

THE SHUNIAH NEWS

Shuniah, Ontario  A Superior Living Experience

Volume Seven, Issue One March 2024



Nominations Requested for the 2024 Senior of the Year Award
by Kerry Bellamy, Clerk

The Municipality of Shuniah recognizes Jo-Anne Hamelin as the Senior of the Year for 2023. Do you know the next Shuniah Senior of the Year? We are currently accepting nominations of remarkable seniors who are an inspiration to our community and make Shuniah a Superior Living Experience! This initiative is designed to recognize and honor the exceptional accomplishments of our seniors. We appreciate your involvement in celebrating the wealth of experience, wisdom, and dedication our seniors bring to the table! Please consider making a nomination, and join us in sharing our appreciation for our seniors.

Eligibility

- The person you nominate (the nominee) must be:
- at least 65 years of age
 - a resident of Ontario
 - a living person who has made their community a better place to live
 - nominated by a municipality in Ontario

Required information

- To submit a nomination, you will need to provide the nominee's:
- first name,
 - last name,
 - home address,
 - email address and
 - phone number

Only municipalities can submit a nomination. If you know someone who should be considered for this award, please submit the required information to the Clerk by email at clerk@shuniah.org or by mail at 420 Leslie Avenue, Thunder Bay, ON P7A1X8. The deadline to nominate someone is April 30 of each year. Nominations received after the deadline will be considered in the following year.

See pages 5 to 9 for March MacGregor Info!
Take a peek 📷 into how much fun exercise classes at the MacGregor Rec Centre are!



Join us for Council Meetings!

Submitted by Kerry Bellamy, Clerk



In 2024 there have been three regular meetings of Council, January 9, 2024, January 30, 2024 and February 13, 2024.

On January 9, 2024, at our Regular Council Meeting, Council reviewed and adopted the Asset Retirement Obligation Policy and reviewed the Draft 2024 Budget. Council also, passed a by-law for an agreement with CRC Communications regarding communications equipment, Council passed a by-law to exempt the New Ambulance Base from property taxes.

On January 30, 2024, at our Regular Council Meeting, Council received a report regarding potential road name changes due to the Highway 11/17 twinning, Council scheduled two town hall meeting dates for July 10, 2024 and October 24, 2024, and Council passed the 2024 budget.

On February 13, 2024, at our Regular Council meeting, Council discussed plans for a Councillor Roads Tour of the Municipality, Council also discussed delegation topics for the upcoming Ontario Good Roads Association Conference in April. Council reviewed and discussed the municipalities Recognition of Employees 25th Anniversary and Retirement Policy and signed an agreement with Valard Construction for use of a municipally owned piece of property for the Waasigan Transmission Line project.

The next Council meetings are scheduled for February 27, March 12 and 26 and April 9, 2024.

This article contains only highlights from Council meetings.

Please visit our website to see the approved minutes from each of the meetings. If you don't have internet capabilities, please contact our office for copies of approved minutes.

Council Meeting agendas are posted online on the Friday prior to the Tuesday meeting. Come out and see what your Council is doing on your behalf. Feel free to contact the Municipal Office for further information or with input into any of the items that Council is considering. Community members are encouraged to attend Council meetings.



2024 INTERIM PROPERTY TAX INVOICE

Shuniah's 2024 interim property tax bill were mailed out the end of January. You should have received the tax bill in the mail the first week of February 2024. Payments are due Friday, February 23, 2024, and Friday, April 26, 2024. **Payments can be made online or at the Municipal Office.**



First Shuniah Girl Guides celebrating their only sledding event so far this winter!

Shuniah Public Works - Winter Safety Message

by Craig Baumann, Manager of Operations

SPRING 2024

As spring approaches the public is advised to exercise caution in and around area waterways. High flows, melting ice and unstable banks could be dangerous. Parents and caregivers are advised to keep children away from all waterways and discuss the hazards of flooding and fast flowing water.

