

# THE SHUNIAH NEWS

Shuniah, Ontario



A Superior Living Experience

Volume Eleven, Issue Six November 2021

## Spend a Night in Andean Bolivia Without Leaving Shuniah Township

Monday November 22nd

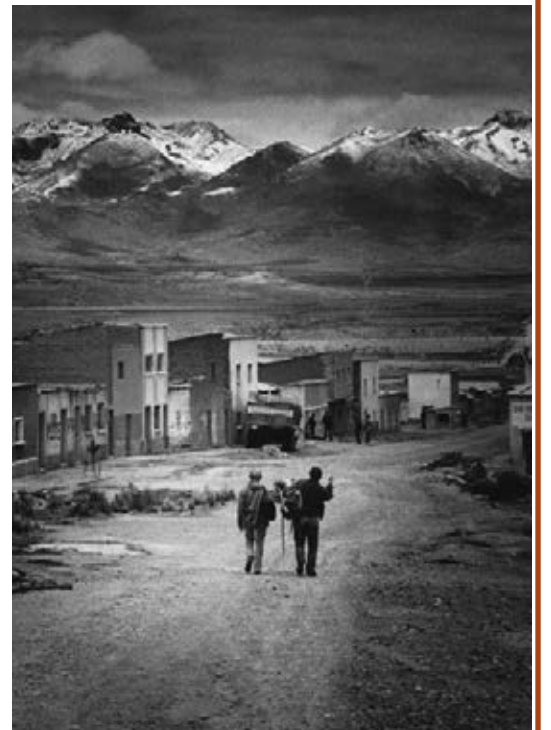
Enjoy an inspiring evening with nomadic writer / photographer Marj Clayton as she shares with you how she came to live on an Andean subsistence farm more than 36 years ago. She will speak of the challenges, culture shock and the connection she found as she became an honorary member of The Mamani family. This is the first and longest running of her photographic essays and was what inspired her to dedicate her life to photographing the everyday heroes that she became friends with in Bolivia, Ghana, The

Gambia, Ecuador and Peru.

Marj's images have been exhibited at The National Portrait Gallery in London and The Royal Photographic Society in Bath in the UK as well as locally at The Definitely Superior and Thunder Bay Art Galleries. She has been commissioned by NGO's like Oxfam, Save The Children, Care and Greenpeace. Her work has been published in photographic magazines, Oxfam's Bolivia profile and rotovisions book entitled Photojournalism.

Please come and join Marj on Monday November 22nd at Shuniah's Rec Centre, 800 Lakeshore Drive for a personal hour of stories and projected black and white images. Symposium 6:30, presentation 7:00 to 8:00 pm. Pre-registration is preferred but not required please contact Marj at:

marjorieclayton67@hotmail.com



## Tutoring Assistance Program for Shuniah Families

The Municipality of Shuniah has developed a program to provide additional educational assistance to students who are struggling, and families looking for support.

1. Eligible Shuniah Families may receive funding for children in grade K-12, to reduce the cost of outside tutoring programs.
  - o Parent of child must be a Shuniah property owner.
  - o The maximum subsidy amount per student is \$50 per session per week to a

maximum amount of \$1,000.

- o Funding at this time will only be for recognized organizations located within the Thunder Bay District or the school board.
- o Funding will be available for tutoring services provided after October 1st, 2021.
- o Proof of tutoring registration is required to be eligible.

Interested families are required to submit applications to the municipal office or via email. Funding is

first come first serve as limited funding is available. Apply early! See our website and/or contact the municipal office for application forms and details.



**Municipal Office will be closed**

Friday December 24th  
2021 –

Tuesday January 4, 2022.

See you Tuesday  
January 4th

## It's Time to Light Up Shuniah!

For the month of December, we are asking that our residents turn on their Christmas lights to create a Shuniah Tour of Lights and help spread the Christmas spirit! If you would like to include your light display on our map email your address to us at:

**ShuniahTourOfLights@gmail.com**  
by Friday November 26th

**Looking for a special night out while helping the community?**

Saturday December 11th and 18th from 5-8pm at the MacGregor Recreation Centre, Youth Group Staff and Epic Cones will once again be giving out free hot chocolate while accepting food and monetary donations for the Current River Food Cupboard. Come grab a hot chocolate and enjoy the light tour with your family!

