

# THE SHUNIAH NEWS

Shuniah, Ontario



*A Superior Living Experience*

Volume Twelve, Issue Six

November 2022



## A FEW SPOTS LEFT! REGISTER ASAP

Babysitting is a job with significant responsibility and the Babysitting Course helps prospective babysitters learn the skills they need. This course is for youth aged 10 to 15 years old. It teaches the new babysitter the necessary skills to provide care to children in a variety of situations. The course emphasizes safety rules, responding to emergencies, and developing leadership skills. Saturday November 12 @ MacGregor Rec Centre 9am-4pm \$65 Call 345-1712 to register with credit card. Please ensure that schedules are checked carefully prior to registration. Cancellation fees apply.

## **\*\*NEW CLASS ALERT\*\***

### **WELLNESS WEDNESDAY WEIGHT TRAINING**

**Wednesdays 10-11am**

**\$10 drop in OR**

**\*\*Special pricing\*\***

**\$40 for all classes from  
November 3rd- December 14th**



Sore back, tight hips, limited mobility, aches, weakness, or whatever it might be - we can help you move better and feel well & strong! This class combines mobility and strength exercises for the whole-body using resistance bands and weights. All levels welcome! Bring your own yoga mat (if you have) and a good attitude... the rest will be provided! Led by Kinesiologist and Certified Personal Trainer - Danielle Dubeau.

For more info or to register, call/text 807-707-0876  
or email: [Danielle@strongmomcoaching.ca](mailto:Danielle@strongmomcoaching.ca)

## Municipality of Shuniah 2022 ELECTION RESULTS

### MAYOR

Wendy Landry

### Votes

Acclaimed

### MACGREGOR WARD COUNCILLOR

Donna Blunt

Acclaimed

Ron Giardetti

Acclaimed

Don Smith

Acclaimed

### MCTAVISH WARD COUNCILLOR

Meghan Chomut

167

Dawn Powell

120

## SALE OF LAND BY PUBLIC TENDER

### THE CORPORATION OF THE MUNICIPALITY OF SHUNIAH

**Take Notice** that tenders are invited for the purchase of the lands described below and will be received until 3:00 p.m. local time on November 17, 2022, at the Shuniah Municipal Office, 420 Leslie Avenue, Thunder Bay Ontario.

#### Description of Lands:

- Roll No. 58 28 010 003 08300 0000; 1250 Haugen Rd., Shuniah; PIN 62496-0400 (LT); File No. 21-03; **Minimum Tender Amount: \$26,997.44**
- Roll No. 58 28 010 002 01600 0000; Shuniah; PIN 62497-0011 (LT); File No. 21-04; **Minimum Tender Amount: \$7,640.05**
- Roll No. 58 28 020 007 08800 0000; Shuniah; PIN 62488-0258 (LT); File No. 21-05; **Minimum Tender Amount: \$8,808.49**
- Roll No. 58 28 010 004 05100 0000; Shuniah; PIN 62495-0376 (LT); File No. 21-06; **Minimum Tender Amount: \$11,673.09**
- Roll No. 58 28 020 006 43400 0000; Shuniah; PINS 62491-0142 (LT) and 62491-0122 (LT); File No. 21-10; **Minimum Tender Amount: \$15,326.12**
- Roll No. 58 28 020 008 06700 0000; Shuniah; PIN 62491-0316 (LT); File No. 21-11; **Minimum Tender Amount: \$5,624.92**
- Roll No. 58 28 020 008 04100 0000; Shuniah; PIN 62491-0311 (LT); File No. 21-13; **Minimum Tender Amount: \$7,044.76**
- Roll No. 58 28 020 008 03500 0000; Shuniah; PIN 62491-0305 (LT); File No. 21-14; **Minimum Tender Amount: \$6,683.82**
- Roll No. 58 28 010 002 07900 0000; Shuniah; PIN 62496-0002 (LT); File No. 21-15; **Minimum Tender Amount: \$12,466.79**

