

# THE SHUNIAH NEWS

Shuniah, Ontario



A Superior Living Experience

Volume Nine, Issue Five September 2019

## Shuniah Sluggers Continue Their "Fight" for Fitness

by Kathie Maunula



If you were to approach the basement door of the Macgregor Rec Centre on a Monday or Thursday evening around 5:30pm you would most definitely hear, the pounding of bags, a fury of fists, motivating music, huffing and puffing, a loud voice calling out "20 more seconds! Keep going!" and the laughter... lots and lots of laughter. Welcome to the home of the Shuniah Sluggers, a boxing exercise class instructed for the last 3 + years by personal trainer and boxing coach Dayna Bernier. This is not your regular fitness group. The class's mantra "What doesn't challenge us, won't change us" encourages students to push themselves to their OWN limits... whatever that might be. With an individualistic approach to fitness, Coach Dayna is able to tailor the class to all the various needs and advise each student how to adapt exercises to get the most out of them. Check out the testimonials of current participants,

"The boxing class Coach Dayna runs really is a bright spot each week for me. The work outs, boxing skill learning, the laughs and comradery all combined to make it productive and fun. New members are welcomed and can easily join in too. This boxing class happening twice a week right in our neighbourhood is something to take advantage of!" ~Jill

"Dayna is a dedicated boxing coach that brings a lot of knowledge and experience into her classes." ~Karen

"A welcoming group for all ages and sizes! Solid workout with a great amount of sweat! Drills can be modified to meet each person's needs and abilities!" ~Dana

"Dayna is very encouraging to everyone that comes out. Because I don't have to go to town, I find it easy to stay committed and attend all the classes. A great group of people." ~Gail

Dayna's coaching experience has been invaluable and utilized by more than just the Sluggers in Shuniah since she has also coached the Youth Group for boxing and boot camp nights, Mommy and Me Exercise, Self Defense, Adult Mobility/Exercise Classes and private individual and family boxing classes. Her dedication to the Shuniah community has been amazing and we are blessed to have such a qualified instructor available to us at the MacGregor Rec Centre. And of course, the laughter.... Did I mention the laughter?

You are invited to come and try out a class... the first one is always free but we are guessing you will be back! See the MacGregor Recreation page for class times and pricing or call Dayna at 632-2254 for more information.

## Summer 2019 - Fabulous in Shuniah!

Little Lions Sun Fun pages 6 & 7

Shuniah Soil Mates Host Kids page 8

Shuniah Summer Day Camp page 12

## Fall 2019 Brings More Fun!

MacGregor Rec Centre Activities pages 4 & 5!



The Municipality of Shuniah Invites You To Attend A

# TOWN HALL MEETING

Join the Mayor and Council for a public meeting and opportunity to:

- Engage in a conversation about Shuniah's future
- Discuss ideas with Municipal Council
- Receive updates on Municipal projects and operations

Everyone is welcome to attend and all voices are encouraged to participate. Your input is important to chapping the community.

**Town Hall Meeting will take place**  
**Thursday, September 5th, 2019**  
**6:00pm to 8:00pm**  
**MacGregor Recreation Hall**

Note: Comment cards will be available at the event, but you may print out your own card and fill it out before the event if you choose to by going to [www.shuniah.org](http://www.shuniah.org)



## FALL IS SOON UPON US!

With fall just around the corner, be sure to stop by the Municipal office on 420 Leslie Ave to purchase a soft warm hoodie or toque to help keep you warm in fall and winter.

**Hoodies for Sale**  
 Adult - \$40  
 Youth - \$35

**Toques \$20**

## DO NOT FEED THE WILDLIFE

by Paul Greenwood, CAO

Feeding wildlife may be an enjoyable way to connect with nature, however it can often lead to serious problems for animals like squirrels, deer and birds.

