

# THE SHUNIAH NEWS

Shuniah, Ontario  A Superior Living Experience

Volume Ten, Issue Six November 2020



The Elf group was the winner of the Brownie leaf collection game at the Bluffs: Hannah, Madison, Jaida and Sophie. Congratulations Girls!



The Guides enjoying a sunset together at Amethyst Harbour  
See pages 6 & 7



Little Lions  
See page 3

## Internet Improvement - We Need Your Help!

by Mayor Wendy Landry

We need all Shuniah residents to take the internet performance test. If you have a poor internet connection we need you to pass this information on to the Federal Government in the hopes of receiving funding to improve connectivity within Shuniah. Taking the online Speed Test is a quick and easy way to test your internet connection and is intended to provide data to researchers to better understand and improve the Canadian internet. You can also provide written comments and provide feedback on your service availability.

The Municipality of Shuniah along with other neighbouring rural municipalities are working with the Northwestern Ontario Innovation Centre (NOIC) to receive funding to improve our internet services. Our application for funding has made it to the second stage and it's critical that we collect as much data to support our application.



We recognize the importance of this project to our community and need to continue to address gaps in connectivity because of the impact on safety, quality of life, economic diversification and sustainability. Accessibility to broadband infrastructure is a key foundation to community economic development. Go to [www.shuniah.org](http://www.shuniah.org) and follow the links to the Universal Broadband Fund website. No personal information will be retained, and all data is collected anonymously.

Your invoice in your inbox!



[Login to Your eBilling Account](#)

Shuniah is now offering a paperless Property Tax eBilling system that allows you to receive your property tax bill to your email inbox. Once registered, when a bill is released, you'll receive an email with a link to your property tax bill. You can also access and print your tax bills at anytime, anywhere, from any device.

To register, select eBilling from our Municipal webpage at:  
<https://www.shuniah.org/property-tax-eBilling/>. Select the green "Login" button to be redirected to our secure external e-commerce site.

You will need to have your latest tax bill in-hand to complete the eBilling registration. If you do not have your tax bill, contact the municipal office to request a copy.

**Municipality of Shuniah, ON**  
eCommerce

**Sign In**

Go to Municipality of Shuniah, ON eCommerce!

If you want to sign in, you'll need to register first.  
Registration is fast & easy!

[Register](#)

[Learn how to Register!](#)

Help us protect the environment, conserve local resources, reduce the carbon footprint and reduce costs within our municipality by registering now.



McKenzie School  
See page 12



## The Screen for Life Coach is Visiting You Soon!

Mobile Screening for Breast, Cervical and Colorectal Cancer

- Breast cancer screening for women 50 to 74 years of age.
- Cervical cancer screening for women 21 to 69 years of age.
- Colorectal cancer screening for men and women 50 to 74 years of age.

**MacGregor Recreation Centre**

(800 Lakeshore Drive)

**November 25, 2020**

8:00am-4:00pm

Call to book your appointment  
**(807) 684-7777**

[www.tbrhsc.net/screenforlife](http://www.tbrhsc.net/screenforlife)





# Public Works Department Annual Winter Safety Message

by Craig Baumann  
Manager of Operation

## Obstructing the Roadways

Council passed By-law No. 2051-01, which states that, no person shall obstruct or cause any obstruction to any highway, roadway, public lane or bridge within the Municipality. This by-law also indicates that snow, dirt, rubbish or garbage of any kind cannot be placed or plowed onto the roadway and drainage ditches.

## Mailboxes & Snow

- Mailbox posts need to be sturdy enough to handle snow thrown by the snowplow. If a mailbox is damaged by plowed snow, repair or replacement is the homeowner's responsibility.
- Mailboxes that have been directly hit by a snowplow blade will be repaired or replaced by the Municipality with a standard mailbox.

## Snow Removal Information:

The following information is provided to assist residents of Shuniah in understanding the Municipalities program for winter maintenance of roads. We hope that this information will also help people appreciate some of the challenges in keeping the roads safe and open for travel.

When a major snowstorm occurs, all drivers throughout the Municipality are faced with deteriorating driving conditions at the same time. Without consideration to the limitations of a snow maintenance operation and regardless of the weather, we understand that drivers expect all roadways to be cleared and safe within the shortest possible period of time. We agree that rapidly cleared roads are very important, both for safe travel, and to facilitate the handling of emergencies by fire, ambulance and police operations.

The plow operators are assigned a designated route, of which may contain several classes of roads. Class 3 roads are considered the major routes and class 5 roads are considered to be the lower volume lightly traveled roads. The routes are designed to clear roads in a systematic way that generally gives priority to class 3 roads and class 4 - 5 collector roads with steep hills and curves. This method also provides the best access for Emergency Services.

