

THE SHUNIAH NEWS

Shuniah, Ontario  A Superior Living Experience

Volume Eleven, Issue Four July 2021

Changes to O'Connor Point Beach Access

The gate at O'Connor Point will now always remain locked. Residents wishing to access the O'Connor Point Beach will be required to obtain a Pass Card and Pass Code from the municipal office in advance to open the gate. Access is restricted to residents with appropriate access requirements and are advised that the gate should never be propped open or left unlocked. The gate pass code is operational

only between noon and 8:00 pm daily from Wednesday June 30, 2021, to Monday September 6, 2021. If on the property anytime other than the specified hours, your privileges to use O'Connor Point will be revoked and you may be charged with trespassing. We hope you enjoy your time using the beach and remind you that all the Terms of Use listed on the Pass Card must be followed.

Shuniah Oughtta Be in Pictures!

Submit your stunning photos of our beautiful municipality for the Shuniah Calendar 2022 Photo Contest NOW and throughout the summer to ap@shuniah.org for eligibility. Your photos could appear in our Municipal publications, website, and printed materials to promote Shuniah. The more photos you submit the better your chances!

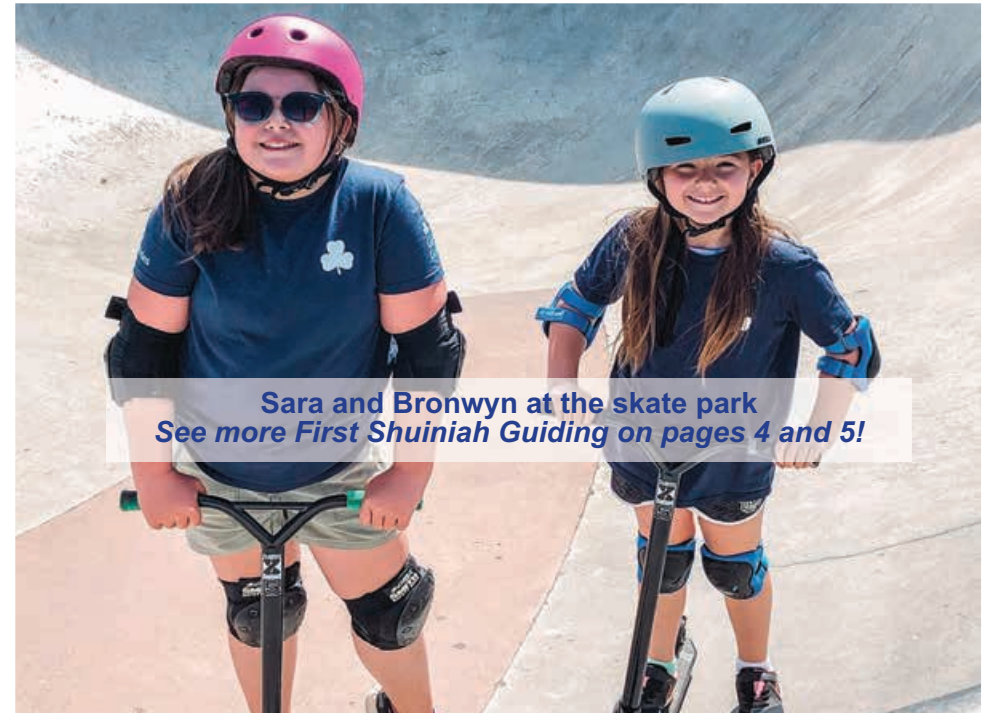


This year's deadline is September 18, 2021. See our website for submission guidelines and contest forms. <https://www.shuniah.org/economic-development/2022calendar/>



SHUNIAH PICNIC POSSIBILITIES ARE ENDLESS!
See page 9

WILD GOOSE –
DON'T FORGET YOUR
BATHING SUIT



Sara and Bronwyn at the skate park
See more First Shuniah Guiding on pages 4 and 5!

SUMMER CAMP ASSISTANCE PROGRAM

for Shuniah Families and Organizations



THE MUNICIPALITY OF SHUNIAH HAS DEVELOPED A PROGRAM TO ENCOURAGE OUR YOUTH TO GET OUTSIDE AND BE ACTIVE THIS SEASON AFTER MONTHS OF ADHERING TO COVID RESTRICTIONS

Eligible Shuniah Families may receive funding for children ages 4 to 13, to reduce the cost of day camps and outdoor programs.

Eligible Shuniah Recreation Groups, Associations and Organizations may receive funding to assist with the delivery of day camps, recreation activities, or special events geared toward Shuniah youth.

Applications must be submitted to the municipal office or via email by **JULY 15, 2021**. Funding is first come first serve as limited funding is available.

See our website and/or contact the municipal office for application forms and details.

2021 FINAL TAX INVOICE

Shuniah's 2021 final property tax bill will be mailed out the end of July. Payments are due **Friday August 27** and **Friday October 29**. **SAVE** page 2 of the invoice for you 2021 personal income tax filing. Page 2 has a Schedule 2 section Final (2021) Levies as per the picture below. This is the amount you are eligible to claim on your 2021 personal income tax filing.

