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> REV. RICHARD GIELOW, C.M. Vincentian Spiritual Advisor

SR. CLAIRE DEBES, D.C. Vincentian Spiritual Moderator

SR. GRACE HARTZOG, S.C. Vincentian Spiritual Moderator

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LADIES OF CHARITY OF THE UNITED STATES OF AMERICA®

AIC STUSA

Providing Vincentian Leadership to Women Acting Together Against All Forms of Poverty

April 2023

Dear Ladies and Friends of Ladies of Charity,

Every year we look forward to being together at our annual National Assembly in various locations around the country. This year I am very pleased to welcome everyone to my hometown of Buffalo, New York. Last year's Assembly in Knoxville, Tennessee was our first year back to an in-person assembly after a long, nearly three-year break due to Covid. Everyone who attended had a wonderful time and enjoyed being together at last to discuss common goals and projects.

This year's Assembly in Buffalo chose the theme "WE CHOOSE LOVE" because of the mass shooting of 10 innocent shoppers on a Saturday afternoon on May 14, 2022. The Assembly is dedicated to their memory and will feature keynote, plenary, and workshop speakers dedicated to combating racism and poverty in their communities and work areas. This year's Assembly will officially run from September 7th to September 9th and will include a Day of Reflection with our Spiritual Advisor, Father Richard Gielow, CM, as well as a wonderful afternoon at Niagara Falls on the same day. There are many interesting and historical sites to visit in Buffalo as well as a newly developed waterfront and attractions. Early arrivers will have a chance to go on a river boat cruise on our waterfront and Niagara River on Wednesday the 6th.

As Ladies of Charity, we all work to combat poverty across the nation especially for women and children and the frail and elderly in our communities. Many of us work in particular with other Vincentian organizations such as the St. Vincent de Paul Society, Junior Ladies of Charity, Daughters and Sisters of Charity and Vincentian priests. Some of us also work with other organizations that are dedicated to serving the poor and marginalized such as Catholic Charities and other local and national groups.

At the assembly each year we provide an opportunity to develop leadership skills, formation of new groups, and education programs to all our associations across the country. This year we are especially encouraging association presidents to attend so they can take back the information they have acquired at the assembly and disseminate that information to their own local groups.

Please consider assisting financially to Ladies of Charity with the following tax-deductible contributions:

Legacy Level: \$5,000 and above

St. Vincent de Paul Level: \$2,500-\$4,999 St. Louise de Marillac Level: \$1,000-\$2,499 St. Elizabeth Ann Seton Level: \$500-\$999

I would also encourage donations to our Madagascar Twinning Project. Donations can be given at the assembly or sent to our LCUSA National Service Center. Put Madagascar in the check's memo line.

Special acknowledgement will be given to our underwriters in our assembly program book and I encourage you to take advantage of a complementary ad in the program. If you have any questions Nancy Bianculli, our underwriters chair, is available for your call at 412-818-1719. I am deeply grateful for your consideration and support.

In closing I would like to remind everyone that we are a people of prayer as well as action. I would like to encourage you to attend the Day of Reflection on September 7th. St. Vincent, St. Louise, and St. Elizabeth Ann prayed deeply for guidance as they set about their mission and ministry of caring for the poor and marginalized of their time. We should do no less.

Yours in Humility, Simplicity, and Charity,

Holly Walter LCUSA President

LCUSA NATIONAL SERVICE CENTER • 2816 E. 23rd St., Kansas City, MO 64127 Tel: 816-260-3853 • E-mail: office@ladiesofcharity.us Web: aic.ladiesofcharity.us





"We Choose Love"

Hotel Information

Hyatt Regency Buffalo Hotel and Conference Center Two Fountain Plaza Buffalo, NY 14202 (716) 856-1234

GPS Use: 300 Pearl Street Buffalo, NY 14202

The Hyatt Regency Hotel and Conference Center is centrally located in walkable downtown Buffalo, steps from the historic Fountain Plaza and minutes from restaurants, nightlife, museums and the revitalized Canalside waterfront district.