Follow the MacGregor Rec Centre Facebook page for the Shuniah Tour of Lights map and updates on special guests, houses not to miss and scavenger hunt picture contests!

Thank you for helping us brighten the season!



## 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.

**MacGregor Recreation Centre**

(800 Lakeshore Drive)

**December 12, 2021**

8:00am-8:00pm

- Colon cancer screening for men and women 50 to 74 years of age.

**Call to book your appointment**

**(807) 684-7777**

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



# 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!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
YOGA 10AM	FAMILY MUSIC 11AM	YOGA 10AM	YOGA 9:30AM	YOGA 10AM
FOREVER FIT 2:30PM	SHUFFLEBOARD 1PM		FOREVER FIT 2:30PM	
BOOTCAMP 5:15PM	PAINTING CLASS 1:30PM		BOOTCAMP 5:15PM	
	YOGA 5:30PM	YOUTH GROUP DIY NIGHTS 6PM	GIRL GUIDES 6PM	YOUTH GROUP GAME NIGHTS 6PM

*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*

*COVID PRECAUTIONS IN PLACE INCLUDE:*

- PROOF OF VACCINATION REQUIRED
- CLASS SIZE LIMITS
- NO DROP IN CLASSES - MUST PRE-REGISTER
- MASKING, SANTITIZING, SCREENING AND SIGN IN CONTACT TRACING
- ALL PROGRAMMING IS SUBJECT TO CHANGE BASED ON HEATH UNIT RECCOMENDATIONS

## MORNING YOGA WITH ART

**Mondays 10-11am**

**\$15 per class or \$120 for 10 class punch pass**

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

Link to RSVP and book your class time: [bookwhen.com/artofyoga](https://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 starting November 16th 11-11:30am**

**\$40 for 4 weeks**

Family Music is a fun introduction to music education where little people and their caregivers can experience the joy of music making together. Each class involves singing, moving, playing instruments and learning to participate in a group with others. Babies to preschoolers are all welcome!

While it seems like playing and pure fun, the activities are carefully planned to help develop body awareness and control, listening, coordination and language development. Children learn to follow directions, interact socially, and develop their curiosity and independence. It's a fun way for children and their caregivers to spend time learning together!

Join experienced music teacher Karen Kent and our little band of musicians this fall! The class will take place upstairs, where we have good ventilation, on Tuesdays from 11:00-11:30. Covid precautions will still be in place. Price is \$10 per class for an 8-week session. Half price for a second sibling. Check out our Growing with Musik page on Facebook! Please call or message with questions. 807-355-5520.

## FOREVER FITNESS- ADULT EXERCISE

**Mondays and Thursdays 1:45-2:45pm**

**\$40/month 2x a week**

**MOBILITY, FLEXIBILTY 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 FITNESS

**Mondays and Thursdays 5:15-6:15pm**

**\$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 high intensity work out exercise class. 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.

## SHUFFLEBOARD LEAGUE

**Tuesdays starting November 9th 1:00-3:00pm**

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)

## SHUNIAH ART GROUP

**Tuesdays 1:30-4:30pm**

**\$25 registration and \$15/class**

Painting classes: Acrylic and Oil. All levels are welcome and there are 3 spots available. 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

## MORNING and EVENING YOGA WITH LYNN

**Tuesdays evenings 5:30-6:30 pm - running in four-week blocks (4 class block for \$40)**

**October 26th - November 16th**

**November 23rd - December 14th**

**Thursday mornings 9:30-10:30 am - running in four-week blocks (4 class block for \$40)**

**October 28th - November 18th**

**November 25th - December 16th**

Everyone is welcome. We will explore the restorative nature of yoga and the mindfulness of the practice through postures, breathing techniques and guided relaxation (Savasana).