SCHEDULE 2	
Explanation of Tax Changes 2017 to 2018	
Property Class(es): R	
Final 2017 Levies	Final 2018 Levies
\$2,045.13	\$2,078.19
Total Year Over Year Change	
\$33.06	
Final 2017 Levies	\$2,045.13
*2017 Annualized Taxes	\$2,045.13
2018 Local Municipal Levy Change	(\$106.86)
2018 Upper-Tier Municipal Levy Change	
2018 Provincial Education Levy Change	(\$25.43)
2018 Tax Change Due to Reassessment	\$165.35
** Final 2018 Levies	\$2,078.19

When you prepare your income tax return and you need a reprint of your tax statement there is a \$5 charge. If you request a letter for income tax, there is a \$10 charge. Both items must be picked up at the municipal office.

Shuniah Services Covid 19 Update

Updated June 14, 2021

Please check Shuniah.org for new updates

THE MUNICIPAL OFFICE IS NOW OPEN FOR THE FOLLOWING SERVICES:

- Property Tax Payments, Landfill Permits, Fire Permits and Dog Tags

THE FOLLOWING APPLICATIONS REQUIRE DISCUSSION WITH CLERK (807)683-4540 BEFORE COMING TO THE OFFICE:

- **Building Applications**
- **Shoreline Road Allowance**
- **Minor Variance**
- **Consent**
- **Zoning Amendments**

Shuniah buildings temporarily **closed** to the public include:
Rec Centre, Public Works and Fire Halls


Burning permits are available on-line at shuniahfire.com or at Crystal Beach Variety
Landfill Punch cards are available at Crystal Beach Variety

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.

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

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



The Guertins cleaned up litter on a Lakeshore portion as well as McKenzie Heights Road for Earth Day!

SUMMER LANDFILL HOURS

April 1 to October 31



MacGregor Site

Wednesdays 8:30am-4:30pm
Sat/Sun 9:00am-5:00pm

McTavish Site

Wednesdays 12:00pm-8:00pm
Sat/Sun 9:00am-5:00pm

SHUNIAH NUMBERS

EMERGENCY911
Non Emergency Administration983-2021
(facsimile 983-2943)
Public Works and Roads983-2550
(facsimile 983-2946)
Municipal Office683-4545
(facsimile 683-6982)
Toll-free: 1-855-683-4545
OPP1 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



REMINDER

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



COUNCIL CONTACT INFORMATION

Mayor Wendy Landry 807 626-6686 wlandry@shuniah.org	Councillor Don Smith 807 621-1904 dsmith@shuniah.org
Councillor Donna Blunt 807 983-2129 dblunt@shuniah.org	Councillor Meghan Chomut 807 983-3399 mchomut@shuniah.org
Councillor Ron Giardetti 807 983-2051 807 627-7115 rgiardetti@shuniah.org	

Summer

Find and circle all of the summer words that are hidden in the grid.
The remaining letters spell an additional summer item.

J	U	N	E	S	T	S	S	S	Y	K	S	E	U	L	B	M	
U	S	M	E	A	U	Y	E	O	U	H	I	K	I	N	G	S	A
S	M	W	E	E	A	N	L	U	B	N	W	A	S	E	Y	R	E
U	T	W	I	R	R	S	G	I	C	A	B	L	N	A	R	E	R
N	S	H	V	M	T	C	C	L	T	E	A	U	D	T	V	L	C
T	Y	U	G	I	M	Y	S	E	A	D	B	I	R	S	S	K	E
A	G	L	C	I	C	I	R	N	N	S	L	R	R	N	D	N	C
N	R	E	U	L	F	M	N	A	U	O	S	E	A	R	G	I	I
O	E	A	E	J	E	R	S	G	H	S	W	E	A	B	N	R	C
S	E	D	A	L	B	R	E	L	L	O	R	O	S	R	I	P	R
C	N	A	O	F	L	O	G	T	L	T	B	T	E	E	T	S	E
H	G	N	I	H	S	I	F	F	A	E	O	A	E	E	A	H	C
O	R	C	A	M	P	I	N	G	T	W	T	H	B	Z	O	C	C
O	A	C	I	N	C	I	P	A	W	A	S	P	S	E	B	A	O
L	S	F	L	I	E	S	K	M	O	S	Q	U	I	T	O	E	S
T	S	U	G	U	A	S	I	L	L	A	B	E	S	A	B	B	O
G	N	I	N	E	D	R	A	G	S	U	N	S	H	I	N	E	N

ANTS	FISHING	JULY	SUNBURN
AUGUST	FLIES	JUNE	SUNGLASSES
BARBECUE	FLOWERS	MOSQUITOES	SUNSCREEN
BASEBALL	GARDENING	NO SCHOOL	SUNSHINE
BEACH	GOLF	PICNIC	SUNTAN
BEES	GREEN GRASS	ROLLER BLADES	SWEAT
BICYCLE	HAT	SANDALS	SWIMMING
BLUE SKY	HIKING	SKATEBOARD	U V RAYS
BOATING	HOLIDAYS	SOCCER	WASPS
BREEZE	HOT	SOLSTICE	WATER FIGHTS
CAMPING	ICE CREAM	SPRINKLERS	WATERMELON

Shuniah Soil Mates

On to Our Season Seven!

by Peter Tracz, Convenor

Our 2020 Gardening Season started out rather late at June 01 due to the Corona-19 Virus and this year was no exception with a slight advantage of our opening 2 weeks earlier on May 15th. The Thunder Bay District Health Department and our Shuniah Office allowed our Community Gardens to open activities based on the conditions of 2020. That is, to have the same operating regulation of signing in/signing out, masks, social distancing, sanitary chemistry and the maximum of 10 persons in the gardens at any one time.