The specific course of action (including salting and sanding) will be determined by the Roads Supervisor, depending on snow depth, type of snow, drifting, icy conditions, etc. It is the Municipality's objective to plow all roads within 10 hours of a snowstorm's completion. In cases of heavy snowfalls, accidents, mechanical breakdowns and / or other problems, these objectives may not be met.



## Frequently Asked Questions

- Why do plows push snow into driveways? Why can't the operator lift the blade in front of my residence?  
*Answer* - Snow must be pushed to the side of the road to clear the road for traffic; all plow trucks are set up to push snow to the right. Sometimes it is necessary to make several passes with the snowplow during a storm. Other instances may require the banks to be pushed back to allow room for more snow or to allow for drainage during the spring thaw.
- Homes that are located near corners, intersections and cul-de-sacs may receive more snow deposit in driveway entrances than homes located on straight stretches of road, of which is unfortunately unavoidable in most instances.
- Why can't the Municipality sand the sides of the road where I walk?  
*Answer* - Roads are maintained for vehicles, not walkers. The sanders are designed with the applicator on the driver's side of the vehicle in order to apply sand to the center of the road.

## Snowmobiling along the CNR Rail Line and Municipal Roadways

Snowmobilers are reminded to adhere to the rules and regulations of the Ontario Highway Traffic Act when enjoying off-road vehicle activities. The former CNR rail bed is privately owned property and should not be used for motorized off-road vehicle usage. Issues and/or concerns regarding activities on or along the CNR's right-of-way are to be forwarded to CN Public Enquiries @1-888-888- 5909.

As always, the Public Works Department welcomes your input regarding transportation and environmental service items that you feel require our attention. Please feel free to e-mail your comments, questions or concerns to:  
cbaumann@shuniah.org .

# Adoption of New Official Plan

by Paul Greenwood, CAO

Council passed By-law No. 3134-20 on October 13, 2020 adopting the proposed new Official Plan for the Shuniah and administration is just a little elated to say the least. The journey to get to this point has been lengthy and challenging but we could not be happier with the final document.

The Official Plan update to the 2014 draft was initiated in 2018 once the Water and Wastewater Servicing Option Study was completed in 2017 and includes community, Provincial and Agency consultation. The proposed 2020 Official Plan includes updates resulting from the Provincial One Window draft review, legislation and Provincial Policy updates, input from the Ad Hoc Planning Committee and Council-directed changes made prior to final adoption. Shuniah will now have to make application to the Ministry of Municipal Affairs for final approval of which new legislation requires the Province to make a decision within 120 days.

The Shuniah Official Plan is a

legal document that contains the goals, objectives and policies to manage and direct land-use changes and their effects on the cultural, social, economic and natural environment within the community. The proposed new Official Plan will replace the current Official Plan approved by the Province in 1996 and provide the framework for directing growth and change in Shuniah, providing policies to aid municipal council, public agencies and private interests in making local land use decisions for the next 25 years. Once approved by the Province, all land use related zoning by-laws and all future development must conform to the new Shuniah Official Plan. The Official Plan will implement policies governing residential, commercial, industrial, institutional and open space development in addition to policies regarding septic, water, environmental protection, roads, subdivisions, plans of condominium and land severance. The Official Plan applies to all lands within the boundaries of Shuniah.

## BE ALARMED CARBON MONOXIDE CAN BE DEADLY!

### WHERE IS THE RISK?

Over 65% of all carbon monoxide deaths and injuries in Ontario occur in homes.



### WHAT ARE THE SOURCES?

Many Ontario homes have an average 4-6 fuel-burning appliances that produce carbon monoxide.



### WHAT ARE THE SYMPTOMS OF CARBON MONOXIDE POISONING?



### HOW DO I KEEP MYSELF AND MY FAMILY SAFE?

Ensure all fuel-burning appliances and vents in your home are inspected annually. Find a registered contractor at COsafety.ca. Install and regularly test carbon monoxide alarms.

For more information contact your local fire department.

