

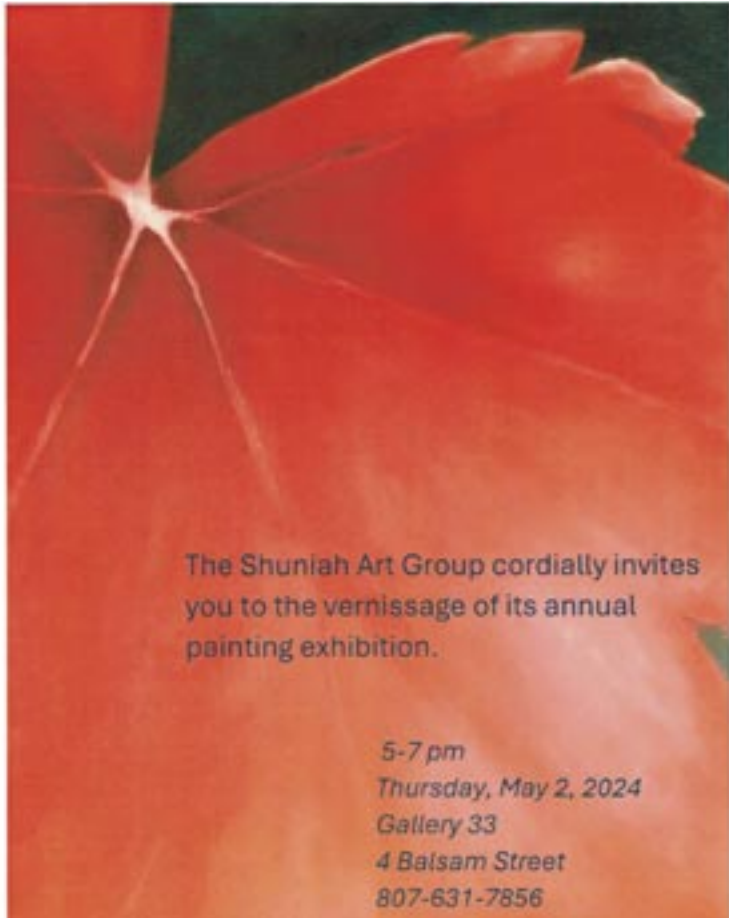
THE SHUNIAH NEWS

Shuniah, Ontario



A Superior Living Experience

Volume Fourteen, Issue Three May 2024



The Shuniah Art Group cordially invites you to the vernissage of its annual painting exhibition.

5-7 pm
Thursday, May 2, 2024
Gallery 33
4 Balsam Street
807-631-7856



Dorothy Valiunus and Lauren McKinnon putting the final touches on a group painting for the Shuniah Art Class year-end exhibition at Gallery 33 May 3-5, 2024.



The Shuniah Shufflers

16 odd players consists of from L to R - Barb Wronoski, Anna Weatherston, Gayle Caron, Lynn LeCocq, Bob & Cecilia Van Natto, Ralph Webb, Cliff Stewart. Missing is photographer - Maureen Calder



2024 SHUNIAH DAY CAMP!
Watch for registration in late spring!!!

Where is the camp located?

Location : MacGregor Recreation Centre

What time will the camp run?

Weekly from July 2, 2024 to Friday August 16, 2024

Monday to Friday 8:00 am to 5:00 pm

What are the prices for Summer Camp?

Weekly rate of \$225.00 per child and a discount to \$200.00 for second child.

Registration will open for summer 2024 in the late spring. Keep your eyes open for updates through the Shuniah News and the MacGregor Recreation Centre!



SAVE THE DATE!
SHUNIAH COMMUNITY YARD SALE
SATURDAY JULY 13TH 9AM-1PM

MACGREGOR RECREATION CENTRE
PARKING LOT & PAVILION
800 Lakeshore Drive
RESERVE A SPOT NOW
EMAIL kathmaun@tbaytel.net



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!



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

Council has been discussing the creation of a history book for Shuniah and is looking to start gathering information at the municipal office about the community and families here now and over the last 150 years. Please contact the Clerk at 683-4540 or email clerk@shuniah.org if you have any images or stories you would be interested in sharing.

Submitted by Kerry Bellamy, Clerk



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.

