

# THE SHUNIAH NEWS

Shuniah, Ontario



A Superior Living Experience

Volume Thirteen, Issue Three

May 2023

## SAVE THE DATE! SHUNIAH COMMUNITY YARD SALE

Saturday July 8th 9 am-1pm  
MacGregor Recreation Centre Parking Lot  
800 Lakeshore Drive  
Reserve a spot now for your vehicle  
Email [kathmaun@tbaytel.net](mailto:kathmaun@tbaytel.net)



## March 29, 2023 marks the Municipality of Shuniah's 150th year of Incorporation

Submitted by Kerry Bellamy, Clerk

March 29, 1873 The Ontario Legislature passed an Act to organize the Municipality of Shuniah consisting of the Townships of Pardee, Crooks, Blake, Paipoonge, Neebing, McIntyre, MacGregor, McTavish also Village of Prince Arthur's Landing, Thunder Cape and the islands north of the American border. Hence, Shuniah became the first incorporated municipality in what is now the north-western portion of Ontario. Peter Johnson Brown was elected as the first Reeve of the Municipality.

Over the years, as the population grew the individual townships became incorporated and as of 1976 the Municipality of Shuniah was changed into the Township of Shuniah consisting of the MacGregor and MacTavish wards.

Council is planning a few events throughout the summer to celebrate this momentous occasion. Please join us at the MacGregor Recreation Centre Yard Sale on July 8, 2023 and at Silver Harbour Conservation Area for Silver Harbour Days on August 26, 2023.

We will be updating our website with information as it becomes available, and encourage residents to visit our website for information.

## MacGregor Rec Centre and Wild Goose Beach

Register now at

[www.shuniah.org](http://www.shuniah.org)



Ages: 6-13

Dates: July 4 - August 18

Camp runs from 8am - 5pm

**COST: \$225/week (\$200 for 2nd child)**

**Each week is a different theme!!**

**Registration includes a field trip,**

**Pizza Fridays and Camp T-Shirt!**

For more details email [daycamp@shuniah.org](mailto:daycamp@shuniah.org)



See McKenzie School on  
page 6!

Kids at McKenzie School making  
maple taffy with Canada West Maple

Caretaker  
and  
Student Camp  
Counsellor

We Are **HIRING!**



See page 3 for Employment Ads!

For the new fireworks by-law see page 2

For Town Hall Meeting Info see page 2

Shuniah Art Group Show see page 5



# Town Hall Meeting



## Town Hall Meetings

Submitted by Kerry Bellamy, Clerk

Shuniah Council discussed Town Hall Meetings for 2023. It was decided that a Town Hall meeting would be held in the summer and in the fall. Council decided to have the first Town Hall meeting of the year on July 12, 2023 at 6:00pm at the MacGregor Recreation Centre.

Council is hoping for a large turnout of residents at the meeting and is looking forward to hearing from the community.

## Shuniah's Judo team at their first tournament, see page 8



## 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 PUBLIC WORKS 2023 Capital Improvements

by Craig Baumann,

Administration and Council recognize the importance of maintaining and improving municipal infrastructure. A detailed list summarizing this year's roadway, building and waste management projects are included below for your information.

### Roads:

- West Loon Drive 2.5 km gravel section, drainage improvements, Geo-grid install at select locations for sub-base stabilization and new asphalt riding surface - Summer/Fall2023
- Haugen Road 0.5km, drainage improvements and replacement of existing asphalt riding surface - Summer 2023
- Lakeshore Drive/Spruce River Road 18km, engineering design and tender document preparation for the future rehabilitation of the existing asphalt riding surface and associated drainage improvements– Summer/Fall 2023
- Sunrise Beach Drive, municipal drain construction – July2023
- Spruce River Road Railway Crossing Upgrades, new pre-cast concrete riding surface and asphalt approaches – Summer 2023

### Bridges/Wharfs:

- West Loon Lake Wharf, dredging of boat launch - June 2023
- Bi-Annual Bridge Inspections, ongoing mandatory structure inspection program – Fall 2023

### Waste Disposal Sites:

- McTavish Landfill: engineering and application submission for capacity expansion – Fall 2023
- Hwy. 527 Disposal Site; Environmental Compliance Approval Amendment; site improvements, consultation and engineering - On-going

### MacGregor Recreation Centre

- New Multi-use Outdoor Pavilion, final design, tendering and Construction - Summer/Fall 2023
- New HVAC installation in main building - Summer 2023
- New metal roof and siding replacement on rink change room building - Summer 2023

### Equipment:

- No planned replacements in 2023.

