

THE SHUNIAH NEWS

Shuniah, Ontario



A Superior Living Experience

Volume Thirteen, Issue One

January 2023

2023 Shuniah Calendar Contest Winners

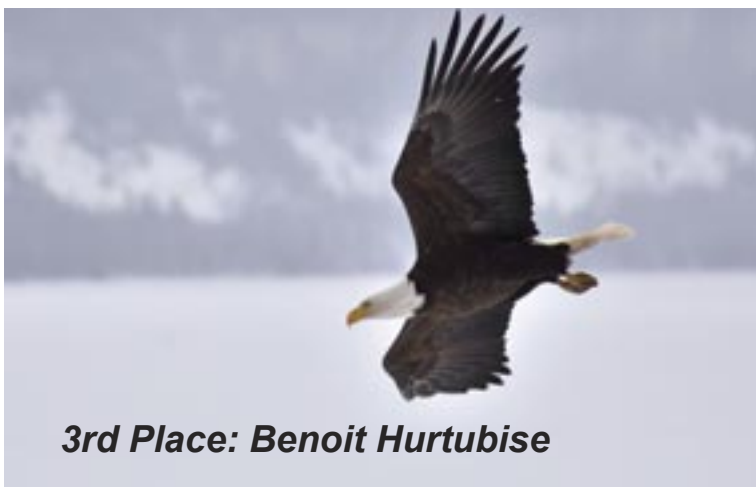
Thank you all for submitting so many stunning photos that capture our area's extraordinary beauty. Congratulations to the 2023 Calendar winners: 1st Place Alison Carr, 2nd Place Dave Van Wagoner, 3rd Place Benoit Hurtubise. Calendars are available free of charge at Crystal Beach Variety or at the Municipal Office, while supplies last. Happy holidays!



1st Place: Alison Carr



2nd Place: Dave Van Wagoner



3rd Place: Benoit Hurtubise

SPECIAL SIGN UP CLASS!

Restorative Sunday Yoga

(Limited spots available, pre-registration required)

January 29th 1:30-3:00 pm - \$20

February 26th 1:30-3:00 PM - \$20

Restorative yoga invites you to deeply rest. Postures are supported with props including blankets, blocks, bolsters, straps, chairs and are normally held for several minutes. The intent is toward muscular release rather than the sensation of stretch. Restorative yoga stimulates the relaxation response, aiding the body to move toward balance.

Class may include gentle breathing practices, asana, self-massage, and typically 4-5 supported postures and guided relaxation.

Please bring a blanket or two if you can, all other props will be provided.

If you have any questions and to pre-register, please email roblynn@tbay-tel.net or message me at 807 633-0183. Lynn Kallies Instructor



Seniors Tea Party
February 5!
Hosted by
First Shuniah Girl Guides
For more info, see page 8



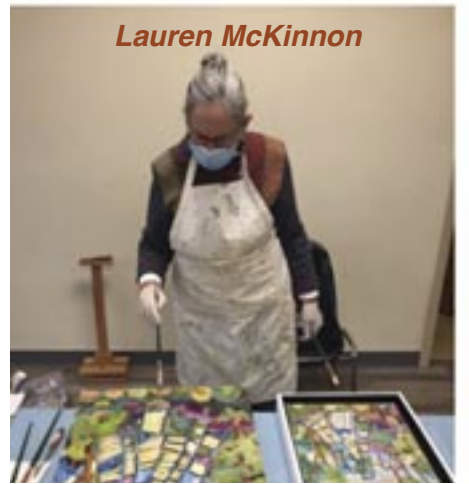
Interested in Art?

Interested in art? In learning more about how to improve your painting skills? Perhaps you have never painted before but would like to give it a try. Read on and join the group for the winter/spring session.

The Shuniah Art Group is the fancy name for the art classes taught by Jeanne Marler at the McGregor Recreation Centre on Wednesday afternoons from 1:30 to 4:30 pm. Started in 2018, these classes aim to teach you at your own level, providing the tools and knowledge necessary to improve your own skills. Over the past four years, some of the original students are still with Jeanne. Along the way others have joined and stayed. Some have come for a just a year. Since the class is tutorial in nature, the students' level ranges from rank beginners to aspiring young artists preparing themselves for further studies at the university level. The unexpected bonus is the easygoing, caring atmosphere amongst the students.



