

# THE SHUNIAH NEWS

Shuniah, Ontario



A Superior Living Experience

Volume Twelve, Issue Five

September 2022



## Judo Now at MacGregor Rec Centre!

by Martha Dowsley

This summer Sakamoto Judo Dojo joined the Shuniah community and began training sessions at MacGregor Rec. This Olympic sport offers fitness, enjoyment and personal growth for the whole family. Both children's and teen/adult classes will be held Tuesdays and Thursdays.

Judo was developed in the 1882 by Jigoro Kano with the goal of not only mastering fighting techniques without harming the opponent, but also of improving one's character. The three purposes of judo are 1. to train your body, 2. to learn how to beat your opponent, and 3. to foster a superior personality and engage in proper behaviours.

Judo training improves fitness, teaches one how to use an opponent's strength against him, and develops moral qualities in practitioners, including politeness, honesty, fair play, determination and courage. We see these qualities translated in the rest of life, such as in improved performance at school, leadership and teamwork. Judoka must learn proper behaviour towards others. After all, when training, we don't want to hurt each other, or we won't have training partners, and our teammates get to throw and pin us too, so we don't want to make them mad!

Sakamoto Dojo involves both children and adults in skill, fitness and character development. The primary mission of the dojo is both recreational and competitive participation in judo. The dojo nurtures the development of healthy, empathic, knowledgeable, skilled and giving citizens through the vehicle of the "Gentle Way" of judo.

The dojo focuses on a) developing of the judo technical skill and leadership, and b) nurturing of committed, community-conscious judoka (judo players) who will make a difference in their own community and elsewhere.

The head instructor, Sensei Norm Sakamoto (Sak), was born in Sydney, British Columbia and spent his early years in an Internment Camp for Japanese Canadians. He began teaching judo in 1962 in Fort William and Nipigon. Sak spent his career in education and taught wrestling, gymnastics, and judo. He has worked with hundreds of youth in Northwestern Ontario and has generously agreed to help train one more generation of judoka (judo players) in Shuniah. Assistant Instructors are Sheamus Elvish, Patrick (Patch) Elvish, Emma Haywood, Brendan Phyllis, Danny Taisey, Craig Hardy, Martha Dowsley and Chris Zappe.

Come out and try an evening for free! Children 12 and under train Tuesday and Thursday 7-8 pm, teens (13+) and adults train from 8 to 9:30. Judo is a sport for the whole family. You can do it for fun and fitness if you don't want (or think you're too old!) to compete.



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

**MacGregor Recreation Centre**  
(800 Lakeshore Drive)  
**November 13, 2022**

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

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



## Nomadic Marj is back!



This time she is going to give an informal talk about her no star, shoe string approach to travel. If you are interested in people, culture and the path less travelled this event may be of interest to you. She will talk about cultural immersion, traveling alone, the importance of taking your time, making notes, the benefits of photographing and reciprocity.

Marj began her photographic journey using black and white film and has slowly begun recording her work digitally making stills and moving images. Both black and white analog and colour digital images will be shown from several of her trips and may include Bolivia, Peru, Ghana, Gambia and the UK. If you're curious about the why and how someone would travel in this way or want some advice on how to get started come out October 3rd to the MacGregor Recreation Centre for Marj Clayton's presentation.

Doors open at 6:30 with the show to begin at 7:00. This event is free but if you feel inspired a donation container will be at the door. Please email Marj at [marjorieclayton67@hotmail.com](mailto:marjorieclayton67@hotmail.com) if you plan to attend so we know how many chairs to put out.

**It's Shuniah Calendar time again!**  
**Deadline is September 17, 2022. See page 7**

## PROPERTY TAX REMINDER by Sue Moore

The final 2022 property tax invoice was mailed out on July 20, 2022. The first installment on this invoice was due Friday, August 26, 2022, and is now past due. The second installment is due Friday, October 28, 2022.

Any property tax owner that has property tax arrears from 2020 or earlier is eligible for the tax sale process. If the tax sale process is initiated additional fees will be added to the property tax account. Please contact the office to make arrangements to clear up any property tax arrears.



# Shuniah Soil Mates

## August...No Vacation for the Gardens!

Peter Tracz, AANG

I just have to say it....We do have a most beautiful Community Gardens...The name says it all,,,,,, Shuniah Soil Mates.While most of the Soil Mates left for vacation this July and August, the veggies just had kept on growing and all the gardens needed attention and perhaps watering. I say perhaps, because the first weeks in August the rains came almost every 2nd or 3rd day, and the water was free. A list was posted in the field desk for those garden members leaving and returning from vacation and requesting their gardens be looked at....it turned out to be a short and easy list.