### Consequences of feeding wildlife

#### Threats to wildlife

- animals can become dependent on artificial food sources
- animals can lose their natural fear of humans and pets, becoming more prone to conflict
- artificial feed is not healthy for wildlife
- wild animals may gather in large numbers when they are being fed — this concentration of animals in one area can spread parasites and disease and cause destruction of natural habitat
- feeding animals near roads increases their risk of being hit by vehicles

#### Threats to people

- feeding wildlife may attract "unwanted" animals to your property
- animals will learn to associate humans with food, and can become a problem to neighbours
- habituated animals can become aggressive
- feeding animals near roads increases the risk of motor vehicle accidents, resulting in property damage, injury or death

#### So what CAN you do?

- appreciate wildlife from a distance
- keep household waste, compost and pet food out-of-reach from wild animals
- attract wildlife to your property by improving natural habitat
- work together with your neighbours to help keep wild animals wild

Help keep all wildlife safe and healthy and....

**DO NOT FEED THE WILDLIFE**



**SHUNIAH NUMBERS**

EMERGENCY .....	911
Non Emergency Administration .....	983-2021
	(facsimile 983-2943)
Public Works and Roads .....	983-2550
	(facsimile 983-2946)
Municipal Office .....	683-4545
	(facsimile 683-6982)
	Toll-free: 1-855-683-4545
OPP .....	1 888 310-1122
MNR.....	1 888 310-(Fire) 3473

**MUNICIPAL OFFICE HOURS OF OPERATION**

Located at 420 Leslie Avenue, Thunder Bay

Monday to Friday: 8:30 am to 4:30 pm  
 May long weekend to September long weekend  
 – Fridays 8:30 am to 3:30 pm





## Users of Silver Harbour Conservation Area

The Lakehead Region Conservation Authority (LRCA) has been experiencing a high amount of unwanted behaviour at Silver Harbour Conservation Area, including:

- the dumping of residential garbage,
- stealing toilet paper from the outhouses,
- damage to the parking lot, and
- vandalism.

With limited staff resources, this results in additional time and funds required to maintain this area, that takes away from other necessary work.

Based on our 2018 traffic study of data collected via traffic counters and trail counters installed at our Conservation Areas, there were over 21,900 vehicles that entered Silver Harbour Conservation Area throughout 2018. Only **0.9%** of those vehicles paid the \$2.00 per vehicle parking fee, amounting to approximately \$400.00 in coin box revenue from Silver Harbour. Silver Harbour Conservation Area has the **lowest rate** of users paying the parking fee of all of LRCA's Conservation Areas.

With the recent Provincial cuts to Conservation Authorities across Ontario (the LRCA's Provincial funding was recently cut by 50%), we are now more than ever in need of your assistance. The LRCA receives no provincial government funding for recreation. Coin box revenue and municipal levy (i.e. municipal property taxes) fund Conservation Areas.

Funds from the \$2.00 per vehicle parking fee and the \$30.00 annual Explore Card Parking Pass go directly towards paying for:

- gas in lawnmowers and trimmers,
- toilet paper,
- garbage removal,
- maintenance in areas,
- repairs to docks and boat launch,
- repairing and replacing picnic tables, benches, pavilion,
- cleaning up vandalism (i.e. covering up spray painting on rocks),
- paying property taxes (the LRCA is a private land owner and therefore pays property taxes to the Municipality of Shuniah).

If you are user of the Conservation Area, please consider paying the parking fee or purchasing an annual Explore Card to ensure that the LRCA is able to continue to provide the facilities and boat launch access in the Municipality of Shuniah. Both the parking fee and Explore Card can be purchased on our website or at our office.

## Thank You

by Jason Evans

After two very successful years, I would like to notify the community that I have resigned from my position as Community Services & Economic Development Officer (CEDO) for the Municipality of Shuniah as of August 24th, 2019, at the conclusion of Silver Harbour Day. My decision is based on the opportunity to fulfill a lifelong dream of attaining a law degree. I will be moving to England in September to pursue an Honours Bachelor of Laws (Juris Doctor) from the University of Southampton. My experience as the CEDO for Shuniah has contributed immensely to my knowledge of the procurement process, contract interpretation, and the ability to navigate the Federal and Provincial legislative and regulatory landscape and will certainly aid in my pursuit.