Joanne Kembel



Lauren McKinnon

Just for fun, students in the class painted wooden stars to give to The Centre, a thank you for its ongoing support.

Joanne Kembel, Janice Piper, Lauren McKinnon, Jackie Piper, Suzanne Handsen, Cathy Desando



Jane Kmill

Jeanne teaches the techniques necessary for students to achieve successful results. Knowledge of colour, of how to mix colours and of how to create depth in a painting whether it is a landscape or an abstract painting are part of Jeanne's classes. In addition, twenty minutes of the three-hour class are devoted to the history of art. This fall, students prepared still life arrangements to learn about composition.



Dorothy Valiunas putting the finishing touches on her dog portrait



For information, contact Jeanne Marler. 631-7856; jeanne@jeannemarler.com.

Working Smoke/Carbon Monoxide Alarms Save Lives

by Neil Parsons, Shuniah Fire Prevention

Only working smoke/carbon monoxide alarms save lives. Check your batteries! CO is the silent killer...you can't smell it, see it or taste it. It is responsible for upwards of 300 deaths annually in Canadian homes. During the recent severe weather in the Buffalo area, at least one death was attributable to a furnace outlet stack being blocked by blowing snow and CO backed up into the home. Check your furnace outlets and make sure they are free from snow.

January and February are peak months for heating when we use wood and gas fireplaces and space heaters. Make sure that your space heater has an automatic shut off in the event it tips over. Do not leave heaters on overnight and plug heaters directly into wall outlets. If you are using candles make sure they are not in high traffic areas, the holders are sturdy and that candles are kept away from children and pets.

2023 Interim Property Tax Notice

Shuniah's 2023 interim property tax bill will be mailed out the end of January. You should receive in the mail the first week of February 2023. Payments are due Friday, February 24, 2023, and Friday, April 28, 2023. **Payments can be made online or at the Municipal Office.**



Shuniah Dog Tags

2023 Dog Tags are required.
Available for purchase
at the Municipal Office.



See page 8 for more on First Shuniah Girl Guides!



The First Shuniah Girl Guides at our year-end party.



Charlotte, Jaxyn and Corinne at the Canada Games Complex



Autumn, Jaida and the rest of the girl guides on our bus warming up before the start of the Santa Claus Parade



Student Councillor for Shuniah Council Meetings

Submitted by Kerry Bellamy, Clerk

On December 12, 2022 Council of the Municipality of Shuniah approved a policy to offer an opportunity for one student to participate at Council meetings. Council has advertised for the position for the remainder of this school year and is expecting to be able to swear in a Student Councillor at the early February 2023 Council meeting. The Municipal Office will advertise for the position at the beginning of the school year and the selected ap-

plicant will be sworn in and attend Council meetings from October to June. The student will be a representative of the youth in the Municipality. The student, who will be a resident of Shuniah will be attending Council meetings from October to June for the purpose of allowing a student perspective to be considered in the municipal decisions and to provide students with a valuable learning experience.



2023 BUDGET DISCUSSIONS

2023 Budget meetings will be occurring in January. Check the website for meeting dates under AGENDAS AND MEETINGS and watch the website under Latest News for a 2023 Draft Budget. If you have questions or concerns, contact administration or one of our Council members. Your input is greatly appreciated.



REGIONAL FOOD DISTRIBUTION ASSOCIATION

WHAT WE DO:

 SERVE HEALTHY MEALS	 TEACH COOKING SKILLS	 PLANT GARDENS	 PRESERVE FOODS	 SUPPORT LOCAL BUSINESS
 ASSIST ENTREPRENEURS	 PROMOTE ACTIVE LIFESTYLES	 PROVIDE SERVICE REFERRALS	 ENGAGE IN PARTNERSHIPS	 CELEBRATE DIVERSITY

Contact the RFDA today to inquire about the different ways you can help!