We had the pleasure July 15th of a visit from the Shuniah Day Camp children and their project was to build miniature Mason Bee stations using bamboo pieces. Diane Jordan offered them face painting (mostly their arms) and this is always a treat. The miniature Mason Bee pod things had to be revised into a larger Bee Hotel and it is now a feature of our gardens along with the original wood block models from quite a few years ago.

Our gardens are being visited (very late this year) by Monarch Butterfly caterpillars. The milkweed plants had shown not a sign until a few weeks ago. Imagine...the eggs were planted by butterfly remembering the same plant/garden from a year ago .....via Mexico. I do believe that our soil exchange program this Spring was a great idea. We also took sage advice by scientifically looking at our soils chemistry and then enhancing our fertilization. Our garden produce is amazingly healthy and productive and the foliage in each garden is almost like elephant ears..... in the case of zucchini plantings. Well done all.



- Candidates for the Shuniah Election were asked questions to help inform the public as to their backgrounds and their goals if elected.**
- 1: What position are you running for?
  - 2: Tell people about your connection to your municipality: - How long have you lived here? - What do you enjoy best about the area?
  - 3: What strengths/background do you bring to your municipality as a candidate for council?
  - 4: What vision do you have/objectives would you like to achieve for the municipality?
  - 5: If you could tell residents something that covers your desire to be a candidate, what would it be?

### Meghan Chomut

I am running for McTavish Councillor. I have lived in Shuniah my whole life. I'm actually 4th generation! All 4 of my grandparents were raised here as well as both of my parents. And I'm raising my 4 kids here. Some of the assets I bring to the table are my background in finance and planning. In my career I am trained to be numbers focused and ensure that decisions are weighed for not only short-term results but also long-term considerations. I also am very active with our school, as a hub of our community this partnership is important. As a person I always strive to be approachable and respectful. I am a safe, judgement free zone that fosters collaboration.

### Dawn Powell

I am running for Councillor in the McTavish Ward to represent the people and needs of this part of Shuniah and to bring a business perspective to the operation of the Municipality as a whole. For the past 30 years I have lived in Shuniah with over 20 of those years in McTavish. I own and operate of real estate appraisal business that provides services across Northwestern Ontario. My extensive experience working with municipalities across the Region has prepared me well for dealing with planning issues, a key job of a Councillor. I am a past member of the Shuniah Planning Committee and the Committee of Adjustment for the City of Thunder Bay. I also have considerable governance experience. I have been the President of the Thunder Bay Chamber of Commerce (1994-95), a member of the Thunder Bay Port Authority, a member of the Board of the Ontario Association of the Appraisal Institute of Canada and the Cancer Quality Council of Ontario I am currently a member of the Ontario Cancer Research Institute and the current Chair of the Thunder Bay Chapter of the Appraisal Institute of Canada. I also have considerable experience lobbying senior levels of government, another import role for a municipal councillor. This experience came from my role as Chamber President and also as a member of the Appraisal's Institute Government Relations Committee. I have extensive knowledge of both McTavish Ward and Shuniah as a whole. Before building my current property on Loon Lake, I lived 10 years on Lake Superior. I am aware of the importance of protecting the environment around our water bodies, both Lake Superior and our inland lakes. I believe Shuniah cannot depend on tax revenues from residential properties alone to sustain the municipality's operations. We must do a better job of exploring other options to sustain the tax base. I want to see our tax increases kept to an absolute minium which means improving efficiencies within our operations and expanding the tax base. Our landfills are nearing capacity and Shuniah is about to embark on developing an expensive alternative. The options must be financially feasible as well as meet the applicable environmental assessment process. Another major concern is ambulance service in Shuniah. As the result of a

Shuniah is already an amazing place to live and visit. We're so lucky to have a community that comes together in times of need, organize fun events and have a long list of beautiful landmarks we have access to! I'd like to continue contributing to the conversation to highlight community partners, support plans that bring our municipality together and showcase Shuniah gems. The whole municipality is important to me and residents at every life stage. From new families entering our community, to cottagers that come here for down time, to our seniors. I am committed to representing the needs as a whole. Ensuring that everyone is heard and their ideas are brought forward.

recent incident at Loon. I discovered that ambulance service is not always available in the municipality. Shuniah-based ambulances can be diverted to Thunder Bay leaving Shuniah without this necessary service. This must be changed. Specific to McTavish, I want to ensure that the unpaved road at Loon is upgraded to the standards set out in the recent Stantec report that investigated the feasibility of paving West Loon Drive. I want to see the completion of the public dock at West Loon and the boat launch properly and safely dredged. I would also like to end the CP Rail whistle blowing at rail crossings that now have wig-wags installed. Most importantly, I want to ensure that McTavish has a voice at Council.