LCUSA Room Rate \$144 + tax: choice of king or two doubles (rate available Sept. 3 thru 13)

Triple and quad in double room additional \$15 eachUse this booking link to ensure you receive the LCUSA rate:

https://www.hyatt.com/en-US/group-booking/BUFFA/G-LCUS

Matt Wolcott, Group Rooms Coordinator matthew.wolcott@aimbridge.com
Attendees can also call (888) 591-1234 and refer to the group booking #29359099

Transportation

The **Buffalo Niagara International Airport** is the closest airport. There are several options for transportation between the Airport and the Hyatt.

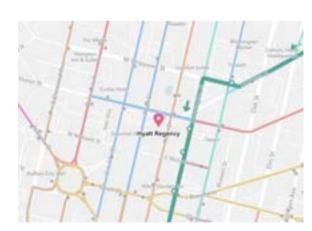
The Metro 24 bus is inexpensive and easy to use (1/2 hour to 40 min. ride). \$2.00 per trip, \$1.00 for Seniors (65+), exact change required or use our Token Transit app. Metro Bus is fully accessible to passengers with special needs.

- 24L Bus: Limited Stop, about 30 minutes to downtown.
- 24B Bus: Any Stop, about 40 minutes to downtown.
- 24X Bus: Express. about 25 minutes to downtown, only runs during rush hours.

Uber/Lyft: If you have arranged for a pickup, exit terminal doors closest to carousel 1 in the baggage claim area and follow signs to the designated pick up spots in the hotel shuttle bus lane.

Taxis: You should expect to pay around \$40 for a taxi from the airport to downtown Buffalo

Self-parking at the Hyatt is \$10.



Green line is the 24 Bus. Stop is on Washington near the corner of West Huron. Walk one block west on West Huron to Main to get to the Hyatt.





"We Choose Love"

Assembly Schedule

TUESDAY - September 5, 2023		
7:00p-9:00p	REGISTRATION	

WEDNESDAY – September 6, 2023		
8:30a-12:00p	LCUSA Board Meeting	
11:00a-1:00p	REGISTRATION	
2:00p-4:00p	"Miss Buffalo" River Cruise (box lunch included)	
4:30p-5:30p	REGISTRATION	
6:00p-9:00p	Cabaret Evening – pre-theater hors d'oeuvres, show, dessert	

This schedule is subject to minor changes.

THURSDAY – September 7, 2023		
7:00a-8:15a	REGISTRATION	
7:00a-8:15a	CONTINENTAL BREAKFAST	
8:30a	BUSES DEPART FOR NIAGARA UNIVERSITY	
9:30a-1:00p	DAY OF REFLECTION: "A Lady of Charity is a Lady of Prayer" at Niagara University - Fr. Richard Gielow, CM. Box lunch included. Buses leave at 1:00 for Niagara Falls, or back to hotel (your choice), after lunch.	
1:30p-4:00p	Optional trip to Niagara Falls, NY. See Niagara Falls suggestions included in this packet. Buses leave Niagara Falls at 4:00p.	
5:30p-7:00p	REGISTRATION	
6:00p-7:00p	ASSOCIATION PRESIDENTS' MEETING - Hosted by past and present national presidents	
7:00p – 9:00p	OPENING RECEPTION	





"We Choose Love"

FRIDAY – September 8, 2023		
7:00a – 7:20a	Rosary	
7:00a – 8:30a	REGISTRATION	
7:00a – 8:15a	Breakfast	
8:30a – 9:30a	Opening Mass. Rev. Richard Gielow, C.M. (Presider and Homilist), Vincentian Spiritual Advisor	
9:30a – 10:00a	Opening Ceremonies Call to Order & Welcome Introduction of local co-chairs, 2023 Assembly Roll Call Introduction of Board and Past Presidents Presentation of Nat'l Assembly Rules	
10:00a – 10:45a	KEYNOTE ADDRESS – "Who Is My Neighbor? The Parable of the Good Samaritan: A Vincentian Perspective"	
10:45a – 11:15a	Q & A	
11:30a – 1:00p	LUNCHVincentian SpiritualModerators' Luncheon	