570 South Syndicate Ave, Thunder Bay, ON, P7E 1E7
tel: 807-622-7440 fax: 807-622-7448
e-mail: rfdacentre@tbaytel.net

Help Those Who Need It Most

You can help now! Goods & Services

Regional Food Distribution is continually seeking in-kind donations of products and services to keep our overhead costs down and to direct our limited financial resources toward feeding the hungry. Everything from pallet jacks to office equipment and supplies, and cardboard boxes to truck supplies are put to good use. You may be eligible for a tax receipt. See our tax receipt policy for more information. Food donations are gratefully accepted at our warehouse at 570 South Syndicate Ave, Thunder Bay. If you are unable to deliver food please contact us at 622-7440 or send us an email at rfdacentre@tbaytel.net. Our building is open most mornings between 8:30 am until noon, and then again between 12:30 – 5:00 pm.

10 Most Needed Food Items:

1. Canned fish or meat ie: tuna, salmon, turkey or ham, etc.
 2. Mac and cheese, ie: Kraft Dinner
 3. Canned Vegetables
 4. Canned Fruit
 5. Pork and Beans
 6. Peanut Butter
 7. Pasta
 8. Pasta Sauce
 9. Cereal
 10. Canned Soup
- Please share what you can spare of these non-perishable food items.

Sponsorship Opportunities

RFDA offers many exciting sponsorship opportunities. Make your company's commitment to fighting hunger visible. Hold a company golf tournament or office food drive, or organize a picnic, concert or funny hat day. RFDA events can generate significant media coverage and lasting corporate pride.



What is Happening at MacGregor Recreation Centre?

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	FAMILY MUSIC 11AM	WELLNESS WEIGHT TRAIN 10AM	YOGA 9:30AM	BALANCE, CORE & MORE 9:15AM
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
IN PERSON WEEKLY YOGA CLASSES ON PAUSE UNTIL THE
END OF FEBRUARY
ONLINE CLASSES AVAILABLE
www.artofyoga.ca to sign up, or contact Art: 707-7374

FUNCTIONAL FITNESS with Lynda
Mondays and Thursdays 2:30-3:30pm (no classes on January
23rd and 26th)
\$40/Month
Whether you have remained active your entire life or are just be-
ginning 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 ele-
ments 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 FIT NESS 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 modi-
fication 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 spe-
cialist 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 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

Ice Volcanoes, photo by Nancy Coulter



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
Contact Martha for details - mdowsley@lakeheadu.ca

GROWING WITH MUSIK FAMILY MUSIC
Tuesdays 11:00-11:30am
\$80 for 8-week session starting January 24th
Join our family based musical play class which provides an outlet
for your child's creativity, expression and builds the natural con-
nection between movement and music. Children and caregivers de-
velop 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 Lynne
Tuesdays 5:30-6:30 pm
January 10th - January 31st; (4 week block \$45)
February 7th - February 28th; (4 week block \$45)
Thursday 9:30-10:30 am
January 12th - February 2ndth; (4 week block \$45)

Drop-in class \$15
Please bring your own mat and a blanket. Pre-registration is re-
quired.
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 won-
derful 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 mit-
igate 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+)
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 ex-
penses. 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 reg-
istration is required for all Judo Ontario activities (eg. Judo clin-
ics, competitions inside and outside Canada, etc.) Come out and try
an evening for free! Kids, teens and adults, men and women wel-
come! Contact Martha Dowsley: mdowsley@lakeheadu.ca or come
by the class to register.

SHUFFLEBOARD LEAGUE
Tuesdays 1:00-3:00pm
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

WELLNESS WEDNESDAY WEIGHT TRAINING with Danielle

Wednesdays 10-11am
\$12 drop in or \$75 for 8 weeks (January 4 - February 22)
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, All Levels Welcome
Wednesdays 1:30-4:30 pm
\$25 registration and \$15/class attended
Session: starts January 11, 2023
Painting classes: Acrylic and Oil.
One on one instruction is what makes this class special. All levels are welcome! Beginner to advanced students are tutored at their own pace.