We took an adventure early in April and applied for a \$5000 Grant from Scott's Grow for Good Gardening Award. Sadly we did not win but the company did send a consolation gift of 6 packets of special garden seeds which were offered to the members. Beet seeds seem to win every time.

Our gardening enthusiasm remains strong and in no time at all, last years' membership filled out their garden application and consent forms and we were off and digging. As usual there were 3 gardens spare and the order of issue was to wait for any new members. This happened easily by word of mouth

and by the end of May all gardens are in use.

The first order of business was to call for a grass whipping army (with supervisors) to clean up around the garden boxes and load the Compost Station. Watering hoses and nozzles were checked for wear and tear and installed at the four stations. We added a special "extra" to the roto-tilling by offering each and every garden a special 3 bags of sheep manure to be applied before plantings.

The Josh Klukie Memorial Garden #1 florals and the Herb Garden #2 survived the winter very well. There is a listing of caretakers in the field desk to spell off any one person having to tend these gardens for more than one week at a time. As always, the herbs are grown to support donations to the needy kitchens of Thunder Bay and they are very well received.

Last year at end of season we tallied 779 entry signatures. To date we have scored 222 signaturesand we have only just begun to grow. Let's hope our Milkweed plants get our old friends back from Mexico...they know the way by memory.

Shuniah Public Works

by Craig Baumann
Manager of Operations



June 18th, 2021 - It is once again time for Municipal work crews and private contractors to begin working on improving and maintaining our roadways and associated infrastructure. Please slow down when approaching work areas, construction workers could be hidden behind equipment and materials.

Trees & Roadside Brush Control
If you notice a tree or brush on Municipal property that poses a safety hazard, please contact the Public Works office. Residents are also encouraged to contact local utilities if trees on private property are interfering with overhead wires.

The equipment utilized to complete the roadside clearing quite often leaves behind an unsightly aesthetic appearance. If you would like to avoid mechanical brushing in your area, residents are strongly encouraged to keep roadside trees, branches; shrubs etc. trimmed back a minimum of 5 feet from the traveled edge of the road.

Dust Control
Approximately forty percent of Shuniah's roads have a gravel riding surface; therefore, dust is likely to occur, especially during the months of July and August. The Public Works Department utilizes calcium

and magnesium chloride dust suppressants to alleviate the amount of dust and reduce gravel road base loss. The nature of the summer season is such that dust cannot be eliminated, residents should know the Municipality is doing everything it can to minimize road dust.

Illegal Dumping of Yard Waste and Debris

Residents are required to dispose of yard waste and debris at the Shuniah Landfill Sites, not alongside roadways and trails that lead into the bush that are quite often private property. If you do not want the material in your yard, chances are neither do your neighbors.

The Public Works Department would like to thank those who have shown patience and understanding during the construction and repairs of the various projects that will be completed this season. Please feel free to drop-in or contact the Public Works Department at pw@shuniah.org or by phone at 983-2550 if you come across any transportation or environmental service items that you feel require our attention.

Have a safe and enjoyable summer.

Updates from Council Meetings

by Paul Greenwood, CAO

Improved Cellular Coverage:

Council has negotiated a lease agreement with Bell to improve cellular coverage along Hwy 11/17 in Shuniah with the addition of a new mobility tower off of MacGregor Road.

Grant for Fire Department:

The Fire Chief was successful with a grant application for \$5,200 to support increased training opportunities and the establishment of a virtual inspection program. This was part of the Ontario Fire Marshall's Fire Safety Grant program.

Provincial Delegations with Provincial Ministers:

Council has submitted delegation requests with Ministers of Education(EDU), Finance(MOF) and Environment, Conservation and Parks(MECP). These delegations are an opportunity for members of Shuniah Council to meet one-on-one with Ministry's to voice their concerns with the Provincial government. The MECP is proposing changes that will severely limit the Conservation Authority's ability to ensure people and property are protected from natural hazards and will require an additional Community Advisory Board, an unnecessary allocation of resources towards additional regulation. While the EDU is not currently active in accelerating their Pupil Accommodation Reviews we are always looking for opportunities to remind the Province of the importance of rural schools in Northern Ontario. The MOF of course

needs to be reminded of the growing impact of transferring Provincial programs and services onto property taxes. What it comes down to is municipalities having to pay for more of people services (health care, ambulance, social services, etc.) that were originally paid for by senior levels of government while still being obligated to fund municipal property services.

OPP Detachment Board Framework:

Shuniah is currently working with area municipalities that receiving policing services from the OPP. The Solicitor General is requiring OPP Detachments to submit revised Police Service Board framework recommendations based on the new Community Safety and Policing Act.