Except as follows, the municipality makes no representation regarding the title to, crown interests, availability of road access, or any other matters relating to the lands to be sold. Any interests of the Federal or Provincial Crown encumbering the land at the time of the tax sale will continue to encumber the land after the registration of the tax deed. Responsibility for ascertaining these matters rests with the potential purchasers. This sale is governed by the Municipal Act, 2001 and the Municipal Tax Sales Rules made under that Act. A full copy of the tax sale advertisement and further information about this matter is available on line at [www.OntarioTaxSales.ca/tax-sales.shuniah-11-17/](http://www.OntarioTaxSales.ca/tax-sales.shuniah-11-17/) or [www.shuniah.org](http://www.shuniah.org) or you may contact Susan Moore, Treasurer, Deputy Clerk, The Corporation of the Municipality of Shuniah, 420 Leslie Avenue, Thunder Bay ON P7A 1X8, Phone: (807) 683-4541, (Toll Free) (807) 683-4545. Email: [smoore@shuniah.org](mailto:smoore@shuniah.org)



# Shuniah Soil Mates

## One Potato, Two Potatoes, Three Potatoes, Four! Five Potatoes, Six Potatoes, Seven Potatoes, MORE!

by Peter Tracz, AANG

A very old nursery rhyme that a child keeps pumping their hands in time to the beat of the words....

One of many crops that were planted and somewhat successful were potatoes. In our own garden we planted an unusual "Huckleberry Gold" seeders and from 8 plants the yield was a modest 8 lbs. In another garden a fellow member harvested a handsome 25 lbs. Not bad for a 4 ft x 12 ft garden.

A second thrifty crop was tomatoes, plenty of gardeners took a chance and the varieties were interesting. However...the weather was cooler if not cold all summer and there were green tomatoes..... almost forever, even into September and early October. Everyone left them on the vine "to ripen" and then suddenly they fell to the ground spent of any tastiness.

I must mention here that our work on reconditioning the gardens with triple-mix soil was the right thing to do. We had 15 yards delivered and approx. 12 gardeners took advantage and exchanged their garden top soil for a very successful harvest. The remaining volume was used to exchange the soils in the Rec Center flower boxes as well as new soil in roadside Digital Sign's 5 flower boxes all ready for next year.

Earlier this year in July I had mentioned a visit to our gardens by 2 members on behalf of the Thunder Bay & Area Food Strategy Group and they were to return this Fall and create a Community Food System Report Card. Well...they did return and on September 24, Raili Roy and LU student Malihe made a video of our Shuniah Soil Mates Gardens. The interview was of myself speaking on the merits of our Community Gardens. The producer is BeanStalkConsulting. Rather a catchy name.

So there it is ....another year gone by and all gardens were occupied. We have to get rid of those awful green hoses and somewhere...someone must make a quality hose nozzle. My thanks to all members who helped in closing the gardens, final whipping of the grass around all the gardens, cleaning that green tarp and just being on call when I needed you. A hearty thanks as well to Craig Baumann and his road crew. They put the old soil somewhere.

## OptionPay: Introduction to Residents

Shuniah is pleased to announce that it will now accept payment by VISA or MasterCard for select municipal property taxes online only.

Through OptionPay, our third-party payment processor, for a nominal processing fee you can make credit card payment through our **website** using the **"eBilling"** link then **"OPTIONPAY"**. All processing fees are charged by OptionPay and are not received by the Municipality.

Utilizing OptionPay enables our Municipality to keep our overall payment acceptance processing costs down yet provide for individual residents to utilize their credit card for payment of municipal bills/services.

Currently the following bill types for our Municipality can be paid through OptionPay:

### ★ Property Taxes

All payments will be received by the Municipality within 48 business hours, so please be sure to allow for this processing time when making your payment. Also ensure to know your daily and/or transaction processing limit when making credit card payments. Credit card Rewards are earned on entire purchase, including fees.

For optimal performance please use Google Chrome or Firefox web browser when accessing OptionPay.