Nominations Requested for the 2024 Senior of the Year Award

By Kerry Bellamy, Clerk

We are currently accepting nominations of remarkable seniors who are an inspiration to our community and make Shuniah a Superior Living Experience!

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.



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

submitted by Kerry Bellamy, Clerk

Regular testing of your private well is important to make sure your water is safe for you and your family to drink. Bacteria such as E. coli can contaminate your well making it unsafe to drink. The risk is higher if you have animals in the area – especially on farms with livestock and other animals – but the bacteria can also occur naturally in the soil.

Heavy rainfalls or flooding? Additional testing is recommended as there is a greater risk of surface water washing into your well (drilled or dug).

How to get a kit?

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.

Testing

Water samples submitted for bacterial testing to Ontario's Public Health Laboratory are not tested for metals or chemical contaminants that could affect the safety of drinking water.

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

Call the Environmental Health program at (807) 625-5900 or toll-free at 1-888-294-6630.

The Municipality of Shuniah recognizes Jo-Anne Hamelin as the Senior of the Year for 2023



MUNICIPALITY OF SHUNIAH
A Superior Living Experience

SALE OF LAND BY PUBLIC TENDER

THE CORPORATION OF THE MUNICIPALITY OF SHUNIAH

Take Notice that tenders are invited for the purchase of the land described below and will be received until 3:00 p.m. local time on June 6, 2024, at the Shuniah Municipal Office, 420 Leslie Avenue, Thunder Bay Ontario.

Description of Land:

Roll No. 58 28 020 006 37320 0000; SHUNIAH; PINS 62491-0118 (R) and PIN 62491-0119 (R) and PIN 62491-0120 (R); File No. 21-12; **Minimum Tender Amount: \$31,074.59**

Except as follows, the municipality makes no representation regarding the title to or any other matters relating to the land to be sold. Responsibility for ascertaining these matters rests with the potential purchasers. This sale is governed by the Municipal Act, 2001 and the Municipal Tax Sales Rules made under that Act. A full copy of the tax sale advertisement and further information about this matter is available on line at www.OntarioTaxSales.ca or www.shuniah.org or you may contact Susan Moore, Treasurer, Deputy Clerk, The Corporation of the Municipality of Shuniah, 420 Leslie Avenue, Thunder Bay ON P7A 1X8, Phone: (807) 683-4541, (807) 683-4545 (Toll Free), Email: treasurer@shuniah.org



Shuniah Fire and Emergency Services - Fire Prevention Department

by Neil Parsons

Fire officials are warning the public about the potential risks associated with devices that use lithium-ion (Li-ion) batteries and offering tips to avoid sparking a fire. These batteries are used in smartphones, laptops, cordless power tools, e-bikes and other electronic devices.

Something as simple as leaving a smartphone on a car dashboard under direct sunlight can increase the risk of “thermal runaway” leading to fires and explosions.

Here are some tips to help you avoid potential hazards associated with Lith-ion batteries.

- Never store or charge devices with lithium batteries in “Exiting” areas like hallways, stairs or doorways.
- Purchase batteries from manufacturers that meet safety standards.
- Use undamaged charging chords, and do not charge devices on soft materials like pillows, beds and couches.
- Avoid overcharging and leaving batteries in a charger once they are fully charged.
- Never throw lithium batteries in the trash when disposing of them. Instead, take them to a hazardous waste disposal site or a re-cycler.
- If you notice any signs of battery swelling, such as changes in shape, overheating, fluid leaks, vapour emissions, or hissing or popping sounds, it is advised to evacuate the area and call 911.

Crossword Fill-In

3 LETTER WORDS

- Cat
- Hrs
- Ken
- One
- Ooh
- Sea

4 LETTER WORDS

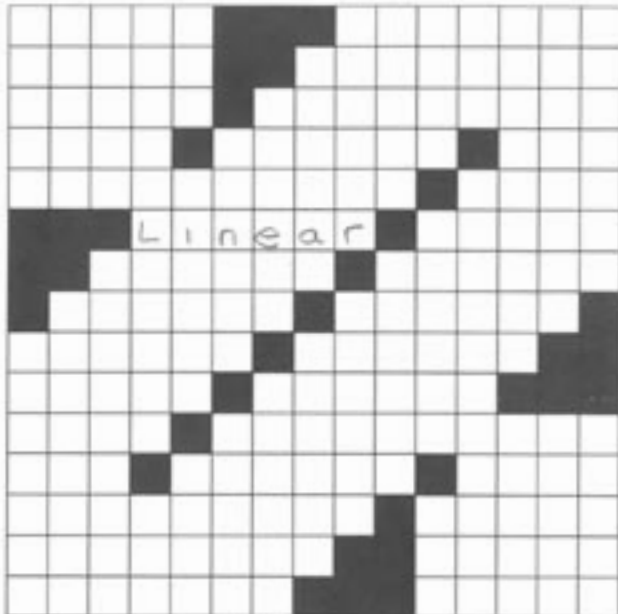
- Burr
- Chin
- Cyan
- Erie
- Gats
- Otis

