

# THE SHUNIAH NEWS

Shuniah, Ontario  A Superior Living Experience

Volume Thirteen, Issue Four July 2023



The LRCA and Municipality of Shuniah is proud to present Silver Harbour Day on Saturday, August 26, 2023. See page 9 for more information.



Find your own treasures at the **SHUNIAH COMMUNITY YARD SALE** July 8th 9am-1pm

## 2023 FINAL TAX NOTICE

Shuniah's 2023 final property tax bill will be mailed out the end of July. Payments are due **Friday August 25 and Friday October 27**. SAVE page 2 of the invoice for you 2023 personal income tax filing. Page 2 has a Schedule 2 section Final (2023) Levies as per the picture below. This is the amount you are eligible to claim on your 2023 personal income tax filing.

SCHEDULE 2	
Explanation of Tax Changes	
2017 to 2018	
Property Class(es): R	
Final 2017 Levies	Final 2018 Levies
\$2,045.13	\$2,078.19
Total Year Over Year Change	
\$33.06	
Final 2017 Levies	\$2,045.13
*2017 Annualized Taxes	\$2,045.13
2018 Local Municipal Levy Change	(\$108.86)
2018 Upper-Tier Municipal Levy Change	
2018 Provincial Education Levy Change	(\$25.43)
2018 Tax Change Due to Reassessment	\$165.35
** Final 2018 Levies	\$2,078.19

Registration is now open!

Weekly themes:  
Wild Wilderness Welcome  
July 4th-7th  
  
Wacky Science  
July 10th-14th  
  
Artful Antics  
July 17th-21st  
  
Super Spies  
July 24th-28th  
  
Mythical Adventure  
July 31st-August 4th  
  
Creators and Innovators  
August 7th-11th  
  
The Summer Games  
August 14th-18th



Registration Prices:  
  
\$225 Per Week for the First Child  
\$200 Per Week for Second Child  
\*Please note you must register and pay through the Municipality of Shuniah Office  
  
Location:  
The MacGregor Rec Center  
8:00 am to 5:00 pm  
Monday-Thursday

For more information please contact  
[daycamp@shuniah.org](mailto:daycamp@shuniah.org)

## SHUNIAH DAY CAMP WEEKLY THEMES

Wild Wilderness Welcome July 4th-7th	Join us for the start of summer fun! In this week campers will learn all about nature. This will include the animals, plants, and minerals found in the Thunder Bay area	Paramount Amethyst Mine
Wacky Science July 10th-14th	Campers should get ready to experience the world of science. Every day will include a new experiment, giving little scientists the opportunity to discover and innovate	Gemondale Farm
Artful Antics July 17th-21st	All forms of art will be explored as this week is all about getting creative! Not only will campers get to make arts and crafts, but they will also use their imagination to play fun acting games	TBD
Super Spies July 24th-28th	Campers will learn what it is like to be a detective. The week will be spent figuring out clues and puzzles to solve camp-wide mysteries. To be able to do this, campers will learn top-secret tricks to become spymasters	Splash Splash Waterpark
Mythical Adventure July 31st - August 4th	Imagination and creation will be at the forefront as campers will walk through the world of goblins, fairies, and dragons to discover what it would be like to live in a magical realm. **Please note that the excursion this week is set to occur at the MacGregor Rec Center	Thunderbird Raptor Rescue**
Creators and Innovators August 7th-11th	Jump into a week of science, technology, engineering, arts and Math. Campers will use hands-on challenges to test their skills	Bellus Farm
The Summer Games August 14th-18th	To end our summer season, campers will compete in challenges to win the summer games. Each day will encourage children to participate and be active	Splash Splash Waterpark

# PASS LAKE COUNTRY FAIR

★ SATURDAY, AUGUST 26, 2023 ★

10am - 5pm Pass Lake Community Hall  
\$5.00/Adult Children 10 and under FREE



### What's Happening?

- ★ Craft Vendors & Exhibits
- ★ Fresh Produce
- ★ Bake Sale
- ★ Antique Cars and Tractors
- ★ Live Music
- ★ Concession & Ice Cream

- ★ Face Painting & Balloons
- ★ Bouncy Castle
- ★ Pony Rides All Day
- ★ Fun Games for All Ages
- ★ Small Animals
- ★ And So Much More.....