Paying attention to our bodies and breath through yoga is a wonderful practice to support your overall health and wellness. If you have any questions please email [roblynn@tbaytel.net](mailto:roblynn@tbaytel.net) or message me at 807 633-0183. Lynn Kallies Instructor Please bring your own mat and a blanket. Pre-registration is required.

## MORNING YIN YOGA WITH DIANE

**Wednesdays starting November 3rd @10am 8weeks \$120**

**Fridays starting November 5th @10am 7weeks \$105**

What is YIN YOGA:

Yin yoga focuses on the deep connective tissue through a slow, cooling practice. The goal is not to stretch" but to "stress" the connective tissue" between the muscles and fascia. Yin yoga is therapeutic for the joints and helps with flexibility and mobility. Yin Yoga is a slow-paced, therapeutic style of yoga. Yin postures are more passive postures, mainly done on the floor either seated or lying down. There are no sun salutations, no planks, no warriors, no jump throughs! There is in fact no dynamic movement and usually no standing poses at all. Yin Yoga is unique in that you are asked to relax into the posture, allowing the body to soften and release naturally without pushing or straining. It is not uncommon for postures to be held for three to five minutes, even 10 minutes at a time. The time spent in these postures is much like time spent in meditation, as the mind shifts from yang to yin, or from active to passive. Contact Diane to register at [dgordon@tbaytel.net](mailto:dgordon@tbaytel.net) or phone 683-3016

## SPARKS, BROWNIES & GIRL GUIDES

**Thursdays @6pm**

First Shuniah Sparks and Brownies will meet at 6 pm Thursdays and First Shuniah Guides will meet 7 pm Thursdays. Girls can register at [girlguides.ca](http://girlguides.ca). There are a few spots left!

## SHUNIAH YOUTH GROUP

**Wednesdays and Fridays @6pm**

The Youth Group is so happy to be back! Follow us at MacGregor Rec Centre to find out what activities will be offered.

**Wednesdays are DIY night** - learn to build or bake or create something new! **Fridays are Games night** - Join us for a game of Capture the Flag, soccer, road hockey - outside whenever possible. Covid precautions will be in place including social distancing, masks required and proof of vaccination required for 12+ to enter the centre.

## SHUNIAH U STARTS CLASSES IN JANUARY!

\$75 for 6 classes, includes home-made cookies!

2-3:30 Wednesdays at MacGregor Rec Centre

Starting in January

Dr. Martha Dowsley, Professor at Lakehead University will be offering an entertaining series of general interest classes on world cultures and history, with a particular focus on the environment and landscapes.

Presentations will last 45 minutes, followed by refreshments and home-made cookies, giving a chance for everyone to mingle and discuss the presentation.

Dr Dowsley is an associate professor at Lakehead University, cross-appointed in the departments of Anthropology and Geography. Her research focuses on Indigenous Cultures and the Environment. She has worked in several places in the Arctic and overwintered in 24-hour darkness at Igloodik. She has explored

the Amazon jungle of Brazil with the Kayapo indigenous people, visited the largest set of ancient ruins in North America in New Mexico and visited the Komodo dragons of Indonesia. Join her to gain insight into these intriguing places, their peoples and history.

This general interest course may cover such topics as:

*Are polar bears endangered?*

*Ancient Astronomy in the American Southwest*

*What Happened to the Vikings in Greenland?*

*The Kayapo Indigenous People of Brazil and their fight to defend the Amazon*

Email to see the complete list and vote for your favourites or to register! [marthadowsley@hotmail.com](mailto:marthadowsley@hotmail.com)



## YOGA FOR BEGINNERS WORKSHOP

Saturday November 20th 10:30am-Noon - \$20

Interested in what yoga can do for your body and mind? Art will explain why we practice yoga and how it can benefit everyone. He will also explain/demonstrate the most common yoga poses, along with a Q&A period. The group will then be led through a beginner-level class. Everyone is welcome, no previous yoga experience needed! This is a great opportunity to bring those husbands/boyfriends! :) The workshop has limited spots, so please email/call if you have any questions or would like to sign up! [artofyogacanada@gmail.com](mailto:artofyogacanada@gmail.com) or 707-7374



## COACH'S CORNER

### The Hidden Wonder of Sleep

Sleep is just as essential to an individual's health as exercise and quality nutrition.