"Since I had never painted before, I took the opportunity to take Jeanne's painting class. She was highly recommended by a friend and one of her students. I have thoroughly enjoyed the class, her lessons, guidance and expertise. I look forward to continuing her upcoming class." Jane Kmill
To register and receive a materials list, contact Jeanne Marler at jeanne@jeannemarler.com or 807-631-7856

NEW CLASS ALERT
BALANCE, CORE & MORE with Danielle
Fridays 9:15 - 10:15am
\$12 drop in / \$70 for 8 weeks (January 6 - February 24)
Neither heavy, nor fast, but you will work! If you have trouble moving to or from the floor, or if you just want to strengthen your core - this gentle group workout is for you! Each session will include stretching, core work and gentle strengthening exercises appropriate for all levels. Bring an exercise mat. No equipment

needed! You are sure to walk away moving more freely and feeling great! For info or to register please call/text Danielle: 807.707.0876 or email: Danielle@strongmomcoaching.ca.

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! Follow us on Facebook at "MacGregor Rec Centre" to find out what the nightly activities will be.

SPECIAL SIGN UP CLASS!
Restorative Sunday Yoga
(Limited spots available, pre-registration required)
January 29th 1:30-3:00 pm - \$20
February 26th 1:30-3:00 PM - \$20

Restorative yoga invites you to deeply rest. Postures are supported with props including blankets, blocks, bolsters, straps, chairs and are normally held for several minutes. The intent is toward muscular release rather than the sensation of stretch. Restorative yoga stimulates the relaxation response, aiding the body to move toward balance.
Class may include gentle breathing practices, asana, self-massage, and typically 4-5 supported postures and guided relaxation. Please bring a blanket or two if you can, all other props will be provided.
If you have any questions and to pre- register, please email roblynn@tbaytel.net or message me at 807 633-0183.
Lynn Kallies Instructor



Job Posting
Shuniah Recreation Youth Programs
has an immediate opening for a
Programming Supervisor

We are seeking a dependable, energetic and responsible person to supervise, plan and implement programs for youth in the Shuniah community at the MacGregor Recreation Centre.
This is a part-time 12 hour per week position.

- Major responsibilities include:
- Planning and implementing youth activities for weekly programs (Wednesday and Friday evenings)
 - Assisting in Recreation Centre special events – Family Skating nights, Easter egg hunt
 - Supervision of youth with a focus on safety and active living
 - Providing direction and learning opportunities for staff supervisors and high school volunteers
 - Teaching and participating in sports and games
 - Canteen operations including purchasing
 - Advertising program to the Shuniah community
 - Recreation Centre housekeeping duties

- Qualifications include:
- Graduated or currently enrolled in college/university with a focus in Child Care, Education or Outdoor Recreation, or equivalent experience
 - Experience caring for and/or coaching young children
 - Emergency First Aid Certification
 - A sports enthusiast with knowledge and experiences in a large range of sports
 - Able to demonstrate leadership, communication, problem solving and conflict resolution skills
 - Student volunteer hours completed at Shuniah Youth Centre an asset but not necessary

- Interested candidates may submit
- Resume with references
 - A plan of an activity to implement during a youth program night

Email resumes and questions to:
Shuniah Recreation Committee kathmaun@tbaytel.net
Only those selected for an interview will be contacted

COUNCIL CONTACT INFORMATION

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

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.

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





More
Mustangs on
page 6!



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www.tbco-op.com

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- 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



News from McKenzie School

by Casey Charles,
Vice-Principal, McKenzie School

It has been a busy few months at McKenzie school. We have been spending time outdoors, learning, sliding and snowshoeing. Everyone is looking forward to spring, and using our outdoor learning spaces at the school even more! We also had our 39th Annual McKenzie Festive Dinner in December, an amazing event that brings together our Shuniah community to celebrate the season with our school.