If you are interested in being a vendor, sponsor or joining in on the fun don't hesitate to contact  
★ [PassLakeCountryFair@Outlook.Com](mailto:PassLakeCountryFair@Outlook.Com) ★

## St. Mark's Church Yard Sale

Saturday, August 19th

ALL OUTDOOR & INDOOR VENUES  
OPEN 11 A.M.!

- bake table • food court
- furniture • clothing • books • kids toys
- 50/50 draw • penny auction

INDOOR SALES

11 A.M (round Church)

Handicap parking lower level only

Thank you for your support





# Shuniah Fire & Emergency Services: Weekly Training Keeps Firefighters Prepared

by Blair Arthur, Fire Chief

Shuniah Fire & Emergency Services is dedicated to ensuring the safety and well-being of the community it serves. Every Tuesday, the department holds weekly training sessions to keep its firefighters proficient and prepared to handle various emergency situations. Since 2022, firefighters in Ontario are required to be certified, and Shuniah Fire & Emergency Services is committed to meeting and exceeding those standards.

The core training provided to firefighters focuses on the suppression of fires, including structure, vehicle, and wildland fires. Additionally, firefighters receive training in responding to motor vehicle accidents and medical calls, as well as handling automatic alarms for smoke and carbon monoxide.



Each type of training requires specialty skills to ensure effectiveness and efficiency during emergencies.

Training is a year-round commitment, with sessions taking place for 48 weeks annually. In addition to the regular weekly training, firefighters also participate in weekend extra training, which includes off-road ATV and snowmobile training, as well as low slope rescue techniques. This comprehensive approach ensures that firefighters are well-prepared to handle diverse emergency scenarios.

Shuniah Fire & Emergency Services is comprised of two divisions: suppression and prevention. The suppression division consists of 24 firefighters, three captains, and one deputy chief. On the other hand, the prevention division includes four prevention officers, two captains of prevention, and one fire chief. This structure allows for effective management and coordination of emergency response efforts.

The fire prevention division plays a crucial role in ensuring the safety of the community. It focuses on compliance with the Ontario Fire Code, conducting inspections of industrial, commercial, and educational facilities. Safety compliance, particularly with sleeping accommodations and bed and breakfast establishments, is a key area of emphasis. The prevention division also actively engages in public education initiatives, including partnering with McKenzie Public School and organizing educational events in various public venues throughout the year.

As part of its commitment to serving the community, Shuniah Fire & Emergency Services is currently recruiting new firefighters who reside in Shuniah. If you are interested in becoming a firefighter and making a difference in your community, inquiries can be made at [shuniah-fire.com/recruitment](http://shuniah-fire.com/recruitment).

The weekly training sessions of Shuniah Fire & Emergency Services serve as a testament to the department's dedication to maintaining a highly skilled and prepared firefighting team. By adhering to provincial certification requirements and providing specialized training in various emergency scenarios, Shuniah Fire & Emergency Services continues to prioritize the safety and well-being of the community it serves.







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



**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

**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

**Councillor Donna Blunt**  
807 983-2129  
dblunt@shuniah.org

**Councillor Ron Giardetti**  
807 983-2051  
807 627-7115  
rgiardetti@shuniah.org

**Councillor Don Smith**  
807 621-1904  
dsmith@shuniah.org

**Councillor Meghan Chomut**  
807 983-3399  
mchomut@shuniah.org

**SHUNIAH PUBLIC WORKS DEPARTMENT  
Summer 2023**

*by Craig Baumann, Manager of Operations*

It is once again time for Municipal work crews and private contractors to begin working on improving and maintaining our roadways and associated infrastructure. Please slow down when approaching work areas, construction workers could be hidden behind equipment and materials.

