

# THE SHUNIAH NEWS

Shuniah, Ontario



*A Superior Living Experience*

Volume Twelve, Issue Two      March 2022

## Come to Ghana ~ You Don't Need Your Passport But Bring Your Mask

Join nomadic photographer and story teller Marj Clayton as she recounts stories and shares images from several of her trips to the sub-Saharan country. Marj will talk about her initial challenges and dangers traveling and photographing as a single woman. How her first trip to Ghana in 1992 almost ended as soon as it began and how two potters who became lifelong friends ensured that Marj's first three-month stay would not be her last.

For thirty years Marj has travelled to Ghana making friends with artists, drum makers, musicians, Rastafarians and farmers. It was here where she met people who struggled financially yet were generous of heart and did not hesitate to share time, advice and resources.

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. In 2003 she won Britain's Travel Photography magazine's Travel Photographer of the Year and has been published in books like Oxfam's Bolivia profile and rotovisions Photojournalism.

Please come and join Marj on Monday March 28th at MacGregor 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. Masks and proof of vaccination are required. Pre-registration is preferred but not required. Please contact Marj at: [marjorieclayton67@hotmail.com](mailto:marjorieclayton67@hotmail.com)



## 3rd Annual Bobby Powell Ice Races

The 3rd Annual Bobby Powell Motorcycle Memorial Ice Races will be held on March 13, 2022 from 12-4pm. Racing will start at 1pm!

At the age of 62, Bobby Powell passed away on December 24, 2018 from pancreatic cancer. To honour Bobby's dedication and love for the ice racing sport, all monies raised will go to the Thunder Bay Regional Health

Science Cancer Center in Memory of Bobby Powell and the Superior Ice Riders.

The race will be located on the ice, in the front of the Lakeview Lodge, 815 Lakeshore Drive on Wild Goose Bay. When arriving at the memorial race, you will have the option to either park in the Lakeview Lodge parking lot, Wild goose park, MacGregor Recreation Center, or on the ice.

Pull into the Lakeview Lodge parking lot and directly drive down or walk down onto the ice.

Donations will be greatly appreciated as an entry fee. T-shirts, refreshments, and food will be available for purchase. The Lakeview Lodge will be open during and after the races for prizes, food, and drinks. Come celebrate with Bobby Powell's family, friends, and riders. Hope to see you there!!!

Thank you to our Sponsors Excalibur Motorcycle Works, RPM Drilling, Half-way Motors Nissan, Half-way Motors Mazda, Half-way Motors Power Sports, Black Dog Construction, and Half-way Motors Carstar Center.



In loving memory of  
**BOBBY POWELL**  
JUNE 18, 1956 - DECEMBER 24, 2018

## Second Semester of Shuniah U starts in March!

The first semester of Shuniah U was fun and intellectually stimulating! There were 14 participants with quite a diversity of backgrounds and experiences. All contributed insightfully to our discussions. The first three classes were via zoom, on-line. Luckily, for the last half of the course, we were able to meet in-person at MacGregor Rec and the participants enjoyed homemade cookies, tea and coffee. They were also able to handle some 'show and tell' items such as a polar bear skin.

The classes were a blend of historical and cultural topics (the disappearance of the Vikings from Greenland, the largest set of ancient ruins in America, and polar bear conservation), and broader geographic topics (pandemics, landscapes and world population trends).

The first class of Shuniah U's second semester will be Wednesday March 23rd.

Classes will be held Wednesdays, 2:00-3:30 at MacGregor Rec for 6 weeks and have a fee of \$75. For more information or to sign up, please email [mdowsley@lakeheadu.ca](mailto:mdowsley@lakeheadu.ca). Once enrolled, you will be invited to vote on the topics. *Please join us! The more the merrier!*



**McKenzie students find the fun this winter! And so do First Shuniah Guides...**

**...See photos throughout this Shuniah News!**







# 2022 Interim Property Tax Notice

Shuniah's 2022 interim property tax bill will be mailed out the end of January. Payments are due Friday, February 25, 2022, and Friday, April 29, 2022. **Payments can be made online or at the Municipal Office.**



# Spring 2022 Shuniah Public Works Message

by Craig Baumann, Manager of Operations

As spring approaches the public is advised to exercise caution in and around area waterways. High flows, melting ice and unstable banks could be dangerous. Parents and caregivers are advised to keep children away from all waterways and discuss the hazards of flooding and fast flowing water.

**LOAD RESTRICTIONS** are in effect from mid-March until late May as a means to try to protect the integrity of the roads during the spring thaw. Please keep this time period in mind if you are planning to have building supplies or gravel products delivered to your property.