**Election**  
MUNICIPALITY OF SHUNIAH **2022**  
your community  
your voice



**VOTE**

**October 24, 2022**  
is voting day for the  
**Ontario Municipal and School Board Elections.**

**Register to vote** – or confirm  
you are already on the list –  
at

The Municipal Property Assessment Corporation (MPAC) is responsible for compiling information from eligible Ontario voters to create a Preliminary List of Electors for municipal and school board elections.

To make sure you are on the list and your information is accurate, visit [voterlookup.ca](https://voterlookup.ca) to register, confirm details and update any information that may not be current.





# Shuniah Public Works

## September 2022

by Craig Baumann, Manager of Operations

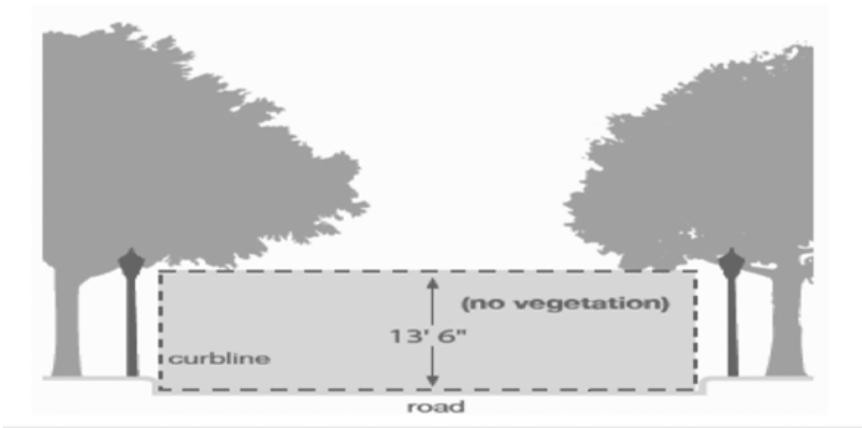
### Roadside Mechanical Trimming of Trees and Brush

The Municipality periodically trims and removes trees and brush from alongside roads and ditches to keep roads safe for the traveling public.

#### Why is this necessary?

Roadside vegetation has flourished at an ever-increasing rate thanks to weather trends and restrictions on herbicide application. If this material is NOT removed, it can have numerous negative impacts:

- reduces sightlines at intersections and driveways
- obstructs views of traffic signs
- obstructs views of wildlife trying to cross the road
- hides illegally dumped waste
- intensifies snow accumulation
- interferes with drainage
- prevents dust clouds from dissipating
- blocks sunlight, slowing snow and ice melt
- increases risk of branches striking vehicles



#### How does it work?

Mechanical trimming uses a rotary or flail device to mulch small diameter trees and branches. When done correctly, the process causes no damage to the main trunk of the tree and promotes

upper growth. While it may leave a harsh appearance for a short period afterwards due to the stripping of leaves, branches and bark, the trees heal and rebound very quickly, returning to a natural appearance.

#### Why do we choose this method?

Mechanical brushing is an environmentally friendly, cost effective and highly productive method that utility companies and municipalities commonly use to control and maintain natural vegetation in rural settings.

#### How might this affect residents along roads where this takes place?

Trees and brush along the roadside that are being well maintained will be skipped over. Mechanical removal will only be done along the roadway if the vegetation has become very dense, impacting sightlines or if overhanging limbs could interfere with traffic.