ANNUAL SPRING LOAD RESTRICTIONS will be in effect from March 11th until late May as a means to try to protect the integrity of the roads during the spring thaw. Please keep this time period in mind if you are planning to have building supplies or gravel products delivered to your property.

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.

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.

July 10, 2024, 6:00 pm

Join us at the MacGregor Recreation Centre for our Town Hall Meeting!

Submitted by Kerry Bellamy, Clerk

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



2025 SHUNIAH CALENDAR PHOTO CONTEST
Do you have some fantastic pictures you have taken of the Shuniah area. Submit them to the municipal office by Friday, September 20, 2024
For a chance to have your pictures in the 2025 Calendar And win some prizes.

Shuniah Building Permits and Planning Applications

by Kerry Bellamy, Clerk

Municipal Staff have been working to improve our Website to include information regarding the process and applicable documents to make the process of applying for building permit or planning applications easier to understand and make the documents more accessible. We are requesting residents to review the Building and Planning Department section of our website at www.shuniah.org and to contact the office with concerns or suggestion to assist staff in making our website more user friendly.

← → ↺

shuniah.org/government/building-planning/

Shuniah Planning Department

The Planning Department provides Official Plan and By-law interpretation for both Council and the public; accepts and processes various planning applications including zoning by-law amendments, official plan amendments, plan of subdivision and condominium applications, minor variance applications, consent application and shoreline road allowance purchase requests.

For more information, please contact the Municipal Office:

Planning Documents

Association Properties

Zoning By-law 2038-00

Association Properties

Official Plan

Application Fees



The Thunder Bay District Health Unit recommends “regular testing of your private well”

By Kerry Bellamy, Clerk

Heavy rainfalls or flooding? Additional testing is recommended.

Testing
It is recommended that homeowners have their well water tested for non-bacterial environmental contaminants by a private laboratory approximately every five years.

Free bacterial testing is available for private well owners through Ontario's Public Health Laboratory (the Lab), located at 336 South Syndicate Avenue. The Lab does not test for other contaminants, such as chemicals.

- Kits Available at:**
- at the Municipal Office at 420 Leslie Avenue, Thunder Bay.
 - at the Public Health Lab at 336 South Syndicate Avenue, Thunder Bay.

Further Information Available from the Environmental Health program at (807) 625-5900 or toll-free at 1-888-294-6630



SHUNIAH FIRE AND EMERGENCY SERVICES

by Neil Parsons, Shuniah Fire and Emergency Services

Spring Fire Safety
(from the and thanks to, the Ontario Association of Fire Chiefs)

SPRING CLEANING:

- ensure that your "fire #"/address is visible from the road and remove any debris that could obstruct the view of First Responders
- clean out filters from above your stove
- test your smoke and carbon monoxide alarms, replace batteries and if the unit is more than 10 years old replace the entire unit
- make sure you have an emergency preparedness kit in case of power outages or floods
- pull out the fridge and vacuum the coils (unplug it first)
- plan and practice your home escape plan. Make sure the windows can open and that stairs and passage ways are free from obstruction
- check outdoor electrical outlets and appliances for animal nests
- get rid of old newspapers, magazines and junk mail(they have a tendency to accumulate and can help a fire grow)
- remove leaves and trash from carports and garages (these combustible materials are dangerous when close to hot automobile components)

OPENING THE CAMP OR COTTAGE:

- visually inspect the power lines leading to your cottage. Are tree limbs too close? If so, have them cut back (if necessary by a professional). This should be done before turning on the service to your cottage
- propane appliances that have been sitting for the entire winter can be hazardous if they are not maintained properly. Have them serviced by a qualified technician.
- have a working smoke/CO alarm outside any room or area designated for sleeping
- have a fire extinguisher. Response times for Fire Departments can be lengthy depending on the location of your cottage. Big fires start small and MAY be extinguished before they destroy your cottage. Place extinguishers by the exit so you have the option of leaving if the fire is growing too fast. If the fire is too big-LEAVE. Let the professionals handle it. It is recommended that you use a minimum of 10lb ABC extinguisher for your cottage.