Parks and Recreation Infrastructure/Programs:

While the past year has taken a toll on our community in ways that will forever change us, Council has been looking for opportunities to move projects forward from our Master Parks and Recreation Plan. Through a variety of new Federal and Provincial funding, mainly the Provincial's COVID-19 Safe Restart and Infrastructure's New Building Canada Fund, Shuniah has been able to move forward with numerous developments: new playground equipment, expansion of trails and lighting to Wild Goose Park, plans for a newly proposed multi-use pavilion and numerous other smaller projects to support future programming at our MacGregor Rec Centre.



First Shuniah Guiding Presents Good Neighbour Awards

by Martha Dowsley and Christina Graves

The First Shuniah Sparks, Brownies and Guides have spent the last few weeks working hard on their community service project, giving out Good Neighbour Awards. Each girl had four awards to bestow in the form of a letter and a sticker that award recipients can display on their bumper, mailbox or window. The awards are to thank our neighbours for making our communities better. Some of the recipients work or volunteer to improve our lives through activities such as helping homeless pets, advocating for improved safety, looking after children, and teaching skateboarding and biking. Others enhance our surroundings with their gardens, pets and kindness. The girls wrote their own thank-you notes to recognize the good deeds of their neighbours. Hannah recognized people for "giving us treats and always letting us talk" and "playing with me, offering to give toys and being the bestest friend ever". If you see one of these stickers, please thank the recipient for their contributions to our community.

To finish up our meetings for the guiding year we invited special guests to zoom with all the Sparks, Brownies, and Guides. On Earth Day we had a guest from the Lakehead Region Conservation Authority who taught us how to make nature journals to observe and relax in our wonderful natural surroundings. Following that, we had three meetings as a whole group to work with Sheila Silver who introduced us to some exercises and games to add activity to our days. This helped the girls finish up their My Physical Self and Gender Power badges. During our last meeting of the whole, the girls wore wacky hats and head-

bands, learned about butterflies, and did a craft together to celebrate the end of the year and start of summer. Now the girls are enjoying their favourite summer activities and have sent us pictures of some of them. We are especially proud of the girls for being creative and challenging themselves in their activities!

The Girl Guides also met up separately after outdoor restrictions lifted to hold an awards ceremony. Sofia and Sara each earned the award for demonstrating the most guide-like enthusiasm during zoom meetings. This was a new award this year because of the pandemic restrictions. These two girls really kept the guides going with their good humour and passion for guiding.

One of the Girl Guides, Emily Kembel, completed the Girl Guide program this spring. She also completed additional activities such as teaching other girls about Girl Guides and doing extra volunteer and leadership challenges. She learned more about the Guiding movement and participated in several Pathfinder meetings. Pathfinders is the next branch after Girl Guides, for girls ages 12 to 14. Emily joined virtual meetings with Pathfinders from Southern Ontario and held a camp-out with her sister, Olivia, who is a Pathfinder. Her extra work earned Emily the Lady Baden-Powell award. This is the highest award in Girl Guides. The entire Guiding sisterhood congratulates Emily on this important achievement. Girl Guides Canada provides girls with the opportunity to try new experiences, challenge themselves and build confidence. First Shuniah Guiding focuses on developing outdoor and practical skills while developing character in our girls through activities, friendship and helping our community. We love living on the shores of Lake Superior and want to explore, learn, help and have fun together.

Registration of the Girl Guide programs is now open for next year. Sparks welcomes girls ages 5 and 6. Brownies are ages 7 and 8, and Girl Guides are ages 9 to 11. Our First Shuniah family has grown so much that we are splitting into a Sparks/Brownies group (meeting 6-7 pm Thursdays) and a Girl Guides group meeting 7-9 Thursdays). Please visit girlguides.ca for details on how to join us! Be sure to find First Shuniah on the unit registration map!

If you have any questions, would like to volunteer, or are looking for programming for older girls, please feel free to email Martha – mdowsley@lakeheadu.ca



Jaída giving an award to Roger Kowalchuk for keeping his yard and garden so beautiful



Hannah gave this award for being the best neighbours ever



Hannah gave this award for being the bestest friend ever



Aubrey enjoying a spring bike ride



Lily gave an award to Crystal Beach variety for selling our cookies for us and being nice



Hannah gave this award for giving us treats and always letting us talk



Hannah gave this award for protecting the neighbourhood and saving puppies



LAKEHEAD REGION
CONSERVATION AUTHORITY

submitted by
LRCA Staff

If you plan on visiting a Conservation Area this summer, please remember that you must comply with all local and provincial orders regarding COVID-19, including group sizes, physical distancing practices, and mask-wearing when unable to comply with physical distancing requirements.

While visiting, all pets must always be on-leash, and picked up after. Please do not litter; if the garbage are full, remove your garbage instead of leaving it on the ground or piled next to the cans. Our staff are working diligently to try and stay on top of Conservation Areas upkeep and maintenance but with more and more people visiting, we would ap-

preciate your cooperation in this regard. Don't forget your \$5.00 parking fee (or display your Explore Card); coin box and Explore Card Parking Pass revenue goes directly to Conservation Area maintenance and upkeep.

