

# THE SHUNIAH NEWS

Shuniah, Ontario  A Superior Living Experience

Volume Eleven, Issue One January 2021

## Shuniah Tour of Lights an Overwhelming Success!

The houses throughout our lovely community shone a little brighter this holiday season. Thanks to a partnership between the Pass Lake Community Hall and the MacGregor Rec Centre, the Shuniah Tour of Lights was introduced as an activity offering families a COVID safe outing. As the roads began to light up, the partnership expanded into a team... including Youth Group staff, Epic Cones, Crystal Beach Store, Lakeshore Bistro, Shuniah Volunteer Fire Department, Municipality of Shuniah, Rural Food Cupboard and of course SANTA! Residents of Shuniah, Thunder Bay and beyond embraced the idea... waving to the firefighters and saying "Hi" to Santa while picking up hot chocolate made by Epic Cones, and generously donating thousands of food items and over a thousand dollars to the Rural Food Cupboard all while traveling our beautiful community admiring the light displays.

Thank you to everyone involved and especially to the residents of Shuniah who put up all those extra holiday decorations essentially creating an absolutely amazing Tour of Lights.



## 2021 INTERIM PROPERTY TAX INVOICE

Shuniah's 2021 interim property tax bill will be mailed out the end of January. Payments are due Friday, February 26, 2021 and Friday, April 30, 2021. 2020 Total Taxes Paid for income tax purposes can be found on page 2.

Payments can be made online or at the Municipal Office.



## 2021 Shuniah Calendar Contest Winners

Thank you all for submitting so many stunning photos that capture our area's extraordinary beauty. Congratulations to the 2021 Calendar winners:

1st Place: Miles Kozar

2nd Place: Maureen Calder

3rd Place: Alison Carr

Calendars are available free of charge at Crystal Beach Variety or at the Municipal Office, while supplies last.



Miles Kozar



Maureen Calder



Alison Carr

## Introducing... Superior North Health and Wellness Coaching

If you have ever participated in youth boxing, adult boxing, boot camps, adult mobility or enjoyed the "Coach's Corner" you already know me.

Hey Folks, Coach Dayna here. I am excited to announce my expansion called Superior North Health and Wellness Coaching. This is where I not only provide physical training but nutritional training for all dietary lifestyles. We all know the challenges we faced this past year. I took this opportunity to advance my knowledge by becoming a Certified Holistic Nutritionist.

Health and wellness come in all different shapes and sizes. From balancing hormones to understanding the importance of stress management, I can help your individual journey to your best self!

~ Coach Dayna



Check out page 3 for more fun from Little Lions Child and Family Centre



# Public Works Department Winter Road Safety

by Craig Baumann  
Manager of Operation

After a snowfall, or when snow and ice accumulations are high, you can expect sanding and snow clearing operations. Snow clearing equipment operators are often doing work in unfavourable weather conditions to make roadways as clear and safe as possible for residents.

The flashing amber and blue safety lighting on snow clearing equipment is used to increase visibility and to warn motorists and pedestrians of on-going snow removal operations.

Residents are reminded to think safety first when in the vicinity of working heavy equipment. Plowing and sanding crews need room to do their work efficiently and effectively, so it's in everyone's best interest to Stay Back, Stay Safe.

Always remember to drive to winter conditions, be patient, allow additional travel time to get to your destination, and take alternate routes from equipment.

## Winter road safety tips

Follow these tips when you encounter crews working to help ensure the safety of all road users.

### 1. SLOW DOWN AND KEEP WELL BACK from snow clearing equipment.

The recommended distance is a minimum of 15 metres (approximately three car lengths).

### 2. STAY BACK FROM SPREADER TRUCKS

When a spreader truck is applying salt or sand to the road surface, slow down and keep back from the truck to prevent your vehicle from being hit with salt or sand.

### 3. KEEP BACK and have headlights on at all times when travelling.

Snow clearing equipment may produce snow clouds that reduce visibility.

### 4. BE PREPARED TO STOP

Snow clearing equipment moves at much slower speeds than other vehicles, and operators also stop frequently to assess their work. Freshly plowed streets can also be slippery until sand/salt trucks have applied the appropriate material. Drive to conditions and give yourself sufficient room to stop.