FRIDAY – September 8, 2023 (continued)		
1:00p – 2:00p	REGIONAL MEETINGS • Northeastern • Mid-Atlantic • North Central • Southern • Western	
2:00p - 2:45p	 LCUSA WORKSHOPS (Session 1) "Project Mona's House – Guiding Human Trafficking Victims to a Better Future" "The Full Range of Pro-Life Activities in the Diocese of Buffalo" Range of programs run from a very active local ministry, Social Justice at St. Joseph University Parish Buffalo "Equitable Access To Care: Overcoming Stigma Surrounding Mental Health Treatment through Community Building" 	
3:00p – 3:45p	LCUSA WORKSHOPS (Session 2) Repeat above sessions	
4:00p – 5:00p	GATHERING OF VINCENTIAN SPIRITUAL MODERATORS and those curious/interested	
4:00p – 5:00p	JUNIOR MODERATORS INFORMATION SESSION	
6:00p	Dinner ON YOUR OWN	





"We Choose Love"

SATURDAY – September 9, 2023		
7:00a – 7:20a	Rosary	
7:00a – 8:30a	Registration	
7:00a – 8:15a	Breakfast	
8:30a – 9:00a	PRAYER SERVICE - Sr. Claire Debes, DC and Sr. Grace Hartzog, SC, Vincentian Spiritual Moderators, LCUSA	
9:00a – 9:45a	PLENARY SPEAKER — "Surviving the Unthinkable by Overcoming Evil with Good"	
9:45a – 10:15a	Q & A	
10:15a – 10:30a	BREAK	
10:30a – 11:15a	PLENARY - PANEL DISCUSSION (IN DEVELOPMENT) "Our Ethical and Moral Duty to Care for Refugees"	
11:15a– 11:45a	Q & A	
11:45a – 1:00p	LUNCHPast Nat'l Presidents' Luncheon	

SATURDAY – September 9, 2023 (continued)		
1:00p	SILENT AUCTION CLOSES	
1:00p – 1:45p	BUSINESS MEETING • President's Report, Treasurer's Report, AIC/Madagascar collection, Presentation of 2024 Assembly in St. Louis, MO, Assembly Resolutions, VINCENTIAN SPIRITUAL MODERATOR CERTIFICATES, FINAL BLESSING	
2:15p – 3:15p	TBD	
3:45p	Buses Begin Departing for St. Joseph Cathedral	
4:30p – 5:30p	CLOSING MASS – St. Joseph Cathedral	
6:30p – 7:30p	Cocktails – Cash Bar	
7:30p – 10:00p	Banquet – Hyatt	

SUNDAY – September 10, 2023		
All depart		
8:00a-10:00a	LCUSA Breakfast/Board Meeting	





"We Choose Love"

Pre-Assembly and Assembly Overview:

Pre-Assembly:

DAY Wednesday September 6

Includes: Box Lunch, Miss Buffalo Cruise (Buffalo River, Lake Erie and the Black Rock Canal, with narrated history of the Buffalo Harbor)

EVENING Wednesday September 6

Includes: Hors d'oeuvres, Cabaret performance by O'Connell and Company - Diva by Diva, dessert and coffee

Three-Day Assembly (Includes all of Thursday through Saturday):

THURSDAY September 7

Day of Reflection with Fr. Gielow at Niagara University

Includes: Continental Breakfast, Box Lunch, Coffee break.

Optional Trip to Niagara Falls following Reflection (transportation is included in purchase of Full Assembly Registration or Thursday Only Registration)

Includes: Coach bus (Niagara Falls activities on your own.)