SHUNIAH NUMBERS

EMERGENCY	911
Non Emergency Administration	807-983-2021
Public Works and Roads	807-983-2550
Municipal Office	807-683-4545
Toll-free: 1-855-683-4545	
OPP	1 888 310-1122
MNR.....	1 888 310-(Fire) 3473
CBO.....	807-620-3709

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

WINTER LANDFILL HOURS November 1 - March 31

MacGregor Site

Wednesdays 8:30am-4:30pm

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

McTavish Site

Wednesdays 10:00pm-6:00pm

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

SUMMER LANDFILL HOURS April 1 - 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

2024 Budget and Property Taxes

Submitted by Sue Moore, Treasurer/Deputy Clerk

The Council of the Municipality of Shuniah has ratified the municipal budget for 2023 which sets out the new tax rates and provides the approval to move forward with operating services and capital projects for the coming year. In these times of significant inflation and rising interest rates, our goal is to minimize the impact of property tax increases while ensuring that the services the Municipality offer can be sustained. The Municipality also needs to forecast for future commitments by preparing a multi-year budget that focuses on sustainability and includes reserves for infrastructure and potential fluctuations in operating expenditures. Council set a special budget meeting on December 12, 2023, for public input. The agenda for this meeting included a detailed line-by-line budget, draft budget memo, a 10-year summary of revenues, expenses, and reserves, 10-year capital forecasts for both Fire and Roads. All these reports are still accessible by visiting our website at shuniah.org. Council passed by-law 30-24 on January 30st to adopt the 2024 budget and rates of taxation.

The 2024 Shuniah Budget includes a 5.93% tax levy increase.

While the total 2024 levy increase is 5.93%, we attribute approximately 0.68% to growth in new property assessment (new construction) within Shuniah. **The net increase to the Municipal Levy (after growth) if comparing to other Municipalities is approximately 5.25%.**

The property taxes on every \$100,000 of assessment will be \$832 in 2024 compared to \$803 in 2023.

Example, the property taxes on a property in Shuniah with a MPAC assessed value of \$370,000 will be \$3,077 in 2024 compared to \$2,971 in 2023. (this includes both municipal and education taxes)

Drivers for the 2024 Budget:

Items that affect the yearly budget include items that the Municipality has no control over as the levies are set by other organizations such as:

- **OPP Policing**
- **Ambulance Services**
- **Social Services**
- **Health Unit**

Inflation has also contributed to the increase in the costs of items in the budget such as increase in fuel, supplies, and labour. The rehabilitation of Lakeshore Drive which includes new culverts over the next couple of years and full rehabilitation between 3 and 5 years.

Impact of changes to property assessment values:

The Municipal Property Assessment Corporation (MPAC) is responsible for determining the assessed values of all properties in the Province of Ontario with a province-wide assessment update every four years. The last province-wide assessment update took place in 2016, based on a January 1, 2016, valuation date. Property assessments are still set from the 2016 – 2020 assessments which are the comparable value for 2020 unless there is new construction, renovations, or reassessments on individual properties. New assessments will be in the future once the province sets the assessment date for MPAC to proceed.

For additional information on how MPAC assesses your property, view your property details, compare properties in your neighbourhood and file a Request for Reconsideration (including deadlines) go to www.mpac.ca and click on *AboutMyProperty*.

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

SLIGHT IMPAIRMENT

A FEW DRINKS WITH DINNER IS NOT WORTH THE RISK...

Driver's with a Blood Alcohol Concentration between 0.05 - 0.079 or, who fail the Standard Field Sobriety Test (alcohol and/or drugs) are risking a...