**Dust Control**

Approximately forty percent of Shuniah's roads have a gravel riding surface; therefore, dust is likely to occur, especially during the months of July and August. The Public Works Department utilizes calcium chloride dust suppressant to alleviate the amount of dust and reduce the gravel road base loss. The nature of the summer season is such that dust cannot be eliminated, residents should know the Municipality is doing everything it can to minimize road dust.

**Illegal Dumping of Yard Waste and Debris**

Residents are required to dispose of yard waste and debris at the Shuniah Landfill Sites, not alongside roadways and trails that lead into the bush that are quite often private property. If you don't want the material in your yard, chances are neither do your neighbors.

**Trees & Roadside Brush Control**

If you notice a tree or brush on Municipal property that poses a safety hazard, please contact the Public Works office. Residents are also encouraged to contact local utilities if trees on private property are interfering with overhead wires.

The equipment utilized to complete the roadside clearing quite often leaves behind an unsightly aesthetic appearance. If you would like to avoid mechanical brushing in your area, residents are strongly encouraged to keep roadside trees, branches; shrubs etc... trimmed back a minimum of 5 feet from the traveled edge of the road.

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 pw@shuniah.org .

Have a safe and enjoyable summer,

**Town Hall Meeting**



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

**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.



MUNICIPALITY OF  
**SHUNIAH**  
*A Superior Living Experience*

**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 northwestern 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, St Marks Church yard sale on August 19, 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.

**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





SHUNIAH  
FIRE PREVENTION  
DEPARTMENT  
SPRING/SUMMER  
SAFETY TIPS

by Neil Parsons,  
Fire Prevention Office

Fire (and its consequences)  
doesn't take a vacation!

-when you open your cottage or cabin, make sure that your smoke/CO alarms are working. Replace old alarms (a 10 year life span is the industry standard for smoke/CO alarms) and install fresh batteries. Test all alarms monthly.

-review and practise your escape plan ( particularly if you have young children) and make sure everyone knows where the Muster point is ( where everyone meets in the event of a fire)  
-make sure that all windows can open and close when necessary.

-if the cabin/cottage is a rental unit then a Fire Extinguisher is required, so make sure to check it

-get rid of newspapers and magazines and other combustibles that may have accumulated over the winter

-clean the filter above the stove ( if you have one), vacuum the coils at the back of your refrigerator, check the dust trap on your clothes dryer and clean your BBQ

-make sure all important/emergency phone numbers are at hand and that your Fire Number is easily visible.

-if you plan on burning-obtain a Fire Permit (available online) and follow the regulations At the time of publishing Shuniah and surrounding areas are considered a Restricted Fire Zone therefore NO burning at all (BBQs are ok)



Are you a paddler? Be sure to visit Hazelwood Lake Conservation Area and Hurkett Cove Conservation Area to check out our floating docks which feature accessible kayak launches! These launches make getting in and out of your kayak or canoe super easy and stable. The LRCA is proud to offer access to Hazelwood Lake and Lake Superior, so get out and explore!  
The LRCA and Municipality of Shuniah is proud to present Silver Harbour Day on Saturday, August 26, 2023. The event, in celebration of Shuniah's 150th anniversary, will feature activities and information booths from local organizations such as Science North, the Thunder Bay Field Naturalists, Thunder Bay Indigenous Friendship Centre, MNRF, OPP, and Canada Coast Guard. Additionally, Shuniah Fire & Emergency Services will also be hosting a BBQ in celebration of their anniversary and in support of

their initiatives. Keep your eyes on the LRCA's website and social media channels for details and specifics!  
Registration for our Watershed Explorers Programs are up and running on our webstore. Space is limited and pre-registration is required, but at the time of writing there is still space on our Butterflies, Fall Photo, Fish & Aquatics, Neebing Birding Day and Trees & Fall Colours programs. A non-refundable, \$5.00 registration fee is required to book your spot. Visit our webstore at [www.store.lakeheadca.com](http://www.store.lakeheadca.com) to pre-register. Funding for these programs is generously provided by the TD Friends of the Environment Fund.  
The 2023 Explore Card Parking Pass is a great way to show your support for the LRCA! Explore Card Parking Passes permit day-use/parking at our ten Conservation Areas for one calendar year. Visit as often as you like. Enjoy one calendar year of recreation activities, such as boating, fishing, hiking and more at our seasonal and year-round Conservation Areas for the low price of \$40.00 +HST. It's convenient for frequent users, and a great gift idea! All Explore Card revenue goes directly towards the upkeep and maintenance of our Conservation Areas.  
Get out and Explore!