I was fortunate enough to work with many of you on the following projects: the Kinghorn Rail Line, the MacGregor Industrial Park Feasibility Study, the Community Profile, the Tourism Strategy, the Resident's Guide and the Recreation, Parks, and Facilities Master Plan, as well as facilitating the Annual Soil Mates Harvest Dinner, Shuniah's gateway signage and the Shuniah Day Camp. I owe a lot of this success to you for your continuous support and great work. If I don't have the opportunity to see you before I leave, I just want to say THANK YOU.

I am forever grateful to Mayor, Council, the Administration, Staff, and Residents of the Municipality of Shuniah for the opportunity that was provide to me. Shuniah provided me with an engaging learning environment that fostered critical-thinking, self-discipline, research and analytical skills while valuing social justice, fiduciary duty, and ethical behaviour.

### COUNCIL CONTACT INFORMATION

**Mayor Wendy Landry**

807 346-9330

807 626-6686

wlandry@shuniah.org

**Councillor Donna Blunt**

807 983-2129

dblunt@shuniah.org

**Councillor Ron Giardetti**

807 983-2051

807 627-7115

rgiardetti@shuniah.org

**Councillor Don Smith**

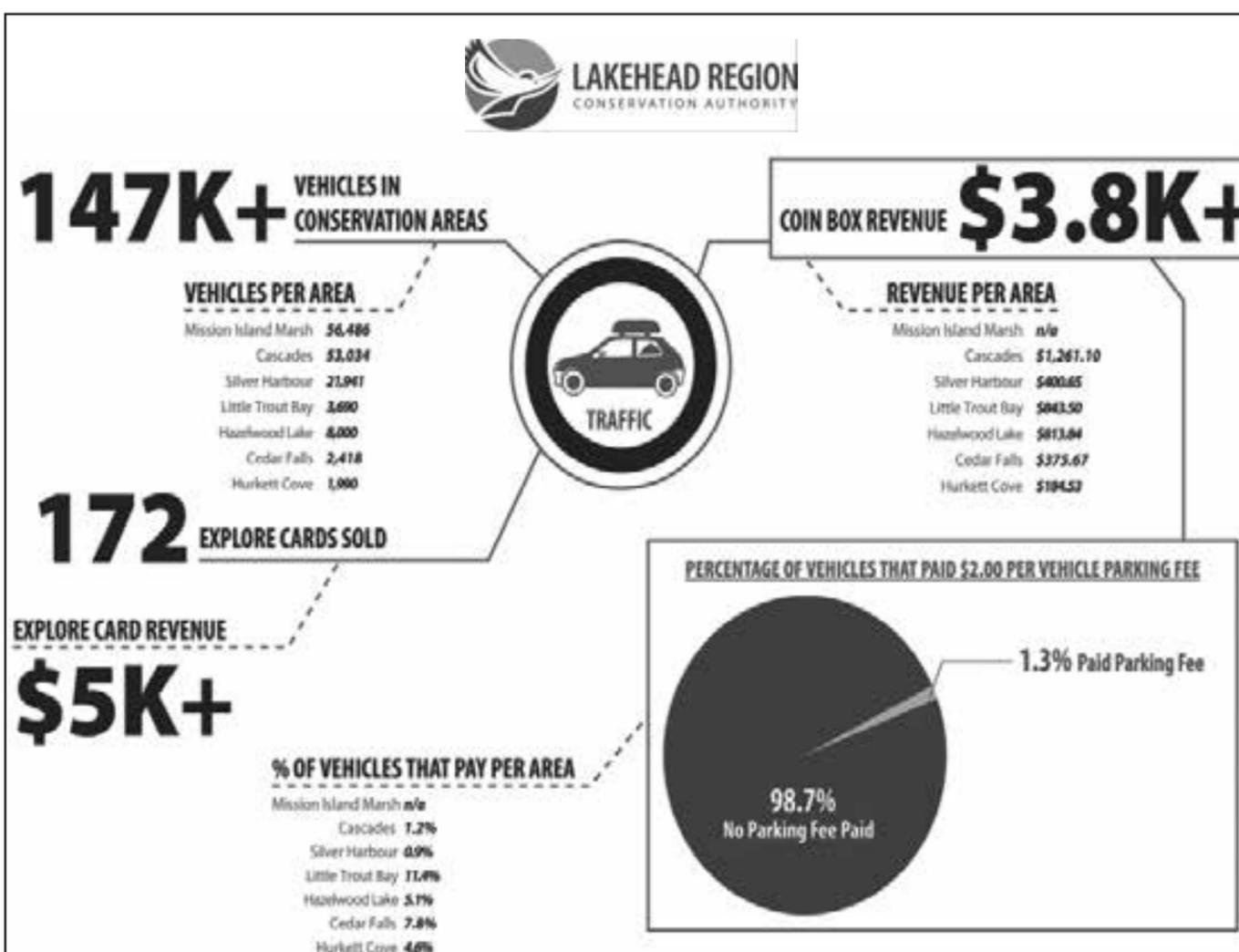
807 621-1904

dsmith@shuniah.org

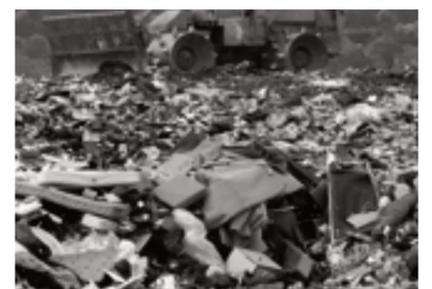
**Councillor Duff Stewart**

807 627-0230

dstewart@shuniah.org



## Landfill Hours



**MacGregor Site**

Sat/Sun 9:00am-5:00pm

Wed 8:30am-4:30pm

**McTavish Site**

Sat/Sun 9:00am-5:00pm

Wed 12:00pm-8:00pm

(Apr 1 to Oct 31)



