



October 2009

## Last Chance to Qualify for Prize Draw! Complete our Survey NOW!

Take 5min and complete our survey. Tell us where sport in Niagara needs the most support and qualify to win one of the remaining prizes:

- Round of Golf for 4 at Thundering Waters
- 1 Night stay for 2 with Breakfast at Best Western Rose City Suites
- 1 Night stay at the Four Points by Sheraton
- Golf Town Gift Certificate
- Waterpark Passes for 4 at Great Wolf Lodge
- City of St. Catharines Stainless Steel Water Bottle

## Help Niagara become a True Sport Community: Join the True Sport Movement



True Sport is a social movement powered by people who believe that sport can transform lives and communities-if we do it right.

True Sport members across Canada are committed to community sport that's healthy, fair, inclusive, and fun. True Sport members stand together against cheating, bullying, aggressive parental behaviour, and win-at-all-costs thinking.

Learn more about True Sport and declare your commitment to the True Sport Values by visiting their website: [www.truesportpur.ca](http://www.truesportpur.ca)

## Spreading the word about sport...

"Sport touches many aspects of Canadian's lives yet many people are unaware of how powerfully sport affects them"

**Sport Changes Individuals** - by improving health and well-being, increasing social networks, and building skills.

**Sport Affects Communities** - by increasing social cohesion and the social capital of communities.

**Sport Impacts the Economy** - by creating jobs and providing work and opportunities for thousands.

## Complete our Surveys and you could WIN PRIZES

We need your input and support to ensure that the promise of sport becomes a reality.

### Attitudes Towards the Niagara Sport Commission

### Future Sport Event Hosting

\*\* NOTE: Each survey can only be completed 1 time on any given computer.

## GET INVOLVED!!

To learn more about the Niagara Sport Commission e-mail us at [info@heartniagara.com](mailto:info@heartniagara.com) and/or contact Allison Larsen Niagara Sport Commission Coordinator at [alliedhealth@heartniagara.com](mailto:alliedhealth@heartniagara.com) for opportunities to get involved.

Please forward this newsletter to your friends and colleagues so they too can join our mailing list and be involved with the Niagara Sport Commission

[Join Our Mailing List!](#)

## Add us to your Favourites

[www.niagarasportcommission.com](http://www.niagarasportcommission.com)

## Sport helps share our national and cultural identities.

Help residents of Niagara recognize the benefits of sport by encouraging your friends, colleagues, and neighbours to get involved in a healthy active lifestyle!

Read more about [The Socio-economic Benefits of Sport Participation in Canada](#).

## Get Involved!

### Upcoming Opportunities in Niagara

- [Arnie Boehm Boxing Tournament](#) - October 2nd-4th
- [18th Annual CIBC Run for the Cure](#) - October 4th
- [6th Annual Crystal Beach 5K Run/Walk](#) - October 10th
- [Country Walk & Golf Outing](#) - October 18th
- [2nd Annual Fitness & Heritage Run](#) - October 19th
- [Fallsview Casino International Marathon](#) - October 29th
- [Tim Hortons Casablanca Classic](#) - November 7th

If your organization has an upcoming event or opportunity for residents of Niagara to get involved in November or December please [contact us](#) to have details included in the next Niagara Sport Commission Newsletter.

## Local Sport In the News

**Morning runs translate to better sleep patterns** [Read More...](#)

**Tiger-Cats prowling Niagara for fan support**

[Read More...](#)

**Sir Winston Churchill unveils state-of-the-art scoreboard**

[Read More...](#)

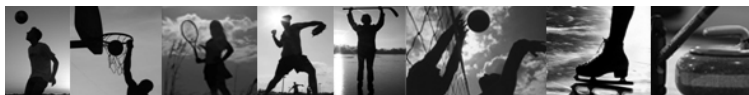
**Local riders and their horses at their best at the Eqwine Festival** [Read More...](#)

**St. Catharines Female Hockey Association skates into its second season** [Read More...](#)

**Local boxer is hoping training pays off in Arnie Boehm Tournament** [Read More...](#)

**Grimsby native Tarling named to Ontario Team** [Read More...](#)

If you or your organization has news they would like to have included in the next Niagara Sport Commission Newsletter please send the link to [info@heartniagara.com](mailto:info@heartniagara.com).



Heart Niagara Newsletter



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LA FONDATION  
TRILLIUM  
DE L'ONTARIO



Venture Niagara  
Entreprise Niagara  
Community Futures Development Corporation  
Société d'aide au développement des collectivités