Shuniah Fire & Emergency Services 807-983-2021  
www.shuniahfire.com



Office of the Fire Marshal and  
Emergency Management  
ontario.ca/firemarshal

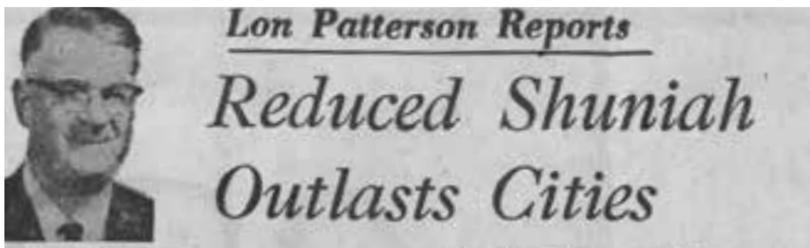
## COUNCIL CONTACT INFORMATION

- 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 Meghan Chomut**  
807 983-3399  
mchomut@shuniah.org

# Little Lions Child and Family Centre- McKenzie Public School

by Gail Goyen

We are pleased to let everyone know that we are open. Our hours of operation are Monday to Friday 7:30-5:45. If you require childcare please register at [thunderbay.onehsn.com](http://thunderbay.onehsn.com) or give us a call at 683-5624.



Reprinted from the Fort William Times-Journal Wednesday  
December 31, 1969

Article Credit: Lon Patterson

Before the old year bows out, we'd like to turn a thought to Shuniah. It seems likely now that this municipality as finally shrunk to its final form, comprised of two small but promising municipalities, McGregor and McTavish. Shuniah started big and by degrees became small.

Shuniah which means silver in Ojibway, was incorporated as the first municipality in the Northwest, taking in all that vast, sparsely inhabited territory from Dorion to the United States boundary. This took place March 29, 1873. Port Arthur and Fort William were not yet born. Still Shuniah, reduced in size, outlives both.

Erosion started in 1881 when the townships of Paipooonge, Blake, Crooks, Pardee and McKellar broke loose and set up independently as Neebing Municipality. As settlers moved in and gathered in groups they organ-

ized new municipalities, always taking with them a piece of Shuniah. Ambitious Prince Arthur's Landing set up housekeeping as Port Arthur in 1884. McKellar township and a portion of Neebing got married in 1895 and they made off with another bit of Shuniah to establish a town called Fort William.

Paipooonge left home in 1904 to set up as an independent municipality. The remnants were drawn together and Shuniah re-organized with McIntyre, McGregor and McTavish. Then Shuniah lost its biggest portion this year when McIntyre pulled out to join Thunder Bay.

The lake shore townships of McGregor and McTavish are all that remain of once vast Shuniah. It should not be forgotten that every other municipality was carved out of the original Municipality of Shuniah.



# What is Happening at the MacGregor Recreation Centre?

800 Lakeshore Drive - More information call 344-1908 email [kathmaun@tbaytel.net](mailto:kathmaun@tbaytel.net)

Follow MacGregor Rec Centre on Facebook to always know what is going on!

THE MACGREGOR REC CENTRE'S GOAL IS TO PROVIDE THE FACILITY AND SUPPORT TO PROGRAM INSTRUCTORS, ENABLING THEM TO OFFER CLASSES IN A SAFE ENVIRONMENT

NEW COVID PRECAUTIONS IN PLACE INCLUDE:

- CLASS SIZE LIMITS
- NO DROP IN CLASSES - MUST PRE-REGISTER
- SIGN IN CONTACT TRACING
- ALL PROGRAMMING IS SUBJECT TO CHANGE BASED ON HEALTH UNIT RECOMMENDATIONS

## MORNING YOGA

Mondays @ 10am Hatha

\$12 per class or \$50 for 5 classes

Art of Yoga is back! Must RSVP ahead of time!

Link to RSVP and book your class time:

[bookwhen.com/artofyoga](http://bookwhen.com/artofyoga)

Everyone welcome! Reach out to Art with any questions

707-7374 or email at [artofyogacanada@gmail.com](mailto:artofyogacanada@gmail.com)

## MUSIKGARTEN FAMILY MUSIC

Tuesdays 10:30-11:00am

\$80 for 8 weeks

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 musical-



Bootcamp Participants love  
ALL kinds of weather!!



ity. 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

## FOREVER FITNESS- ADULT EXERCISE

Mondays and Thursdays 1:45-2:45pm

or 3:00-4:00pm \$5 per class

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 to register.

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

## SHUNIAH SLUGGERS BOXING FITNESS

Mondays and Thursdays 5:00-6:00pm

\$80/month 2x a week

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 available. Want to create your own private exercise class of 5-8 friends or family? Contact Dayna at 632-2254 to register and for more information.

## SHUNIAH ART GROUP

Tuesdays and Sundays 1:30-4:30pm

\$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 Jeanne Marler at [jeanne@jeannemarler.com](mailto:jeanne@jeannemarler.com) or 807-631-7856

## SHUFFLEBOARD LEAGUE

Tuesdays 1:00-4:00pm

No experience necessary! The disks and cues are ready! Come out and meet your neighbours by joining us for a weekly fun tournament. Coffee is always on and everyone is welcome! Please contact Ron to register at [rgiardetti@shuniah.org](mailto:rgiardetti@shuniah.org)

## EVENING YOGA CLASS

Tuesdays and Wednesdays 5:30-6:45pm

\$50 for 5 class session

Everyone is welcome. This is a gentle Hatha yoga class with an emphasis on exploring the restorative nature of yoga and the mindfulness of the practice. Classes will include postures, breathing techniques, and full body relaxation through a final Savasana (guided relaxation).