# What is Happening at the MacGregor Recreation Centre in the Summer?

800 Lakeshore Drive - More information call 344-1908 email [kathmaun@tbaytel.net](mailto:kathmaun@tbaytel.net)  
Like us on Facebook "MacGregor Rec" to always know what is going on!

## MORNING YOGA

9:30-11:00am

Monday Sept 9-Oct 28 - 8 classes \$80

Saturday Sept 14-Oct 26 - 7 classes \$70

Or \$12/class drop in rate

"Meet you on the mat" Yoga targets the connective tissues, such as the ligaments, bones, and even the joints of the body that normally are not exercised very much in a more active workout. Bring your own yoga mat and blanket all other props are provided. Any questions please contact Diane Gordon at 683-3016 or [dgordon@tbaytel.net](mailto:dgordon@tbaytel.net)

## MUSIKGARTON FAMILY MUSIC

Mondays 10:15-10:45am

New session begins September 16th

\$8 per class for 10 weeks plus family kit (\$40) drop in rate \$10

This fun class is a weekly 30-minute class for 3 months to 3-year olds and their caregivers. Musikgarten classes nurture music skills by engaging children and their families in carefully designed singing and movement activities. Little people learn to tune their ears, develop their language and voices, and move their bodies with rhythm to express their musicality. Participate with your child each week in singing, chanting, rocking, moving, dancing, listening and playing simple instruments. See his/her curiosity about the musical world bloom and watch your child to find the joy in music! Register for this program online at [musikgarten.org/growingwithmusik](http://musikgarten.org/growingwithmusik) or call Karen Kent at 355-5520 to register.