Read all instructions on the fireworks. Plan the order of firing before you begin.

Use a good firing base such as a pail or wheelbarrow filled with earth or sand.

Choose a clear, open site away from obstacles. Consumer Fireworks must be at least 30 metres from any structure or property line.

Keep water nearby; dispose of used fireworks and debris in a pail of water.

NEVER try to light a firework or hold a lit firework in your hand, other than a sparkler.

Never try to relight a firework that did not go off. Never try to fix a firework that is defective.

Do not fire in windy conditions

Every person who contravenes any of the provisions of the Fireworks By-law is guilty of an offence and upon conviction is liable to a fine or penalty as provided for in the Provincial Offences Act, R.S.O. 1990 Chapter P. 33, as amended.

For complete guidelines and restrictions please see the Municipality of Shuniah's Fireworks By-law No. 3292-23 at [www.shuniah.org](http://www.shuniah.org)

For additional information on the Fireworks By-law contact:

**Shuniah Fire Services**  
(807) 983-2021

Being a by-law to regulate the sale of fireworks within the limits of the Municipality of Shuniah, and for regulating the setting off of fireworks in the said Municipality, and for prescribing the conditions under which fireworks displays may be held under such permit and to repeal By-law Number 1982-99.

Revised April 2023

Consumer fireworks are low-hazard and designed for recreational use.

Display fireworks are high-hazard and designed for professional use.

Special effect pyrotechnics are high-hazard and designed for professional use.

- Fireworks are not permitted to be set off during an imposed fire ban.
- At least two operators of the display shall constantly be on duty during the setting off of fireworks.
- Persons not actively engaged in the setting off of fireworks shall be kept behind lines at least 150 feet from the point where the fireworks are set off.
- No person shall hold a display of or set off consumer fireworks except on the day preceding, the day of and the day following:
  - Victoria Day
  - Canada Day
  - Civic Holiday
  - Labour Day
  - New Years Day
- Discharge of fireworks is restricted to between dusk and 11:59pm on the designated days, except New Years Eve discharge of fireworks is restricted to between dusk and 1:00am of the following day.
- No person shall set off any consumer fireworks on or into any building, structure, automobile, highway or any land used for school purposes.

No person shall display, offer for sale or sell consumer fireworks within the Municipality of Shuniah except on:

- Victoria Day,
- Canada Day,
- Civic Holiday,
- Labour Day
- New Years Eve, or for a period of 14 calendar days immediately preceding these days.

Sales of fireworks is prohibited to anyone under the age of 19 years.

Consumer fireworks may not be stored for more than 30 days prior to any of the lawful dates for the sale thereof and not longer than 30 days after such dates.

Only fireworks authorized by the Explosives Regulatory Division, Natural Resources Canada are permitted to be sold or used.

Revised April 2023





## User Fees By-law Update

The Municipality of Shuniah has updated its User Fees By-law with 2023 rates and fees for specific municipal services and activities provided by the municipality.

User Fees assist in covering all or a portion of the cost of delivering specific services therefore alleviating the financial impact on tax and user ratepayers.