Please bring your own mat and a blanket.

Contact Instructor- Lynn Kallies to register or for more information email [roblynn@tbaytel.net](mailto:roblynn@tbaytel.net)

## SHUNIAH YOUTH GROUP

YOUTH GROUP ON-LINE

- WEDNESDAYS AND FRIDAYS @6PM

♥SHUNIAH FAMILIES!♥

Although we aren't able to hold our Youth Group nights face to face just yet, we will continue to post fun activities and ideas on our MacGregor Rec Centre Facebook page. Join us on Wednesday and Friday evenings at 6pm by participating in the activities and adding your own pictures to our post! We miss you and can't wait to be able to see you all again!

## COACH'S CORNER

With our summer sun dwindling away, and the new look of our Covid winter, now is a great time to zero in on some goals that you may have gotten away from in our crazy first half of 2020. I am a goal orientated person, either getting ready for upcoming fights or starting a new spin on my career. I love hitting goals. I do these little tests on myself throughout the year to sharpen my willpower and gain confidence. I have read several books on goal setting and gaining mental strength. I do find they have very big similarities. So, I am going to list the 6 steps to help achieve any goal...whether it be weight loss or a financial goal.

### 6 STEPS TO HIT ANY GOAL

I used weight loss for these examples but apply whatever you like to these steps.

#### 1) Get very clear on what you want.

If weight loss is your goal, don't just say I want to lose weight. Get specific, like I want to lose 20lbs of fat and gain 5 lbs of muscle.

#### 2) Get very clear on what you will give up.

To reach your weight loss goal, you will have to make some changes. For example, I will not go out with my friends and have beer and wings every Friday.

#### 3) Give yourself a deadline.

I want to lose 20lbs of fat and gain 5 lbs of muscle but I want to reach this goal by February 1st.

#### 4) Put your plan together.

In order to reach these goals, you will have to, meal plan, watch your calories and add exercise in to your already existing schedule. Plan to meal prep Sunday evening for your work week, Schedule for 3 or 4 workouts and start monitoring your water consumption daily.

#### 5) Write it down and keep it with you.

Summarize all your steps in about 3 or 4 sentences. Example I am going to lose 20 lbs of fat and gain 5lbs of muscle by Feb 1st. I will meal plan. I will do 3 or 4 days of workouts every week. I will also keep track of my calories and water consumption.

#### 6) Read it to yourself every day.

By reading it to yourself every day to train your subconscious mind, you will actually be boosting your efforts 10-fold by getting your subconscious to realize what you are doing.

So, there you have it folks. Want to dial in on something and put some serious focus on changing yourself? Follow these six steps and you will be surprised on what you can accomplish.

Have fun with this one, and  
as always....keep swinging!  
Coach Dayna

## Painting Classes

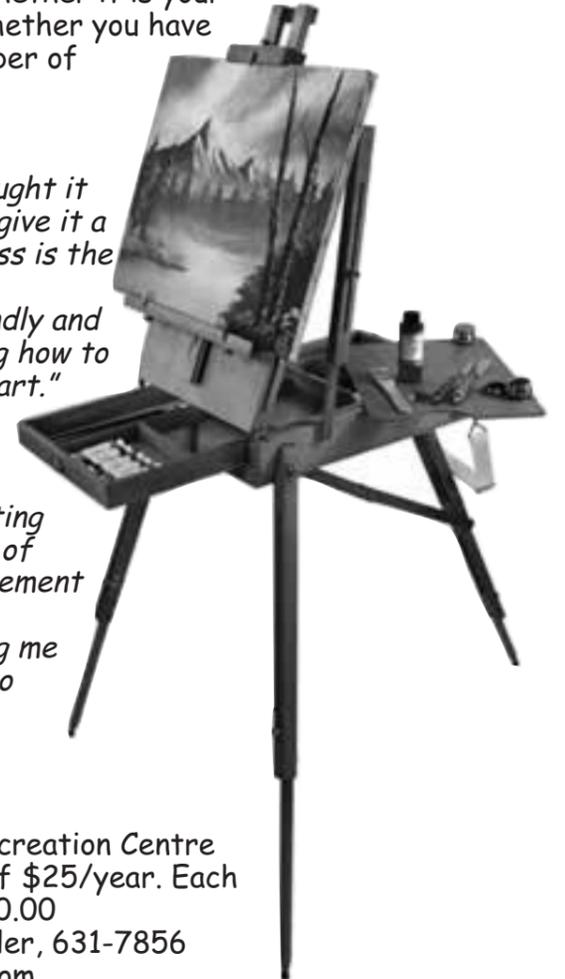
Sunday afternoons, 1:30-4:30 PM.  
MacGregor Recreation Centre  
N.B. Tuesday classes are ongoing  
but are full for the Fall Term.