Evening Reception

FRIDAY September 8

Friday - Opening Mass and Assembly Day 1

Includes: Breakfast, Buffet Lunch (Dinner on your own), Plenary Sessions and Workshops

SATURDAY September 9

Saturday - Assembly Day 2

Includes: Breakfast, Buffet Lunch, Plenary Sessions

Saturday Evening

Includes: Bus Transportation to Mass, Dinner Banquet





"We Choose Love"

Assembly Registration Form

Please register online and submit a secure payment at aic.ladiesofcharity.us/register-assembly-2023 or use the form below, make checks payable to <u>LCUSA</u> and mail with this Registration Form and the Registration Options Form to:

LCUSA National Service Center, 2816 East 23rd Street Kansas City, MO 64127 (816) 260-3853

			D	ATE OF REGISTRATION
PERSONAL INFORMATION				/
Full Name:				
Email:		Phone Number	r:	
Address:				
City:		State:		
Zip Code:				
May we publish your contact Information in	ı the assembly roster	? Yes	No	Name Only
Your LCUSA Region Mid-Atlantic	North Central	Northeastern	Southern	Western
Please check any below that apply to you:				
Association: President Office	cer Member	Vincentian Sp	iritual Advisor/	Moderator
Individual Member Ladies of Charit	:y Junior La	dies of Charity Memb	per	
LCUSA: Current Board Member	er Past Boa	ard Member	Past National	President
Religious: Priest Daughte	er of Charity	Sister of Charity	Other:: _	
Other: Guest				
Special Needs:				
Emergency Contact:				
Phone Number:				

Registration Options

Pre-Assembly Options (Please note-- these are NOT included in Assembly Registration): \$ **DAY Wednesday** \$10.00 Box Lunch (choose one): ☐ Ham ☐ Turkey ☐ Vegetarian Guest \$25.00 Name of Guest _____ Guest Box Lunch (choose one): ☐ Ham ☐ Turkey ☐ Vegetarian **EVENING Wed.** \$10.00 \$25.00 Guest Name of Guest _____ **Three-Day Assembly Registration** Thursday, Friday, and \$300.00 Saturday I will attend the Day of Reflection: ☐ Yes ☐ No Thursday Box Lunch (choose one): ☐ Ham ☐ Turkey ☐ Vegetarian Thursday - Optional Trip to Niagara Falls. Please indicate if going: \square Yes \square No

Please make your selections and fill in the amounts paid in the blanks below:

One-Day-Only Options		
Thursday Only	\$40.00	\$
I will attend the Day of Reflection	ın: □Yes □] No
Box Lunch (choose one): □ Ham □ Turkey □ Vegetarian		
Optional Trip to Niagara Falls. Please indicate if going: □ Yes □ No		
Thursday Only, Guest	\$40.00	\$
Name of Guest		
Guest Box Lunch (choose one): □ Ham □ Turkey □ Vegetarian		
Optional Trip to Niagara Falls. Please indicate if guest is going: □ Yes □ No		
Friday Only	\$100.00	\$
Saturday Only	\$150.00	\$
Saturday Banquet Only	\$80.00	\$
Sat. Banquet, Guest \$80.0		\$
Name of Guest		
A \$30 handling fee will be applied to cancellations.		

A \$30 handling fee will be applied to cancellations.

NOTE: no cancellations can be refunded after August 15, 2023.

For more information or questions please contact:

Kathy Roseti – kathleenmroseti@gmail.com

THANK YOU FOR REGISTERING

TOTAL AMOUNT DUE:	\$



LCUSA National Assembly "Ladies of Charity: We Choose Love" September 7-9, 2023 Hyatt Regency Hotel, Buffalo, New York

SILENT AUCTION AND RAFFLE DONATIONS REQUEST

Dear Ladies of Charity,

The Auction/Raffle Committee invites you to "Shuffle off to Buffalo" for our 2023 National Assembly! We have a great community and lots to see, from our exquisite architecture to the magnificence of Niagara Falls, all to enhance your participation in the well-planned Assembly agenda!

We greatly appreciate your help to defray the assembly cost through your donations to our Auction! Because many will be traveling, we would appreciate your gift cards to your favorite national stores and/or small items for baskets or, if more convenient, a monetary donation, in form of a check **made payable to** Ladies of Charity of Buffalo! Please send your donation, with description, to the address below by August 15, 2023! We will appreciate having the donations prior to the Assembly!