FIRST TIME:

3-day licence suspension
\$250.00 penalty

SECOND TIME:

7-day licence suspension
Education program
\$350.00 penalty

THIRD TIME:

30-day licence suspension
Education program
6-month Ignition interlock
\$450.00 penalty



LEADING CAUSES OF INJURY & COLLISIONS

FIRST CONVICTION:

\$615.00
Three demerit points
3-day licence suspension

SECOND CONVICTION

\$615.00
Three demerit points
7-day licence suspension

THIRD + FURTHER CONVICTIONS

\$615.00
Three demerit points
30-day licence suspension

- ◆ One person is injured in a distracted-driving collision every half hour on the road.
- ◆ Driver's using electronic devices are consistently involved in accidents more often.
- ◆ Driver's using a phone is 4X more likely to crash than a driver focusing on the road.

DISTRACTED DRIVING

McKenzie School – The Place You Want To Be!

by Leesa McCarville, Vice Principal ~ McKenzie Public School

Back in September, McKenzie Public School Students and Staff had chosen a set of core values that were important to follow. Our goal was to learn about the meaning of our values and use them to build a stronger community of learners. The values we chose were, Respect, Kindness, and Honesty. Alongside our chosen values, we also decided to learn about and incorporate the 7 Grandfather Teachings into our monthly “Character Education” assemblies (Honesty, Love, Truth, Respect, Wisdom, Bravery, Humility). We are extremely grateful for the relationships we continue to build in person and virtually with Anishnawbe Mushkiki, Elders, and Knowledge Keepers.

We celebrate and honour diversity and equity throughout the school year. In February, we recognized Black History month with weekly quotes, facts, interactive QR code posters, and various read aloud books. We ended the month with a special visit from a local autistic, author, Zachry Hendricken. He has written two children’s books and explained to students, the importance of setting goals and following their dreams.

Students have been working hard academically with a major focus on literacy and math. Staff are always trying to look for ways to provide as many experiential learning opportunities for their students as possible. Some of our favourites include making bannock, Winter Solstice Drumming celebration, setting up our trail cams, designing and building ‘Battle Bots’, visit to Dennis Franklin Cromarty High School, snowshoeing, Tai Chi demonstration, skating, and King Fisher visits. These experiences build strong engagement and deeper connection to the curriculum.

Our school is growing and we look forward to adding new Mustangs! If you know of anyone in the Shuniah area that will be turning 4 in 2024, let them know the time is now to register for school! You can register your child online by going to the Lakehead Public Schools webpage. If you have any questions or concerns, please do not hesitate to call the school directly. McKenzie school is a place to learn, grow and develop in meaningful ways! Come join us!

We would like to thank all our families, and Shuniah community for your ongoing support!



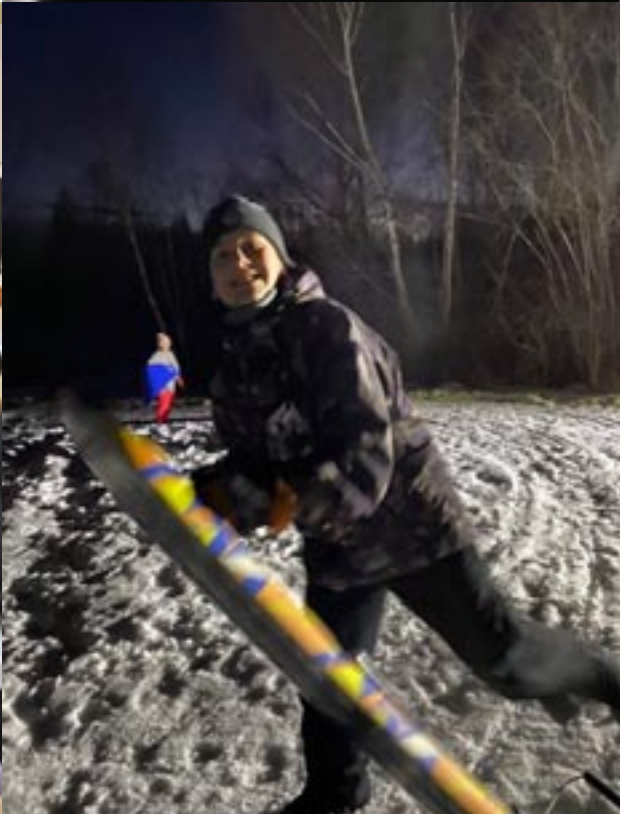


Fear Factor !