However, people tend to cut sleep first to get through their schedules.

Here is a list of some hidden wonders of the benefits of sleep.

#### 1) Strengthens Our Immune System.

Sleep is when the body recovers and repairs and that includes the immune system. Research has proven better sleep can help the body with fighting infections.

#### 2) Lowers Inflammation.

Sleep deprivation can add stress, which causes inflammation. There is a direct link between sleep deprivation and inflammatory bowel disease.

#### 3) Helps Prevent Depression.

Mental health research has concluded that there is a definite link between sleep deprivation and depression. Those are just a few to mention but good quality sleep is also known to lower the risk of heart disease, improve athletic performance, reduce weight gain and aid in concentration.

Sleep needs do vary with age here are some guidelines set by the Center of Disease Control

• School age (6-12yrs) 9-12hrs • Teen (13-18yrs) 8-10hrs  
• Adult (18-60yrs) 7+hrs • Adult (61+) 7-8hrs

So, take some time to recover and come back stronger with a great night's sleep.

*Until next time, Keep swinging! Coach Dayna*





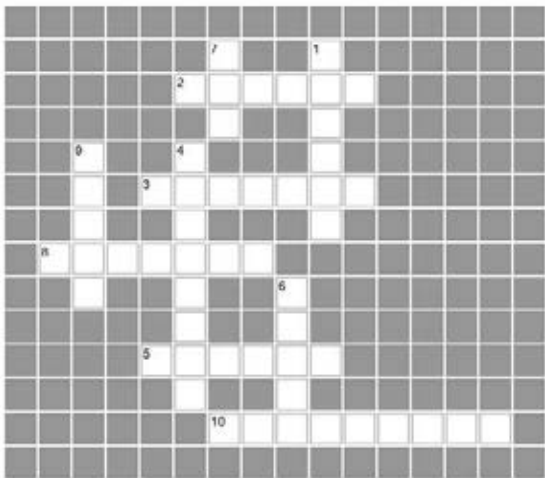
**Burning Permits**  
*Effective*  
**November 1, 2021**  
*Daytime burning*  
*allowed*

Autumn/Fall - Crossword Puzzle

Page 1 of 2

**Autumn Crossword Puzzle**

**Instructions:** Complete the crossword puzzle by filling in the Autumn words that fit the clues



**Across**

2. There are four of them in a year
3. Large, controlled outdoor fire
5. Color of lemons
8. Gather mature crops from the fields
10. Large yellow flower grown for its seeds

**Down**

1. There are lots of these in a rainbow
4. Eleventh month of the year
6. Color of dark wood
7. Traditional color of a rose
9. Grain used in breads and cakes

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*answers on page 9*

**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.

**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



**WINTER LANDFILL HOURS**

*November 1 to March 31*

**MacGregor Site**

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

**McTavish Site**

Wednesdays 10 am to 6 pm  
Sat/Sun 9:00am-5:00pm

**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 Services Covid 19 Update**  
**Updated September 20, 2021**

*Please check Shuniah.org for new updates*

**PROOF OF VACCINATION IS NOW REQUIRED FOR THE MAJORITY OF INDOOR PROGRAMS (some exemptions) AT MACGREGOR RECREATION CENTRE. Full details and exemptions posted on website.**

**THE MUNICIPAL OFFICE IS NOW OPEN FOR THE FOLLOWING SERVICES:**

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

THE FOLLOWING APPLICATIONS REQUIRE “PRE-CONSULTATION WITH CLERK” (807)683-4540 BEFORE COMING TO THE OFFICE:

- **Building Applications**  
(must be submitted electronically before submitting to office)
- **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.*

***No Need to Shiver in Shuniah!***



Stop by the Municipal office at 420 Leslie Ave. to purchase  
a soft warm hoodie or toque to help keep you cozy.