The by-law changes were discussed by Council at its March 14, 2023 meeting and approved on March 28, 2023. Some changes include:

### Effective June 1, 2023, Landfill Permit Fee:

- Landfill Permit Fee increased to \$40
- number of free clean ups have been reduced from two to one

### Effective June 1, 2023, Tipping Fees:

- Single axel trucks and passenger vehicles with less than 3 cubic metres increased to \$8 per cubic metre
- Single axel trucks and passenger vehicles with more than 3 cubic metres increased to \$100
- Tandem Trucks increased to \$300
- Tri-axel trucks increased to \$400
- Trucks larger than tri-axel increased to \$550
- Hourly attendant rate for outside of operation hours increased to \$75

### Effective June 1, 2023, MacGregor Hall Rental:

- Damage deposit for a dry event is \$100
- Damage deposit for a event involving alcohol is now \$300
- Rental fees for a private event up to 4 hours is increased to \$125
  - o Fees include use of kitchen
- Rental fees for a private event over 4 hours is increased to \$200
  - o Fees include use of kitchen
- New fee for set up and take down of tables and chairs \$100
- New increase of rental fees 25% for events held on a Statutory Holiday

### Effective April 1, 2023, Planning Applications:

- All planning applications will be subject to a \$500 pre-consultation fee
- Application fees have been reduced by \$500 to account for the pre-consultation fee.

The complete 2023 User Fees By-law No. 3289-23 is available on our website. [www.shuniah.org](http://www.shuniah.org)  
For more information contact the Municipality of Shuniah at 1-807-683-4545.

*Submitted by Kerry Bellamy, Clerk*

## REMINDER

Invoices received at the Shuniah Landfill sites must be paid at Municipal office within 15 days of receiving invoice.

The Municipal office is located at 420 Leslie Ave.



## COUNCIL CONTACT INFORMATION

**Mayor Wendy Landry**  
807 626-6686

[wlandry@shuniah.org](mailto:wlandry@shuniah.org)

**Councillor Donna Blunt**  
807 983-2129

[dblunt@shuniah.org](mailto:dblunt@shuniah.org)

**Councillor Ron Giardetti**  
807 983-2051

807 627-7115

[rgiardetti@shuniah.org](mailto:rgiardetti@shuniah.org)

**Councillor Don Smith**  
807 621-1904

[dsmith@shuniah.org](mailto:dsmith@shuniah.org)

**Councillor Meghan Chomut**  
807 983-3399

[mchomut@shuniah.org](mailto:mchomut@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



## STUDENT EMPLOYMENT

**Shuniah Day Camp**  
**is hiring Camp**  
**Counsellors for**  
**the Summer of 2023**

**EMAIL RESUME TO**  
**DAYCAMP@SHUNIAH.ORG**

A camp counsellor at Shuniah Day Camp will be responsible for the well-being and safety of children ages 6-13 while supervising and facilitating activities under the direction of the Camp Director. This is a full-time position running from June 26 - August 23.

### RESPONSIBILITIES

- Supervise, participate and encourage campers of various ages in camp programming
- Work cooperatively with other Camp Counsellors to provide a safe and welcoming environment for campers
- Monitor camper behaviour to ensure their safety and that camp regulations are followed
- Model good behaviour for campers as it relates to sportsmanship, manners and respectfulness
- Assist in craft preparation, cleaning and other tasks needed
- Cleaning, maintaining and ensuring proper use of camp facilities and equipment

### QUALIFICATIONS

- Post-secondary education in a related field
- Experience or education in working with children ages 6-13
- Criminal Records Check with Vulnerable Sectors Search
- Minimum Standard First Aid/CPR-C (asset)
- Lifeguard certification\*\*
- Energetic and engaging personality
- Able to work individually and collaboratively
- Strong communication, interpersonal, and leadership skills

*\*\*Lifeguard certification is highly desired but not mandatory*

**Email DAYCAMP@SHUNIAH.ORG**

**Deadline to submit resumes:**

**May 19, 2023**



## Municipality of Shuniah EMPLOYMENT OPPORTUNITY

### Caretaker Employee (part-time: 21hrs/week)

The Municipality of Shuniah is seeking applications for a Caretaker Employee. The successful applicant will provide basic maintenance and general upkeep of the MacGregor Recreation Centre.