MacGregor
Youth
Group



Making the most of the snow!



SWEATCLUB FITNESS BOXFIT with Jacquie!



CORROSION
FREETM

FACTORY CERTIFIEDTM
RUST PREVENTION
807-345-1121
311 Cumberland Street North

WAKEFIELD
OIL CHANGE PLUS

Kaiju Judo Club

by Martha Dowsley

Kaiju Judo Club had a belt tying contest in January. The judokas had to tie their belts in a no-slip traditional Japanese knot. Congratulations to our winner, Micah! He received a \$50 gift card to Silver City. The club is continuing their training. They have learned some throws from both the beginner's (white belt) syllabus and the yellow belt syllabus. The students who have been coming out regularly can look forward to completing their belt exams and earning the next belt colour sometime this spring. The club is also working together on a series of ten hold-downs that can help keep an opponent pinned to the mat for the 20 seconds required to secure points in a competition. The holds are a sequence of movements around the opponent in a circular fashion called a wheel. The students have now learned all ten moves and are working on their speed and precision. Two of our students are also girl guides and demonstrated their throws at the recent Girl Guide Tea Party for Seniors held at the MacGregor Rec Centre on February 11th. For a demonstration, please come see us during practices held Tuesday and Thursday nights from 7 to 8:15 at MacGregor rec. We are having fun learning and training together. Kaiju Judo Club offers exercise for anyone over 7 years of age, adults included! Come out and learn the Olympic sport of judo in a supportive encouraging environment!



And the winner is... Micah!
For tying his belt the
fastest!.jpg

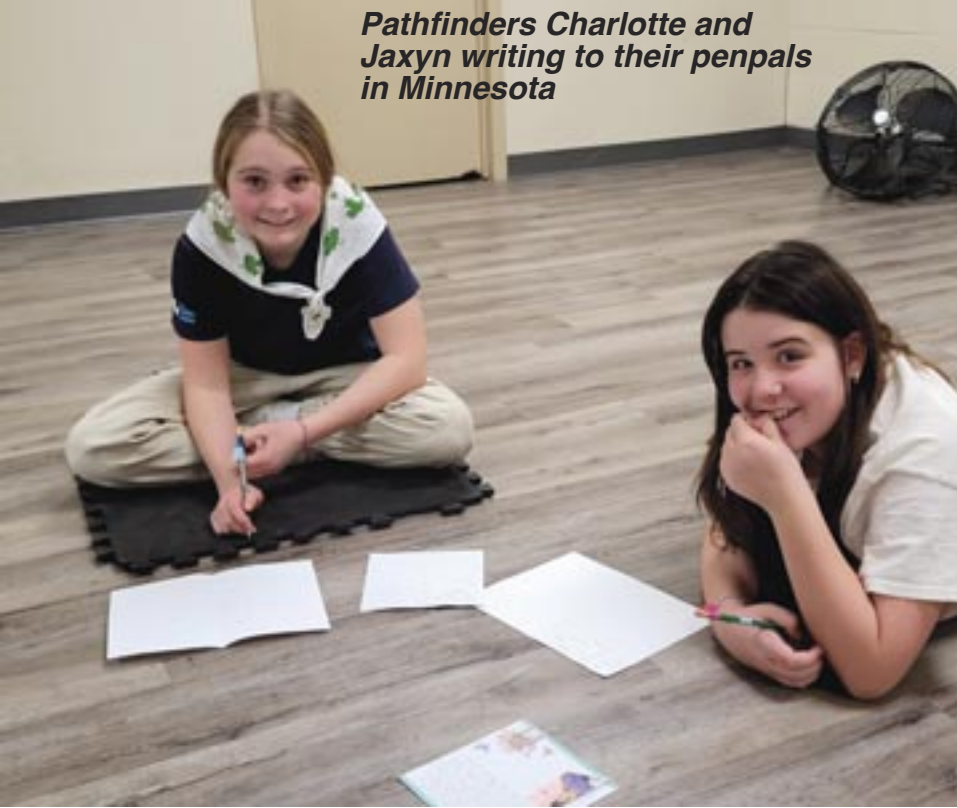
The First Shuniah Sparks, Embers, Guides and Pathfinders have been Embracing Winter!