Join a small group of budding and aspiring artists who wish to learn to paint or improve their painting skills, in a relaxed but serious atmosphere. My objective as a teacher is to guide you toward the way YOU wish to paint, helping you find your own voice in your artwork, whether it is your first time painting or whether you have been painting for a number of years.

*"Having had no previous experience in art, I thought it would be interesting to give it a try. Jeanne Marler's class is the perfect place to start.*

*The atmosphere is friendly and supportive while learning how to paint and to appreciate art."*  
Catherine Lance

*"But ultimately the completion of this painting rests on the foundation of knowledge and encouragement that you have given me. Thank you for not telling me that the painting was too complicated :) or discouraging."*  
Julie McKenna



Location: MacGregor Recreation Centre  
Cost: Registration fee of \$25/year. Each class attended costs \$10.00  
Instructor: Jeanne Marler, 631-7856  
Jeanne@jeannemarler.com



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## 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

- Friday Hours 8:30 am to 3:30 pm

# Girl Guide Cookies Go Online!

by Martha Dowsley, Lead Guider, First Shuniah Guiding

The First Shuniah Girl Guides are shifting to on-line cookie sales this year to respect physical distancing and keep everyone safe during the pandemic. Our sales site is:

[https://secure.girlguides.ca/site/TR/E-Cookies/Region-ON?team\\_id=2073&pg=team&fr\\_id=4390](https://secure.girlguides.ca/site/TR/E-Cookies/Region-ON?team_id=2073&pg=team&fr_id=4390)

You can purchase this fall's chocolate mint cookies there and they will be delivered to your address. (Classic vanilla and chocolate will be available in the spring). Girl Guide cookie sales support the girls in all their activities – from learning how to be safe in the woods to purchasing supplies for their volunteer activities.

This fall, First Shuniah has been busy despite Co-vid 19. Some of our meetings have been on-line with video conferencing. The girls are all becoming tech-savvy, although we did notice that singing together just doesn't work with all the delays and feedback created! So we are trying to incorporate our campfire and friendship songs into our outdoor meetings. We've also learned some fun games to play through video conferencing like 'I Spy' and 'Pass the Pen' (where you pretend to pass a pen through the screen to each other). The energy of the girls is great as we learn new skills together. The most important skill is probably having a problem-

solving mindset.

The Sparks and Brownies have been doing some scavenger hunts to learn about trees and working together to accomplish their task. Each group took a hike up to the Bluffs at Centennial Park to enjoy the sunset's glow on the Sleeping Giant and marvel at the fall colours. Nature crafts and self-guided outdoor activities have all helped them earn their 'Nature Discoveries' badge.

The Guides have been meeting at Amethyst Harbour under the leadership of Guider Amy. A big thank you goes out to that community for hosting the girls in their gazebo, fields and forests. The guides have been geocaching, learning about community history and upping their survival skills. Each girl had to figure out how to build a tripod with sticks and rope and then figure out the many

ways she could use such a structure in a camping or survival situation. We made tripods to suspend pots over a fire, a teepee and a tent-like shelter. The girls had a great time! These guides are aiming to complete all their badges so they've been really busy at home and at outdoor meetings. They started the 'Our Shared Planet' badge by discussing plastic waste and aquatic ecosystems and have been collecting litter along shorelines and finding signs of River Otters at the Amethyst Harbour dock.

This fall has been challenging, but we are all excited to be learning new skills while building our friendships and enjoying the great outdoors. Please consider buying some cookies to support the girls and get your mint chocolate cookie fix!

**WE'RE SCIENTISTS, ENGINEERS, SAFETY EXPERTS. AND PROUD CANADIANS.**

At the Nuclear Waste Management Organization, we're responsible for Canada's plan for the safe, long-term management of used nuclear fuel.

Canada's plan involves safely containing and isolating used nuclear fuel in an area with suitable geology and informed, willing hosts.

Every day, we are conscious of our duty to be accountable to Canadians – this includes taking action to address the challenges associated with COVID-19 and to contribute to community well-being in the areas where we live, work and engage.