### 5. DO NOT PASS TO THE RIGHT of the equipment.

Snow and debris are often plowed to the right and may pose a hazard to motorists.

### 6. BE CAUTIOUS when approaching snow clearing equipment from behind.

Snow clearing equipment often makes several passes over the same area, which requires travelling in reverse. Vehicles travelling too close are at risk of damage or collision.

### 7. MAKE EYE CONTACT

If you are unsure of what a heavy equipment operator is about to do, wait and make eye contact with the operator – they may finish the task, or – if it is safe – stop and wave you through before continuing their work.



## 8. AVOID DRIVING THROUGH WINDROWS

Snow clearing equipment often makes several passes to clear a roadway. If you drive through a windrow, you may get stuck in the snow and ice, or scatter the snow and create a hazard for other motorists.

## Additional snow safety tips

- When possible, park vehicles off-street (in locations such as driveways and parking lots), as vehicles parked on the roadway can hinder the snow clearing process.
- Teach children to stay back from roadways when they see plowing equipment coming.
- Portable basketball and hockey nets and other structures should be removed away from the street to ensure plowing equipment can clear the area without causing damage.
- Keep privately owned trees trimmed back along streets.

## REMINDER

Invoices received at the Shuniah Landfill sites must be paid at the Municipal office within 15 days of receiving invoice. Municipal office is located at 420 Leslie Ave.



MUNICIPALITY OF  
**SHUNIAH**  
*A Saanich Living Experience*

# Introducing Our New Councillor

by  
Meghan Chomut

I wanted to share my gratitude and thanks for all the support and warm welcomes as I began my Councillor position with the Municipality of Shuniah. My grandparents live here, my parents live here, most of my family live here and there's no other place I would want to live and raise my kids. To say that this community is important to me would be a massive understatement.

Since August I have had the opportunity to connect with many of you in the community. These conversations have been enlightening and heartwarming. It's an honour to be able to contribute to the conversation and I'm looking forward to learning more about the interests, priorities and operations of our municipality.

I also want to extend a special thanks to the council and staff for answering ALL my questions, being available for my phone calls and emails, as well as including me as a part of the team

from the very beginning. When I applied for consideration for the Councilor position, I shared with everyone that my three core values are approachability, integrity and respect: always asking questions, hearing and sharing opinions.

Like you I have a love/hate relationship with that red dirt. Like you I love driving by the school and seeing the bundles of new shingles sitting on the roof. Like you I smile every time I drive past that trestle. Like you trips to the dump are a weekend family event.

If it's important to you. It's important to me. There are 2 ways to get in touch with me;  
phone: 807-983-3399  
email: mchomut@shuniah.org

I'll leave you with some fun facts about me: I sauna every Sunday, I can sing all the Disney songs (not in tune) + I worked on a watermelon farm in Australia.



## 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

by Gail Goyen

Little Lions Child and Family Centre, located in McKenzie Public School is open Monday to Friday from 7:30-5:45. We offer before and after school care for children that attend the school, as well as toddler and pre-school child care throughout the day. You can add your name to the waitlist by visiting [thunderbay.onehstn.com](http://thunderbay.onehstn.com) or give us a call 683-5624.



# What is Happening at the MacGregor Recreation Centre?

800 Lakeshore Drive - More information call 344-1908 email 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
- SCREENING AND SIGN IN CONTACT TRACING
- ALL PROGRAMMING IS SUBJECT TO CHANGE BASED ON HEALTH UNIT RECOMMENDATIONS

## MORNING YOGA

Mondays @ 10am Hatha

Wednesdays @ 10am Slow 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 (start for winter session to be announced)

\$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 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. Covid precautions will be in place.

## FOREVER FITNESS- ADULT EXERCISE

Mondays and Thursdays 1:45-2:45pm or 3:00-4:00pm

\$40/month 2x a week

**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 BOOT CAMP 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

\$20 registration and \$10/class

Painting classes: Acrylic and Oil. 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 5:30-6:45pm

\$40 for 4 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!

# THE RINK IS READY!

FAMILIES LOOKING FOR SOME OUTDOOR FUN? CHECK OUT THE RINK AT MACGREGOR REC CENTRE.

A HUGE THANK YOU TO THE MUNICIPALITY ROADS CREW FOR FLOODING AND CARING FOR THE RINK.