## 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 don't want the material in your yard chances are neither do your neighbors.

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



## Shuniah Services Covid 19 Update As at February 2, 2022

### THE MUNICIPAL OFFICE IS OPEN TO WALK-IN CUSTOMERS.

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

Building permits are available on-line at [shuniahfire.com](http://shuniahfire.com) or at Crystal Beach Variety  
Landfill permits are available at Crystal Beach Variety

**FOR THE FOLLOWING APPLICATIONS  
PLEASE CONTACT US AT 807-683-4540  
BEFORE COMING TO THE OFFICE:**

Shoreline Road Allowance  
Minor Variance  
Consent  
Zoning Amendments  
Building Permits

#### 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.**

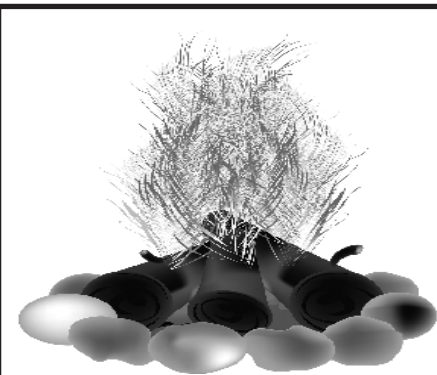
*We ask all residents to follow the recommendation of the Thunder Bay District Health Unit, Government of Canada and Ontario Ministry of Health.*

## 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.



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



Charlotte, Beatrice and Thorben at Mount Baldy



# Shuniah Soil Mates

Can February March....No...but April May!

Peter Tracz, C.E.T. AANG

Hello Shuniah Soil Mates!  
Last Week I phoned my favourite son (the one and only) and got my favourite daughter-in-law (the one and only). "How ya doing" ...I asked. "We are so tired of winter, Covid regulations and staying at home, we bought some vegetable seed packs so we can at least watch something start to grow these days"  
Herewith my 10 favourite vegetables to grow based on years of eating  
**Lettuces** – These are nature's thirst quencher....the leaves are 95% water....grab a handful to eat even while they are growing.

**Carrots** - a sweet dense food , very filling and helps promote good eyesight  
**Cabbage** – great for soup and sauerkraut and good against heart disease. Grow the Mini size.  
**Beet Roots** – fantastic for vitamins, prevent cancer and you can also eat the leaves

**Onions** – helps to regulate blood sugar. Plant the spring type for salads  
**Cucumber** – really a fruit (seeds) but a good low calorie snack....believe it or not, the inside core is cooler on a hot day than the outside air  
**Peas** – contain healthy elements (potassium, magnesium and calcium)  
**Beans** - a most complete food, high in fibre. Grow the 'runner' type. Yellow & green are best.  
**Tomatoes** – loaded with lycopene (powerful anti-oxidant), protects your cells from damage. Has vitamins A, C, K. and fibre. The Cherry tomatoes are the best because of density.  
**Potatoes** - top of the 10...total food, has potassium, fibre, bulk, and is good for muscle and B6 for brain function.

Enjoy the day and family and friends

# 2022 Budget and Property Taxes

Submitted by Paul Greenwood, CAO

The Council of the Municipality of Shuniah has ratified the municipal budget for 2022 which sets out the new tax rates and provides the approval to move forward with operating services and capital projects for the coming year. Our goal is to minimize the impact of annual tax levy increases while ensuring that Municipal services are properly funded. The Municipality also sets aside reserves for future infrastructure projects, unforeseen expenditures such as flood damages, and to stabilize tax levy increases year over year.

**The 2022 Shuniah Budget includes a 2.70% tax levy increase.**

While the total 2022 levy increase is 2.70%, we attribute approximately 0.5% to growth in new property assessment (new construction) within Shuniah. **The net increase to the Municipal Levy (After Growth) if comparing to other Municipalities is approximately 2.20%.**

Overall, the 2022 municipal tax levy of \$5.22 million represents an increase of \$137,000 over 2021. The tax levy is the total amount needed from property taxpayers to fund municipal services and contribute to capital programs.

It is important to note that the levy increase in Shuniah of \$137,000 for the year 2022 is independent of the increase in property values. If the

property values for the Municipality increase by 1% or 15%, Council will only set a tax rate to collect the needed \$137,000.