NAME:		
ADDRESS:		
PHONE:	_CELL:	
EMAIL:	<u> </u>	
Description of item:		
Type of Donation	_ Amount	
Type of Donation	_ Amount	
Type of Donation	Amount	
If you have any questions, please feel free t	o text or call:	
Dolores Byron - Cell Phone 716 818-3183	Mary Long - Cell Phone 716 249-7139	
Please send gift cards and donations by 8/15/2023 to:		
LOC Silent Auction/Raffle Committee 1122 Broadway Buffalo, NY 14212		
Dullalo, INT 14212		

Thank you! We are truly grateful for your support and look forward to seeing you in September!



LADIES OF CHARITY

OF THE UNITED STATES OF AMERICA ®

Providing Vincentian Leadership to Women Acting Together Against All Forms of Poverty

LCUSA National Service Center 2816 E. 23rd Street Kansas City, MO 64127 Phone: 816 260 3853 Email: office@ladiesofcharity.us Website: aic.ladiesofcharity.us

National Assembly Underwriting Form

"WE CHOOSE LOVE"

LCUSA National Assembly September 7 to 9, 2023 Buffalo, NY

Hosted by the Ladies of Charity, Buffalo, NY North Eastern Region

Please refer to the chart below of suggested levels of underwriting. All donations are tax deductible and special acknowledgment will be given to all underwriters in the Assembly program book. Also, any underwriter may choose to submit a complimentary full-page advertisement measuring 8"x10" (finished artwork dimensions).

Please make checks payable to LCUSA/Underwriting. Please submit this form, your contribution, and program advertisement to LCUSA National Service Center at the above address by June 15, 2023. Please contact Nancy Bianculli, Underwriting Chair, at (412 818-1719) if you need further information or assistance. Thank you for your support.

Legacy Level	\$5000+ \$2,500.00 -\$5000.00 \$1,000.00 - \$2,499.00 \$500.00 - \$999.00
Underwriting Level Individual or Company Name	
Contact Person (if company)	
Email	
Phone	
Please check (\forall) here to be listed as Anonymous in the program book Refer to the attached specifications and/or design form to submit y	



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LCUSA National Service Center 2816 E. 23rd Street Kansas City, MO 64127

Phone: 816 260 3853 Email: office@ladiesofcharity.us Website: aic.ladiesofcharity.us

National Assembly Program Ad / Message Form

Please refer to the chart below to choose your level of patronage in the Assembly Program booklet. Make checks payable to Ladies of Charity, USA Program Patrons. Please submit your contribution along with the form and advertisement to Ladies of Charity National Service Center at the above address by June 15, 2023. Please contact Nancy Bianculli Underwriting Chair (412 818-1719) if you need further information or assistance. Thank you for your support.

	Ad Size	
	Full page \$500.00	
	One-half page\$250.00	
	One-quarter page\$150.00	
	One-eighth page (business card size)\$100.00	
	One line (a business name, your name, or in memory of) \$50.00	
Ad size	Amount \$	
Individual (or Company Name	_
Contact Pe	erson (if company)	
		_
Email		
Dhono		
riiolle		
One Line A	Ad (Please Print)	

Ad Specifications:

- Program booklet is 8.5"x11" stapled
- Email in .pdf file if possible. Word or Publisher documents also accepted.
- Following are the ad dimensions for finished ads:
 - Full Page: 8"w x 10"h - 1/2-Page: 5"h x 8"w
 - 1/4-Page: 5"h x 4"w
 - 1/8-Page: (Business Card Size) 3.5"w x 2"h

Send Ad digitally in PDF form to nb7510@outlook.com

Mail check and Ad to:

LCUSA National Service Center, 2816 E. 23rd Street, Kansas City, MO 64127





"We Choose Love"

Guest Speakers



Sr. Ellen LaCapria, DC, Keynote Speaker

Sr. Ellen LaCapria has been a Daughter of Charity for 47 years. She credits her Vocation Call to that of Elizabeth Ann Seton and fell in love with the Vincentian Charism. What draws her is the call to love God through service to others, especially when facilitating Art/Spirituality Retreats and creating Vincentian–Centered artworks. Sr. Ellen's professional background spans the areas of Creative Arts and Nursing, which led to ministry as an Art Therapist, particularly with adults experiencing mental health concerns. Other ministries have followed. Her favorite, due to the Internationality of the Vincentian Family, has been her work promoting Systemic Change in several countries throughout the globe.