### 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



### Shuniah Dog Tags

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



**Burning Permits**  
*Burning permits required  
effective March 31, 2022  
No Daytime burning allowed  
effective April 1, 2022*

### COUNCIL CONTACT INFORMATION

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

### 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

### 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.





# FALL into NEW PROGRAMS at MacGregor Recreation Centre!!!

800 Lakeshore Drive - More information *call* 344-1908 *email* kathmaun@tbaytel.net

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
YOGA 10AM	FAMILY MUSIC 11AM		YOGA 9:30AM	
FOREVER FIT 2:30PM		PAINTING CLASS 1:30PM	FOREVER FIT 2:30PM	
BOXING 5:15PM	YOGA 5:30PM		BOXING 5:15PM	
GIRL GUIDES 6:30PM	JUDO 6:45PM	YOUTH GROUP 6PM	JUDO 6:45PM	YOUTH GROUP 6PM

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

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

## MORNING YOGA with Art

Mondays 10-11am  
\$175 for 12 class punch card or \$18 single class  
[www.artofyoga.ca](http://www.artofyoga.ca) to sign up, or contact Art: 707-7374  
All levels of yoga welcome! Perfect way to start your week! Varying styles of yoga, but generally a Hatha style class. Yoga is for all bodies, so come on out and find some mindfulness! Please contact Art with any questions or to sign up. Namaste.

## FOREVER FITNESS-ADULT EXERCISE

Mondays 2:30-3:30pm  
\$35-7weeks  
September 12 -October 31(no class October 10th Thanksgiving)  
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.

## SHUNIAH SLUGGERS BOXING FITNESS

Mondays 5:15-6:15pm  
\$70-7weeks  
September 12-October 31(no class October 10th Thanksgiving)  
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.

## FIRST SHUNIAH GIRL GUIDES, BROWNIES AND SPARKS

Sparks and Brownies (girls in grades SK-Gr 3) 6:30 to 7:30pm  
Guides (girls in grades 4-6) 6:30 to 8:30 pm  
Start date is Monday, September 19th  
Please register your girls at [girlguides.ca](http://girlguides.ca). Find First Shuniah to join our unit. Cost is \$175 plus uniform (consists of shirt/tunic, scarf and badge sash \$45), but contact us first as we may have some used uniform pieces we can share! Contact Martha for details - [mdowsley@lakeheadu.ca](mailto:mdowsley@lakeheadu.ca)

## GROWING WITH MUSIK FAMILY MUSIC

Tuesdays 11:00-11:30am  
\$80 for 8-week session starting September 27th  
Join our family based musical play class which provides an outlet for your child's creativity, expression and builds the natural connection between movement and music. Children and caregivers develop a musical bond as they sing, dance, listen, move and play rhythm instruments. Our little musicians will develop a sense of beat, coordination and the foundation for musical thought while they have fun cooperating with others. Please bring a yoga mat to sit on.  
Please register at [musikgarten.org/growingwithmusik](http://musikgarten.org/growingwithmusik) or call Karen Kent BA, BEd, Musikgarten trained teacher 807-355-5520

## SHUFFLEBOARD LEAGUE

Tuesdays 1:00-3:00pm  
Starting in November  
Beginners welcome! The disks and cues are ready! Come out and meet your neighbours by joining us for a weekly fun tournament. Coffee is always on! Please contact Ron to register at [rgiardetti@shuniah.org](mailto:rgiardetti@shuniah.org)

## MORNING AND EVENING YOGA with Lynn

Tuesdays 5:30-6:30 pm -  
September 13 - October 4; October 11-November 1st  
Thursday 9:30-10:30 am - September 15 - October 6;  
October 13 - November 3rd  
Running in 4-week blocks (4 classes for \$45); drop in \$15  
Please bring your own mat and a blanket. Pre-registration is required.  
Everyone is welcome, suitable for all levels. 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 overall health and wellbeing. The many benefits of yoga include increased strength, mobility and balance, improved posture and body awareness, and an antidote to help mitigate stress and improve sleep.  
If you have any questions and to pre-register, please email [roblynn@tbaytel.net](mailto:roblynn@tbaytel.net) or message me at (807) 633-0183 Lynn Kallies Instructor

## SAKAMOTO JUDO

Tuesday and Thursday  
7-8pm for children (ages 7 to 12)  
8-9:30pm for teens and adults (13+)  
Sept-Dec \$150, January-June \$200  
(~\$35/month for 8-10 practices)  
Parents are encouraged to join their kids on the mats to help coach them (no experience necessary).  
Our instructors are volunteers, but they have administrative expenses. Instructional fee to cover club expenses.  
Judoka (judo players) must purchase a uniform (called a 'gi') and also register with Judo Ontario ([judoontario.ca](http://judoontario.ca)) Judo Ontario registration is required for all Judo Ontario activities (eg. Judo clinics, competitions inside and outside Canada, etc.) Come out and try an evening for free! Kids, teens and adults, men and women welcome!  
Contact Martha Dowsley: [mdowsley@lakeheadu.ca](mailto:mdowsley@lakeheadu.ca) or come by the class to register.