Please be advised that pay-and-display units will be installed at Cascades and Mission Island Marsh Conservation Areas this year; both of those areas will have parking payment enforcement under the City of Thunder Bay Parking By-law.

The LRCA appreciates your continued support and understanding, and we look forward to your continued cooperation.



Sara awarding Eclectic Skateboard shop a good neighbour sticker



Jaxyn built her own slip and slide



Sara giving a sticker to Community Spokes for helping people get bikes



Hannah gave this award for being the bestest friend ever (2)



Emily, mother and guider Amy, and sister Olivia celebrate Emilys Lady Baden-Powell award



Brownie Beatrice gave Michelle Arvelin an award for looking after children like her brother Thorben



First Shuniah Girl Guides celebrate the end of the guiding year



Lily giving an award to Kathie Maunula for helping youth in Shuniah



Lily gave an award to Jeff Wintermute for the firefighters



Jaida with her upcycled pencil holder



News from McKenzie School

www.lakeheadschoools.ca/mckenzie
by Julie Gayoski-Luke - Vice Principal McKenzie School

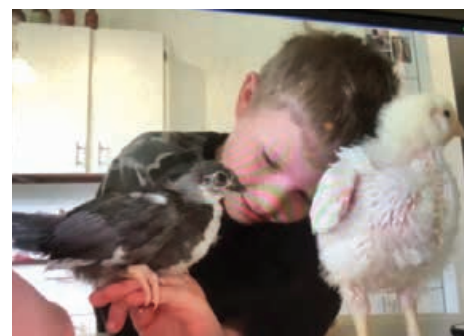
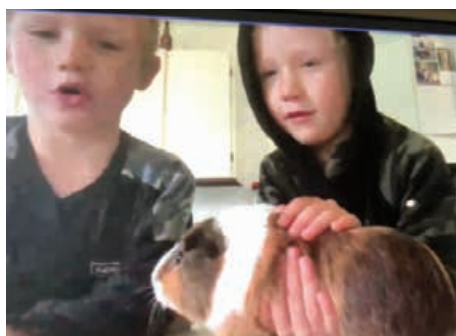
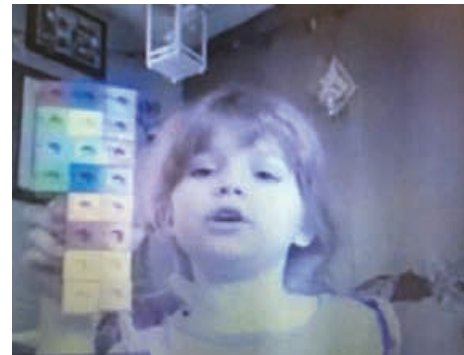
With the end of the 2021 school year, we no longer have to say good-bye to our Grade 6 students they will continue through 7-8 with us. We are so excited! McKenzie School students and staff want to thank everyone (every parent, family member, friend, and community member) that contribute to the school community, volunteer for the school (even though "in" wasn't an option this year) and support students in large and small ways. The community makes McKenzie School a small school with a "Big Heart" and a great place to Learn and Grow! You belong here! Things went a little different this year then we all hoped. We are proud of the perseverance that our students, families and staff have showed through these challenging times! Some of our families found unique ways to keep students online and the grandparents, extended families and friends that helped keep students going should be highly commended! Lot's of learning for everyone!

We want to express a warm welcome to all of the new JK students that will start in the 2021-22 school year. We look forward to seeing you! Do not forget to register your son or daughter for the First Riders Program so they learn important bus safety and they familiarize themselves with riding the big yellow bus.

With this school year at an end, we say good-bye for a few weeks until we start a new year, new grade and get ready to start learning new things. Please keep an eye out on Facebook and ensure to watch your email for important information regarding school start up in September. On a separate note, I say good bye this year as I will be leaving the position as Vice-Principal at McKenzie School and beginning a new position at Claude E. Garton Public School. I will deeply miss our McKenzie family and Shuniah Community. It has been my pleasure to serve the school and community for the past 5 years. I feel fortunate to have become a McKenzie Mustang and will remember "Once a Mustang – always a Mustang"! I am especially proud of our students and I look forward to hearing great things about their accomplishments in the future. Maybe I need to paint a tile?

I would like to welcome Casey Charles as the Vice Principal in September. He is looking forward to working with all of you and getting to know each of your families! Our staff look forward to seeing everyone in the fall and will communicate what the school year will look like as soon as we know!

Don't forget to like us on Facebook to stay up-to-date with what is happening in the school! Enjoy your summer!!



First Rider

Saturday, August 28, 2021, 10:00am - 2:00pm

Confederation College - Outside the TEC Hub/McIntyre Building

Register online or call from Monday, August 23rd to Friday, August 27, 2021 to book a time for your child to experience their first school bus ride on Saturday, August 28 outside the Confederation College McIntyre Building.

Ride a school bus day runs from 10:00 a.m. through 1:30 p.m. on Saturday August 28 with two school buses, limited to 20 children per bus, departing every 30 minutes. Times must be booked in advance. School Buses will be cleaned and sanitized between tours. Only children will be permitted to ride the school bus.

Registration Occurs During the Week of August 23-27!