## 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)



## Landfill Winter Hours

- Effective  
November 1



### MacGregor Landfill

Wednesdays 8:30am-4:30pm

Sat/Sun 9:00am-5:00pm

### McTavish Landfill

Wednesdays 10:00am – 6:00pm

Sat/Sun 9:00am – 5:00pm





# Shuniah Public Works Annual Winter Safety Message

by Craig Baumann, Manager of Operations

## Obstructing the Roadways

Council passed By-law No. 2051-01, which states that, no person shall obstruct or cause any obstruction to any highway, roadway, public lane or bridge within the Municipality. This by-law also indicates that snow, dirt, rubbish or garbage of any kind cannot be placed or plowed onto the roadway and drainage ditches.

## Mailboxes & Snow

- Mailbox posts need to be sturdy enough to handle snow thrown by the snowplow.

If a mailbox is damaged by plowed snow, repair or replacement is the homeowner's responsibility.

- Mailboxes that have been directly hit by a snowplow blade will be repaired or replaced by the Municipality with a standard mailbox.

## Snow Removal Information:

The following information is provided to assist residents of Shuniah in understanding the Municipalities program for winter maintenance of roads. We hope that this information will also help people appreciate some of the challenges in keeping the roads safe and open for travel.

When a major snowstorm occurs, all drivers throughout the Municipality are faced with deteriorating driving conditions at the same time. Without consideration to the limitations of a snow maintenance operation and regardless of the weather, we understand that drivers expect all roadways to be cleared and safe within the shortest possible period of time. We agree that rapidly cleared roads are very important, both for safe travel, and to facilitate the handling of emergencies by fire, ambulance and police operations.

The plow operators are assigned a designated route, of which may contain several classes of roads- class 3 roads are considered the major routes and class 5 roads are considered to be the lower volume lightly traveled roads. The routes are designed to clear roads in a systematic way that generally gives priority to class 3 roads and class 4 - 5 collector roads with steep hills and curves. This method also provides the best access for Emergency Services.

The specific course of action (including salting and sanding) will be determined by the Roads Supervisor, depending on snow depth, type of snow, drifting, icy conditions, etc. It is the Municipality's objective to plow all roads within 10 hours of a snowstorm's completion. In cases of heavy snowfalls, accidents, mechanical breakdowns and / or other problems, these objectives may not be met.

## Frequently Asked Questions

- **Why do plows push snow into driveways? Why can't the operator lift the blade in front of my residence?**

Answer -Snow must be pushed to the side of the road to clear the road for traffic; all plow trucks are set up to push snow to the right. Sometimes it is necessary to make several passes with the snowplow during a storm. Other instances may require the banks to be pushed back to allow room for more snow or to allow for drainage during the spring thaw.

Homes that are located near corners, intersections and cul-de-sacs may receive more snow deposit in driveway entrances than homes located on straight stretches of road, of which is unfortunately un- avoidable in most instances.

- **Why can't the Municipality sand the sides of the road where I walk?**

Answer – Roads are maintained for vehicles, not walkers. The sanders are designed with the applicator on the driver's side of the vehicle in order to apply sand to the center of the road.

## Snowmobiling along the CNR Rail Line and Municipal Roadways

Snowmobilers are reminded to adhere to the rules and regulations of the Ontario Highway Traffic Act when enjoying off-road vehicle activities. The former CNR rail bed is privately owned property and should not be used for motorized off-road vehicle useage. Issues and/or concerns regarding activities on or along the CNR's right-of-way are to be forwarded to CN Public Enquiries @1-888-888- 5909.

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.

## SHUNIAH NUMBERS

EMERGENCY .....	911
Non Emergency Administration .....	983-2021
Public Works and Roads .....	983-2550
Municipal Office .....	683-4545
	Toll-free: 1-855-683-4545
OPP .....	1 888 310-1122
MNR.....	1 888 310-(Fire) 3473
CBO .....	620-3709

## 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

**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

## 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.





# What is Happening 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	WELLNESS WEIGHT TRAIN 10AM	YOGA 9:30AM	
FUNCTIONAL FITNESS 2:30PM		PAINTING CLASS 1:30PM	FUNCTIONAL FITNESS 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 WITH COVID PRECAUTIONS IN PLACE.*

### MORNING YOGA with Art

**Mondays 10-11am**  
\$175 for 12 class punch card or \$18 single class  
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.