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](http://www.shuniah.org) 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 the holding of fireworks displays 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 202

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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.





# Judo Club Announces Official Name Change!

by Martha Dowsley

The judo club has officially adopted the name Kaiju Judo Dojo. Kaiju is Japanese for 'Strange Beast' and represents monsters like Godzilla and the various creatures seen in the film 'Pacific Rim'. We held a logo contest open to all club members and chose one main logo and several crests for the club. We are finalizing the logos with graphic designers and plan to roll out some new gear over the summer. Our club attended a Ne Waza (Nay-wah-zah) competition, called 'The Grappler' in Fort Francis this spring, put on by the Dryden Judo club. Competitors came from Fort Frances, Dryden, Kenora, Thunder Bay and Shuniah. Approximately 100 athletes attended. Kaiju Dojo sent four athletes- Corinne and Richard Baxter, and Charlotte and Beatrice Zappe. A Ne Waza competition is started with both competitors in the kneeling position to focus on groundwork, similar to wrestling. Judo has specific moves and hold downs, all named in Japanese. More senior athletes can use arm locks and chocks to subdue an opponent as well as pins. Our athletes from Shuniah are too junior for those moves, and instead focused on throwing and pinning their opponent for 20 seconds. Our newest athlete, Richard Baxter (age 15), is a wrestler at Hammaraskjold High School with 6-years experience with public school and Lakehead Wrestling. He has only been with our club transferring his skills to judo for a few months. His speed and determination are amazing, and he has been training with much heavier partners, building his strength and stamina. At the Grappler he managed to win first place in his age and weight class. Beatrice, Charlotte, and Corinne have all decided to follow in Richard's footsteps and train in wrestling to help their judo. Corinne

has been training with Lakehead wrestling for several years and all three girls started wrestling with Claude E. Garton public school this spring. At the Thunder Bay public schools wrestling competition earlier this spring, all three girls won first place ribbons. At the Fort Frances judo competition, Beatrice Zappe (age 9) fought in the under-10 age category, which had a lot of kids. She had seven fights. She won six and lost the seventh to finish second in her category. Congratulations Beatrice! Corinne Baxter (age 11) fought against several more experienced opponents in a very competitive weight class. She combined her judo and wrestling skills effectively to overcome her opponents and place first in her category. Charlotte Zappe (age 11) has over a one year's experience in judo. At Fort Frances she was placed in a lighter weight class than Corinne so our teammates did not have to fight each other. Charlotte shone in judo as well, placing first in her category. We would like to thank Senseis Sandra Greaves (Olympic team 1988, 1992), Dave McCallum and Steve Cambly for helping the athletes improve their groundwork prior to the competition. It helped Kaiju achieve 3 golds and 1 silver finish! We hope to send more athletes next year. At Kaiju we are continuing to train over the summer. We anticipate several students will move to the next belt level in the fall. Kaiju Judo Dojo welcomes children, teens and adults and introduces them to the Olympic sport of Judo. This martial art uses various techniques to throw the opponent and hold them down without injury. The goal is to use your opponent's strength against them. The club is open to anyone over age seven. Training is every Tuesday and Thursday at MacGregor Rec Centre from 7pm to 8:15 pm. Come by and see what we are up to or email manager Martha Dowsley at [mdowsley@lakeheadu.ca](mailto:mdowsley@lakeheadu.ca) for more information.