**Notable drivers in the 2022 operating budget:**  
Increases to the levy include:  
- Increases for policing services levy – \$56,000  
- Increases for ambulance services levy - \$25,000  
- Expansion of event planning and recreational services - \$23,000  
- Increases to Thunder Bay District Social Services levy – \$16,000  
- Landfill recycling costs - \$12,000

**Impact of changes to property assessment values:**  
The Municipal Property Assessment Corporation (MPAC) is responsible for determining the assessed values of all properties in the Province of Ontario with a province-wide Assessment Update every four years. The last province-wide Assessment Update took place in 2016, based on a January 1, 2016, valuation date. Property values were then increased (phased-in) over a 4-year period from 2017 to 2020. Due to COVID, MPAC has postponed the 2020 Assessment Update. Property assessments for the 2021 and 2022 taxation years will be at the same value for 2020 unless there is new construction, renovations or re-assessments on individual properties.



## Shuniah Dog Tags 2022 Dog Tags are required. Available for purchase at the Municipal Office.



## 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 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



## 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.

## 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.





# Stuff 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 9:30AM	
FOREVER FIT 2:30PM	SHUFFLEBOARD 1PM		FOREVER FIT 2:30PM	
BOXING 5:15PM	PAINTING CLASS 1:30PM	SHUNIAH U 2:00PM	BOXING 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, SANITIZING, SCREENING  
AND SIGN-IN CONTACT TRACING
- ALL PROGRAMMING IS SUBJECT TO CHANGE BASED ON HEATH UNIT  
RECOMMENDATIONS

## MORNING YOGA WITH ART

**Mondays 10-11am**

**\$18 per class or \$175 for 12 class punch pass**

Hatha yoga classes - 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)

## FOREVER FITNESS- ADULT EXERCISE

**Mondays and Thursdays 2:30-3:30pm**

**\$45/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 BOXING 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.

## MUSIKGARTEN FAMILY MUSIC

**Tuesdays 11-11:30am - HOPING TO OFFER A SESSION IN APRIL!!!**

**\$80 for 8 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 spring! 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.

## 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

**WATCH FOR A STUDENT ART SHOW IN EARLY MAY!**  
**DATE TBA**

## SHUFFLEBOARD LEAGUE

**Tuesdays 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)

## MORNING and EVENING YOGA WITH LYNN

**Tuesday evenings 5:30-6:30 pm - running in three & four-week blocks \$30/\$40**

**March 8 - March 22**

**April 5-April 26**

**Thursday mornings 9:30-10:30 am**

**- running in three-week blocks \$30**

**March 3 - March 17**

Everyone is welcome. We will explore the restorative nature of yoga and the mindfulness of the practice through postures, breathing techniques and guided relaxation. Paying attention to our bodies and breath through yoga is a wonderful practice to support your overall health and well-being. 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.



## SECOND SEMESTER OF SHUNIAH U

**Wednesdays @ 2pm**

\$75 for 6 classes

The first class of Shuniah U's second semester will be Wednesday March 23rd. Classes will be held Wednesdays 2:00-3:30 at MacGregor Rec for 6 weeks and have a fee of \$75. For more information or to sign up, please email [mdowsley@lakeheadu.ca](mailto:mdowsley@lakeheadu.ca). Once enrolled, you will be invited to vote on the topics. Please join us! The more the merrier!

## SPARKS, BROWNIES & GIRL GUIDES

**Thursdays @6pm**

First Shuniah Sparks and Brownies will meet at 6 pm Thursdays and First Shuniah Guides will meet 6:00 pm Thursdays. Girls can register at [girlguides.ca](http://girlguides.ca). **RE-STARTING SOON CONTACT MARTHA FOR DETAILS** - [mdowsley@lakeheadu.ca](mailto:mdowsley@lakeheadu.ca).

## SHUNIAH YOUTH GROUP

**Wednesdays and Fridays @6pm**

Until we can be together again check out our fun activities posted on our Facebook page!

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. **RE-STARTING SOON - WATCH OUR FACEBOOK PAGE FOR DETAILS**

## ST JOHN'S BABYSITTING BASICS COURSE

**@ MACGREGOR REC CENTRE**

**Wednesday March 16th 9am-4pm**

\$65 per student

Feel more confident leaving your child home alone or while caring for other children with St. John Ambulance's "Babysitting Basics" course. This course is designed for children ages 10-14. Students will learn the responsibilities of caring for children; handling difficulties; children and play; recognizing and preventing injuries; handling emergencies; first aid; and much more. Register by phone at 345-1712 with a credit card or stop by office at 518 Fort William Road to pay and register. Registration deadline: Wednesday March 9th



## **COACH'S CORNER** *Brain Drain?*

300 million people suffer from depression yearly.

275 million people suffer from anxiety.

(Facts taken from the World Health Organization)

With our current state of overall stress, not only from our immediate lives (work/school/kids and Covid). We are now dealing with social network stress (Facebook, Instagram, Twitter and the daily news). It just seems there is no escaping it.... But is there a way?