**COUNCIL CONTACT INFORMATION**

**Mayor Wendy Landry**  
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

# Shuniah Soil Mates

*This was the Year that was...with a little help from our friends*

*by Peter Tracz, Convenor*

On the last required sign-in of Sept 25, there were 935 signatures for members attending our Community Gardens. I must admit to having quite a satisfied feeling on my entering these gardens during these past many months. We have a beautiful enclosure, garden shed for equipment and tools, and a water supply second to none. In and above all this year's covid restrictions, required masking and safe distancing, inoculations, fire restrictions, drought and other worldly troubles, we have enthusiastic membership called **Soil Mates**.

We had the pleasure again this year of having the Rec Center Shuniah Brownies and Girl Guides who gave, (in addition to their cookie selling time), help with coiling coil and tying up the many lengths of water hoses and tucking them into storage. They helped trim down the flower beds on our Memorial Garden and also harvested the Milkweed plant pods to grow plantings themselves next year. We all know that the Monarch butterflies will return to their original birth place and to that same milkweed garden...all

the way from southern Mexico.

Next year we will have a surprise Spring feature in that the Shuniah Brownies and Guides will have planted their spare spring bulbs in our Soil Mates Memorial Garden as well as in the digital sign foundation flower boxes. The colour and variety of bulbs symbolize the blue and white of the Girl Guides. There are snow drops, scilla, narcissus, tulips and hyacinths. They will not bloom all at once but what a way to start Spring.

We do need some consulting next year in that we have recurring garden soil pests in almost every garden. The soils, surely after 7 years, need replenishing or reconditioning and we must do it in a non-chemical way. The compost station has a new soil capacity for only 2 gardens but the exchange must be in total volume.

My deepest thanks to each and every member for their help in the many work parties to keep the gardens in tip top shape. Even at this late date, we have had an inquiry for membership in next year's season.



**LAKEHEAD REGION**  
CONSERVATION AUTHORITY

*submitted by  
LRCA Staff*

The 2022 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 calendar year at all of our seasonal and year-round Conservation Areas, allowing you to forgo the \$5.00 per vehicle day use parking fee. Cards can be purchased on our webstore or in person at our Administrative Office. They also make great stocking stuffers!

The LRCA 2022 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 recreating 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. Get out and Explore!



# The First Shuniah Guiding Units are having a blast this fall!

by Martha Dowsley and Christina Graves

The girls are so excited to be back to in-person guiding that the fun just doesn't stop! The great fall weather really helped us to meet outside and do a lot of different activities. We have had both regular meetings at the MacGregor Rec Centre AND some weekend activities.

We did two weekend hikes, one to the Bluffs and one to Cascades. The bluffs hike allowed us to enjoy the fall colours and the views over the city and the lake. The girls hunted for conifer cones and examined seed heads of different plants. During the Cascades hike the girls practiced some map reading using both the posted maps along the trails and digital maps on phones. We went down to the water to explore the rocks and throw sticks in the water to see what route they took through the falls. During the walk the girls practiced some of their hiking songs as part of our fall focus on guiding traditions.

Meanwhile, our weekly meetings at MacGregor Rec centre have included team-based running games to introduce the girls to each other and build solidarity in their patrols. The girl guides have two patrols and the Brownies have 3. Brownie patrols are called circles. These are groups to organize the girls for projects and activities. For example, the Girl Guides are working on developing their outdoor and survival skills. Each patrol had to build a shelter with a tarp, poles and rope for one activity. We are hoping to strengthen their teamwork and leadership skills after nearly a year apart.

Our fall service projects have been at the MacGregor rec centre. The girls aim to do service projects in each season. This fall, we spruced up the rec centre picnic table with a fresh

coat of paint and helped clean out some of the community garden plots. The girls also worked to add some decorations to the garden box along the wall of the rec centre and planted spring bulbs in it. We had enough bulbs left to also plant them under the electronic sign and in the memorial garden for Josh Klukie. We are looking forward to spring so everyone can see the beautiful flowers!