## FOREVER FITNESS-ADULT EXERCISE

Mondays 1:45-2:45pm

New session begins September 9th

\$5 drop in rate

**MOBILITY, FLEXIBILITY AND STRENGTH!** Get rid of ankle and knee pain! Improve your balance! Gain range of motion in your shoulders and hips! Increase your mobility and strengthen your muscles! In this weekly class, we will do a flexibility routine to increase reaction time, improve balance, work muscles to support your body and work on mobility to increase range of motion. This class is open to everyone and even great for first time exercisers in our older community. Contact Dayna at 632-2254 for more info.

LET'S USE IT - SO YOU DON'T LOSE IT!

## SHUNIAH SLUGGERS

### BOXING FITNESS

Mondays and Thursdays 5:30-6:30pm

New session begins September 5th

All fitness levels welcome! Are you ready to safely improve your cardio, endurance and co-ordination? Join Dayna, our knowledgeable personal trainer and certified boxing coach in this non-combative class. Gloves and equipment provided. \$15 drop in rate per class or \$100/month for 8 classes (Mondays and Thursdays 2x a week for 4 weeks). Want to create your own private exercise class of 5-8 friends or family? Contact Dayna at 632-2254 for more information.

## MUSIKGARTON ADULTS: ENJOYING THE PIANO TOGETHER

Tuesdays 2:00-3:00pm

New session begins September 17th

\$15 per one-hour lesson for 8 weeks plus book cost (\$30)

This relaxing, non-pressured music program is for adult beginners who have always wanted to learn the piano and want to play for their own enjoyment. Our focus is on developing the inner musician through active music making (singing, drumming, moving) as well as playing the keyboard. No previous music trading is needed-this will be provided in the program with many fun musical activities. The group recreational music setting provides a relaxing and comfortable time to explore music together. Come and find the joy of participating in music! Call Karen Kent at 355-5520 to register.

## EVENING YOGA CLASS

Tuesdays 5:45-7:00pm

New session begins September 10th

No class September 24th

\$40 for 5 classes or \$10 drop in rate

Everyone is welcome. This is a gentle Hatha yoga class combining breath work, Asanas (postures), meditation and concluding with Savasana (final relaxation). Yoga focuses your attention in the present moment, soothing tension in the mind and body and helps in developing muscle strength, tone and flexibility. Please bring your own mat and a blanket. Contact Lynn Kallies for more information at [roblynn@tbaytel.net](mailto:roblynn@tbaytel.net)

## SHUNIAH ART GROUP

Wednesdays and Sundays 1:30-4:30pm

New session begins October 2nd and 6th

\$25 registration and \$10/class

All levels are welcome to either or both days. Beginner to advanced students will be tutored according to their individual needs. Specific guidance is what makes this three-hour class so special. Space is limited as Jeanne spends time with each student individually and so must limit the number of students in each class. To register and for a list of supplies contact Jean Marler at [jeanne@jeannemarler.com](mailto:jeanne@jeannemarler.com) or 807-631-7856

## SHUNIAH YOUTH GROUP

Wednesdays and Fridays 6-9pm

Activities begin Friday September 6th with **CAPTURE THE FLAG!**

Drop in activities for youth grade three and up (Kids must sign in and out of centre)

Younger children welcome to participate in activities with parental supervision.

All kids are invited to participate in the fun organized events that are highlighted in the monthly calendar. The Youth Program offers basketball nets, skating rink, sports nights, dances, bingo, ping-pong, pool table, air hockey, and a great place to hang out and meet friends! For updates on activities follow the MacGregor Rec Centre on Facebook!



## SHUFFLEBOARD LEAGUE

Thursdays 1:00-3:00pm

New session begins November 7st

No experience necessary! The disks and cues are ready! Come out and meet your neighbours by joining us for a weekly fun tournament. If you are curious about how shuffleboard works... come out on a Thursday and watch a game! Coffee is always on and everyone is welcome!