Take advantage of this opportunity that will allow your child to ride the school bus with confidence and learn the importance of school bus safety. Register for your spot at First Rider by contacting our First Rider partner, Iron Range Bus Lines at (807) 345-7387 during the week of August 23-27.



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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

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/company/nwmoCanada

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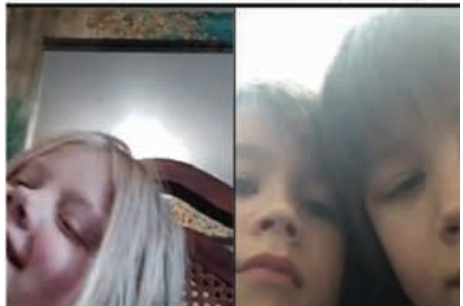
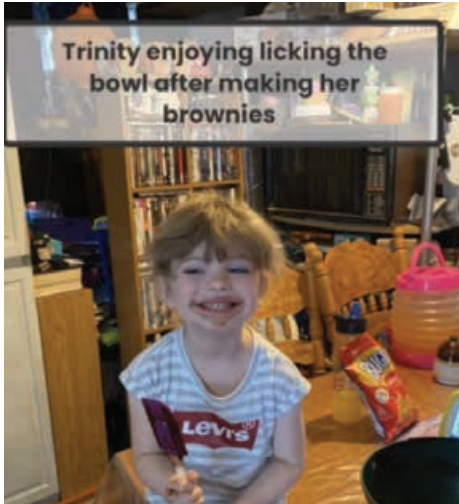
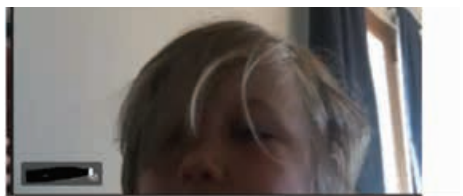
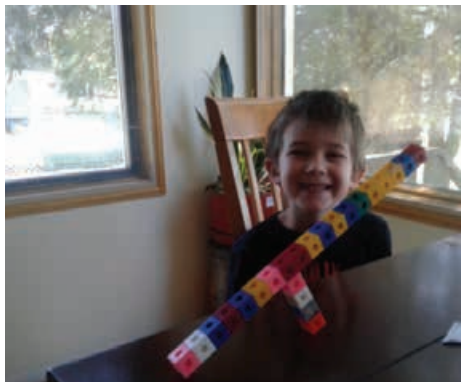
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Conveniently located next to the Crystal Beach Variety/LCBO & Crystal Beach Restaurant.

- 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

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!

****PLEASE NOTE** LIMITED IN PERSON ACTIVITIES ARE PERMITTED WITH CERTAIN PRECAUTIONS**

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

FOREVER FITNESS- ADULT EXERCISE

Mondays and Thursdays 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

Looking to stay fit and active or maybe even start your fitness journey? The Shuniah boot camp is an all level fitness boot camp that will give you exactly what you want. Using time-based training is what allows you to control how hard you want to go. From more advanced participants to brand new trainees, everyone will have a great workout and fun to boot.

One thing that makes or breaks a boot camp is community, and our Shuniah crew is a friendly, fun and crazy group. Don't worry of your not from Shuniah we are from everywhere, but our fitness home is the MacGregor Rec Center right across from Wild Goose. Our first session is now up and running but with our ever-changing guidelines, give us a shout we may have the ability to add more fresh faces. Call Coach Dayna for registration info 623-2254.

MORNING YOGA- RETURNS MONDAYS IN SEPTEMBER

Art of Yoga is looking forward to being back! Must RSVP ahead of time! Link to RSVP and book your class time: bookwhen.com/artofyoga Everyone welcome! Reach out to Art with any questions 707-7374 or email at artofyogacanada@gmail.com



Wild Goose Playground under construction!



Summer Camp Assistance Program!

Eligible Shuniah Families may receive funding to reduce costs of day camps and outdoor programs.

ALSO: Eligible Shuniah Rec Groups, Associations and Organizations may receive funding towards the cost and delivery of day camps, recreation activities, or special events geared toward Shuniah youth.

See website for info for families as well as groups! shuniah.org

COACH'S CORNER

The time is now.

Well, we are underway in opening up some of Ontario! Slowly we are returning to some normalcy - we had but one area still is left in the dark. Our health and fitness.

Deemed as not essential all gyms and trainers (myself included) have been sidelined for almost a year and a half. Although we have moved to different platforms like Zoom, this has not been ideal or even possible for most. As the group dynamics of fitness goes far beyond our physical state, it is the mental state that has been compromised.

This is our time now to start digging out and reaching out of the slumps most are in. Some used to be uncomfortable doing fitness group classes because of lack of self-esteem or shyness. But with an entire country of fresh starts, now is the time to put yourself and your health first. Join a walking/running group or a community boot camp. Get out there and enjoy life and get fit doing it. You will not only become stronger physically but you will improve your mental health as well. Group fitness is more than just fitness classes. It is a group of individuals on a journey to better health and stronger bodies that support and encourage each other to be and do their best. And that is the winning ticket because everyone's best is different and constantly changing.