Girl Guide cookies also arrived in Thunder Bay in early October. Mr. Skaf kindly allowed the girls to sell cookies on the grassy area in front of his store. It turned out to be a popular place because the cars at the intersection could see what was going on and pull in to get some cookies. We are looking to see if we can get more cookies, so please email if you are interested! (mdowsley@lakeheadu.ca)

In October we had a wonderful day trip to Brownie Guider Amanda's house. We made a campfire and had Labrador Tea and snacks that the girls brought along. We constructed shelters in the forest and learned about raising chickens. The new girls were also able to participate in an enrolment ceremony where they state their girl guide promises and officially join our unit. The Guides learned a traditional marching formation for their ceremony and proudly presented it to the younger girls and families. We look forward to continuing our badge work and doing a few more outdoor activities this fall!

There are still a few spots left for new girls to join! If you know an interested girl, go to [www.girlguides.ca](http://www.girlguides.ca) and find the First Shuniah Sparks and Brownies (girls from Senior Kindergarten to Grade 3) or First Shuniah Girl Guides (grades 4, 5 and 6).



Sophia H, Jaxyn, Bronwyn, Beatrice L, Sophie W and Madison

While Supplies Last:

**Marth Wood Pellet SALE!**

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

**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)

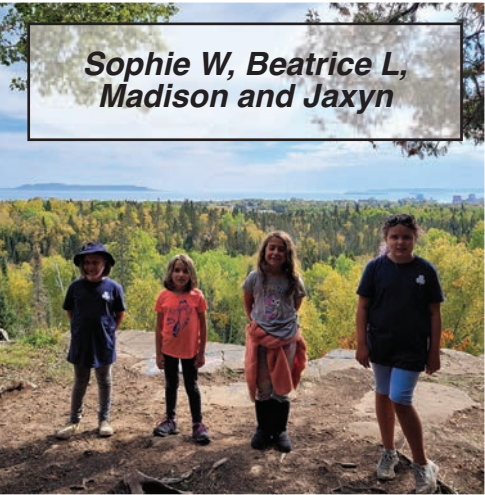
**MORE ON OUR SALES**

**(807) 475-5190**

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



Sofia, Jaida, Olivia and Charlotte construct a shelter at MacGregor Rec Centre



Sophie W, Beatrice L, Madison and Jaxyn



Norah, Hannah, Jaxyn, Autumn and Sara challenge themselves with building a shelter



Top to bottom Olivia, Aubrey, Octavia, Bronwyn, and Kestrel



Charlotte, Bronwyn, Beatrice Z, Sophie W. and Beatrice L enjoying their fall hike at Cascades

**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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[/company/nwmoCanada](https://www.linkedin.com/company/nwmoCanada)

**nwmo**



Rhyan holding the pink Sparks flag and a bunch of the girls selling cookies



## News from McKenzie School

[www.lakeheadschoools.ca/mckenzie](http://www.lakeheadschoools.ca/mckenzie)  
by Casey Charles - Vice Principal McKenzie School

It has been a fantastic start to our school year, and it is so great to see all of our students back in school, learning and growing together again. Our students and staff have worked hard on developing routines and getting use to daily school life again after so many months away. The first two months have flown by, with not only a focus on literacy and mathematics in the classroom, but a strong focus on mental health strategies and outdoor education (often in our new outdoor classroom!) as well. The school has been full of action, as we have already had numerous excursions, school clubs, events, and extra-curricular teams keeping us busy.

Our students participated in the annual Terry Fox Walk Run/Walk in September, and thanks to the amazing generosity of our Shuniah community, raised \$978 dollars for the Terry Fox Foundation for Cancer research.

Our students have already had an opportunity to participate in a number of Lakehead Elementary Athletics events including Soccer, Cross-Country Running, Ultimate Frisbee and Flag Football. They represented our school with pride and sportsmanship at all of these events. Great job Mustangs, and thanks to all of the coaches who volunteered their time to coach our athletes.