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 2023? If so, let them know the time is now to register for school! There will be a public Kindergarten event for all of our Board's newest JK students on January 30, 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. We are also going to have a McKenzie Kindergarten Open House for our newest Mustangs to check out the school and their classroom on February 1st in the evening. 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!*



*Mustangs
on the GO!*



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- Camp roads
- Snowbank removal and cut back

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AND TRUCK PLOW
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Girl Guides Invite Seniors to Valentine’s Tea - February 5

by Martha Dowsley

The Girl Guides are delighted to start the winter season off with an invitation to all Shuniah Senior Citizens! We will be holding a tea party for seniors at MacGregor Rec Centre on Sunday February 5th from 2 to 4 pm. It will be Valentine-themed, so please dress up! Food bank donations will be accepted. Email Martha to confirm your attendance-mdowsley@lakeheadu.ca

In other girl guide news, throughout November and December all three branches of our organization had a great time working on Christmas plays that were presented to parents and families in early December. The girls made their own marvelous costumes and practiced their lines. It was great fun for all involved! Snacks and crafts kept us busy after the plays and we had a cookie exchange and gift draw as well. Shuniah Councilor Meghan Chomut was able to join us and draw the girls’ names for gifts.

The whole unit also marched in the Santa Claus parade. It was such a cold day we were glad we had rented a school bus to keep us warm before the parade! Most girls walked during the parade, but knowing we had a warm bus to retreat to certainly gave us some comfort. We were impressed by the number of families coming out to watch despite the chilly weather. Our girls gave out lots of candy canes and loved greeting the crowds. It’s so much fun to participate in community events like this! The Girl Guides (girls in grades 4, 5 and 6) also went on a field trip to the Canada Games Complex to learn about life guarding and have a swim. They took full advantage of the diving boards and tested their courage on the high dive platforms. They worked their way to higher levels than any of us leaders would try! We have lots of fun planned for the rest of the winter. Any girls from Senior Kindergarten to Grade 6 are welcome to join us Mondays at 6:30 at MacGregor Rec Centre! Women and girls older than 13 are welcome

to join as leaders. Contact Martha at mdowsley@lakeheadu.ca to find out more.

And one last thing – We are so excited about our Valentine’s tea for seniors! Please let all Shuniah seniors know we look forward to seeing them February 5th!

Judo

Want to get in better shape for the new year? We are having tons of fun in judo and always welcome new people!

We now have 20 children enrolled and a few new adult recruits as well! Most new students are at white and yellow belt levels and are learning throwing and grappling techniques. We are having loads of fun learning the moves and sometimes having pretend competitions -using official moves, or sometimes just fun ones, like hopping on one foot and trying to knock over the opponent. Games like this are great because it doesn’t matter what level of knowledge the student has, each person can still develop key skills like balance, determination, good sportsmanship and have fun!

In other skills development, we are learning to count to ten in Japanese to use during warm up exercises. The new students also are learning to tie their own belts. We held a contest to tie their belts in a special Japanese style that never comes loose. The prize were Pokemon cards and glory. It was a pretty tight race to see who was fastest, but Luke Woodbeck won beautifully. Congratulations, Luke!

We are always open and welcoming to new students. Children should be 7 years or older and adults any age and level of physical ability can come to try it out! Anyone is welcome to drop in and watch or try out some moves with us.

Contact me, Martha at mdowsley@lakeheadu.ca if you want to visit and I can arrange to have an outfit available for you to wear.

First Shuniah Girl Guides are hosting a free Senior’s Tea Party!

- MacGregor Rec Centre
- Sunday Feb 5th, 2-4 pm
- Free for seniors age 65+ and a companion
- Dress up!
- Donations for the food bank accepted
- Please RSVP to Martha at mdowsley@lakeheadu.ca



A humorous highlight from the girls guides' play - a mother owl (played by Madison) offered the main character (played by Sophia) a rat to eat!



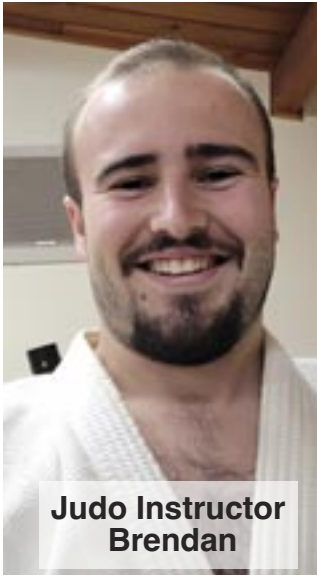
Guider Chrissi with Charlotte and Madison in the Santa Claus Parade



Beatrice, Madison, Bronwyn and Autumn enjoyed participating in the Santa Claus Parade



Judo Instructor Patch



Judo Instructor Brendan



Madison loved giving out candies at the Santa Claus Parade!