Duties will include:

- Cleaning of buildings including washrooms and kitchen area.
- Ensure washrooms are adequately stocked with supplies.
- Setting up/taking down tables and chairs for events.
- Opening and closing of the facility, as required.
- Perform minor repairs and routine maintenance when necessary.
- Snow removal from all entry ways and skating rink including salt/sand application.
- Emptying of garbage cans and other waste containers.
- Both weekday, weekend work and occasional evenings, based on hall booking schedule.
- Perform additional duties as directed by the Manager of Operations.

This position requires the associated strength and mobility to complete the maintenance duties noted.

We appreciate the interest of all applicants; however only candidates selected for an interview will be contacted.

Interested persons may submit their resumes by mail or in person to the address identified below indicating the position being applied for by **2:00 p.m. May 26, 2023, to:**

Craig Baumann Manager of Operations Municipality of Shuniah 420 Leslie Avenue Thunder Bay, ON. P7A 1X8

*The foregoing represents a reasonable statement of the requirements of this position. Information collected will be used in accordance with the Municipal Freedom of Information and Protection of Privacy Act for the purpose of job selection. The Municipality of Shuniah is an equal opportunity employer. Accommodations are available for all parts of the recruitment process in accordance with the Accessibility for Ontarians with Disabilities Act.*



# What is Happening at MacGregor Recreation Centre?

800 Lakeshore Drive - More information call 344-1908 email [kathmaun@tbaytel.net](mailto:kathmaun@tbaytel.net)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
YOGA 10AM		WELLNESS WEIGHT TRAIN 10AM		BALANCE, CORE & MORE 9:15AM
FUNCTIONAL FITNESS 2:30PM			FUNCTIONAL FITNESS 2:30PM	
BOXING 5:15PM	YOGA 5:30PM		BOXING 5:15PM	
GIRL GUIDES 6:30PM	JUDO 7PM	YOUTH GROUP 6PM	JUDO 7PM	YOUTH GROUP 6PM

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

## 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.

## FUNCTIONAL FITNESS with Lynda

Mondays and Thursdays 2:30-3:30pm

\$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](mailto: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.

**WATCH FOR OUTDOOR BOOTCAMPS TO BE ANNOUNCED THIS SPRING/SUMMER**

**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.**

## FIRST SHUNIAH GIRL GUIDES, EMBERS AND SPARKS

Mondays 6:30pm

Girl Guide cookies are now available! We will have boxes at our meetings Monday nights at 6:30!

The First Shuniah Girl Guides includes programming for girls from Senior Kindergarten to Grade 6. It is free to sign up and participate until the end of this season (mid-May). If you have a girl who wants to try it out, bring her to MacGregor Rec Centre Mondays 6:30-7:30 (SK-Gr 3), 6:30-8 (Gr 4-6 Contact Martha for details - [mdowsley@lakeheadu.ca](mailto:mdowsley@lakeheadu.ca)

## EVENING YOGA with Lynne

Tuesdays 5:30-6:30 pm

Last yoga session until fall

May 2, 9, 16. \$35 - Drop-in class \$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 7-8:15pm

Judo club welcomes new players ages 7 and up. We have 5 instructors, including Canada's first female judo Olympian. Have fun, make new friends, increase flexibility and build all the muscle groups. It's a great sport for mental, physical and social development! We meet Tuesday and Thursdays from 7 to 8:15 at MacGregor Rec. Half price tuition for the rest of the season (end of June). Email ahead so we can bring an extra outfit for you. [mdowsley@lakeheadu.ca](mailto:mdowsley@lakeheadu.ca) or come by the class to register.

## SHUFFLEBOARD LEAGUE

Last games for the season will be held on May 2nd

See everyone back in November!

## WELLNESS WEDNESDAY WEIGHT TRAINING with Danielle

Wednesdays 10-11am

\$12 drop in or \$75 for 8 weeks (Next session starts early May) All levels weight training! Have you got: sore back, tight hips, limited mobility, aches, weakness, or want to feel stronger? - we can help you move better, feel well and strong! This class combines mobility and strength exercises for the whole-body using resistance bands and free weights. Bring your own yoga mat (if you have) and a good attitude... the rest is 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)



Wellness  
Wednesday  
Weight Training  
Class



**SHUNIAH ART GROUP**

Wednesday art classes with Jeanne Marler will resume in mid-September. For further information, call or text Jeanne at 807-631-7856.