5 LETTER WORDS

- Amirs
- Areal
- At bay
- Coati
- Deems
- Erica
- Error
- Heads
- Nicad
- Occam
- On ice
- Oriya
- Retch
- Ronch
- Spine
- Tiers

6 LETTER WORDS

- Ballad
- Bodied
- Brides
- Denier
- Drivel
- Jobber
- Linear
- Pained
- Parlay
- Peaces
- Polers
- Popery



- Rowers
- Rulers
- Seines
- Selves
- Sodden
- Toners
- Turban
- Vipers

- Politesse
- Practical
- Rabbinate

10 LETTER WORDS

- Condescend
- Half volley

11 LETTER WORDS

- Cornflowers
- Opalescence

7 LETTER WORDS

- Jackpot
- Pagodas
- Stearin
- Tsetses

8 LETTER WORDS

- Asserter
- Obtained
- Potherbs
- Romanist

9 LETTER WORDS

- Dissuades

see page 10 for solution



Join us for Council Meetings!

Submitted by Kerry Bellamy, Clerk

On February 26, 2024, at our Regular Council Meeting, Council reviewed a few planning applications. Shuniah Fire & Emergency Services provided Council with report updating Council on their activities. Council discussed their remuneration by-law and conference attendances. Council also passed a policy for recognizing employee’s years of service and retirement.

Our March 12, 2024, Council held a Public Meeting for a planning application followed by the Regular Council Meeting. At the Council meeting a planning application was brought back before Council, at Council’s request, with additional information and it was decided to have a planning report prepared for the file. Council agreed to execute an agreement with Epic Cones to be able to operate at Wild Goose Park in 2024. Council also discussed conference attendances and remuneration budget again and received a report regarding the helipad location in Shuniah.


On March 26, 2024, at our Regular Council meeting, Council agreed to execute an agreement with a new company for recyclable collection services and execute a new agreement for Policing Services due to the implementation of the Community Safety and Policing Act. Council also, received a report from our Integrity Commissioner, awarded a tender for a Tandem Axle Plow Truck for the Municipality, and appointed new Volunteer Fire Fighter, Nolan Desando.

On April 9, 2024, at our Regular Council meeting, TBT Engineering attended the Council meeting to present the Lakeshore Drive Pavement Rehabilitation and Design Brief. Council reviewed 3 planning applications and increased building permit fees.

This article contains only highlights from Council meetings.


Please visit our website for upcoming Council meetings, and 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.

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, which are being held at the Municipal Office, there is the option to attend virtually as well over Zoom. The information to login to the meetings virtually is included on each agenda.



Shuniah Dog Tags

2024 Dog Tags are required.
Available for purchase at the Municipal Office.





**Multi-Use Pavilion
Grand Opening**

**May 14, 2024, 3:00 pm
MacGregor Recreation Centre**

Council is hoping for a large turnout on May 14, 2024 at 3:00pm the MacGregor Recreation Centre for the Grand Opening of the Multi-Use Pavilion!

The Council Meeting is to follow at 4:00pm at the MacGregor Recreation Centre.

Submitted by Kerry Bellamy, Clerk

**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**



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.

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

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

Help keep all wildlife safe and healthy

by Kerry Bellamy, Clerk

Feeding wildlife can lead to serious problems for animals like squirrels, deer and birds.

- Human food is not healthy for animals and they do not require human food to survive.
- Feeding birds such as ducks and geese can pollute waterways, backyards and playgrounds. Some of these birds drop up to a pound of feces every day!
- Feeding larger animals can increase the chance of vehicle-animal accidents.



2024 Day of Action on Litter

by Kerry Bellamy, Clerk

The Provincial Day of Action on Litter is celebrated on the second Tuesday of May each year in Ontario.