Practice Competition



The girl guides learned a lot about lifeguarding during their field trip to the Canada Games Complex

Don't be AFRAID to show YOUR BOTTOM

WAKEFIELD 311 CUMBERLAND ST. N
OIL CHANGE PLUS 807-345-1121
www.wakefieldoilcheck.com

Nature Conservancy of Canada

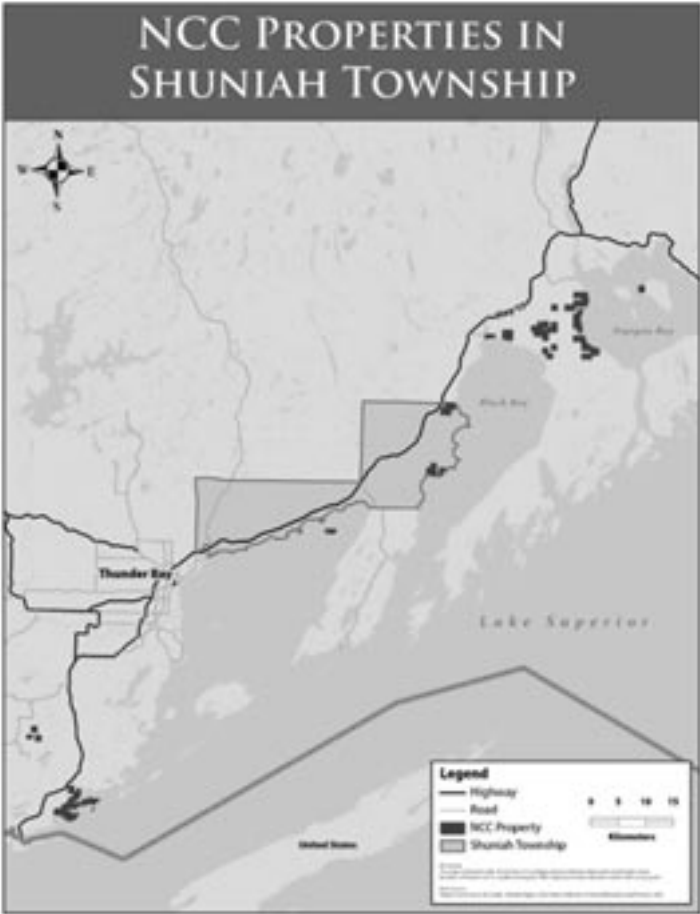


Figure 1. Map of Nature Conservancy of Canada properties in Shuniah Township

tion working to conserve important areas of biodiversity in Canada. NCC works with governments, organizations, Indigenous nations and communities, corporations, and landowners to conserve ecologically significant areas of Canada. NCC focuses mainly on conserving private land through donations, purchases, and other means, and actively stewards these lands in collaboration with others. Since NCC started working in Ontario in 1962, we have helped conserve over 196 000 ha of land across Ontario. As a charity, NCC raises funds for these conservation projects through working with individuals, corporations, and foundations as well as governments. NCC recognizes that the pace of development is rapidly increasing and in order to address the twin crises of biodiversity loss and climate change, we need to increase the scale of our efforts towards achieving enduring, collaborative conservation. NCC will continue to steward our nature reserves, while working to protect other critical habitat in the Lake Superior natural area.