Cheryl Calire, Director of Pro-Life Activities, Diocese of Buffalo

Cheryl Calire is the Director of Pro-Life Activities for the Diocese of Buffalo. These activities include seven locations of the St. Gianna Pregnancy Outreach Centers; the Project Rachel ministry; Sidewalk Advocates for Life; end of life issues; the opioid crisis; and legislative and internal public policy liaison for the bishop. Since 2015, Cheryl and her husband have lived in a former rectory in the inner city which houses the Mother Teresa Home, serving moms and families involved in unplanned and unsupported pregnancies. She is also the Director of Pastoral Ministries for the Diocese.



Kelly Diane Galloway, Founder and President, Project Mona's House

Elder Kelly Diane Galloway is the Founder and President of Project Mona's House, a holistic restorative program that exists to serve those who have been exploited through human trafficking and those who are at risk. She is also the Founder of Ramp Gobal Missions, a Christian Humanitarian organization that serves the needs of broken, impoverished and exploited people around the world. Her heart has always been to help and fight for those who may be considered the underdog, disadvantaged or forgotten.



"We Choose Love"

Guest Speakers (continued)



Dennis Walczyk, Social Justice Programs at St. Joseph University Parish

Dennis Walczyk currently serves as Coordinator of Social Justice Ministries at St. Joseph University Parish in Buffalo. Prior to his retirement in 2020, and beginning in 1976, Dennis has held various direct service and executive leadership positions in the community organizing and human service fields. Those included President and CEO of Catholic Charities of Buffalo, where he served for 23 years; Executive Director of Crisis Services of Erie County; and Associate Executive Director of the Association for Retarded Children of Niagara County. Dennis also serves as Chair of the Board of Back to Basics Ministries, Inc., and is a member of the Board of Directors of Felician Services, Inc., headquartered in Chicago. A lifelong resident of Buffalo, Dennis and his wife Beth reside in North Buffalo, and are proud parents of Kristen and Johanna (Tim Spitler), and grandparents of Van and Simone Spitler.



Meredith, Susann, and Megan

Susann Montgomery-Clark, Co-founder & Board President, Megan Montgomery Foundation to Prevent Domestic Violence, Inc.

On December 1, 2019, when her 31 yr old daughter Megan was murdered at the hands of Megan's estranged husband, Susann and her family's lives changed forever. She closed her consulting practice to volunteer full-time to fulfill Megan's dream of preventing domestic violence BEFORE it happens. This led to her, husband Rod Clark and daughter Meredith Montgomery-Price creating The Megan Montgomery Foundation. The mission of their grantmaking Fund is to "Save lives by preventing relationship violence BEFORE it starts." It is a tax-exempt 501 c (3) corporation. In the two years since its creation, they have distributed more than \$50,000 to schools and colleges for healthy relationship education.



Shyam Sriram, PhD, Canisius College - Buffalo, NY

Dr. Sriram is an expert on refugee resettlement and loves to research, teach, and explain the intricacies of American politics and policies. He is the first person in his family born in America and considers two places home: Chicago and Atlanta. He loves mentoring and co-authoring articles with his students. He moved to Buffalo in May 2022 from Spokane, WA where he taught at Gonzaga.