There are actions we can all take to put litter in its proper place. You can do this by:

- **Reducing waste:** giving old products new life instead of throwing them away. For example, using old containers for storage or supporting second-hand clothing stores as opposed to buying new.
- **Diverting waste:** recycling or composting materials when and where possible to divert waste away from landfills. For example, by using your blue and green bins. When cleaning up litter, make sure you properly separate out recyclables.
- **Preventing waste and litter:** stopping waste before it's created, and before it has the chance to become litter. For example, by choosing to buy goods with less packaging or by bringing a reusable cup to take-out establishments that accept them.
- **Cleaning up litter:** helping to keep your community clean by picking up and properly disposing of litter, or by organizing a community litter cleanup for others. Our Litter Cleanup Guides have more information on how to organize a safe and successful cleanup.
- **Properly disposing of waste:** making sure anything that does belong in the trash, is securely placed in garbage bins to help keep our neighbourhoods clean.



McKenzie School – The Place You Want To Be!
by Leesa McCarville, Vice Principal



Our Mustangs have been excited to explore the outdoor learning forest through a different lens now that spring has arrived. At recess you will often find students running around gathering natural material to build forts and structures, playing imaginative games, and/or organized sports. In walking the hallways, you see and hear students engaged in hands on learning experiences that connect to curriculum expectations.

The intermediates have been busy learning codes to create and design various objects using their 3D Printer. Some of their creations include; Fidget Spinners, Bubble Wands used to test out solutions in science, Shopping Cart Token Keys (sold at Holiday Bizarre to raise \$ for grad), Chess Pieces for students to play a game of Chess during indoor recess).

The Fairy and Tall Tale Engineering Fair was a huge success! Students from the grade 2/3 class paired up with students from the grade 5/6 class to solve a fairy tale, tall tale character's dilemma. Engineer in Residence – George McKay came out to support and check out our designs. As well, a BIG thank you to JML Engineering for donating the presentation boards.

Planting season is upon us and the grade 2/3 class has planted control seeds for this year's Tomatosphere project through Guelph University and the International Space Station. They will track how many seeds germinate and then get the results as to which seeds were harvested from the ISS.

A Fairy tale theme took place in the jk/sk class this past March. The classroom transformed into Fairy Tale Land where creative play included Jack and the Bean Stock, Rapunzel, Humpty Dumpty. Math and literacy centres were connected to the Fairy Tale theme and students were very engaged in the learning. The class finished up their Fairy Tale unit with a performance of "The Three Little Pigs", and they were ROCKSTARS!

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!

Save The Date - Community BBQ June 13th. Community members are welcome. Invites will be going out shortly. We would like to thank all our families, and Shuniah community for your ongoing support!

#weloveourcountryschool



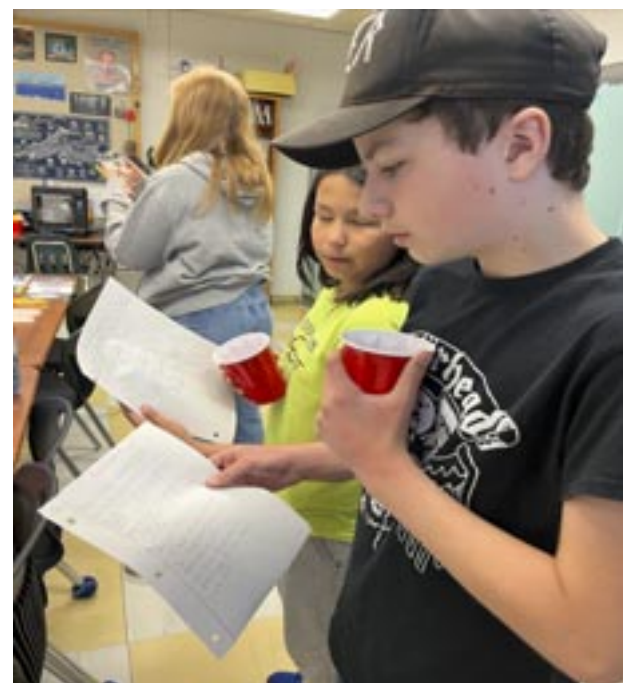
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First Shuniah Guiding Moves into Spring

by Martha Dowsley

As the last (or not) vestiges of winter kept us indoors, the First Shuniah Guides hosted some wonderful visitors. We are very thankful that they took the time to teach us a bit about their jobs.