by Martha Dowsley

The weather has been quite unseasonal, but the girls did manage to get a little sledding in at the rec centre one night in February. Then they observed the sky and learned about the moon, constellations, and satellites. The younger girls then played some games inside and the older girl guides snuggled up with some warm herbal tea and fudge to celebrate the lunar new year and hear the story of the ordering of the animals in the Chinese zodiac. Just before Valentine's day all the branches of guiding in Shuniah got together to put on a Senior's Tea Party. We held one last year that was so much fun we decided to do it again! We served classic tea sandwiches in flavours like cream cheese and cherries, tuna salad, egg salad, ham and pickle and smoked salmon with dill cream cheese. A variety of teas and coffee were served along with delicious treats such as cookies, Rice Krispie squares, butter tarts and amazing cupcakes. New this year we had freshly made glazed donut holes to delight the seniors. The party was open to all seniors in Shuniah, and the girls also invited senior family members or friends. Entertainment included acrobatics and martial arts demonstrations, a few magic tricks, Valentine jokes and draws for prizes. Guests also received activity sheets with their place setting and we collected food for local food banks. It was a great bonding activity for the community across generations. We watched people connecting with old friends and making new ones. We all had a great time and look forward to doing it again next year! This winter the guides and pathfinders have linked up with some penpals amongst the Girl Scouts of Duluth. We have just finished our second letters and hope to hear back from our new friends soon. All of our girls have been learning some first aid skills including dealing with blood, calling 911 and an exciting challenge of triaging multiple injury cases. In the next month we have multiple guest presentations to teach the girls about different jobs and to learn from female role models. We also hope to get in a little outdoor fun. Keep your fingers crossed for us!



Pathfinder Charlotte demonstrates a judo throw on her sister Beatrice during the Seniors Tea Party



Pathfinders Charlotte and Jaxyn writing to their penpals in Minnesota



Pathfinders Charlotte and Jaxyn writing to their penpals in Minnesota



Kestrel writing to her penpal in Minnesota



Girl Guides Olivia, Miah and Sophie

What is Happening at MacGregor Recreation Centre?

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
YOGA 10AM	FAMILY MUSIC 11AM	WELLNESS WEIGHT TRAIN 9:30AM		BALANCE, CORE & MORE 9AM
FUNCTIONAL FITNESS 2:30PM	SHUFFLEBOARD 1PM	PAINT GROUP 1:30 PM	FUNCTIONAL FITNESS 2:30PM	
BOXING 5:15PM	YOGA 5:30PM	WEIGHT NIGHT 5:30PM	BOXING 5:15PM	
GIRL GUIDES 6:30PM	JUDO 7PM	YOUTH GROUP 6PM	JUDO 7PM	YOUTH GROUP 6PM

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.
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 to sign up, or contact Art: 807-707-7374

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 if paying in advance

11 class drop-in punch card for \$70.00

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.

Please contact Canfitpro Fitness Instructor and Active aging Specialist, Lynda to register by emailing tbk@tbaytel.net or texting or calling 807-632-8282.

SWEATCLUB FITNESS BOXFIT with Jacquie

Mondays and Thursdays 5:15-6:15pm

\$10 drop in

All fitness levels welcome! Personal trainer Jacquie Kennedy has been instructing Boxfit classes for over 7 years and has a modification for every issue you might have. In this class you can start at low intensity and work your way up to a high intensity work out. Jacquie is a personal trainer, and body building specialist who is also available for private and semi-private sessions, alone or with a group of your friends or family. Contact Jacquie at 807-629-1815 to register and for more information.