## SHUNIAH ART GROUP

Painting Classes in Oil and Acrylic  
Wednesdays 1:30-4:30 pm  
\$25 registration and \$15/class attended  
Session: September 21 to April 26 with a two week break for Christmas  
One on one instruction is what makes this class special. All levels are welcome! Beginner to advanced students are tutored at their own pace. Enrolment is limited to 16 participants so reserve your spot quickly.  
"I have really enjoyed our painting classes...Every Tuesday I feel so fortunate to spend time with my classmates. Thank you, Jeanne, for your guidance, your great art history lessons and the positive learning environment you have created." Joanne Kembel, December 2021.To register and receive a materials list, contact Jeanne Marler at [jeanne@jeannemarler.com](mailto:jeanne@jeannemarler.com) or 807-631-7856

## SHUNIAH SENIORS SWEATCLUB

Thursdays 2:30-3:30pm  
\$35 for 2-month session  
New session starts September 15th  
Join personal trainer Jacquie Kennedy in this all level fitness class. Seated or standing you will develop the strength needed for healthy aging. Jacquie has worked with many seniors in private and group settings and has the knowledge needed to get you feeling strong and healthier. Contact Jacquie at 807-629-1815 to register and for more information.



**SWEATCLUB FITNESS BOXFIT with Jacquie**

Thursdays 5:15-6:15pm

\$70 for 2-month session

New session starts September 15th

All fitness levels welcome! Personal trainer Jacquie Kennedy has been instructing Boxfit classes for over 7 years and has a modification for every issue you might have. In this class you can start at low intensity and work your way up to a high intensity work out. Jacquie is a personal trainer, and body building specialist who is also available for private and semi-private sessions, alone or with a group of your friends or family.

Contact Jacquie at 807-629-1815 to register and for more information.

**SHUNIAH YOUTH GROUP**

Wednesdays and Fridays @6pm

Starting Friday September 16th with CAPTURE THE FLAG!

Drop in activities for youth grade three and up (Kids must sign in and out of centre)

Younger children welcome to participate in activities with parental supervision.

The Youth Program offers fun organized activities to participate in- including basketball nets, skating rink, sports nights, dances, bingo, ping-pong and a great place to hang out and meet friends!

Wednesdays are DIY night - learn to build, bake or create something new!

Fridays are Games night - Join us for a game of Capture the Flag, soccer, road hockey-outside whenever possible. Follow us on Facebook at "MacGregor Rec Centre" to find out what the nightly activities will be.

COMING SOON! WATCH FOR - THEMED COOKING NIGHTS AND FAMILY HALLOWEEN DANCE WITH HAUNTED HOUSE!



*Relaxing Yoga*



*Judo Action!*



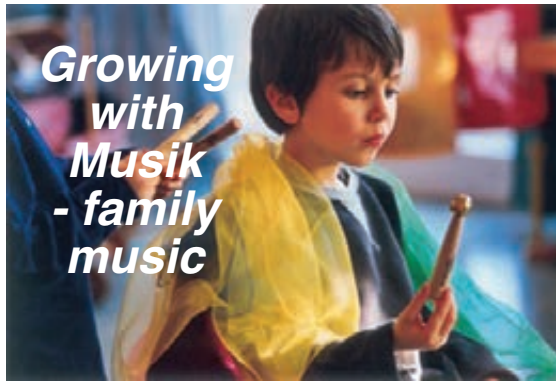
*Forever Fitness Class*



*Youth Group Crafting Fun!*



*Girl Guides Survival Training*



*Growing with Musik - family music*



*Historic Guiders Skit*



*Shuniah Art Group*



**COACH'S CORNER ~**

**The Deal of Dopamine**

Dopamine is a hormone a neurotransmitter. It is often known as the feel good or happy hormone. This is a very important hormone that we all have, male and female, young and older. It is responsible for memory and motivation to name a few things.

Dopamine can and will fluctuate, very high and very low levels are associated with mental health and neurological diseases. Low levels of Dopamine have been linked to Parkinson Disease, restless leg syndrome and depression. This can make you moody and unmotivated.