**BALANCE, CORE & MORE with Danielle**

**Fridays 9-10am**

\$12 drop in / \$70 for 8 weeks (Next session starts early May)  
This is an all level class that will challenge your whole body in a gentle way. If you have trouble moving to or from the floor, or if you just want to strengthen your core - this group workout is for you! Each session includes mobility, stretching, core work and gentle strengthening exercises. 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.

**GROWING WITH MUSIC**

We had great participation this fall and winter with over 10 families having fun and learning music with their little ones'. Next session will be in the fall.

**SAVE THE DATE!**  
**SHUNIAH COMMUNITY**  
**YARD SALE**  
**Saturday July 8th 9 am-1pm**  
MacGregor Recreation Centre  
Parking Lot  
800 Lakeshore Drive  
**Reserve a spot now for your vehicle!**  
Email kathmaun@tbaytel.net



**Family Music**  
We had great participation this fall and winter with over 10 families having fun and learning music with their little ones'. Our next session will be in the fall. Karen Kent, Growing with Musik



**Special Exhibition of The Shuniah Art Group!**  
**May 4-6**  
**Gallery 33, 4 Balsam Street, Thunder Bay**



Jeanne Marler's art students who call themselves The Shuniah Art Group are having a special exhibition of this year's artwork at Gallery 33, May 4-6. Gallery hours : Thursday and Friday 10:30 to 5:30; Saturday 10:30 to 3:30. For more information, call the Gallery (807-286-4233) or Jeanne Marler (807-631-7856)

Come and enjoy the results of the art classes held at the McGregor Recreation Centre every Wednesday afternoon from September to May. For some of Jeanne's students this is their first year painting, for others, painting is an ongoing passion.



Above: A romantic winter scene by Mary Lou Covello. Right: The colours of Spring celebrated in a painting by Lauren McKinnon



What happens when the Youth Group has friendship bracelets on the schedule but it is too nice to stay indoors? We play road hockey of course! Great group of Shuniah kids!

**ACCIDENTS  
HAPPEN.**

**WE'RE HERE TO HELP.**

**INJURY LAWYERS.**

WHITE  
MACGILLIVRAY  
LESTER

tbayinjurylaw.com (807) 344-1000



It has been a busy time here at McKenzie school, as we approach the last two months of the year. Everyone is looking forward to some warm, sunny outdoor spring learning time. Our classes have been busy with many events, and will continue as the year wraps up in May and June.

A huge thank you all of our special visitors over the past 2 months, who help extend our learning and connect us to our community. We have had visits from carpenters, nurses, the MNR and their working dog Rex, a local indigenous drummer, a local bird rescue organization, a local maple Syrup producer, and so much more! We do love to bring in community partners, and help our students to connect and learn from the world outside of our school walls.

Do you know anyone in our Shuniah area with a child turning 4 in 2023? If so, let them know the time they are still able to register for school! Though we have had our official registration nights, you are still able to register your child directly from the Lakehead Public Schools webpage. 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 to seeing many of you at our Community Barbeque this June (follow us on Facebook to see the details next month!) We thank you for your ongoing support. **Go Mustangs!**

**News from McKenzie School**  
by Casey Charles,  
Vice-Principal, McKenzie School







# First Shuniah Girl Guides Sleep Over at Fort William Historical Park

by Martha Dowsley

Our gang of girl guides celebrated the changing season with a sleepover at Fort William Historical Park on April 15th. We stayed at the Bell House which has a lovely large bunk room upstairs and a kitchen and dining room downstairs. The fur trade -era inhabitants of the fort taught us about European-Indigenous trade networks, beading and identifying animal skins and skulls. The girls LOVED doing the beading. It was difficult for us to drag some of them away to participate in our campfire and traditional girl guide