FIRST SHUNIAH PATHFINDERS, GIRL GUIDES, EMBERS AND SPARKS

Mondays 6:30 & 7:30pm

Girl Guides offers girls and women a club in which to develop their sense of self, connect with their community and feel a sense of belonging. Our Shuniah Girl Guide Family offers programming for four branches of Guiding. Sparks are girls in SK and Grade 1. Embers (formerly Brownies) is for girls in Grades 2 and 3. Guides welcomes girls in Grades 4, 5 and 6. Pathfinders is for girls in Grades 7 and 8.

We meet Monday nights at MacGregor Rec. Sparks and Embers attend from 6:30 to 7:30 pm. Guides and Pathfinders meet from 7:30 to 8:30. Register on-line with Girlguides.ca, search for 'First Shuniah' under 'Find a Group/Unit'.

GROWING WITH MUSIK FAMILY MUSIC

Tuesdays 11am 8-weeks \$80

Family Music is a 30-minute joyous class where little people and their caregivers have fun together, while building a foundation for future musical proficiency. The singing, chanting, moving and playing activities are designed to enhance the development of confidence, active listening and following along in the company of others. Children learn to play to a beat, to respond to rhythms, to sing and move to the kid-friendly folksongs, following a Musikgarten influenced curriculum. The child can respond in their own time while feeling secure interacting with their caregivers. It's a unique bonding opportunity! Call Karen Kent at 807-355-5520 or email her at karenlynnkent@gmail.com to register

EVENING YOGA with Lynne

Tuesdays 5:00-6:00 pm

March 5th, 12th, 19th 3-week session (\$35)

April 9th, 16th, 23rd, 30th 4-week session (\$45)

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 or message me at (807) 633-0183 Lynn Kallies Instructor

KAIJU JUDO DOJO

Tuesdays and Thursdays 7-8:15 pm

Judo is an Olympic sport practiced by people of all ages. The goal is to develop physical skills and character. Students (Judoka) always work with a partner and must develop respect and trust. We help our students attend tournaments and 'level up' to higher belts. Our practices are friendly and fun. We play lots of games combined with strength and skill training. We welcome adults and children (over age 7). Email Martha to register marthadowsley@hotmail.com or come to a class to sign up! We run year-round.

WELLNESS WEIGHT TRAINING with Danielle

Wednesdays 9:30-10:30 am

8-week session \$80; 2 times/week \$135 - Drop In \$12

First time? Try it out \$5

Looking to improve your strength? This class is for all levels of fitness and abilities - anyone looking to feel better, move better & be stronger. Using weights, we move the whole body throughout the hour for improved mobility, strength and muscular endurance. Usually a circuit style class, but we mix it up from time to time! Contact Danielle 807.707.0876 or email: Strongmomcoaching@gmail.com

SHUFFLEBOARD LEAGUE

Tuesdays 1-3 pm

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

SHUNIAH ART GROUP:

PAINTING CLASSES IN OIL AND ACRYLIC

Wednesdays 1:30-4:30 pm

Acrylic/oil painting classes with a difference, individual coaching and a 15-minute history of art component. All levels welcome. Enrolment is limited to 15 people.

Any questions? Contact Jeanne Marler jeanne@jeannemarler.com 807-631-7856

WEDNESDAY WEIGHT NIGHT - NEW!

Wednesdays 5:30-6:15 pm

\$10/class or \$5 for retired individuals and students 16-18 yrs old

Weight training, and strength and conditioning with Certified Body Building and Corrective Exercise Specialist Jacquie Kennedy contact at 807-629-1815 to register and for more information.

BALANCE, CORE & MORE with Danielle

Friday 9-10am

8-week session \$70; 2 times/week \$135 -Drop In \$12

-First time? Try it out \$5

This is a gentle movement and strength class that works the whole body in a slow, deep way. Can almost guarantee you will feel much better going out than when you walk in. We use bands or just bodyweight to challenge the body through various stretches and strengthening exercises. This class is appropriate for anyone hoping to increase range of motion, improve balance and general core strength. Contact Danielle 807.707.0876 or email: Strongmomcoaching@gmail.com

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 in the community!