### FUNCTIONAL FITNESS with Lynda

**Mondays and Thursdays 2:30-3:30pm beginning October 27th \$40/MONTH**  
Whether you have remained active your entire life or are just beginning to get active this class is for you! In a fun group format, you can expect a variety of exercises intended to improve your MOBILITY, boost your BALANCE, increase your STRENGTH, and improve your CARDIO! Emphasis will be on supporting all elements essential to strong, healthy, and active aging. Suitable for all levels.  
Contact Lynda at tbk@tbaytel.net or text or call 632-8282 to register.

### SWEATCLUB FITNESS BOXFIT with Jacquie

**Mondays and Thursdays 5:15-6:15pm \$10 drop in**  
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.

### FIRST SHUNIAH GIRL GUIDES, BROWNIES AND SPARKS

**Mondays 6:30 start time**  
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  
Please register your girls at 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

### GROWING WITH MUSIK FAMILY MUSIC

**Tuesdays 11:00-11:30am \$80 for 8-week session ending November 29th**  
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 or call Karen Kent BA, BEd, Musikgarten trained teacher 807-355-5520

### MORNING AND EVENING YOGA with Lynn

**Tuesdays 5:30-6:30pm- Nov 8-29 \$45 Dec 6 -20 \$34**  
**Thursdays 9:30-10:30am- Nov 10-Dec 1 \$45 Dec 8- 22 \$34**  
**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 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) 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 or come by the class to register.





## SHUFFLEBOARD LEAGUE

Tuesdays 1:00-3:00pm

Starting November 1st - but players welcome to start anytime  
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 rgia-rdetti@shuniah.org

## **\*\*NEW CLASS ALERT\*\***

### WELLNESS WEDNESDAY WEIGHT TRAINING

Wednesdays 10-11am

\$10 drop in OR SPECIAL PRICING -\$40 for every week up to Xmas break

Sore back, tight hips, limited mobility, aches, weakness, or whatever it might be - we can help you move better and feel well & strong! This class combines mobility and strength exercises for the whole-body using resistance bands and weights. All levels welcome! Bring your own yoga mat (if you have) and a good attitude... the rest will be provided! Led by Kinesiologist and Certified Personal Trainer - Danielle Dubeau. For more info or to register, call/text 807-707-0876, or email: Danielle@strongmomcoaching.ca

## SHUNIAH ART GROUP

### Painting Classes in Oil and Acrylic

Wednesdays 1:30-4:30 pm

At this time, this class is full. There will be openings in January, 2023. Any questions? Contact Jeanne Marler at jeanne@jean-nemarler.com; 807-631-7856

## SHUNIAH YOUTH GROUP

Wednesdays and Fridays @6pm

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.

**Kids at youth group playing games and doing crafts!**



**Check out MacGregor Rec Centre on Facebook to find out what is going on this week!**



## LAKE SHORE HOLIDAY MARKET

Instagram icon @lakeshoremarketshuniah

Facebook icon lakeshoremarketshuniah

Admission: Charitable Donation  
with all proceeds going to  
community programming

*Shop. Eat. Drink.  
& Be Merry!*

20 NOV 2022  
11:00AM- 3:00PM  
MACGREGOR REC CENTRE  
&  
LAKEVIEW LODGE

800 & 815 LAKESHORE DRIVE - SHUNIAH, ON

***This event will be hosted between  
both MacGregor Rec Centre  
& Lakeview Lodge***

- Food Vendors along with artists and crafters
- Holiday Crafts for the kids
- Visit from Santa
- Fun for the whole family
- All vendors are listed on social media pages

## **COACH'S CORNER ~**

***Get in the Group!***

***Quick Stat...***

95% of those who start a weight loss or group fitness challenge, complete it when they join in with a group. Group classes/activities is definitely not a new idea, but maybe it should be something that is reintroduced. Now that the long Covid days of isolation seem to be headed toward the history books, let's revisit group classes.