Introductions

Kaitlin Richardson is our Northern Ontario Program Director, working with communities and local First Nations to find new conservation opportunities and working to ensure the animals and plants in our area can thrive as the climate warms. Kaitlin spent four years as the NCC biologist in the natural areas around Lake Huron, restoring habitat for species at risk and removing invasive species before transitioning to the Northern Ontario position in September 2021 following Gary Davies' retirement. Kaitlin loves plants, turtles, hiking, birding, gardening and getting others involved in nature. As of November, Mirabai Alexander joined the NCC team as the biologist for Northwestern Ontario, bringing with her an affinity for Lake Superior and identifying birds. Mirabai grew up in Rosport (90 mins east of Shuniah). She loves cross-country skiing and skating on the ice at Silver Harbour, walking her dog at Wild Goose, and paddling the Wolf River in spring. Mirabai will help to steward the NCC conservation reserves, including maintaining trails and signs as well as surveying for species at risk, and invasive species. In future years, Mirabai hopes to complete breeding bird surveys for the Breeding Bird Atlas on some of our Shuniah properties and host guided nature workshops on NCC trails about how to identify and help provide habitat for native species. Kaitlin and Mirabai are both based out of Thunder Bay.

For the last seven years, Bill Covello has been our dedicated property steward for Caribou Island – home to nesting Peregrine falcons, a species at risk in Ontario. This summer Bill was accompanied by Kaitlin and Gary Davies on a trip to Caribou Island to maintain the trail up towards a high elevation lake – carefully watched by the many Kingfishers and Bald Eagles that live there. Bill – thank you for your continuing enthusiastic support for NCC.

Kaitlin and Gary also got to visit the conservation lands on the northeast part of Vert Island, just outside of Shuniah township, to install a new property sign. This visit was made even better by a rewarding sighting of our largest mammal, the moose, happily splashing through the shallows! Gary is an amazing volunteer and advisor to the NCC team. We couldn't imagine doing this great work without Gary, and all our other amazing volunteers! If you are interested in becoming a volunteer property steward or would like to learn more about NCC, please visit our website at www.natureconservancy.ca. If you have any other questions about our properties or would like to support NCC's conservation efforts, please don't hesitate to reach out to us.

Thanks for being a great neighbour, Shuniah!
Kaitlin Richardson & Mirabai Alexander

Kaitlin Richardson
Program Director, Northern Ontario
Nature Conservancy of Canada kaitlin.richardson@natureconservancy.ca
Phone: 519-860-0889

Mirabai Alexander
Coordinator, Conservation Biology, NWO
Nature Conservancy of Canada mirabai.alexander@natureconservancy.ca
Phone: 807-707-5339
Conservation Lands in Shuniah Township

Dear Shuniah Neighbours: Seasons Greetings! We hope you've been enjoying the joys of winter as much as we have. Here at the Nature Conservancy of Canada (NCC), our Northwestern Ontario team has grown to help support our network of protected areas. As you may know the Nature Conservancy of Canada manages several lands in Shuniah including the south side of Caribou Island, the Pearl River properties (at the mouth of the Pearl River), and the west side of Black Bay. NCC is a non-governmental, not-for-profit, national organization

Lakehead Region Conservation Authority

submitted by LRCA Staff

Notice:

Wishart Conservation Area will be closed to the public from January 1, 2023 to January 31, 2023 in order to conduct selective maintenance harvesting as outlined in the Wishart Managed Forest Plan. The harvesting will be overseen by a Registered Professional Forester.

Overmature poplar trees are required to be removed as they pose a danger of falling across the trail system and if left unharvested will continue to degrade significantly increasing the risk as a fire hazard. Habitat trees for birds will remain if they do not pose a danger to the trail. All harvested areas will be replanted in the spring/summer of 2023. Harvesting will allow for the creation of possible future trail developments. Stand improvements after harvesting will promote regrowth of a young forest with typical Boreal conditions.

The 2023 Explore Card Parking Pass is available now! For only \$40.00 +HST you can forgo the \$5.00 per vehicle parking fee at all 10 of the LRCA's Conservation. Cards can be purchased online at www.store.lakeheadca.com, over

the phone by calling (807) 344-5857, or at the LRCA Administrative Office located at 130 Conservation Road in Thunder Bay. All revenue generated through the sale of Explore Cards (as well as day use parking fees) funds the LRCA's Conservation Areas' upkeep and maintenance.

The LRCA is hiring for the full-time permanent position of WATERSHED MANAGER. Please visit www.lakeheadca.com/about/join-team for the full job description and how to apply.