# Shuniah Soil Mates If You're Happy and You Know It...Plant a Garden

by Peter Tracz, AANG

I am so very proud of our Soil Mates Gardens. I mentioned this so often to a friend that she insisted that I give her a tour. The Rec Center is only a few kms away from our home so we took a few hours one afternoon a week ago. It so happened that that day the last of the open gardens had been issued and the new member had planted her garden. After the walkabout we sat at our picnic table and talked a bit of how we got started and the many years of how it took to get this far (we are in our 8th year). She asked about the produce planted, fertilizers, tools, the best size for a garden for "older" people. It turns out that she and her husband were first time gardeners and they were going to use an aluminum boat on a trailer for their garden .... **Well, why not.** After she wandered off for another look see....I found myself doing a long forgotten thing...I had taken the time to sit... and listen ...to silence. A garden is one good place to do just

that.... At the back of my mind I thought I heard Simon and Garfunkel singing..... Perhaps one day we might even hear a plant grow. We had a cold start to May but June was a little better. The garden membership showed up on all my weekend requests for a work party and I thank them for helping out. The rototilling of 18 gardens on June 14 was done in 1 hour and 5 min. Our 2nd work party had to do with grass whipping and replacing the wind worn canvas cover at the Compost Station. Thankfully the workload of some gardens care was taken over by members, The Herb Garden and the Josh Klukie Memorial Garden is being looked after honourably. My thanks to the Youth Group members Mackenzie, Tyler and Ava for their floral planting of New Guinea Impatiens at the Rec Center Digital Clock/Sign. (photos) *Kindest Regards to all*









**Thinking of  
buying or selling?**

**neighbourly**  
Realty Thunder Bay Inc.  
Brokerage

**SARAH KERTON**  
Broker  
c. 807.632.3635  
sarahkerton.com

**CHRIS HOULE**  
Broker of Record  
c. 807.620.9057  
chrishoule.com

Message or  
call us today!



The Ontario Association of Agricultural Societies is presenting a Special Agricultural Judging School on Grains, Forage Grasses, Flowers, and Vegetables. One day only, July 8, 2023, 8am – 5 pm in Thunder Bay. To register, phone or text 807-620-9158





# First Shuniah Girl Guides Pathfinders to Start in Fall 2023

by Martha Dowsley

The First Shuniah Girl Guides continue to grow! We had six of our Girl Guides graduate this year and they asked to open a new Pathfinders unit in Shuniah so they can continue their guiding adventure. Starting in September we will be able to welcome girls from Senior Kindergarten all the way to grade 8 into the First Shuniah Guiding Family! Each branch of the girl guide family is designed to support girls in that age group. Pathfinders (12-14 years old) are in charge of their own program design and activities with some support from the adult guiders. Our new Pathfinders are planning some fun outdoor activities, sewing projects, field trips, and service projects and are intrigued by the idea of fancy cake decorating. I think this last one sounds especially interesting.... I hope they will share their successes with the guiders.

This spring we also welcomed many kindergarten girls to try out Sparks, and a few older girls trying out Embers and Guides. It was a huge success with nearly a dozen little girls learning the ropes of Girl Guides with us for a few weeks! During the graduation ceremony in May the girls sang 'This Little Light of Mine' while holding lights and it was the most adorable thing ever. We look forward to enrolling them for the fall program. We had a huge cookie drive over the past two months. We sold 3000 boxes of chocolate and vanilla cookies! Congratulations to our top salesgirls – Sophie F., Sara, Bryar, Sophie M., Genny, Scotlyn, Autumn, Esme, Charlotte and Beatrice. Mr. Skaf allowed us to set up a table on the boulevard in front of his store where we met a lot of Current River and Shuniah folks. We also sold door-to-door in River Terrace, which many of the girls had not had a chance to do

before. Our most successful sales were when we were graciously hosted by both the Arthur Street and Thunder Centre Canadian Tires. The girls invented a new mascot called 'Boxy' while at the Thunder Centre and worked hard on their customer service skills. Making change, answering questions and also handing over the correct number of cookie boxes is a very challenging situation for such young kids. But it will no doubt be useful to them in the future. Interacting with the public is a skill most children don't have a chance to practice, so we always encourage our girls to practice and learn. Seeing our graduation class of Guides this year and reflecting on all their accomplishments both in Girl Guides and in other parts of their lives really shows how much positive influence Girl Guides can have on a child.