ALSO, A MESSAGE TO THE SHUNIAH RESIDENTS WHO CLEARED AND SHOVELLED THE RINK

OVER THE HOLIDAYS... A COMMUNITY

CENTRE RUNS BETTER WITH VOLUNTEERS HELPING OUT WHEN NEEDED.

WE REALLY DO APPRECIATE YOUR HELP!

THANK YOU!

\*\*PLEASE NOTE\*\* THE RINK SHACK WILL NOT BE OPEN THIS SEASON DUE TO COVID



### COVID-19: Know the facts

How can I protect myself, my family, and my community?



**Stay home when sick.** Do not go to work or any public places. If you are out and start to feel sick, go home and separate yourself from others immediately (this is called self-isolating). Get tested for COVID-19.



**Wear a mask or face covering** that covers your nose, mouth and chin with no gaps. Wear it in all indoor public spaces and when physical distancing is not possible. Continue to practice physical distancing.



**Clean and disinfect** objects and surfaces around the house that people touch a lot (e.g. door handles, cell phones).



**Wash your hands** often with soap and warm water. When this isn't possible, use hand sanitizer.



**Practice physical distancing.** Stay away from busy places. Stay at least 2 meters (6 feet) away from people outside your household or social circle.



**Be prepared** to self-isolate or provide support for loved ones who are sick. Have a care plan as well as enough supplies to last 14 days.



**Cover your coughs and sneezes** using your sleeve or a tissue. Wash your hands right away.



**Be extra careful** around people who are at higher risk.

## COACH'S CORNER

Well Happy New Year! Another year has come and gone. This past one was one to remember.

As we add up our birthdays something to consider is to add more protein.

Protein is one of the 3 macronutrients (carbohydrates and fat are the other two) that is required in high amounts by your body. But, did you know that your protein intake amount needs to get higher as we age?

There is growing evidence that older adults are not as responsive to protein as they age. This means they need more to function optimally compared to younger adults. Thanks to menopause, the increase is needed even more if you are a woman.

By getting enough protein through middle and later in life (especially for women), may be particularly impactful in helping with the maintenance of physical function.

So how much you say? The general recommendation is 0.8 grams per kilogram of bodyweight. For more active folks, 1.5 grams per kilogram.

**keep swinging!  
Coach Dayna**

### Shuniah Soil Mates - On to 2021!

This will be our 7th full year of the Shuniah Soil Mates Community Gardens and since our first beginnings, Angela Calaezzi ably handled our finances as a joint account with another Shuniah Community Group. I wish to thank her for help and expertise and wish her well.

I am pleased to announce that our new treasurer will be Karen Niemi-Stevens, a fellow Soil Mate, who will take the position later in January of this year once we are out of the Covid quarantine. Our Copperfin Credit Union account balance, cheques and paperwork are held at our Shuniah Office and we will have a transfer of signatures toward the end of January unless further restrictions come about.

Last summer/fall of 2020 the Copperfin Credit Union Branch on Algoma St. was either closed for renovations or shut down and a long trip to another branch on Alloy Drive had to be taken. We should be back to normal to the Algoma Branch by late January unless some other restrictions apply.

Each new year in the past we met in January to greet and re-acquaint ourselves and make plans for our gardens. This year I would like to suggest that we hold off on our first meeting till the first week in April. Hopefully by this time we will find out whether we continue under the guidance of the Thunder Bay Dept of Health Covid Pandemic restrictions...the sign at the field desk is still there at the garden gate...but not the Bear.

Until then....Happy New Year 2021 to all and remember..... Don't look back...you are not going there

by Peter Tracz, C.E.T. AANG, Chairperson, Shuniah Soil Mates



## 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

## FOREVER FITNESS CLASSES STAYING SAFE AND FIT THROUGH COVID



## 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

# Happy New Year, Shuniah!

by Martha Dowsley, Lead Guider, First Shuniah Guiding

The First Shuniah Girl Guides have been busy in the last few months with on-line and at-home activities. With all the social distancing this year, we have been focusing on providing the girls with a fun social environment and rewarding learning experiences.

