Please Note: The Municipal Office will be closed from December 24th, 2026 to January 3rd, 2027

THE SHUNIAH NEWS

Shuniah, Ontario — *A Superior Living Experience*

Volume Fifteen, Issue Six **November/December 2026**

THE SPIRIT OF SHUNIAH

Craft MARKET

SATURDAY, DECEMBER 5TH, 10AM-3PM

MacGregor Rec Centre, 800 Lakeshore Drive

Email csec@shuniah.org to be a vendor or to volunteer!

Free to attend! Come enjoy the magic of this season!

Volunteers needed for:

- decorating & set-up
- greeting tables
- hot drinks & vendor care
- mopping/spot cleaning
- outdoor photo booth
- parking & traffic control
- snow removal/ clearing walkways
- fire tending/safety

Accepting vendors until November 19th
Limited spaces available!

Campfire ••• Local Crafters ••• Seasonal Music ••• Rural Warmth

Brighten the dark night with a

TOUR OF LIGHTS!

To participate as a contestant and for more details, email your address to Hannah at csec@shuniah.org BEFORE DECEMBER 15TH and display your seasonal lights anytime between **December 17th-31st** for folks to enjoy and vote on!

Reminder for voters: Please stay in your vehicles and respect the property owners and their space - this tour is meant to be enjoyed from your car as you pass through Shuniah!

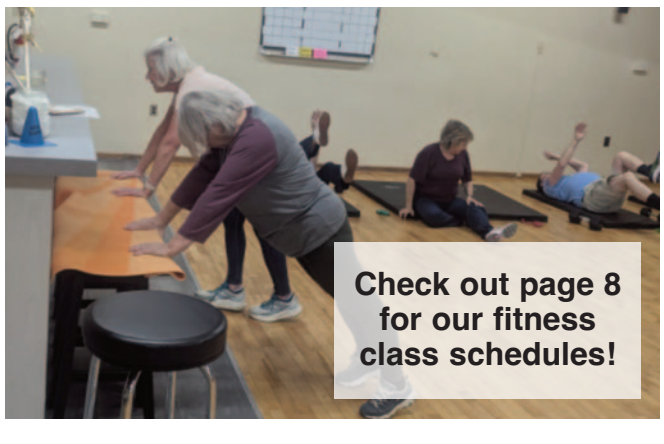
Visit www.shuniah.org to vote or scan the QR Code:

Shuniah Welcomes Lillian as the 2026-2027 Student Councillor!
Read more on page 2!





Here's what core strength looks like!



Check out page 8 for our fitness class schedules!

CANADA POST AGREEMENT #40037986

Upcoming Events in Shuniah!

Sippin' Seniors Drop-in Coffee Chat
on Thursday, November 19th & December 17th
1:00-2:30pm @ the MacGregor Rec Centre
Drop in for a relaxed coffee or tea with friends and neighbours or even to meet new people! This is a time for visiting and conversation, and even to share with others what other types of resources and activities you've enjoyed and would love to let us know about. Remember we are always happy to have volunteers to help with tables, chairs and coffee station set-up and clean-up! Connect with Hannah at csec@shuniah.org or (807) 683-4546 if you have any questions or would like to be involved in helping to grow this monthly coffee chat!
***Please note: this is a developing program and the nature of this program and its timing may evolve - we're just getting started!

Puzzler Paradise Swap!
on Thursday, November 12th, 6:30-8:00pm
@ the MacGregor Rec Centre
Not a book swap, nor a game swap…but a PUZZLE swap! This is one for those who have shelves of puzzles and are looking for their next challenge but don't want to spend on something new – so let's swap with fellow puzzlers! Bring the puzzles you are done with (make sure all the pieces as there) and swap them with some others to bring home for free! You can even take a seat to try it out before you take it home. Let's see what you've got!

Getting the Most from Your Healthcare Appointment
on Wednesday, November 25th, 2-3:30pm
@ the MacGregor Rec Centre
Join this focused session to learn how to advocate for yourself, prepare for visits, and ensure your concerns are heard. This presentation put on by NorWest Community Health Centres staff will give you a guide to the steps you can take to make the most of your future appointments. This is a free event and no sign up is required – we'd love to see you there!

The Spirit of Shuniah Craft Market
on Saturday December 5th, 10am-3pm
@ the MacGregor Rec Centre
We're back with our second annual holiday craft market featuring local crafters, seasonal music and décor, a crackling campfire and photo both! Free to attend. Please contact Hannah at (807) 683-4546 or csec@shuniah.org if you're interested in being a vendor or to volunteer! Vendor spaces are limited. All help is appreciated and goes a long way – great opportunity for students looking for their volunteer hours!

Tour of Lights
from December 17th– 31st
@ participating locations
*****Come by the Rec Centre on December 17th from 7-8:30pm for hot cocoa and a festive opening night!*****
Will your house or business be decked out with sweet Christmas light displays this December? If so, email Hannah at csec@shuniah.org for further details and to put your address on this year's parade of lights participating locations list for everyone to enjoy! The deadline to sign up as a contestant is December 15th. Explore the route and vote on your favourite display between December 17th-31st – visit the Shuniah website at www.shuniah.org to access the survey link to vote! Questions? Reach out to Hannah at csec@shuniah.org or (807) 683-4546.