The Lakehead Conservation Foundation (LCF) and Lakehead Region Conservation Authority (LRCA) is excited to once again hold our annual fundraising event in-person in 2023. The 2023 Conservation Dinner & Auction will be held on Friday, February 10, 2023 at The Da Vinci Centre on Waterloo Street in Thunder Bay. Proceeds from the Conservation Dinner & Auction will go towards the LRCA's Environmental Education Program. The event will feature a family-style meal, a silent auction, and a live auction. Tickets are \$75.00 each, and can be purchased at www.store.lakeheadca.com.

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Deadline for March's Shuniah News: February 16! Send your info to designhouse@tbaytel.net

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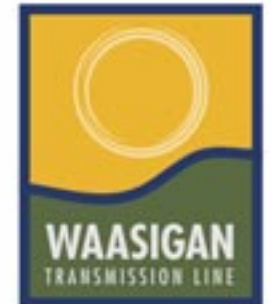
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NOTICE OF A PRELIMINARY PREFERRED ROUTE AND INVITATION TO COMMUNITY OPEN HOUSES



We've reached another milestone in our work on the Waasigan Project and invite you to join our community open houses to learn more, hear about next steps, speak with project team members and provide your feedback.

Hydro One is proud to serve the northwest and be a trusted community partner. Since March 2022, we have been conducting an Environmental Assessment under Ontario's *Environmental Assessment Act* to build a new double-circuit 230 kilovolt transmission line between Lakehead Transformer Station (TS) in the Municipality of Shuniah and Mackenzie TS in the Town of Atikokan, and a new single-circuit 230 kilovolt transmission line between Mackenzie TS and Dryden TS in the City of Dryden.

Based on information and feedback received, we've identified a preliminary preferred route, as shown on the map below. Your feedback, alongside environmental, technical, and other considerations, has been crucial in identifying a preliminary preferred route for the new line. Once built, the new line will add 350 megawatts of electricity to the region – which is more than two times what it takes to power the City of Thunder Bay.

Si vous souhaitez une copie de cette notification en français, veuillez visiter le site Internet du projet ou envoyer un courriel au projet pour en demander une copie.

Giishpin andawendaman naabibii'igan owe gaa-anishinaabewibii'igaateg wiindamaadiwin, owidi eyaag anokaachigan giuwitaakamisab inaabin maagizhaa gaye gidaa-izhinizha'aan aazhawebii'igan owidi anokaachiganing ji-andodaman iwe naabibii'igan.



PLEASE JOIN US:

JANUARY 16, 2023

Thunder Bay

6:00 p.m. – 8:00 p.m. Local Time
Oliver Road Community Centre
563 Oliver Road
Thunder Bay

JANUARY 17, 2023

Atikokan

6:00 p.m. – 8:00 p.m. Local Time
Royal Canadian Legion 145
115 O'Brien Street
Atikokan

JANUARY 18, 2023

Dryden

6:00 p.m. – 8:00 p.m. Local Time
Royal Canadian Legion 63
34 Queen Street
Dryden

You can also take a virtual tour of our open house at your convenience by visiting our project website.

1-877-345-6799

Community.Relations@HydroOne.com

www.HydroOne.com/Waasigan

WAASIGAN TRANSMISSION LINE

Map Legend

- ★ Existing Transformer Station (TS)
- Preliminary Preferred Route
- Existing Transmission Lines
- Highway
- International Border
- ▲ Red Sky Mts Independent Nation Office
- Métis Nation of Ontario (MNO) Council Office
- Treaty Boundary
- First Nation Reserve
- Provincial Park



Scan the QR code or visit
HydroOne.com/Waasigan
to view a more detailed
and interactive map.

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All personal information included in a submission – such as name, email address, address, telephone number and property location – is collected, maintained and disclosed by the Ministry of the Environment, Conservation and Parks for the purpose of transparency and consultation. The information is collected under the authority of the *Environmental Assessment Act* or is collected and maintained for the purpose of creating a record that is available to the general public as described in s. 37 of the *Freedom of Information and Protection of Privacy Act*. Personal information you submit will become part of a public record that is available to the general public unless you request that your personal information remain confidential. For more information, please contact the Ministry of the Environment, Conservation and Parks' Freedom of Information and Privacy Coordinator at 416-314-4075.