Our weekly zoom meetings have given us the opportunity to try new things with the video conferencing technology. Amazing Amanda, one of our Brownie leaders taught the girls magic via Zoom so they could entertain their families over the holidays. She also arranged for them to visit Santa on Zoom. Who knew he was so high-tech?

The Sparks (ages 5 and 6) and Brownies (ages 7-8) have been doing some combined on-line meetings and the Guiding Leaders have been developing their technical skills looking for ways to entertain them and work on badges remotely. We even held an on-line campfire so the girls wouldn't forget our songs and so they could build the spirit of guiding. Our theme was nautical and Girl Guide Charlotte worked on her leadership skills by helping to write the campfire script, reading some funny poems and leading the songs. All the girls contributed jokes and we had a good chuckle. Guiders Erin and Chrissi had arranged crafts ahead of time so each girl was able to make a balloon jelly fish to hold up to their computer cameras. We had a lovely rainbow-coloured school of 'jelly fish' on our screens several times during the event. Several families also had real indoor or outdoor fires in the background to set the mood.

Another opportunity of video conferencing was that some of the girls were able to take advantage of a Lakehead University Orillia campus event and visit with a female scientist who lives in southern Ontario. Dr. Anne Innis Dagg is a pioneer in the study of giraffes. She was one of the first women to do field research on wildlife, traveling to South Africa alone in the 1950s. She is a wonderful role model for the girls with her determination and zest. We hope to introduce them to more women in different careers over the course of the year. If you would like to meet with them via zoom and share career information, please contact Martha – marthadowsley@hotmail.com . The girls love new faces and are very curious!

The girls have been balancing their increased screen time with outdoor activities. Since the snow came everyone is happily trying out new sports and brushing up on old ones, including skiing, snowshoeing, tobogganing, skating and snowboarding. They have sent in lots of pictures to share! We are hoping to get out with all the girls again soon with skating and sledding. The girls are encouraged to try out any winter sports that interest them in the meantime and share them with us during our weekly meetings. If anyone in the community has used sports equipment they can donate to the girls, please contact Martha. We are in particular need to children's class cross-country skis.

Some of the older girls continue to work on their outdoors badge. Emily and Olivia explored cattails in a frozen marsh. They learned that cattails are important ecologically as fish habitat, water filters and flood control. The above ground messy appearance of cattails at this time of year is still useful! The dead plants provide shelter for birds and the seeds are food. Humans use the fluff for insulation and stuffed life-jackets with it in World War II! The seed heads are also great fun to pull apart! Enjoy and appreciate any you find!

For at-home activities, all the girls are currently working on their 'Foodie' badge. They are asked to cook or bake several dishes. One must be a family tradition and one must be from another country. They must interview a family member about the traditional dish and share their cooking stories with us over a Zoom meeting in January. As you can see from the pictures, many choices involved holiday treats! We are so excited to hear about their kitchen adventures!

Speaking of treats...our chocolate-mint cookies are still available for sale. Customers can order from our web site and the cookies will be delivered directly to your address. We hope you can enjoy some with us! 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)

OR Facebook: look up First Shuniah Guides Fall Cookie Sale

If you have any questions about Girl Guides are might like to learn more about volunteering with us, please contact Martha