A study published by the Journal of Social Sciences found that participants gravitate toward behaviours of those around them and people tend to lose more weight when they spend more time with people that are in their fitness classes. This may be due to what is called the Kohler Effect - which is the idea that nobody wants to be the weakest link in a particular group so everyone pushes themselves a little harder than they would on their own.

So now may be a great time to check out what is available in your community. Whether it be Yoga, fitness, or boxing, grab some friends and "hit" up a class. After all you only have stress and weight to lose.

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





## Mustangs on the GO!

It has been a fantastic start to our 2022/2023 school year, and it is so great to see all of our students back at 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 a summer 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 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 over \$850 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. Some of our younger students have ventured out beyond our walls on excursions to Kingfisher Lake Outdoor Education, the Thunder Bay Art Gallery, and the Roots to Harvest gardens. Within the school, we had our annual "Dress Like a Hunter or a Turkey" day, which is a McKenzie school tradition, and intramural sports are well underway.

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!!!**







We're working hard  
to build an even  
better Rapport.



Our new location is under construction at 4785 Highway 11/17 - Unit C.

AFTER 60 YEARS WE DECIDED IT WAS TIME FOR A CHANGE. We're excited to announce that our branch in Kakabeka Falls is moving to a new location. This new branch is designed to be modern, welcoming and very easy to access.

This relocation solidifies Rapport's commitment to the future growth of Kakabeka Falls, Thunder Bay and the surrounding area.

Located next to the Evergreen Pharmacy, we plan to open the new branch in late 2022. We look forward to seeing all our members and some new faces too!

If you have any questions please feel free to contact us at 807 475 4276 or kakabekafalls@rapportcu.ca.

rapportcu.ca

## Now servicing your water quality needs!

**NEW:**  
On-Staff  
Water  
System  
Specialist

Contact Jeff directly at (807) 626-3646

WE'LL TAKE CARE OF YOUR  
WATER QUALITY ISSUES &  
PROVIDE TREATMENT OPTIONS



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  
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  
www.whitecedarpharmacy.com



# Happy Fall, Everyone!

by Martha Dowsley

The Girl Guides have had a wonderful first few weeks of the guiding year! Though we have tried to maximize our outdoor time, it's getting darker and colder, so we are moving our meetings into MacGregor Rec now. We usually play a group running game to start our meetings and invite all three branches of guiding to join in (the Sparks, Brownies and Guides). This allows us to burn off our extra energy and collect the girls as they arrive. We then have some opening traditions for each branch of guiding. This include our Guiding Promises and some songs. We are practicing and hope to be able to present to the parents and other guests at our next badge ceremony. We work on our badges and usually do a craft or sing some songs each meeting as well. This fall we are working towards earning our 'Guide Together', Guiding Traditions and Physical Activity badges. We have about 30 girls in the program this year. One of the biggest groups in Thunder Bay region! With 20 of our girls in Girl Guides (girls in grades 4 to 6), we have

our largest cohort of older girls ever in Shuniah! We have created four patrols from our previous two, and the girls decided on a patrol symbol. We are doing a lot of games and competitions between the patrols to build our teamwork skills and support the new girls as they integrate with the group. These team activities are also part of our physical activity badge. For example, we did a cross country run at Wild Goose Beach to expose the girls of the idea of running beyond the school yard, experience cross-country running and learn to push themselves physically. The girls were timed and each patrol's total time gave them a ranking. Continuing our work on the physical activity badge, we had a special guest visit us in October. Sheila from Strong Girls is a fitness and yoga instructor and is particularly interested in girls' fitness and healthy attitudes towards their bodies. Sheila taught us that any kind of movement helps us be healthier and she led the girls in some super silly relay races. She also taught us a bit about sports psychology. She en-

couraged us to be aware of who we hang out with and keep our own fitness goals in mind. If our friends are not supporting us in our personal goals, it's ok to pursue our goals alone or find some other supports to help us meet our goals. Sheila also had the girls work in teams and in partners to build awareness of others and learn to work together. She even had us analyzing our breath and learning how we can use it to calm ourselves. In September we visited Roots to Harvest at their Lillie Street garden to learn about their community agriculture program and press apple cider with them. Roots to Harvest have a wonderful cider press. It is a bladder press. After grinding apples into mash, we put them around the bladder. The bladder was then filled with water, pressing the apples in the drum and squeezing out the juice. It was so interesting to watch, and the cider tasted great! Speaking of food... Chocolate