Roaming in the Unexpected Buffalo

Overlooking Buffalo from the Buffalo City Hall



<u>Observation Deck</u> (65 Niagara Square)

An Observation Deck is located at the top of Buffalo's City Hall. This art deco building was dedicated in 1932. At 378 feet in height, it is one of the tallest

structures in Western New York. The observation deck is on the 28th floor, offering 360 degree views of Buffalo. On a clear day you may see the mist from Niagara Falls as well as the Canadian side of the border shared on Lake Erie. This free adventure is open week days from 8:30 a.m. to 4:00 p.m. For more information about the historic art deco interior artwork and other features, visit: https://www.visitbuffaloniagara.com/businesses/buffalocity-hall-observation-deck/

African American Heritage Corridor



This area has three points of interest: Michigan Street Baptist Church (511 Michigan Avenue), built in 1845, which has connections to the Underground Railroad, Progressive and Civil Rights Movements in Western

New York. Also, <u>Nash House</u> (36 Nash Street), home of legendary Rev. J. Edward Nash, has remained untouched since the 1940's. And, the historic <u>Colored Musicians Club and Jazz Museum</u> (145 Broadway), founded in 1917, became the most popular jazz destination in Buffalo. For information on tours and virtual tours of this historic neighborhood, visit https://www.michiganstreetbuffalo.org/

<u>Buffalo Maritime Center at the Longshed</u> (at Canalside)



View the ongoing construction of a traditionally built, full-sized reproduction of the Erie Canal Boat, "Seneca Chief." In 2025, for the commemoration of the Bicentennial of the completion of the Erie Canal, this vessel will

travel to New York City for "The Wedding of the Waters." Dignitaries from Western New York, on this replica packet boat, will ceremoniously deliver Lake Erie water into New York Harbor. The Longshed offers exhibits on the mezzanine. You may find volunteers from the Buffalo Maritime Center at work on the packet boat. The doors are open from 10:00 a.m. to 5:00 p.m. (days TBD after Labor Day) for this free experience of traditional boatbuilding. Check their website for more detail: https://buffalomaritimecenter.org/

Buffalo and Erie County Naval and Military Park (One Naval Park Cove) A standout feature of the Buffalo



waterfront is the Naval Park and Museum. It is the largest inland Naval Park in the US. Many exhibits in the museum and throughout the grounds reveal ways to honor, educate and preserve some of our nation's

major historic events. A walk through the waterfront park will show many tribute monuments to the Armed Forces through the years. The entrance fee museum and boarding of ships is open daily from 10:00 a.m. 5:00 p.m. For more information, visit: https://buffalonavalpark.org/

Buffalo Heritage Carousel (at Canalside)



While visiting Buffalo's waterfront, stroll down from the Longshed Building on the Boardwalk to take a ride on the fully restored solar-powered carousel. An antique Wurlitzer Carousel Band Organ entertains while adults and children enjoy a ride on hand-carved animals or chariots for \$1.

Hours: Monday, Wednesday, Thursday and Friday 11:00 a.m.-7:00 p.m., Saturday and Sunday. https://www.buffaloheritagecarousel.org/

Buffalo Bison's Baseball (One James D. Griffin Plaza)



The season will be winding down for Buffalo's AAA baseball team in September. Home games are played at Sahlen Field in downtown Buffalo. A free above ground Metro train ride will take you from the Hyatt

Regency Hotel right down to the stadium in minutes. The game on Friday, 9/08, starts at 6:05 p.m. For Bison's information, visit: https://www.milb.com/buffalo

Buffalo AKG Art Museum (1285 Elmwood Avenue)



A renamed art gallery just opened in Buffalo in Spring 2023! The original museum, established in 1862, is the sixth oldest public art institution in the US. The new addition expands gallery collections which range

from 19th century art to modern and contemporary art to the present. For further information, check out their website: https://buffaloakg.org/

Be sure to check websites this summer for September schedules when making your travel plans!