## SPARKS, BROWNIES AND NOW GUIDES!

Thursdays

6:30-7:30pm (Sparks)

6:30-8:00pm (Brownies and Guides)

New session begins September 26th

Registration is open and there are a few spots left! Sparks, Brownies and Guides are branches of the Girl Guides of Canada. Girls entering SK to Grade 6 are invited to join. We have lots of fun and make new friends! We are planning lots of great activities including learning outdoor skills, singing, making crafts and helping our community. You can enroll your girl at [www.girlguides.ca](http://www.girlguides.ca). Be sure to find our unit, the First Shuniah Sparks/Brownies/Guiding Unit!

Also, we are looking for apples to use in cooking projects. If you have any trees you would like picked please call Martha at 807-355-3783 or e-mail [mdowsley@lakeheadu.ca](mailto:mdowsley@lakeheadu.ca)

For any questions about our unit, email Martha [marthadowsley@hotmail.com](mailto:marthadowsley@hotmail.com).

## COACH'S CORNER

*Build that Mental Muscle!*

With summer drawing in and school coming up quickly. It is hard to imagine our summer "break" is coming to a close.

The thought of getting "back at it" puts us all in a shock, because really did we even get to stop? How can we show up to the hustle of September and October when we are mentality exhausted.

The fall season is a great way to recharge your emotional bank. The cooler or comfortable temperatures, the smells of crisp fresh air, the new harvest of vegetables available are all excellent markers for mental wellbeing.

Take time to energize yourself with outdoor activities that will allow yourself some peace and quiet. A stroll down the less crowded beach, a hike with your best 4-legged friend. Soak in the smells and sounds, and allow your mind to settle in on this "recharge". Sometimes even a cup of coffee with only a sunrise to share your time will be enough to boost your batteries for the upcoming season.

Fall is for many reasons the best time of year. Make the most of it, give yourself to a mental retreat and recharge yourself.

Until  
next time -  
Keep  
Swinging  
Coach  
Dayna



# Little Lions & Family Centre Thanks

by Gayle Goyan, RECE

Little Lions Child and Family Centre from McKenzie Public School would like to say a big THANK YOU to Shuniah and the Shuniah Youth Group for allowing us to take part in the summer program once again this year. A small group of children took the Little Lions van

once a week during the six-week program to the Recreation Centre and Wild Goose Park and joined in the fun activities that were planned. Gardening, crafts, face painting, swimming and beach fun were only some of the great activities the children were able to enjoy.

At the daycare the staff and children also appreciated the lovely weather we had. Some of the activities the children loved to do here were slip and slide, sprinkler activities, ribbon flyers, bubbles, outdoor snacks and lunches, nature walks, crafts, Miss Renee's wonderful games and the list goes on.