Now first let me state, I am not a Dr. I don't even play one on T.V. So, take this as just friendly advice, something that has worked for me. This is my 3 Step Mental Workout.

**Step 1. Exercise daily** - any type will do (walks, pick-up games, or fitness groups). Exercise boosts short term mood effects and long-term mental health benefits. Besides the great feeling of accomplishing a goal, Exercise is a highly effective part of a treatment plan for depression, as it releases powerful chemicals in the brain that promote well-being.

**Step 2. Nutrition** - it is well known that the foods we eat have a major impact in the way we feel physically. So, it would make sense that if we feel good physically we actually start to feel good mentally. So what foods you ask? Eggs, almonds, fish, blueberries, avocados and broccoli are all packed with nutrients that keep the brain happy and healthy.

**Step 3. Sign off** - Take a break from social media. Taking a break from social media has shown dramatic increases to personal productivity and overall well-being. Screen time adds up quickly and before you know it you have wasted 45 mins scrolling your news reel on things that mostly just make you more upset than when you started. Tricks that work for me are three 10 min "sign on's" every other day.

**First sign on**, allows me to post my training wins or accomplishment (this makes me feel proud of myself care work).

**Second sign on**, is to acknowledge accomplishments of my friends and/or family. This could be a graduation, new addition to the family or even new hairstyle they have. (this makes them feel proud/happy).

**Third sign on**, is to play a mind game. My current game is Wordle. (this keeps my brain engaged and happy).

So, there you have it folks, my 3-step mental health daily workout. Give these a try and you just might feel a little less stress and a little more peace of mind.

*Until next time-  
Keep Swinging!*

*Coach  
Dayna Bernier*



# First Shuniah Girl Guides Take on the Great Outdoors!

by Martha Dowsley

Girl Guides hard at work despite closure of MacGregor Rec  
First Shuniah Girl Guides has been working remotely since Christmas break. The girls are completing discovery badges in areas such as cooking, inventing, caring for animals and volunteering. They have a couple of creative challenges as well. They were asked to make bird feeders to help the birds through the winter, learn about what they eat and learn some species that come to their feeders. Charlotte and Beatrice have chickadees, red-breasted nuthatches and common redpolls visiting their feeder. They found out that sunflower seeds are the most prized food for all their birds. Hannah is working on her fiber-crafts. She learned how to finger knit. Other girls are doing crochet or knitting to make wonderful crafts like animals and scarves. Charlotte knit short scarves and sewed together the ends to make neck warmers for her family to wear skiing. For their next

challenge, the girls are encouraged to make something fun using socks. Hannah has already made a cute sock stuffie. They are also enjoying outdoor sports. Lily has been ice fishing and practicing her cross-country skiing. Jaida, Sofia, Beatrice, Charlotte and Madison are all downhill skiing at Mount Baldy. Sara is learning snowboarding and Madison is in snow-stars. Lily and Olivia went tubing. Thanks Mount Baldy for providing such great opportunities for fun and learning snow sports!  
The girls are having a great time enjoying the winter weather and then warming up with their crafting activities. We hope to get back to MacGregor Rec centre soon and start planning spring activities. If you know of any volunteer activities the girls could do to improve our community, please let one of us know or email: [mdowsley@lakeheadu.ca](mailto:mdowsley@lakeheadu.ca). New girls or women are always welcome to visit our meetings and join the fun of the guiding sisterhood!



Here is Hannah who learned finger knitting. The girls take the long piece of knitting and twist and tuck into animal shapes to make their own stuffies.



Sara snowboarding



Jaida and Sofia skiing



Hannah with a sock stuffie that she made

Spring is almost here...  
Start planning **YOUR** metal roofing project!

Proud to be the largest distributor for Ideal Roofing in Northwestern Ontario!

Located just off Hwy 61  
560 Boundary Drive,  
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Sara and Sophie with brothers snowshoeing

Don't be AFRAID to show YOUR BOTTOM

311 CUMBERLAND ST. N  
**807-345-1121**  
[www.wakefieldoilcheck.com](http://www.wakefieldoilcheck.com)



Charlotte, Beatrice and Eolfie playing hockey at Mac Gregor rec rink





## News from McKenzie School

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

It has been a busy few months here at McKenzie school. The cold weather has not stopped our outdoor education. We have been spending time outdoors, learning, sliding and snowshoeing. Everyone is looking forward to spring, and using our outdoor learning space even more!

A huge thank you to both the Northern Fruits and Vegetables Program, as well as the Red Cross, for providing food for our students, in both our breakfast and snack programs. This ensures that all of our students have healthy snack options during the day, and that everyone is well fed and ready to learn.