We have also had a number of special school events throughout the first two months. We acknowledged and honoured the healing journey of survivors of residential schools, and their families, on the National Day for Truth and Reconciliation through the planting of some cedar and tamarack trees in recognition of this important day. Some of our younger students ventured out beyond our walls on excursions to Kingfisher Lake Outdoor Education Center and a trip to the Current River area to learn about some urban neighborhood features and a little about the Shuniah municipality. Within the

school, we had our annual "Dress Like a Hunter or a Turkey" day, which is a McKenzie school tradition, and a weekly Yoga club has started as well to help our students develop their own personal calming strategies.

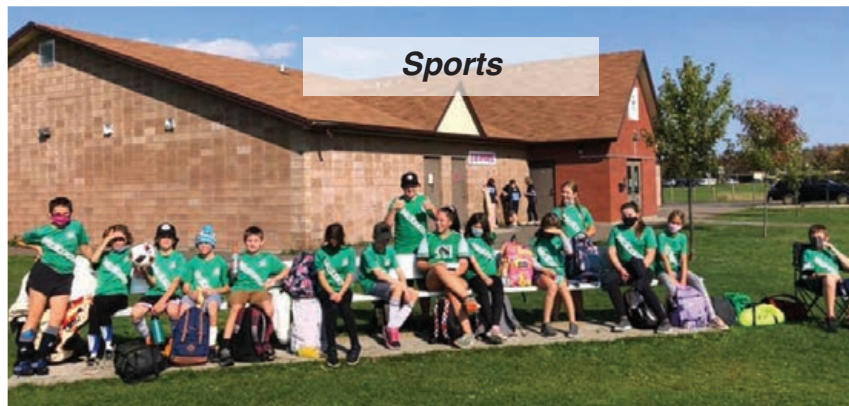
McKenzie will again be part of an online Gift Card Fundraiser all year! Please consider shopping with a gift card that you can purchase through FundScrip this year! There are many, many shops to choose from. Every day shopping with gift cards can allow McKenzie Public School to receive a percentage back to help fundraise for our school. Tell your family and friends. Check out the website to see the cards available. <https://www.fundscrip.com/support-a-group/BJ67BV>

We look forward to working with our Shuniah community more throughout the coming months, and thank all of you for your outstanding support of our school.

### Go Mustangs!!!



Tree Planting





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**Sofia (a.k.a. Slothia), Autumn and Esme at Cascades**



**Rhyan and horse**



**Dress like a turkey!**



**Terry Fox Run!**



**Esme and Lily**



**Aubrey and Jaxyn do some gardening**



**Jaida, Charlotte, Sofia and Sophia at one of our outdoor Girl Guide meetings**



**First Shuniah Girl Guides paint a picnic table on Orange Shirt Day**



**Jaxyn, Hannah and Norah show off some nature art they created**



**Tree Planting**



**Sports**



**Yoga**





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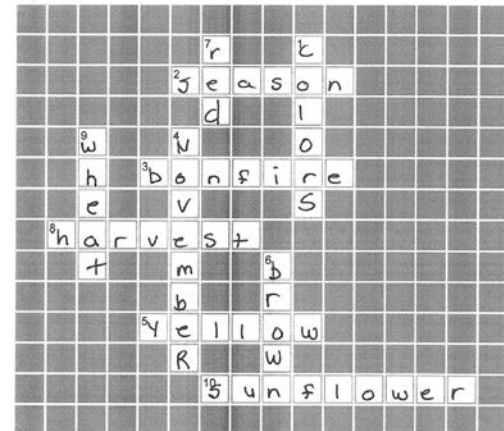
jessica.coley@rbc.com



Autumn/Fall - Crossword Puzzle

## Autumn Crossword Puzzle

Instructions: Complete the crossword puzzle by filling in the Autumn words that fit the clues



### Across

- There are four of them in a year
- Large, controlled outdoor fire
- Color of lemons
- Gather mature crops from the fields
- Large yellow flower grown for its seeds

### Down

- There are lots of these in a rainbow
- Eleventh month of the year
- Color of dark wood
- Traditional color of a rose
- Grain used in breads and cakes

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