The girls were treated to a visit from Lakehead University's Anthropology Professor Dr. Jessica Metcalfe. She taught them about extinct large mammals like mammoths, mastodons, and saber-toothed cats. The girls had tons of fun with her games and activities. They learned that horses evolved in North America but then went extinct on our continent thousands of years ago, before being reintroduced by Europeans 500 years ago.

Local artist Vik Wellen ran a paint night for the Guides and Pathfinders. They created beautiful hedgehog paintings and learned about being an artist. Thank you, Vik!

The Pathfinders also did a felting night with Loreen from the Weavers and Spinners Guild. They learned to make lovely felted balls that they decorated with different colours. It was a very interesting new skill for the girls. It involves a lot of stabbing with needles.

With the longer spring days we have been getting outside more to look for signs of spring, do some chalk drawings and play some running games. The Sparks and Embers enjoyed examining twigs for buds and marked some to revisit in a couple of weeks to see how the leaves and needles emerge. The girls also learned about birds and made bird feeders to help spring migrants who might get caught in bad weather.

In April, the Girl Guides (grades 4-6) and Pathfinders (grades 7-9) spent an hour cleaning Wild Goose Beach park as a community service project. They collected 2 large garbage bags of litter. They then enjoyed some Girl Scout cookies from their penpals in Duluth. The Girl Scouts sell many varieties of cookies. Our favourites were lemon, French toast and caramel-chocolate. It was a great reward for their work!

Our spring classic cookie campaign is wrapping up. We sold at Canadian Tire, Thunder Centre for two Sundays. They were great hosts, and we want to thank them for their support of our club. We also want to thank Outland for storing cookies for us in their heated warehouse. In the fall, around Thanksgiving we will have mint cookies available.


As our Guiding Year winds down, we are excited about the girls who are 'flying up' to the next level of guiding and scheduling a special ceremony for them. We will also be saying thank you and goodbye to several of our leaders. Next fall we have several leaders stepping down and are in need of some new volunteers. Any female over the age of 18 can be a leader, and teens are welcome to join us for their volunteer hours as junior leaders. Leaders can pick which age of girls to work with and will have lots of support and opportunities for creativity. It's a great way to help our community as we teach the girls practical skills, responsibility and engagement in their community through service projects. Please contact Martha to come and visit a meeting and see how you would like to participate: mdowsley@lakeheadu.ca

Happy Spring!




Sparks creating chalk art at Mac Gregor Rec

Did you know Shuniah Mayor Wendy Landry was a Girl Guide?




Help the First Shuniah Girl Guides raise the next generation of Shuniah leaders!

We need female volunteers who are interested in making new friends!



Youth can earn volunteer hours
Seniors can enjoy lots of stand-in granddaughters!

Volunteer a little or a lot, depending on your schedule



Contact Martha to come visit us and see what Girl Guides is all about. mdowsley@lakeheadu.ca



Girl Guides showing off some of the litter they collected at Wild Goose Park



Girl Guide Kestrel breaks into a dance while cleaning Wild Goose Park



Hey Girls and Ladies! Want to have some fun?

Northwestern Ontario's Largest Girl Guide Unit Needs Your Help!

First Shuniah Girl Guides need female volunteers who are interested in making new friends

Youth can earn volunteer hours
Seniors can enjoy lots of stand-in granddaughters!

We love to do crafts, cooking, outdoor activities, singing and having fun. We help our community through service projects like Seniors Tea Parties and cleaning the park.

- Volunteer every week, once a month or for special events.
- You can also help behind the scenes as a treasurer.



Help Build Shuniah's Future Leaders!

Contact Martha to come visit us and see what Girl Guides is all about: mdowsley@lakeheadu.ca



Girl Guides Cleaning Wild Goose Park



The Girl Guides Learned about Ice Age Mammals



Sparks and Embers preparing for a running game to 'feed baby birds'



The Girl Guides Investigating some of the ice age specimens that Dr Metcalfe shared with us



Sparks and Embers playing a bird game

Family Music!

Classes will resume in the Fall!

**WORKING / LIVING RURALLY?
IS QUALITY WATER A CONCERN?**

IN NEED OF UPDATES OR ADVICE?

