



AT HOME

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A Trip to the Eisenhower Locks

For more than 60 years, the St. Lawrence Seaway and the Eisenhower Locks have connected the Atlantic Ocean to the Great Lakes. The Seaway stretches 2,038 miles, from the Atlantic to Duluth, Minnesota, and takes 8.5 days to sail from one end to the other. Since opening in 1959, more than 2.5 billion tons of cargo have passed through the Seaway.

The Seaway Visitor Center offers members the opportunity to see the ships transit the locks, as well as learn the history behind the engineering and construction of the locks. Wonder what it's like to pilot the ships through the locks? The Center also gives visitors a chance to try their hand at navigating a ship with an interactive simulator, as well as a shipping map offering information on which vessels are scheduled to arrive and transit the locks.

Looking Forward to:

Ice Cream at Red Pine Cone

Friday, August 7th
1:00 pm
Meet in Lobby
*Register by 8/3

Summer Picnic

Thursday, August 13th
1:00 pm
Eleanor Burke Pavilion
*Register by 8/3

Clover Patch Farm

Monday, August 17th
Time: TBD
Meet in Lobby
*Register by 8/7

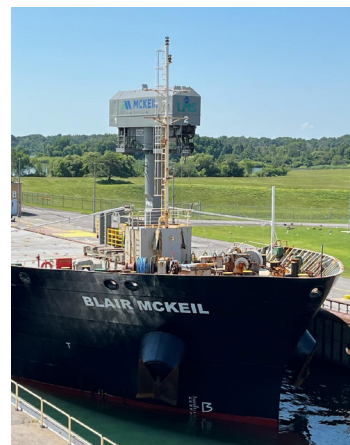
Plumb Brook Cafe

Friday, August 28th
9:00 am
Meet in Lobby
* Register by August 8/21

Pictured right is the Blair McKeil transiting the locks. The Blair McKeil is a Canadian ship, measuring approximately 459' long and 68' wide. She was built in 2010 and can carry nearly 15,000 tons.

Pictured below is Audrey Groebler, learning more about how the locks were created.

Learn more about the St. Lawrence Seaway here:
<https://www.seaway.dot.gov/explore/seaway-visitor-center>



Let Freedom Ring!

Happy Birthday, America! The bells were ringing as UHISL members gathered on July 4th to welcome the 250th year of liberty. Members rang their bells for two and a half minutes to celebrate the historic moment. Afterward, a holiday brunch was served.

Pictured right are members ringing their bells.



VISIT US VIRTUALLY: WWW.UNITEDHELPERS.ORG OR CALL TO SCHEDULE A PRIVATE TOUR (315) 379-1428

NEIGHBORHOOD NOTES

What a wonderful summer we're having! From our fabulous 4th of July celebration and brunch to our trips for ice cream and a visit to the Eisenhower Locks, we've certainly made the most of the sunshine!

Our tour of North Country ice cream stands will take us to Red Pine Cone and the Custard Cottage in August. We'll also visit Plumb Brook Cafe on Friday, August 28th. Be sure to register in advance if you're interested in trying any of these establishments.

If you haven't already signed up for the summer picnic, please do! Final registrations are due by August 3rd. The picnic will feature entertainment by Ed McCarthy and a wonderful picnic menu, plus games and activities.

On Monday, August 17th, we'll be headed to The Clover Patch Farm in Morristown for a "Flower Bar." Participants will be able to create their own flower arrangements and explore the property. Cost is \$15 per person. Register by 8/7.



Sit a spell! - Member Jane Daby convinces UHISL Manager, Jen Dean to sit and enjoy a cup of coffee.

Ice Cream Outings!

We've had a great time taste-testing at different ice cream stands located across the north country! Which one is our favorite? We're not sure. There's still plenty of summer left and lots of stands to explore!

Pictured to the immediate right are UHISL members and staffers who visited Hazel's Ice Cream in Norfolk, NY. Pictured are Draven Lashua, Donald Nordberg, John Scillieri, Audrey Groebler, Deb Rycroft, Emalyn (Deb's granddaughter), and Jen Dean.

Pictured below are Deb Rycroft, Emalyn, and Audrey Groebler enjoying their treats at the Home Town Diner in Norwood.



World Cup Coffee Hour

UHISL Coffee Hour is always well attended and is a great place to meet new members, connect with friends, and catch up on the activities surrounding UHISL.

The recent World Cup games offered members a lot to discuss as they followed the 39-day tournament.

The 2026 FIFA Tournament was the longest in World Cup history, expanding from 32 teams to 48 and increasing the number of matches from 64 to 104. The matches were held across three countries and hosted in 16 different cities. Members had fun predicting game outcomes and following their favorite players and teams.

Happy Birthday to:

August

Vanessa Skipka - 14th

Marilyn Johnson- 24th

Gary Parker - 25th

Donna Doig - 31st



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