» Dig deeper, learn more | [nwmo.ca](http://nwmo.ca)

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**nwmo**



Sara did some geocaching with her family



Lookalikes Guider Amanda and daughter Brownie Madison

**While Supplies Last: Marth Wood Pellet SALE!**

**1 Skid of Pellets for only \$339<sup>99</sup> +HST**  
50 - 40lb bags total

**THE BEST QUALITY WOOD PELLETS YOU CAN BURN!**



Parents like Nancy here with daughter Sofia have been helping out so much this fall. Thank you!



Sparks Simone Aubrey and Lily with Guiders Erin and Chrissi on their hike



Sofia and Charlotte connected tripods to form a shelter

**THUNDER BAY CO-OP FARM SUPPLIES**

Fencing & Gating • Seed • Fertilizers  
Pet & Livestock Supplies • Water Supplies

**Located just off Hwy 61**  
560 Boundary Drive,  
Slate River, ON P7J 0A5  
[tbcoop@tbaytel.net](mailto:tbcoop@tbaytel.net)  
[www.tbco-op.com](http://www.tbco-op.com)

**MORE ON OUR SALES:**

**(807) 475-5190**



*The Guides hunting for litter*



*The Sprite group of Brownies Rhyan, Halle and Olivia*



*The Fairy group of Brownies enjoying the view from the Bluffs - Beatrice, Bronwyn, Sophia and Sophie*



*The Guides found a geocache at Amethyst Harbour*



*Sara and her cooking tripod*



*The girls are working at home on some badges like camping skills*



*Guider Amy taught the girls about ecosystems and the impact of plastic pollution*



**White Cedar**  
PHARMACY

**Your Neighbourhood Pharmacy.**

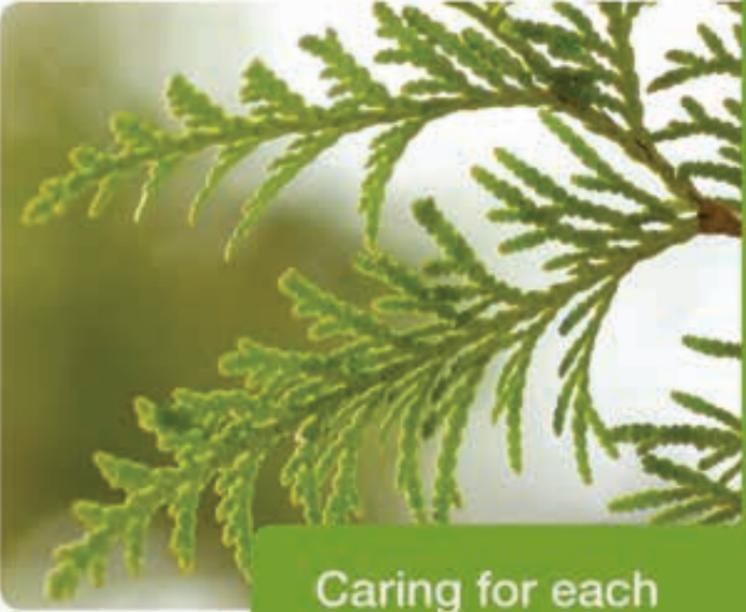
**Crystal Beach Location**

The **ONLY** pharmacy in Shuniah Township.

Making it more convenient for you and your family to have quick and easy access to pharmaceutical services.

Conveniently located next to the Crystal Beach Variety/LCBO & Crystal Beach Restaurant.

- Prescription services; supply, refill and review.
- MedsCheck - Individual patient medication review with one of our pharmacists.
- Patient counselling with our Certified Diabetes Educator (CDE) pharmacist.
- Blister and compliance packaging of prescription medication.
- All drug benefit plans are welcome.



**Caring for each other, together.**

Stop by to visit and meet our new managing pharmacist, Diane Tenenbaum.

Monday to Friday: 8:00 am - 5:00 pm  
Saturday: 9:00 am - 1:00 pm  
Closed Sunday

2001 Lakeshore Drive  
Shuniah, ON P7A 0L4

(807) 983-2300  
info@whitecedarpharmacy.com  
www.whitecedarpharmacy.com

# 2020...A Gardening Year Like No Other

Peter Tracz, C.E.T. AANG, Rocking Chair Person

As required by the Thunder Bay District Health Unit and their Level 3 guidelines, the Shuniah Soil Mates continued a sign in and sign out at our Rec Centre Community Gardens. From June 1st to October 5th our visit total was 779 signatures. Well done Mates!

In early October, the TBDHU introduced (a newly arrived) Community Gardens co-ordinator, Sarah Burnett, MPH, RD, who has taken over from Vincent Ng. On October 16th Sarah arranged a Video Conference with all the other (21) co-ordinators for a year end summary to discuss successes/concerns as well as any means to apply for funds. It was unfortunate that only 5 co-ordinators got on-line but we had an interesting group talk. Lakehead University had an occupancy of only 30-40% due to the Covid 19 threat but they shared their gardens with an un-opened Con College facility. A note here that LU has 137 gardens.