IN NEED OF REPAIRS OR PARTS?

Our on-staff service technician brings 30+ YEARS EXPERIENCE IN WATER QUALITY SERVICING & FILTRATION EXPERTISE!

We carry PUMPS • FILTERS CARTRIDGES SOFTENERS & SALT FITTINGS • PIPES • WIRE & more!

Contact Jeff for water testing, filtration inquiries and more at (807) 626-3646

THUNDER BAY CO-OP FARM SUPPLIES

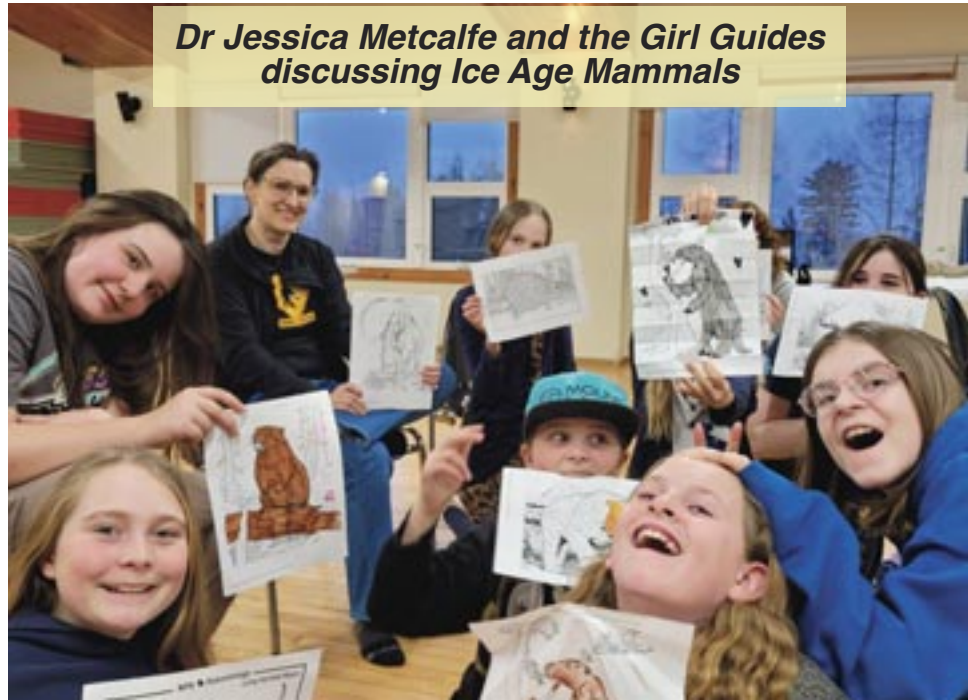
Located just off Hwy 61
560 Boundary Drive,
Slate River, ON P7J 0A5
tbcoop@tbaytel.net
www.tbco-op.com
CONNECT WITH US:



Local Artist Vik Wellen did a Paint Night with the Guides and Pathfinders, creating hedgehog pictures



Sensei Dave (black belt) and Sensei Chris (blue belt) congratulate Autumn and Ava who earned their yellow belts in Judo in just 8 months



Dr Jessica Metcalfe and the Girl Guides discussing Ice Age Mammals



Girl Guide Genny shows off her hedgehog painting



Audrey and Aria selling classic girl guide cookies at Canadian Tire Thunder Centre



First Shuniah Pathfinder Autumn had a great time being creative at Vik Wellen's hedgehog paint night!

CORROSION
FREETM

**FACTORY CERTIFIED™
 RUST PREVENTION**

807-345-1121
 311 Cumberland Street North

WAKEFIELD
 OIL CHANGE PLUS



First Shuniah Sparks and Embers do some exercises with Strong Mom coach Danielle

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		WELLNESS WEIGHT TRAIN 9:30AM		BALANCE, CORE & MORE 9AM
FUNCTIONAL FITNESS 2:30PM	SHUFFLEBOARD 1PM		FUNCTIONAL FITNESS 2:30PM	
BOXING 5:15PM	YOGA 4:30PM	WEIGHT NIGHT 5:15PM	BOXING 5:15PM	
GIRL GUIDES 6:30PM	JUDO 7PM	YOUTH GROUP 6PM	JUDO 7PM	YOUTH GROUP 6PM



MORNING YOGA with Art

Mondays 10-11am- Classes finish May 27th restart in September
\$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'.