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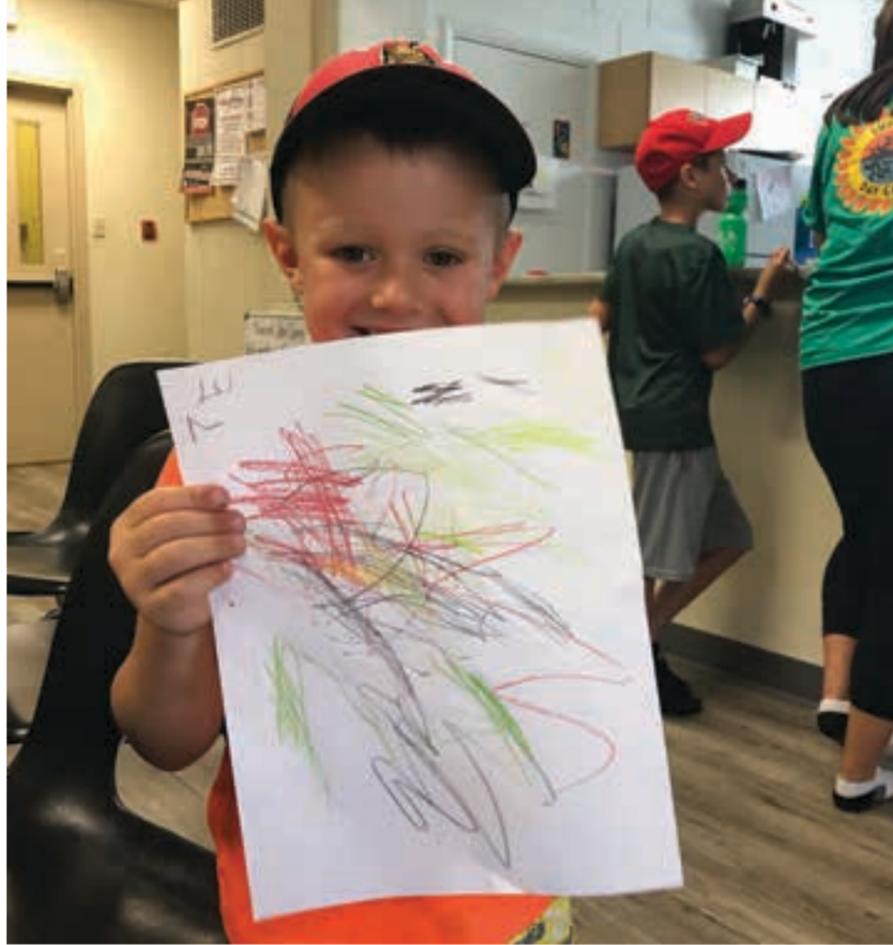
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# A Rich Vegetable Harvest in Progress

by Peter Tracz, Chairperson, Shuniah Soil Mates

The warm rains and high humidity of July and August had very much to do with the healthy and overflowing burst of vegetable produce in all of our gardens. I counted no less than 24 varieties of produce. In walking thru the many aisles of the gardens, the viney veggies did not have to struggle to overflow the banks of the garden boxes. If something did not grow out, then it grew up and many lattices are now filled with succulent peas, pole beans and tomatoes. Potatoes seem to be the favourite choice with wax beans following close by.

Our herb garden #2 is an equal success in that last winters heavy snow cover allowed the plants to regrow healthy and to date we have donated 6 bundles of a variety of herbs to the support kitchens in Thunder Bay. My thanks to Trish and Diane for their constant and tender care.

We had the pleasure of being asked again to host the Shuniah Day Camp and McKenzie Little Lions children at our Gardens on July 25th. We kept them busy for several hours with watering our gardens, weeding, thinning and most important, they all enjoyed hand painting their pet rocks and veggie picket signs left as secret gifts in many of the gardens. A BIG Soil Mates thank you to Diane and guest Susan Wright for their face painting talent. This is always a big hit with the children and even the "big" kids had their turn at having painted tatoos.

To the Shuniah resident who donated two rain water barrels via Mayor Landy...thank you immensely. They will be put to good use watering plantings at the Rec Center flower gardens.

Drop in to the Gardens. We would love to show and tell.