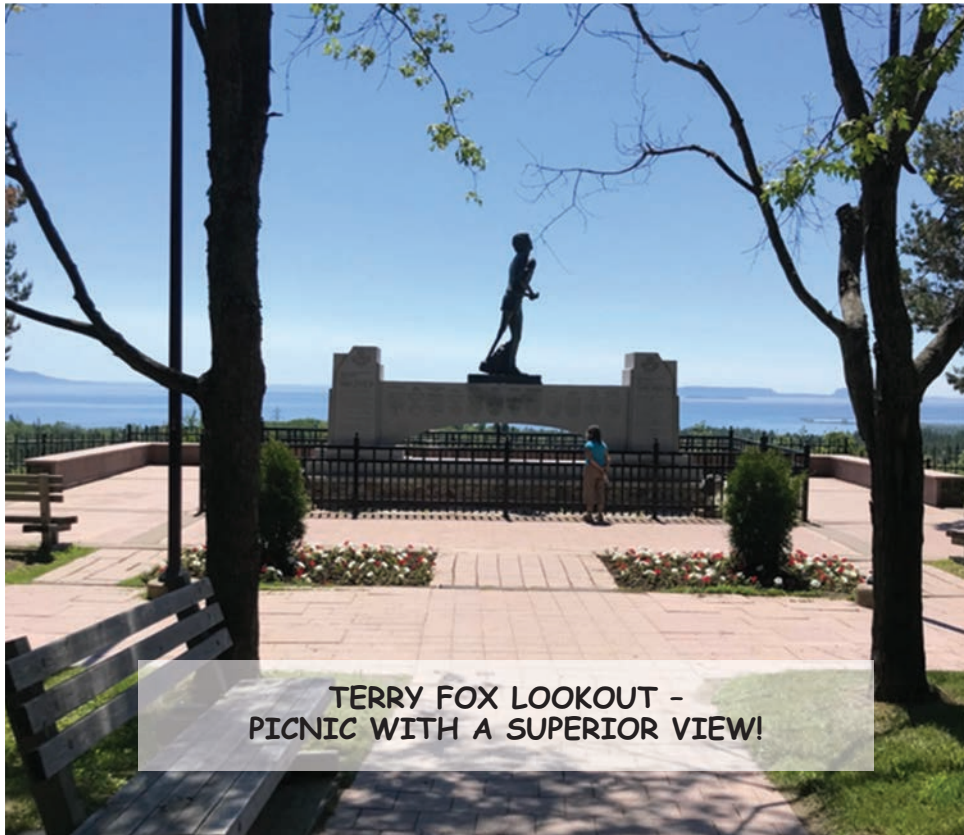
I look forward to training everyone again, to the laughs to the wins and new achievements.

Until then...Keep Swinging ~ Coach Dayna

GOIN' ON A PICNIC LEAVIN' RIGHT AWAY.... IF IT DOESN'T RAIN WE'LL STAY ALL DAY!

HEY SHUNIAH! WE HAVE YOUR FAVOURITE LOCAL PICNIC SPOTS!

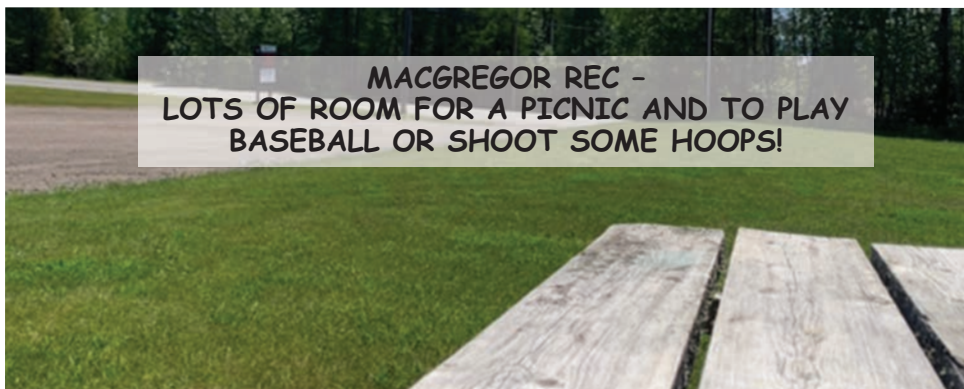
WITH THE PANDEMIC LIMITING OUR GROUP GATHERINGS THIS SUMMER,
WE HAVE COLLECTED YOUR SUGGESTIONS OF PICNICKING SPOTS IN SHUNIAH FOR FAMILIES TO VISIT.
THANK YOU FOR YOUR HELP KEEPING OUR COMMUNITY ACTIVE AND SAFE!



