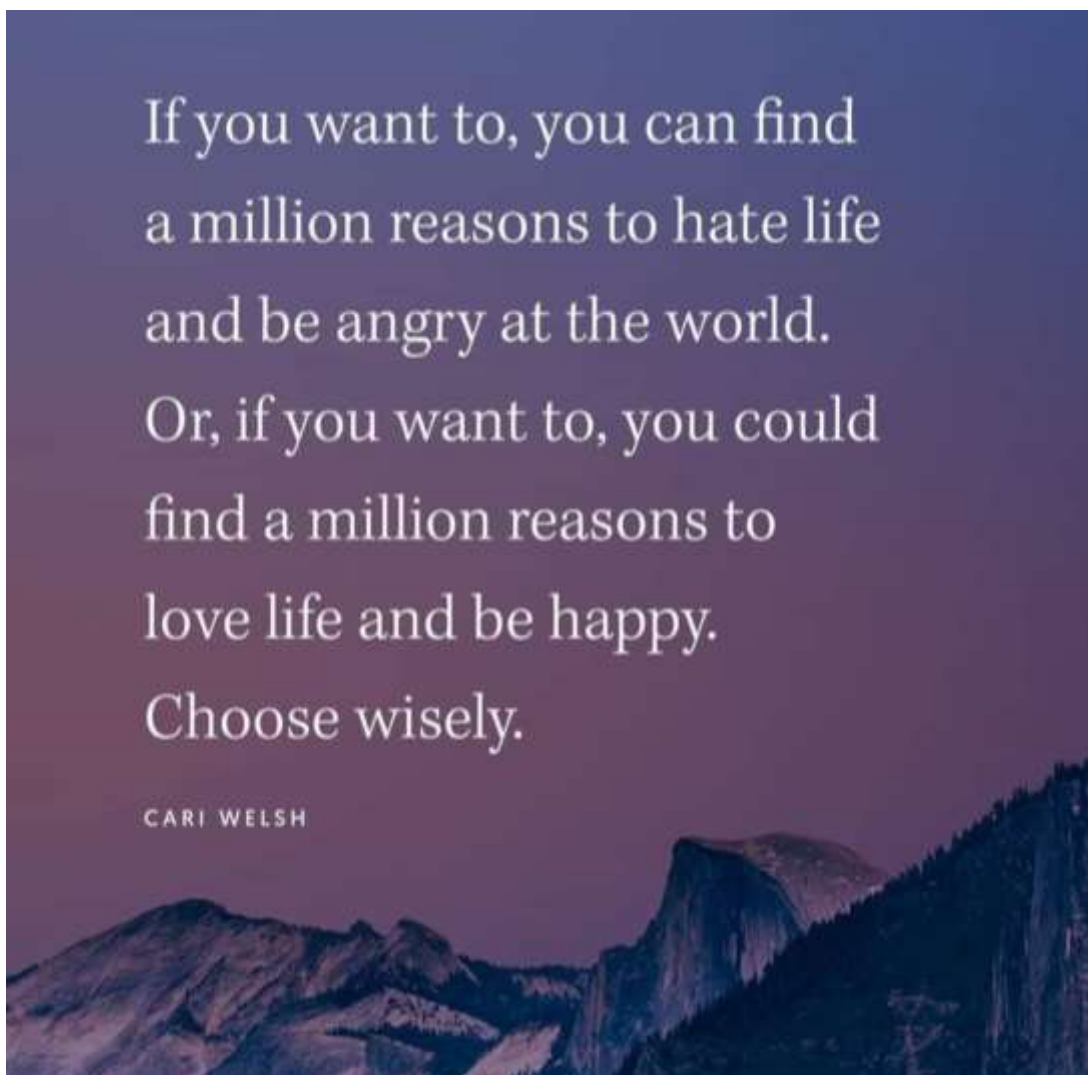
Cadre d'intervention pour la COVID-19 : Garder l'Ontario en sécurité et ouvert: Apprenez comment nous gardons l'Ontario en sécurité et ouvert, notamment au moyen de mesures de santé régionales et de mesures de santé publique et de sécurité au travail propres à chaque secteur. [Cliquez ici](#)

Ontario Government Covid-19 Update Page: Get the latest case data and updates, learn how to protect yourself and others and get advice on what to do next if you think you might have COVID-19. [Click Here](#) (this site has the information available in many other languages)

Mise à jour Covid-19 du gouvernement de l'Ontario: [Cliquez ici](#) Cliquez ici pour obtenir les données de cas les plus récentes et les mises à jour, apprendre comment vous protéger et protéger les autres, et obtenir des conseils sur ce qu'il faut faire si vous êtes préoccupé / avez contracté le COVID-19

Health Canada Covid-19 Update Page: [Click here](#)

Gouvernement du Canada - Maladie à coronavirus (COVID-19): [Cliquez ici](#)



We would like to apologize if you received multiple copies of this email. We are trying to reach out to as many early years educators and staff as possible. Please share with all of your staff, clients, families or anyone who is not on this email list.

Take Care and Stay Healthy

Karen & Sharon

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How will I be notified?

When can I get vaccinated?

**Stay up to date
on COVID-19
vaccinations
in Niagara**

niagararegion.ca/covid-vaccine