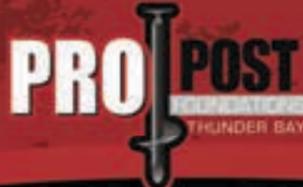


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## GENERAL CONTRACTORS

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## SEPTIC TANK CLEANING

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## WELL SERVICES/PUMPS

**Kershaw Well Services**

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**Thunder Bay & District Labour Council**  
**Annual Labour Day Picnic**  
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Current River Park - Cumberland Street  
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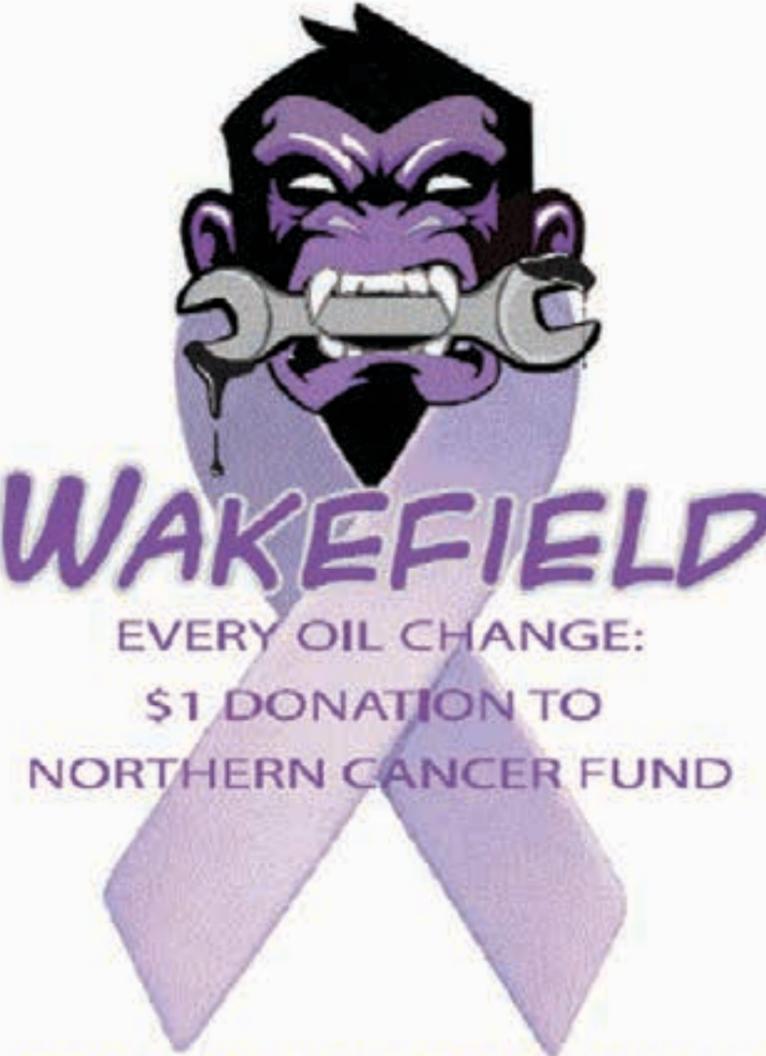
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**The Shuniah News**  
next  
publication:

**November 2019!**

**Deadline for submissions**  
**OCTOBER 16**

Submissions & photos are welcome! Do you have stories or photos about Shuniah, or Community Events to publicize? Send them in! Submissions can be emailed to: designhouse@tbaytel.net Please make note that you wish your submission to be published in The Shuniah News. **Questions about submissions or extremely reasonable advertising rates? CALL Design House: Chris Vaclav - 628 7271 or EMAIL**

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# Shuniah Day Camp Summer was Super!

by Tammi Whitelock

It's been another great summer at the Shuniah Day Camp! Throughout the 6 weeks, there were tons of activities and crafts as well as guests and day trips. Guests included gardening and face painting with Peter and Diane Tracz ending with painting paddles and rocks, Monday morning yoga with Diane Gordon, weekly boxing sessions with Dayna Bernier and assembling and painting birdhouses with Mike and Simone Poling. We also had weekly visits from the Little Lions Daycare where they would join us in our crafts and games and afternoons spent at Wild Goose Beach. Besides the guests, we also went on weekly day trips! We went to the Teddy Bear's Picnic at Vickers' Park, the Alexander Henry boat tour and the splash pad at Marina Park, dug up amethyst rocks at Diamond Willow Amethyst Mine and went mini-golfing at KOA Campground. We also rode the Muskeg Express at Centennial Park, went for a canoe ride at Fort William Historical Park and played in the splash pad at the North End Community Centre. The Shuniah Day Camp had a great turnout this year and had many returning campers as well as new! I would like to thank the staff, Larissa Heino and Tehya Smith, who helped to make this an enjoyable and successful summer. Also, a big thank you to Jason Evans for facilitating this camp and helping it run smoothly. Thanks for a great summer, looking forward to seeing everyone next year!



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