Mint cookies were delivered to us in early October and we also were lucky to receive some Classic chocolate and vanilla cookies. We set up a sales table at Canadian Tire and had plenty of business! The cookies were extremely popular this year and we sold out our total 2400 boxes in just one week! We expect our next delivery in April. We will try to order more to meet the demand. One of our favourite parts of Girl Guides is doing things together. We love doing crafts, playing games and singing songs together. We look forward to doing some community service projects and having our badge ceremony soon! All girls and women are invited to join us! Email Lead Guider Martha for more information: mdowsley@lakeheadu.ca. Have a spectacular fall! Yours in the Sisterhood of Guiding, Danielle, Amanda, Erin, Chrissi, Martha and all the First Shuniah Girl Guides!



Jaida, Sophia, Madison, Ruby and Sophie show off their removable tattoos



Spark Bryar helps prepare apples in the press to make apple cider at Roots to Harvest



the Sparks and Brownies investigated the apple cider press when they visited Roots to Harvest. The press uses an inflatable bladder to press the apples against the sides of the press to squeeze out the juice



Roots to Harvest invited the girls to take some Straw Flowers home. These beautiful flowers dry looking exactly the same as when alive so they make gorgeous decorations!



Sheila from Strong Girls led some fun workout activities with the girls, here they are leap frogging across the MacGregor Rec floor!



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Judo administrator Chris Zappe drove to Toronto to get us more mats, and even had to strap some on the roof! Now we can accommodate all the judo players who want to train in the sport



**Lakehead Region  
Conservation Authority**  
*submitted by LRCA Staff*



**LRCA launches new online mapping and property inquiry tools**

The Lakehead Region Conservation Authority has launched a new online web-based Mapping Tool to 'Map Your Property', as well as a new webpage 'Do I Need A Permit?' that includes an online Property Inquiry Form. The online tools will streamline the permitting and approvals process, improve client service, and provide user accessibility. Users can view property information, identify the approximate regulated areas, and create personalized maps that can be printed and saved. The Mapping Tool provides easy access to otherwise complex data and open access to information that the public can explore at their convenience. Along with the Property Inquiry Form, the online web-based tools offer increased efficiency, transparency, and speed of regulatory process and approvals. The core mandate of Conservation Authorities is to undertake watershed-based programs to protect people and property from flooding and other natural hazards, and to conserve natural resources for economic, social and environmental benefits. The Lakehead Region Conservation Authority's new online tools supports the Government's

commitment to achieve a streamlined approval process, while not jeopardizing the public's health and safety or the environment.

The 2023 Explore Card Parking Pass will be available for sale beginning November 1, 2022! 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 2023 Calendar will be available during the month of November. Be sure to look for it at your municipal office and select businesses such as Safeway, 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.