– marthadowsley@hotmail.com



Sophie and Sara snowboarding



Simone and Rosalie



Hannah with her yummy cookies



Girl Guide Emily making spinach balls



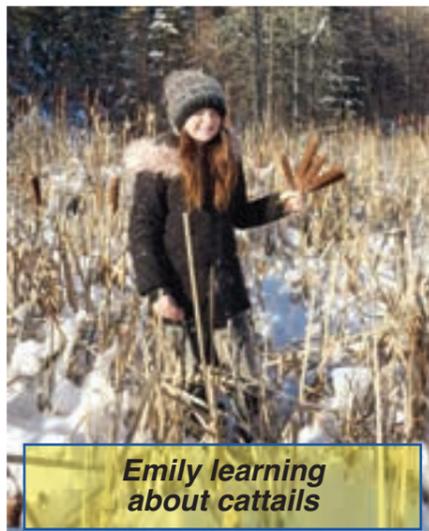
Hannah doing Lego



Kate, Soophie and Sara sliding



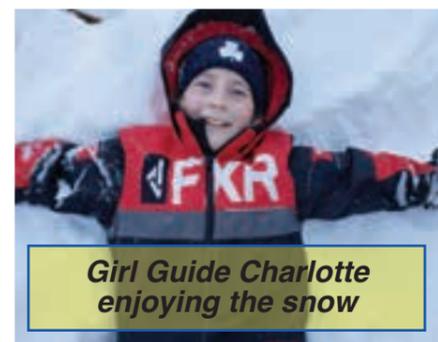
Olivia snowshoeing



Emily learning about cattails



Emily snowshoeing



Girl Guide Charlotte enjoying the snow



Beatrice and Charlotte made desserts with their Grandma

## LIFETIME BRAKE PAD GUARANTEE





**WAKEFELD OIL CHANGE PLUS**  
311 CUMBERLAND STREET N.  
THUNDER BAY, ON P7A 4N9  
(807) 345-1121



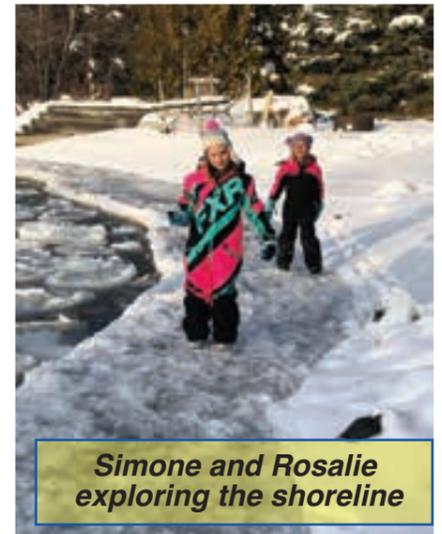
*Sophie with her great treats*



*Sara baking scones at Grandma's house*



*Rhyan baking*



*Simone and Rosalie exploring the shoreline*



*Rhyan baking*



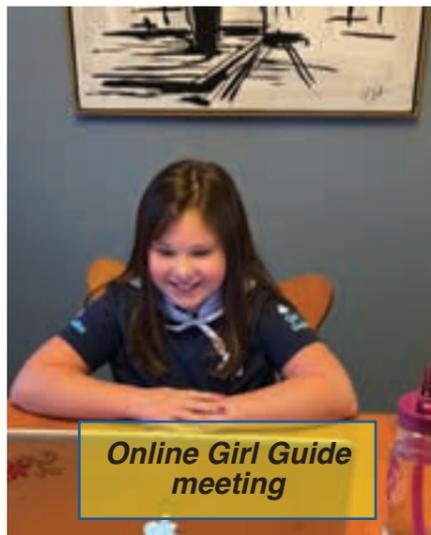
*Sara baking scones*



*Halle skating at Amethyst Harbour*



*Sophia enjoying the snow*



*Online Girl Guide meeting*



*Sophia baking Christmas treats*

# White Cedar PHARMACY

Crystal Beach Location

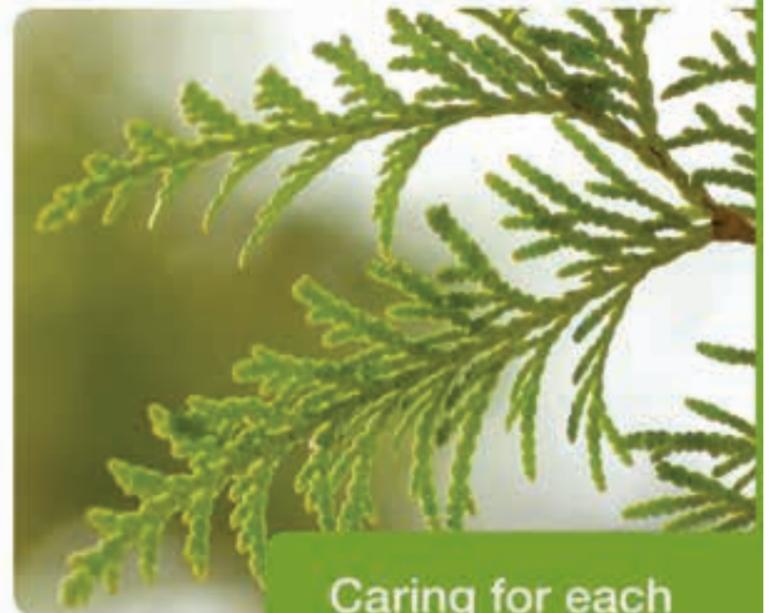
## Your Neighbourhood Pharmacy.