A great many city gardens shared in our misery of potato beetle and grub attacks and also resorted to hand picking them off. Some gardens could be under lock and key which helped to deter small attempts at theft.

I suggested that our 36 gardens are tired and need an exchange of soils and/or professional help to determine why our produce was minimal. One suggestion was the addition of peat moss to ensure proper soil moisture content. The 12 soil test kits purchased were well used but a Master Gardener interpretation of the kits results would help next year to properly add soil nutrients.

Be well and be safe. Remember...unless we dream, how else can wishes come true?

## Now More Than Ever, You Need to Do This

by Lana Bullough,  
Stress and Resilience Expert,  
Safe Stress [www.safestress.ca](http://www.safestress.ca)  
[lane@safestress.ca](mailto:lane@safestress.ca)

I know from experience when I focus on the things I'm grateful for rather than what is irritating me, my mood changes for the better instantly!! However, perhaps you're wondering does this simple technique work during these unprecedented times? The answer is still a resounding yes! Now more than ever you need to **practice gratitude**. It's been proven scientifically, not only does practicing gratitude have the super-power to instantly change your mood, it also helps to change the way we think over time. A study conducted by the Journal of Happiness suggested that practicing gratitude through journaling leads to people feeling happier, more connected and living more meaningful lives. How amazing is that?

November celebrates National Gratitude Month and I couldn't think of a better time than now to put the spotlight on something so simple yet has the power to change our mental and physical health.

The Greater Good Science Centre out of the University of California Berkley, credits gratitude for building a strong immune system, better quality sleep, lower blood pressure, reduced anxiety and depression, less aches and pains and increases our ability to forgive. All from practicing gratitude. What a deal!!

So, before you go to sleep tonight, think about or better yet, write down what your grateful for in a journal that you may want to label "My Happiness" because that's what practicing gratefulness is going to bring you. In the meantime, take this fun little test called "Gratitude Quiz" as your starting point.

Find it at: [www.greatergood.berkeley.edu/quizzes](http://www.greatergood.berkeley.edu/quizzes)





**LAKEHEAD REGION**  
CONSERVATION AUTHORITY

*submitted by LRCA Staff*

The 2021 Explore Card Parking Pass will be available for sale this month! Proceeds from the sale of Explore Cards contributes directly to the upkeep of our Conservation Areas; we rely on these funds now more than ever, and appreciate the support. An Explore Card Parking Pass will provide parking for one year at all of our seasonal and year-round Conservation Areas. Cards can be purchased on our website or in person at our Administrative Office. They also make great stocking stuffers!

The LRCA 2021 Calendar will be available during the month of November. Be sure to look for it at select businesses such as Safeway, Wilderness Supply, Waverly Public Library, LU Bookstore and more. The LRCA will also have copies available at our Administrative Office at 130 Conservation Road. Thank you to all of the sponsors for making this calendar possible for another year.

Even though the weather is getting cooler, exploring a Conservation Area is still an excellent way to maintain a healthy lifestyle and reap the benefits of recreat-

ing in nature for positive affects on your mental and physical health. It is important to ensure your personal safety is top-of-mind when visiting a Conservation Area, as trails can become slippery when wet with rain, snow and frost. We also require all visitors to keep their dogs on-leash at all times; bicycles are also not permitted on any Conservation Area trails. Thank you for your cooperation in helping us keep our Areas safe, clean, and fun for all visitors. All local and Provincial COVID-19 restrictions surrounding physical distancing and outdoor group sizes must be followed when visiting a Conservation Area.

For your information, Lake Superior water levels remain near all-time highs. As such, the LRCA is continuing the Shoreline Condition Statement for the Lake Superior shoreline within our Area of Jurisdiction. Lake Superior will likely see a prolonged period of high lake levels. All of the Great Lakes continue to be above average.

Get out and Explore!