skits! The different ages of girls might seem like it would be a challenge to coordinate, but all the older girls were very friendly and inclusive of the younger Sparks and the Sparks really worked hard on their participation in the skits. For example, little Evelyn played such a friendly, proud and stalwart tree that she completely captured the affection of the audience. Unfortunately, a spring storm brought freezing rain to our campfire so we had to regroup inside with our hot chocolate and songs. No one

mind ed though and it was a fantastic evening. Thank you FWHP for hosting us and making our sleepover awesome! We have been engaging in our community in a lot of other ways too over the last few months. A few weeks ago the girls were enjoying tobogganing at Centennial Park and the senior girl guides joined girls from the next higher branch of guiding – the Pathfinders- on a trip to the Thunder Bay Museum. We also had guests visit MacGregor rec to teach us about science (Science North) and bird watching (LRCA).

Our unit meets until mid-May. If you have a girl who wants to see what Girl Guides is all about, bring her for a meeting or two! We are at MacGregor Rec Mondays from 6:30 to 7:30pm for younger girls (SK – Gr 3) and 6:30 to 8 for grades 4 -6. Girl Guide cookies are now available for \$6 a box. This season it is the classic chocolate and vanilla cookies. Drop by MacGregor rec, talk a girl guide you know in the unit or email me to restock your pantry! [mdowsley@lakeheadu.ca](mailto:mdowsley@lakeheadu.ca)



The Girl Guides enjoying their campfire at Fort William before the freezing rain forced us indoors



The Girl Guides learning about birch bark canoes

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



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**SARAH KERTON**  
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c. 807.620.9057  
[chrishoule.com](http://chrishoule.com)

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Olivia Beatrice and Sophie examine a Saber Tooth Cat model skull at Fort William HP.



Shuniah Judo Players Enter First Tournament! by Martha Dowsley

The Judo Club has had an exciting spring. After many months of fitness and skills training, we participated in our first Judo Competition at Neebing Community Centre on April 15th. Seven students from our club fought in the match that hosted teams from as far away as Marathon and Dryden. There were about 50 other judoka in the competition, including Shuniah’s own Savage family (of Thunder Bay Judo Club), who did very well, especially Jamie who won bronze and Lilly who won gold and also received a trophy for fastest throw (1 second into her match!). Congratulations Jamie and Lilly! Congratulations also to Nikki Woodbeck on the Shuniah team who took home a bronze in her category.

The hall was at capacity, filled with coaches, competitors, and families. Athletes were tense and eager to fight after 3 years of covid lockdown that hampered any local tournaments. The event lasted over 6 hours with competitors patiently waiting their turn as organizers struggled with the high enrollment.

Luke Woodbeck surprised the crowd with a powerful Seio Nage throw on his opponent. For this move, the judoka must grip the opponent’s left lapel and right sleeve, turn so their back is against the opponent and then pull the opponent forward over their shoulder.

Beatrice Zappe’s third opponent went in for Osoto-Gari, which is a foot sweep to lift her right foot and upset her balance. She stepped back with her left foot and confidently pulled him over her right leg winning the match.

Eva Woodbeck was paired with a higher-level opponent, our friend Rowan, who attends McKenzie School and occasionally practices at our club. Though Rowan was dominant in the end, Eva did a great set up for Tai Otoshi, a move where you block both legs of the opponent and then pull him over your extended leg. Rowan escaped but, Eva managed to hold off his attacks for over a minute by defending confidently in both standing and grappling positions.

Charlotte Zappe managed to counter her orange-belt opponent’s set up and bring him to the mat. She then started the set up for a Kesa Gatame hold down. This hold is called ‘scarf hold’ and is also used in Brazilian Jujitsu as an arm bar.

Chase Marion’s second opponent attempted to throw him by using Osoto Gari to sweep out his right foot. He managed to shift his weight to the left and pull her backwards off balance using a Tani Otoshi counter move to win the match. Chase really proved himself in this competition. He won a series of fights and had to keep standing to take on the next challenger. He really put his judo knowledge and his determination to good use.