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

## Be prepared this winter with these 3 safety tips:

Add extra items to your emergency kit like warm clothes and blankets.

Bring your pets inside during cold weather.

Stay connected by radio, TV or online to keep informed.

#ONready | [ontario.ca/safety](https://ontario.ca/safety)



Emergency preparedness starts with you  
**take the challenge**



# #PrepareYourSelfie

[ontario.ca/beprepared](https://ontario.ca/beprepared)



### Shuniah Services Covid 19 Update

Updated December 22, 2020

**MUNICIPAL OFFICE IS CLOSED THURSDAY DECEMBER 24, 2020 TO MONDAY JANUARY 4, 2021.**

EFFECTIVE JANUARY 4TH TO 8TH, 2021 FOLLOWING LOCKDOWN ORDERS, MUNICIPAL OFFICE IS AVAILABLE FOR PHONE SERVICE ONLY. OFFICE WILL REOPEN TO THE PUBLIC MONDAY JANUARY 11, 2021.

**MASKS ARE MANDATORY WHEN VISITING THE MUNICIPAL OFFICE AND MACGREGOR AND MCTAVISH LANDFILLS.**

- Shuniah buildings temporarily **closed** to the public include: Rec Centre, Public Works and Fire Halls
- 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. MASKS ARE REQUIRED AT ALL TIMES WHEN AT LANDFILL SITES. No scavenging or loitering permitted

#### Council Meetings:

Council Meetings are still closed to the public but can be viewed on ZOOM.

Please call the Municipal Office at 683-4545 to make an appointment for essential services that cannot be provided over the phone or via email.

We ask all residents to follow the recommendation of the Thunder Bay District Health Unit, Government of Canada and Ontario Ministry of Health.



**The Shuniah News**  
- next publication: **March 2021!**  
**Deadline for submissions**  
**February 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](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.

**Design House Publications** - producer of many fine publications, including:

The Shuniah News, The Oliver Paipoonge News, The Neebing News. Check out our website at [www.shuniah.org](http://www.shuniah.org) - for The Shuniah News! Sign up to receive The Shuniah News!



**LAKEHEAD REGION**  
CONSERVATION AUTHORITY

*submitted by LRCA Staff*

Please note that the LRCA Administrative Office located at 130 Conservation Road in Thunder Bay will be closed to the public until at least Monday, January 11, 2021, due to the current Provincial lockdown. If you require immediate assistance, please call us at (807) 344-5857 or email us at [info@lakeheadca.com](mailto:info@lakeheadca.com). Staff are monitoring calls and emails while working from home and will be able to assist you. Thank you for your patience and cooperation.

With 2021 now upon us, we here at the LRCA would like to wish everyone a safe, healthy and happy New Year. We would also like to remind all visitors to our Conservation Areas to please obey all posted signage and to follow all Conservation Areas Regulations including always keeping your dogs on-leash and picked up after, maintaining adequate physical distancing while on the trails, and to please respect other visitors while in our Areas. Parking payment is required or show your Explore Card Parking Pass.

Effective January 1, 2021, the parking fee at all LRCA properties increased to \$5.00 per vehicle.

Additionally, the LRCA's Explore Card Parking Pass is available for \$40.00 +HST; the Pass is good for one year of parking at all LRCA-owned Conservation Areas and Forest Management Properties. Forgo the \$5.00 per vehicle parking fee by purchasing your Explore Card Parking pass today. The pass is available for purchase on our website at [www.lakeheadca.com](http://www.lakeheadca.com), or by calling our office at (807) 344-5857.

While the LRCA has many exciting outdoor events planned for 2021, we will be evaluating the continually evolving COVID-19 situation and Provincial and local health guidelines prior to each event. As such, all our events are being treated as tentative, and may be postponed, rescheduled, or cancelled depending on the current situation at the time of the event. For the most up-to-date information, be sure to regularly check our website, follow us on Facebook and sign up for our e-newsletter. We look forward to safely seeing you at our 2021 events.

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