EVENING YOGA with Lynne

Tuesdays 4:30-5:30 pm

May 7th, 14th and 21st

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 - 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

THE SHUNIAH SHUFFLERS

Tuesdays 1-3 pm - Finished for the season May 14th

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

WEDNESDAY WEIGHT NIGHT

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

7-week session \$70 -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.

SAVE THE DATE!

SHUNIAH COMMUNITY YARD SALE

SATURDAY JULY 13TH 9AM-1PM

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Deadline for July 2024 Shuniah News:

June 16

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CNIB is a non-profit organization driven to change what it is to be blind today

We deliver innovative programs and powerful advocacy that empower people impacted by blindness to live their dreams and tear down barriers to inclusion.

CNIB Programs

Living with sight loss is different for everyone. Wherever you are on your journey – CNIB Thunder Bay is here for you. We are committed to connecting with rural and Indigenous communities through one to one support and group programming for people with blindness or low vision of all ages.

Thunder Bay Program Offerings

Adjustment to Vision Loss: A structured, supportive program to help individuals adjust to the social and emotional impact of sight loss. The group program covers a range of practical subjects related to sight loss, including transportation, cooking, and more.

Coffee Club: Drop in on the first Wednesday of every month, 1:00 p.m. – 3:00 p.m. Enjoy light refreshments and connect with members of the sight loss community in Thunder Bay.

CNIB SmartLife Centre: CNIB SmartLife is Canada’s largest retailer of assistive products for people with sight loss. Try cutting-edge products at our SmartLife Centre – our SmartLife Coach can demonstrate products and explain the benefits. Visit the CNIB SmartLife Centre at 229 Camelot St., Thunder Bay. We’re open Tuesday to Thursday from 10:00 a.m. – 4:00 p.m.

First Nations Vision Loss Peer Support Group: Second Wednesday of every month, 1:00 p.m. – 3:00 p.m. Understanding, support, mentorship, fellowship, when you need it most. Struggling with the emotional challenges of sight loss? We’re here for you. Join our safe and inclusive space to engage in group projects and connect with peers. CNIB is committed to a journey toward Reconciliation and building meaningful relationships to support Indigenous peoples. We will continue to collaborate with and support Indigenous organizations and communities to develop new service offerings and tailor CNIB programs to ensure they meet the needs of Indigenous peoples who are blind, Deafblind, or have low vision.

Learn More

We hope you’ll join us in discovering all that CNIB has to offer at one of our upcoming Open Houses; Tuesday May 14 at CNIB Thunder Bay, and on Wednesday May 15 at the Fort William First Nation Community Centre.

For information about local programming, please contact Tanis Boardman, Program Lead, Vision Mate at tanis.boardman@cnib.ca or call 807-633-6527. To learn more about CNIB visit cnib.ca or call 1-800-563-2642.



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CNIB OPEN HOUSE

Tuesday, May 14

2:00 pm to 6:30 pm

Thunder Bay CNIB office,
229 Camelot St.

Join us and our community partners to
learn more about changing what it is
to be blind today.



submitted by
LRCA Staff

The LRCA is celebrating its 70th Anniversary this year! As part of our celebration, we are hosting a special family event right here at our Administrative Office at 130 Conservation Road in Thunder Bay. The event is on Thursday, July 18th from 3:00 p.m. – 8:00 p.m. We will be providing more information closer to the event, so be sure to follow us on social media for the details!

The LRCA also has several exciting public events scheduled throughout 2024, including a new round of our popular Watershed Explorers guided hike programs, Fall Waterfowl Viewing Day, and more! We will also be hosting our very first Fishing Derby in partnership with the Municipality of Neebing on Saturday, August 24! 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.

Tickets to the 2024 Dorion Birding Festival are now on sale and moving fast! Be sure to get your ticket ASAP to secure your space on this popular birding outing, being held on May 25-26, 2024. Tickets and more information is available at www.store.lakeheadca.com.

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, which 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! All Explore Card revenue goes directly towards the upkeep and maintenance of our Conservation Areas.

CNIB OPEN HOUSE

Wednesday, May 15

10:30 am to 2:30 pm

FWFN, Community Centre

Join us and our community partners to
learn more about changing what it is
to be blind today.





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