Do you know anyone in our Shuniah area with a child turning 4 in 2022? If so, let them know the time is now to register for school! There will be a Kindergarten virtual event for all of our newest Mustangs on March 1,

please visit the Lakehead Public Schools website for details. If you know of anyone with questions about our Kindergarten program, this evening is a great opportunity. You are able to register your child directly from that webpage as well. If you have any questions or concerns for us, please do not hesitate to call the school directly. Spread the word throughout our community – our school is growing, and we would love to see that continue.

We look forward to continually working and learning with all of our Shuniah community over the rest of the year, and thank you for your ongoing support.

**Go Mustangs!!!!**



**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](mailto:info@whitecedarpharmacy.com)  
[www.whitecedarpharmacy.com](http://www.whitecedarpharmacy.com)





Mustangs  
on the GO!







Since December 1974, LRCA staff have conducted snow surveys in the following three locations: McVicar Creek (Blanchard Street), Pennock Creek (Vibert Road), and Current River (Hazelwood Lake). Snow depth and equivalent water content were above average compared to the historical averages for February 15th. Average snow depth was 21% above average (between 47 to 64 centimetres), and average equivalent water content was 28% above average (between 99 to 153 millimetres). Lake Superior's beginning of February level was 50 centimetres below its period-of-record (1918-2020) average, and at its lowest since 2013. Believe it or not, but spring is fast ap-

proaching, which means that ice conditions will start becoming more unstable. This is a reminder to exercise caution around waterways. The LRCA does not monitor ice conditions in our Conservation Areas; if you plan to go out on the ice, proceed with caution and at your own risk. Also, be sure to wear appropriate footwear while visiting Conservation Areas. The LRCA does not maintain trails during the winter, so conditions may range from deep snow to ice-covered to muddy and wet. With nicer weather on the horizon, visitation to Conservation Areas is going to increase, so we would like to remind visitors to use caution, as natural trails may be uneven and

submitted by  
LRCA Staff

slippery. It's always a good idea to prepare for how the weather may affect your visit. Be sure to advise others of how long you expect to be in the area, and you should be aware of possible encounters with wildlife. Conservation Areas operate from dawn until dusk. Pets must be on-leash at all times. Alcohol is prohibited in Conservation Areas. Campfires and overnight camping is also prohibited. Trails are for recreational use only; no bicycles, motorized vehicles, etc. Harvesting of any kind is prohibited. Visitors must adhere to all **Conservation Area Rules & Regulations**. These regulations are in place to ensure that all visitors to Conservation Areas can enjoy them in a safe, sustainable manner. And finally, all rules surrounding COVID-19 must be adhered to, including following Provincial orders regarding outdoor group sizes. Be sure to Follow, Like and Share

the LRCA on social media. Our Facebook, Twitter and Instagram pages endeavor to effectively communicate with residents of the Lakehead Watershed. We share flood messages, up-to-date events information, interesting facts and gorgeous photography with our followers, and we would love it if you would join in on the conversation. We will also be posting information regarding upcoming workshops and events. The 2022 Explore Card Parking Pass is available now for \$40.00 +HST. Forgo the \$5.00 per vehicle parking fee with an Explore Card. They are valid for one calendar year at all seasonal and year-round Conservation Areas and publicly accessible Forest Management Properties! Visit us at 130 Conservation Road or order online at [store.lakeheadca.com](http://store.lakeheadca.com).

**Get out and Explore!**



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## Hymers Fair News

by Randy Creighton, President

Announcing the new 2022 Hymers Agricultural Society Board of Directors:

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2nd Vice President—Wendy Wright  
Secretary—Debbie Hoover  
Treasurer—Oona Szyja

### Directors

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Teri Treftlin	Margaret Duncan
Gerry Murray	Sara Fisher
Nadia Myhal	Jeff Glavish
Tammy Pollock	Chris Lawrence
Rhonda Prystanski	Mekyla Price
Charlene Shuttleworth	Don Shuttleworth
Victoria Prystanski	

*The Hymers Fair Board of Directors is excitedly planning for an in-person Fair this year!*

As long as pandemic regulations cooperate, Labour Day Weekend will see us celebrating rural life and entertainment yet again. To stay up to date, check out our webpage and social media. If you are interested in volunteering to help bring back the fair please email [info@hymersfair.com](mailto:info@hymersfair.com).



*Jaida really got into crafts this month, see all her tie-dyed clothes*



*Charlotte in the forest*

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*Please reach out any time, we hope to hear from you soon! Amy 708-4747 (text or call).*

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*Lily getting in  
some ski practise*

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