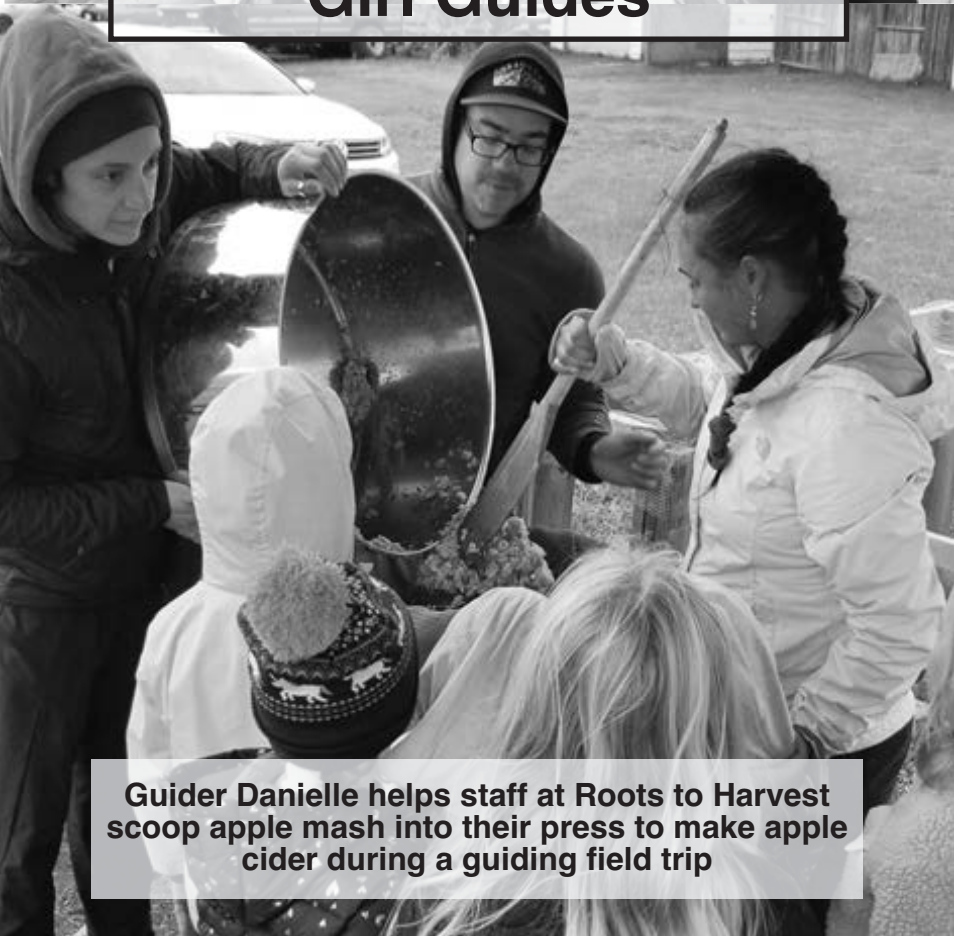
***Get out and Explore!***



Girl Guides Sarah, Kaitlyn, Bronwyn, Beatrice and Sofia enjoyed some removable tattoos at one of their meetings



**Girl Guides**



Guider Danielle helps staff at Roots to Harvest scoop apple mash into their press to make apple cider during a guiding field trip



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# Sakamoto Judo Warming up in Shuniah!

by Martha Dowsley

The last few months have seen Sakamoto Judo Dojo grow at MacGregor Rec Centre. We have about 20 children enrolled, and a total of about 30 club members. As a result of this great turn out, we acquired more mats from Toronto, with Chris Zappe driving there to pick them up one weekend. We now have 50 mats! Each weighs about 50 lbs and we lay them out on the floor each practice and then pile them up again at the end. If you see them at MacGregor, please don't climb on them or disturb them. You are welcome to come watch a practice if you like and see the cool arrangement of red and green mats. Using the two colours we are able to set up two 'rings' for sparring or split the class in two for exercises. We have been learning hand, hip, and foot techniques for throwing an opponent, as well as the Japanese etiquette and terminology of the sport. Everyone can now count to ten in Japanese! We are also much improved in push-ups, sit-ups, cartwheels and somersaults. A judo specialty are breakfalls. These are like a somersault, but you land on your side, slapping the mat to disperse your energy. When you are thrown by your opponent, landing using a breakfall prevents injury. If you are interested in this fun Olympic sport for all ages, come out on a Thursday night at 6:45 pm to MacGregor Rec. We are having tons of fun! For more information email Martha : mdowsley@lakeheadu.ca



We're having tons of fun in Sakamoto judo! Lots of kids and adults are coming to try it out and the club is building. We look forward to showing off our skills at an open house soon!



Beatrice, Chase, Charlotte and Alyssa practise their moves. It is almost as much fun to be thrown as it is to throw someone!



Cartwheels, breakfalls and push ups are all important training for judo



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