Caleb and Nikki had a challenging tournament. Most of the judoka in their age category had high level belts and had a lot of experience. Both fought admirably against much higher ranked opponents. Their bravery and focus were commendable.

Our team displayed their skills and determination well throughout the tournament. They also displayed great sportsmanship and we had a ton of fun. It was exciting to warm up with such a big crowd and everyone trying to do stretches, judo breakfalls and running around a room designed for half that many people. It really emphasized how much a part of something bigger we really are and made us feel a part of the wider judo community. We look forward to continuing to develop our skills and meet new friends at the next competition. Anyone aged 7 and older (adults too!!!) who is interested in learning more about the sport and working out with us is welcome to join us Tuesdays and Thursdays at the MacGregor Rec Centre from 7 to 8:15 pm. Email Martha for more information (mdowsley@lakeheadu.ca) or just drop by!



Jamie Savage with his bronze medal



Eva and Charlotte enjoying their first tournament



Caleb and Nikki Woodbeck with her medal



Lilly Savage won a gold medal and trophy for fastest win at the Judo tournament -She took out an opponent in 1 second!



Beatrice Zappe countering an Osoto Gari attack



Chase Marion successfully defending against an Osoto Gari attack and reversing it to throw his opponent

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submitted by LRCA Staff

Spring is upon us which means that people will be out visiting our Conservation Areas and enjoying the great outdoors once again! We would like to remind visitors that all dogs must be kept on-leash, and that mountain bikes are not permitted on our trails. If you visit frequently, consider purchasing an Explore Card Parking Pass for \$40.00 +HST to forgo the mandatory \$5.00 per vehicle parking fee for one calendar year. If you visit us more than eight times, the pass will pay for itself. Visit our website at [www.store.lakeheadca.com](http://www.store.lakeheadca.com) to purchase your Explore Card Parking Pass.

The LRCA has several exciting public events scheduled throughout 2023, including Hazelwood Lake Family Fun Day on Sunday, July 23, Silver Harbour Day on Saturday, August 26, and our popular Watershed

Explorer guided hike programs. Visit our website, follow us on social media and sign up for our e-newsletter for up-to-date events information. Please note that some workshops and guided hikes require pre-registration, and space is limited. Visit our webstore to register.

The mid-April snow survey measurements remain above average for this time of year (1974 to 2022). Measurements taken on April 17, 2023 recorded between 15-36 centimetres of snow, compared to the average of 7-27 centimetres; water content measured between 68 - 131 millimetres of equivalent water content, compared to the average for the same period of 21 - 85 millimetres. The previous record was set in 2022 with 64-107 centimetres snow depth and 220 to 325 millimetres water content measured for the same time period.

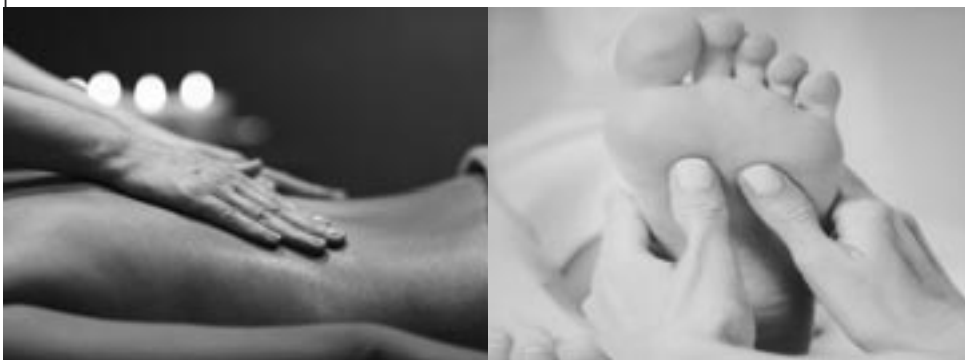


Sophie and Lily honing their birdwatching skills with the Lakehead Regional Conservation Authority

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Lakehead Regional Conservation Authority staff member Rachael teaching Octavia about bird watching



Shuniah Sparks enjoying our improvised indoor campfire after freezing rain cancelled the outdoor one




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