This year we also were lucky to develop our relationship with the First Thunder Bay Pathfinders/Rangers. Our guides went bowling with them and we hosted them at an end-of-year campfire. Our girls performed some skits and the Pathfinders led us in an action story that was very dynamic. Singing classic girl guide songs with our new friends and so many parents was a really fun experience. We hope to do it again soon! Girl Guides welcomes all women and girls to join our sisterhood of fun, learning and community service. Registration is open now. Go to [girlguides.ca](http://girlguides.ca) and find First Shuniah to join one of our branches. We are also in need of more volunteers to support the girls in learning a particular skill, supervising an activity or becoming regular volunteers. For more information contact [mdowsley@lakeheadu.ca](mailto:mdowsley@lakeheadu.ca) Have a wonderful summer!



Sophie F, Beatrice Z and Charlotte selling cookies in River Terrace, Sophie and Charlotte in their mom's vintage girl guide uniforms



Graduating Girl Guides Sophie M, Autum, Corinne, Charlotte, Jaxyn, and Sara



Sophie W, Beatrice, Madison, Lily participating in the girl guide graduation ceremony



The Girl Guides bowling at Mario Bowl



Lily, Sara and Sophie M at the Girl Guide graduation ceremony



Charlotte and Jaida selling cookies door to door



Girls performing a skit about aliens at our end of year campfire



Beatrice, Boxy (Sophie F) Charlotte and Scotlyn selling cookies



Scotlyn dressed as our cookie mascot, Boxy



Sophie Charlotte and Beatrice selling cookies at Canadian Tire Thunder Centre

**WAKEFIELD**  
OIL CHANGE PLUS

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



Shuniah Judo Players Enter First Tournament in Fort Frances! *by Martha Dowsley*



Charlotte Zappe (gold), Corinne Baxter (gold) and Beatrice Zappe (silver) with their medals



Richard Baxter takes gold!



Corinne Baxter works to pin her opponent



Beatrice, in yellow belt, winning silver!



Corinne Baxter winning Gold!



Corinne Baxter pins her opponent

GOOD NORTHERNERS.  
GREAT INJURY  
LAWYERS.

WHITE  
MACGILLIVRAY  
LESTER

WE'RE HERE TO HELP.  
tbayinjurylaw.com (807) 344-1000



Charlotte Zappe takes gold!



Richard Baxter pins his opponent



# 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
DAY CAMP 8AM-5PM	DAY CAMP 8AM-5PM	DAY CAMP 8AM-5PM	DAY CAMP 8AM-5PM	DAY CAMP 8AM-5PM
YOGA 10AM				
			FUNCTIONAL FITNESS 2:30PM	
BOXING 5:15PM			BOXING 5:15PM	
	JUDO 7PM		JUDO 7PM	

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.

## 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 THROUGH OUT THE SUMMER**

## GIRL GUIDES

First Shuniah Guiding is finished for this year. Registration is now open for September (~\$200 for the year). Girls from Senior Kindergarten to Grade 7 can register for one of our branches at [girlguides.ca](http://girlguides.ca). Enter your postal code on the 'find a unit' page and select the correct age group under First Shuniah. See you in September! Email [mdowsley@lakeheadu.ca](mailto:mdowsley@lakeheadu.ca) if you have questions.

**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.**

## KAIJU JUDO DOJO

**Tuesday and Thursday 7-8:20pm**

We continue to hold regular practices over the summer except in the rare exception that all the Sensei are on vacation. Classes are open to everyone ages 7 and up! Come and watch or try out some moves with us. No charge for classes over the summer, but Ontario Judo membership annual fee is required (~\$100) after the first class. Email [mdowsley@lakeheadu.ca](mailto:mdowsley@lakeheadu.ca) if you have questions.

## FUNCTIONAL FITNESS with Lynda

**Thursdays 2:30-3:30pm (No class August 10th)**

**\$40/Month Must pre-register**

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.



Proud dad Shawn  
Baxter with daughter  
Corinne after her  
gold medal finish in  
judo!



Beatrice Zappe  
with her silver  
medal!

## 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  
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**Contact:**  
Isabelle Fournier (C.R.H.T) Natural Counselor & Educator at 807-628-6042

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