**TERRY FOX LOOKOUT -
PICNIC WITH A SUPERIOR VIEW!**



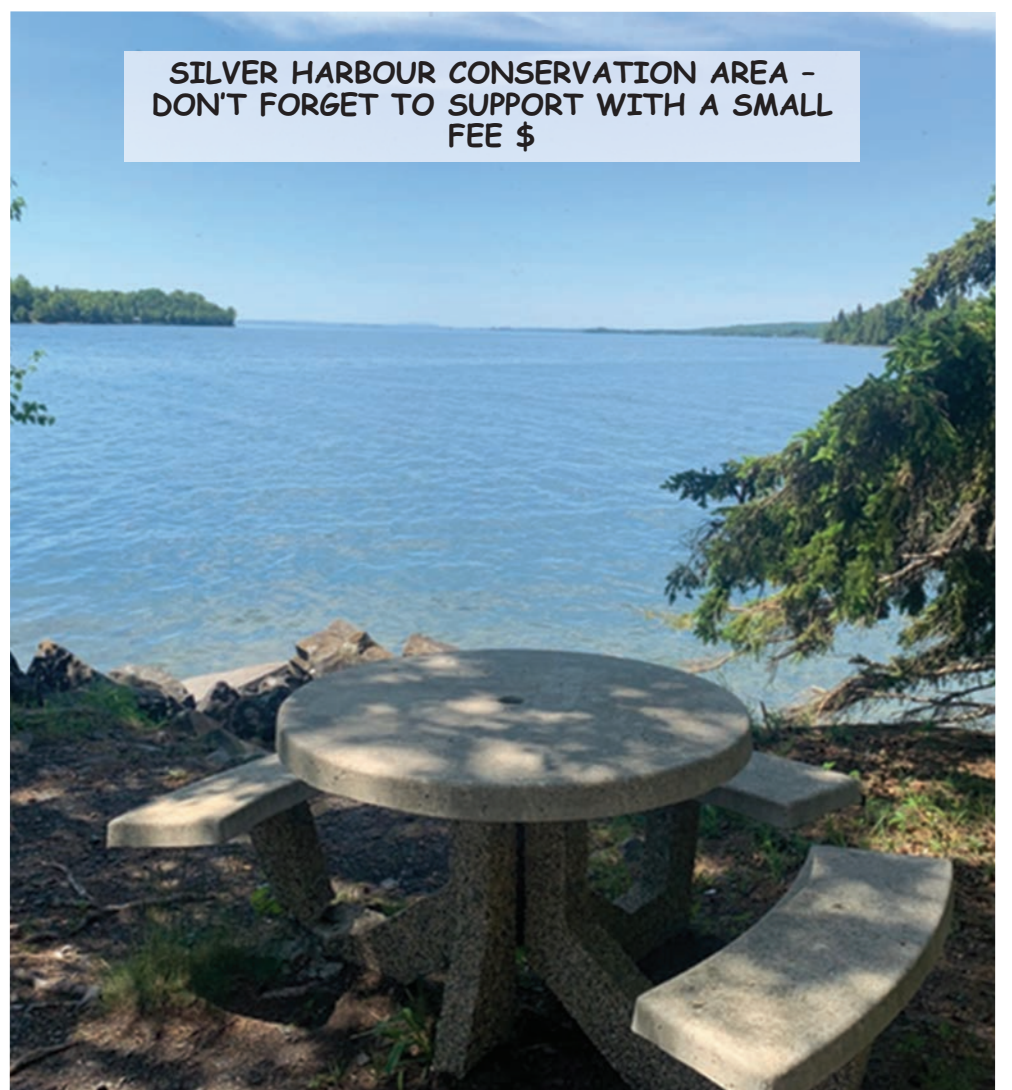
**COMING SOON TO WILD GOOSE:
A KIDS PLAYGROUND - YAY!!!**



**MACGREGOR REC -
LOTS OF ROOM FOR A PICNIC AND TO PLAY
BASEBALL OR SHOOT SOME HOOPS!**



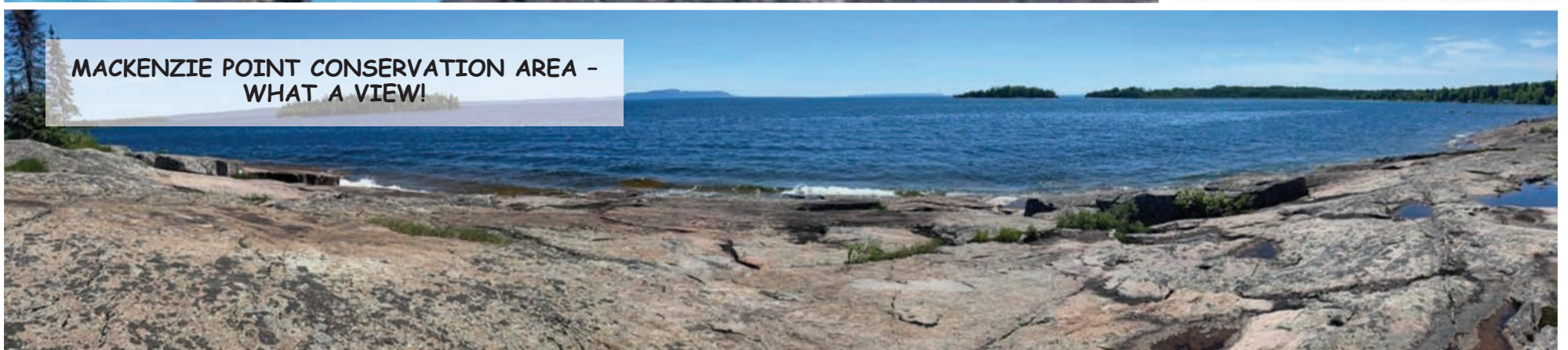
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