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





Daniel Vanlenthe Mechanical

- WETT Inspections and Certified Chimney Sweeps
- Wood Burning Appliance Sales and Service
- Authorized Heatmaster SS Outdoor Wood Furnace Dealer
- Oil-Fired Appliance Service

PHONE: 767-3643
countryman@tbaytel.net



Little Lions Waldorf Child and Family Centre

WE ENCOURAGE FAMILIES IN NEED TO JOIN THE ONELIST
AT
[HTTPS://THUNDERBAY.ONEHSN.COM/UX 2 0](https://thunderbay.onehsn.com/ux20)

WE CURRENTLY WILL NOT BE ENROLLING IN ANY OF OUR PROGRAMS.

Thank you

The Ultimate Wood Heat.



CLASSIC EDGE
TITANIUM HDX
Outdoor Wood Furnace



H&H IMPORTERS

939-1152
3879 Hwy 11/17 hhimporters.ca



Deadline for May 2024 Shuniah News: April 16
Send your info to:
designhouse@tbaytel.net

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LOAD QUEEN SERVICES

44 RUBIN DRIVE, MURILLO, ON, POT 2G0
RPRA and E-Tracks Compliant


Free Pick Up / Drop Off of your Scrap Tires	Appliance Pick Up Services
---	----------------------------

loadqueenservices.ca 807-766-9776



LAKEHEAD REGION CONSERVATION AUTHORITY

WWW.LAKEHEADCA.COM
@lakeheadregion




LAKEHEAD REGION CONSERVATION AUTHORITY

submitted by LRCA Staff

LRCA staff have continued to conduct bi-monthly snow surveys at the three historical snow survey locations (Hazelwood Lake, Vibert Road and Madeline Street). As of February 15th, snow depth and water content continued to be well below average for that time of year with depth ranging from 14.6-15.8 centimetres (65 % below average) and water content ranging from 44.8-46.6 millimetres (50% below average). Lake Superior's beginning of February level was 2 centimetres below the beginning of February average and 21 centimetres lower than the level last year. The Level II Low Water Condition remains in effect for the LRCA Area of Jurisdiction.


MNRF's snow monitoring data is now available to the public through the Ontario GeoHub. The site contains information including a list of all active and historical snow survey locations, mapping of snow survey locations as well as historic and current snow survey data (1933 – 2023).

Be sure to Follow, Like and Share the LRCA on social media. Our Facebook, Twitter and Instagram pages endeavor to effectively communicate with residents of the Lakehead Watershed. We share flood messages, up-to-date events information, interesting facts and gorgeous photography with our followers, and we would love it if you would join in on the conversation. We will also be posting information regarding upcoming workshops and events.



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Ocean Animal Word Search

L	F	X	Q	G	C	U	D	Q	G	F	I	Y	N	H
D	L	S	H	F	Z	D	Y	I	F	A	Z	A	K	D
A	F	O	K	S	H	D	F	M	U	V	K	R	B	M
T	B	A	B	C	I	N	E	Y	T	Q	O	G	O	M
J	L	X	H	S	I	F	D	R	O	W	S	N	N	X
Y	G	G	T	N	T	K	Y	E	C	M	K	I	C	C
K	R	A	H	S	B	E	S	L	A	S	W	T	Y	I
S	X	Q	W	B	G	I	R	L	L	E	W	S	G	E
O	E	T	A	R	O	S	C	M	F	E	H	D	R	L
M	L	A	C	P	E	K	A	X	S	T	J	M	O	A
H	P	C	R	A	B	I	K	R	B	J	F	E	U	H
S	R	O	W	S	T	A	R	F	I	S	H	E	P	W
N	P	E	Y	F	P	Q	F	W	J	L	V	L	E	G
T	E	V	D	D	C	G	X	Y	P	H	L	O	R	D
D	O	Y	J	G	Y	X	K	G	U	G	B	Q	T	B

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CRAB

EEL

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