So how do we keep this happy hormone happy, naturally. Here are 6 easy steps

- 1) Eat lots of protein
- 2) Eat less saturated fat
- 3) Consume prebiotic
- 4) Exercise
- 5) Get enough sleep
- 6) Meditate

Give these a try but if you are still feeling any of the mentioned effects of low Dopamine, a quick chat with your Dr. may be the best medicine.

**Until next time - Keep swinging!  
Coach Dayna**





**Shuniah  
Sluggers  
Boxing  
Fitness**



**Youth Group  
Cooking Nights!**



**Watch for the  
Family Hallowe'en Dance  
and Haunted House!**



**Jacque from Sweatclub  
now offering classes!**



**Fantastic Youth Group Staff visiting  
McKenzie School**



**Art of Yoga**



**Forever Fitness Class**



**Rust is Ugly**

**Don't be AFRAID to show YOUR BOTTOM**

[www.corrosionfree.com](http://www.corrosionfree.com)



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**807-345-1121**

[www.wakefieldoilcheck.com](http://www.wakefieldoilcheck.com)





**Forever Fitness Class**



DEADLINE APPROACHING FOR 2023  
CALENDAR PHOTO CONTEST!

Submit your stunning photos of our beautiful municipality for the Shuniah Calendar 2023 Photo Contest NOW and throughout the summer to [ap@shuniah.org](mailto: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 17, 2022. See our website for submission guidelines and contest forms. <https://www.shuniah.org/2022/01/21/2023-calendar-photo-contest/>



OUR GRAND OPENING!

THUNDER BAY CO-OP

FARM SUPPLIES

Drop In from 9am to 1pm

SATURDAY SEPT 17TH

Everyone is welcome to the official Grand Opening of our retail space!

Until 11am: **FREE** coffee & snacks

11am-1pm: **FREE** BBQ & beverages

PLUS plenty of **door prizes!**

THUNDER BAY CO-OP

FARM SUPPLIES

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

Located just off Hwy 61

560 Boundary Drive,  
Slate River, ON P7J 0A5

[tbcoop@tbaytel.net](mailto:tbcoop@tbaytel.net)  
[www.tbco-op.com](http://www.tbco-op.com)

CONNECT WITH US:

**(807) 475-5190**

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)

The Shuniah News, September 2022 - Here's to some beautiful fall weather! page 7







# Shuniah Day Camp 2022

So good to have the Shuniah Day Camp back for the summer of 2022. Special thanks to Camp Director Extraordinaire...Tammi White-lock! Participants enjoyed a wide variety of programming and activities with trips to Mario's Bowl, Gammondale Farm, Splish Splash Water Park, Diamond Willow Amethyst Mine, Belluz Farms, Thunder Bay Art Gallery and Fort William Historical Park.



## Lakehead Region Conservation Authority

*submitted by LRCA Staff*

The LRCA still has some spots available at our upcoming Trees & Fall Colours and Fall Photography Workshop Watershed Explorer programs. Space is extremely limited and pre-registration is required. To register, visit [www.store.lakeheadca.com](http://www.store.lakeheadca.com). Programs are free thanks to the generous support of the TD Friends of the Environment Fund.

Autumn is a wonderful time to explore a Conservation Area. The falls colours will be starting soon, and the weather will be cooling off which means less bugs. If you plan on visiting us this fall, consider purchasing an Explore Card Parking Pass for \$40.00 +HST and forgo the \$5.00 per vehicle parking fee. Explore Cards are valid for the calendar year and pay for themselves after eight visits. All revenue generated from Explore Card sales and parking fees is re-invested back into our Conservation Areas.

The LRCA is looking for volunteers this fall to help with several planting projects as part of our stewardship program. Visit <https://lakeheadca.com/stewardship/volunteer-opportunities> to sign up for more information about upcoming planting projects.

The LRCA, in partnership with the Invasive Species Center, has been mapping the location of Invasive Phragmites within the City of Thunder Bay. Using DNA test kits, suspect stands have been sampled to prevent misidentification. Since the beginning of the project two stands have already been treated near the Neebing-McIntyre Floodway. The project will be completed by the end of September 2022.



**We sell  
EVERYTHING YOU NEED  
to work on your own  
pump, waterline, and filters!**

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 Send your info to **designhouse@tbaytel.net**



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