Roaming the Niagara Frontier - Niagara Falls, NY

- *Niagara Falls is one of the most awe-inspiring natural wonders of the world. The immense power and beauty make it on the "bucket-list" of visitors from around the world.
- *We will have approximately 2 ½ hours here. Do as much or as little as you choose. There are many activities to choose from.
- *Visitors do not pay an entrance fee and you do not need a reservation to enter Niagara Falls State Park. You will be able to view the American Falls, Bridal Veil Falls and Horseshoe Falls



Niagara Falls Visitor Center -The visitor center at Niagara Falls State Park has been recently renovated to include a new \$46 Million State of the Art Welcome Center,

Interpretive museums including natural, industrial and Indigenous American history, Concession spaces, Rooftop solar array with green roof elements Niagara USA Travel Information (niagarafallsusa.com)



Niagara Falls Observation Tower At the top of the USA

Observation Tower, visitors can experience panoramic views of all three Niagara Falls as well as both the US and Canadian side of the Niagara Gorge. \$1.25 admission.

Elevators at the Observation Tower provide visitors with access to the base of the gorge and the boarding site for the Maid of the Mist boat tour. From the base of the tower, you can also head to a series of stairs to climb the Crow's Nest for additional stunning views of the American Falls.

Observation Tower | Niagara Falls State Park



Maid of the Mist - Since 1846, the Maid of the Mist has been whisking visitors by base of the American Falls and then onto the basin of Horseshoe Falls for stunning views they will not see from the top of the gorge. Be

sure to put on your rain poncho because this is one activity at Niagara Falls where you will get wet, but we can guarantee it is one you will always remember. Boats leave approximately every 15 minutes for a 30-minute trip. Ticket price for adults is \$28.25. Tickets can be purchased online at the official website https://www.maidofthemist.com/ or at the site.



Cave of the Winds -After an elevator ride down 175 ft (53m) into the Niagara Gorge, visitors then step out onto the Cave of the Winds which features a series of redwood decks often

called **the Hurricane Deck**. Cave of the Winds à la carte tickets are only available at the attraction on Goat Island at Cave of the Winds Plaza. Cave of the Winds Pavilion | Niagara Falls
State Park



Niagara Scenic Trolley - For those looking to learn about Niagara Falls State Park, a ride on this state of the art scenic trolly is the perfect activity to check out the best of the park. The Niagara Scenic Trolley is

eco-friendly and runs on natural gas. It is also heated in the cooler months as well as air conditioned in the summer to ensure comfort for everyone. Niagara Falls State Park is ADA-compliant and the trolley is great for those with limited mobility to explore the park with a three-mile 30 minute guided overview featuring the highlights of the park. Adult ticket \$3.00. Niagara Scenic Trolley | Niagara Falls State Park



Aquarium of Niagara - Visitors will find the aquarium located near the Discovery Center in Niagara Falls State Park. In this aquarium, you will find more than 1,500 aquatic animals

ranging from the Great lakes to coral reefs. With over 30 educational exhibits, kids can learn about California sea lions, rescued seals, Peruvian Humboldt penguins, seahorses, coral reefs, sturgeon and more. Tickets for the Niagara Aquarium can be purchased at the door, but to avoid long wait times, you should purchase tickets online prior to visiting. Aquarium of Niagara | Aquarium & Rescue Facility in Niagara Falls, NY



The Niagara Falls Underground Railroad Heritage Center

The center is located inside the former 1863 U.S. Custom House attached to the Niagara Falls Amtrak station. The center sits adjacent to the location of the

former International Suspension Bridge, a point of crossing for many freedom seekers including Harriet Tubman. The places and stories associated with this network of freedom seekers, free African Americans and abolitionists, evoke powerful themes in American history and celebrate the bravery of the men and women who risked their lives to achieve the most basic rights of liberty. Located at 825 Depot Avenue West Niagara Falls, NY 14305. Learn more

at niagarafallsundergroundrailroad.org

Niagara Falls State Park has a variety of venues that are accessible to persons with mobility-type disabilities, including wheelchair accessible attractions like Maid of the Mist, the Observation Tower, Niagara Adventure Theater, Niagara Scenic Trolley, Niagara Gorge Discovery Center, the Niagara Falls Visitor Center and Top of the Falls Restaurant. Please note that Cave of the Winds offers limited access.