## WINTER LANDFILL HOURS

**November 1 - March 31**

### MacGregor Site

Wednesday 8:30am-4:30pm  
Saturday and Sunday 9:00am-5:00pm

### McTavish Site

Wednesday 10 am to 6 pm  
Saturday and Sunday  
9:00am-5:00pm



## SUMMER LANDFILL HOURS

**April 1 to October 31**

### 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



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Medium - 14 Large - 18

**Meat Lovers**  
Ham, bacon, ground beef,  
Italian sausage, pepperoni,  
and cheese  
Medium - 17 Large - 22

**Canadian**  
Pepperoni, bacon, ham,  
Mushrooms, and cheese  
Medium - 16 Large - 21

**Cheese Only**  
Medium - 11 Large - 15

\* All pizzas available in  
thin or regular crust.\*

**Deluxe**  
Everything but pineapple  
Medium - 18 Large - 23

**Veggie**  
Peppers, mushrooms, tomatoes,  
Onions, black olives and cheese  
Medium - 17 Large - 22

**Hawaiian**  
Ham, pineapple and cheese  
Medium - 16 Large - 21

**Toppings**  
Pepperoni | ham | ground beef  
Bacon | Italian sausage  
Peppers | onions | mushrooms  
Tomatoes | black olives  
Green olives | banana peppers  
Pickled jalapeno peppers

\*Extra Toppings: Medium - 2 Large - 3

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### EXCAVATING & EQUIPMENT RENTALS

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**Pete's Backhoe Service Ltd.**  
52 Haniak Rd, Rosslyn  
Ph 939-1014,  
Email office@petesbackhoe.com  
Dump Trucks, Excavation, Lot Development

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Office: 626-6267 Director: 626-6857  
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Driveways, Lot Development, Gravel/Sand

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Office: 626-6267 Director: 626-6857  
**Pete's Backhoe Service Ltd.**  
52 Haniak Rd, Rosslyn  
Ph 939-1014,  
Email office@petesbackhoe.com  
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## Thunder Bay Community Pasture NOTICE OF ANNUAL GENERAL MEETING

**Monday, November 16th, 2020**  
8:00 p.m.

**By Zoom  
To register**

Contact Kendal Donahue at  
Kendal.Donahue@ontario.ca  
627-1566

Everyone is welcome to attend

For more information: dlbockus@tbaytel.net



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# Shuniah Municipal Office Information - Updated October 21, 2020

**MUNICIPAL OFFICE IS OPEN TO THE PUBLIC** – If you have any symptoms of COVID-19 please refrain from entering the office.

**Shuniah buildings temporarily closed to the public include:** Rec Centre, Public Works and Fire Halls Boat launches are open as long as social distancing is maintained and there are no gatherings.

West Loon Dock is OPEN.

Some recreation centre programming has been resumed or has gone online.



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**Burning permits** are available on-line or at Crystal Beach Variety (who also have Landfill Punch cards)

**Waste & Recycling:**

Both landfill sites are open and running normal business hours and landfill cards are required for punching. No scavenging or loitering permitted.

**Building Permits and Inspections:**

Building permit applications will continue to be accepted, reviewed and approved to facilitate all types of construction but owners and contractors must ensure Provincial Emergency Orders are being followed.

**Property Tax Payments:**

Property tax payments can still be made using internet banking or by dropping off a cheque in the mail or at the office. You can also call the office to arrange for pre-authorized payments to come out on the due date.

**Council Meetings:** Council meetings are still being held using ZOOM. See website for Zoom ID.

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LAKEHEAD REGION  
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- Driveway Repairs & Grading
- Fence & Gate Installation
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- Welding & Fabricating



The Shuniah News - next publication: January 2020!

**Deadline for submissions January 4!**

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](mailto: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 [designhouse@tbaytel.net](mailto:designhouse@tbaytel.net) EPAYMENTS NOW AVAILABLE! The Shuniah News is produced by Design House Publications, printed by Web Press and distributed by Thunder Bay Letter Shop.

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## News from McKenzie School

[www.lakeheadschoools.ca/mckenzie](http://www.lakeheadschoools.ca/mckenzie)  
Submitted by Julie Gayoski-Luke, Vice Principal



We have had two great months even with the strangeness of all the new rules and ways of doing things. There is lots of learning happening in and out of the school. In the classrooms we are focusing on literacy and math and we are teaching students skills to help kids self-regulate and develop into healthy adults. Outside we are creating new learning and play spaces on the playground so classes can spend more time outside. We have included some highlights for you.



As we pass Thanksgiving and move into the Christmas Season we would like to say Thank you to the community and local organizations that support our students at McKenzie. McKenzie is special because of the support we have from families and the community.

**The school participated in the Terry Fox Run, raising an amazing \$970!!**



We have a brand new outdoor learning area in the field with stumps for seats! The grade 2/3 class used all kinds of math as they developed a plan, measured it out and started putting the stumps in place. They even had to figure out how much a third of each stump was to know how deep to dig the hole. Great learning for the students and something our classes will be able to use all year!

**We are always looking for more stumps.**

For our next project.....we just need more stumps! We would like to border our sand play areas and make a few stepping stump areas! If you have a tree you are cutting down, we would take any stumps and all heights!



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