2028 SHUNIAH CALENDAR PHOTO CONTEST
Kids Colouring Theme!
The 2028 Shuniah Calendar Contest is taking it up a notch and looking for some artistic talent from our youth! Make it a team effort with these two steps:
1. One person takes a photo featuring Shuniah's seasonal beauty (any season)
2. Let a youth – child, grandchild, niece/nephew, student – draw, colour or paint their version of the photo by hand to submit alongside the original photo!
Remember to complete the submission form to be eligible and submit with the original digital photo and scan of the artwork to csec@shuniah.org or bring your submission materials to the Shuniah office at 420 Leslie Ave.
Your photos could appear in our Municipal publications, website, and printed materials. **This year's deadline is Friday, September 17, 2027.** Have fun and good luck!
See our website for submission guidelines and contest forms.
https://www.shuniah.org/2025/09/24/2027-photo-contest/

Student Councillor Position 2026-2027 Term

Submitted by Kerry Bellamy, Clerk



Lillian Savage

I am excited to announce, on October 13, 2026, Council appointed Lillian Savage as our Student Councillor.Lillian will sit on Council from October 2026 to June 2027.Council of the Municipality of Shuniah approved a policy on December 12, 2022, to offer an opportunity for one student to participate at Council meetings.
Lillian Savage is a resident of Shuniah and is an active member of her school and community. She is a grade 12 student of St. Ignatius and plans to attend university for nursing next year. With two years experience as a student senator, Lillian is looking forward to learning more about municipal services and local government functions. Lillian is looking forward to her role on Council to a student prospective.
We welcome Lillian to Council and are looking forward to working with her for the remainder of her term on Council.

Have You Heard About E.R.I.K.?

Submitted by Hannah Terejko, CSEC

At the October 15th Sippin' Seniors coffee chat gathering we were fortunate to receive a guest presentation by Age Friendly Thunder Bay. Donna and Joyce from the organization described the new E.R.I.K. (Emergency Response Information Kit) resource which launched this spring. The designing of the kit was a collaborative effort between Age Friendly Thunder Bay, the Thunder Bay District Health Unit and Emergency Medical Services, and plays an important role in providing essential medical and personal information to emergency personnel when entering a resident's home to provide care. The kit includes a brochure which can be filled out by the individual, an FAQ sheet to help guide them as they complete the brochure, and a small red dot sticker which gets placed on a light switch near the entrance inside the home. A limited number of kits are now available at the Shuniah office while supplies last. You can contact Hannah at csec@shuniah.org or (807) 683-4546 if you are interested in this resource and have further questions!
We would like to thank Age Friendly Thunder Bay for providing a thorough presentation and guidance on E.R.I.K. and answering our questions at our Sippin' Seniors coffee chat, and for providing us with a number of kits to distribute. You can learn more about this kit and Age Friendly Thunder Bay on their website at agefriendlythunderbay.ca!



Reminders from Shuniah Departments

Lithium-Ion Batteries

SHUNIAH PUBLIC WORKS

submitted by Craig Baumann
Manager of Operations

You may not know it, but lithium-ion batteries power the majority of the devices we handle and encounter every day. Examples of devices powered by lithium-ion batteriesinclude cell phones, laptops, toys and even cars. These batteries are an effective and
efficient power supply however they can be dangerous if they are damaged or are not used correctly.
Lithium-ion batteries store a large amount of energy in a small amount of space. When lithium-ion batteries are damaged or are not charged properly a process called thermal
runaway can occur. Thermal runaway is the uncontrollable heating of the battery cell that results in the emission of toxic and flammable gasses, fire and explosions.

General safety tips

- Only purchase batteries and devices that have been tested and certified by a qualified testing laboratory – this will be indicated by a certification mark on the product or the packaging
- Always follow the manufacturer's instructions when using the device
- Only use the battery that came with the device
- If you need to replace a battery always replace it with a battery from the manufacturer that was designed for the device
- Store batteries carefully to prevent damage and away from any thing that can catch fire.

Charging lithium-ion batteries

- Read the manufacturer's instructions for charging the battery
- Only charge the battery with the charging system that came with the device
- If you need to replace the charging system that came with the device replace it with the proper system from the manufacturer
- Charge batteries and devices on a non-combustible surface such as a countertop
- Never charge batteries in a location that would block your exit in the event of a fire
- Do not keep charging the battery or device once it is fully charged

Issues with lithium-ion batteries

Stop using the battery if you notice any of these problems:

- An odor
- Change in colour
- Too much heat
- Change in shape
- Leaking
- Odd noises

If it is safe to do so move the battery or device away from anything that can burn and call 9-1-1.

Lithium-ion battery disposal

Lithium-ion batteries, and devices that contain lithium-ion batteries, should not be disposed of in household garbage or recycling bins. The batteries and devices can be damaged during collection and can result in fires during transport or at landfills/recyclers.
Many stores that sell lithium-ion batteries also collect them for disposal, a list of stores can be found at **call2recycle.ca**.
Lithium-ion batteries can also be disposed at the MacGregor Landfill Household Hazardous Waste Depot for free.
Please ensure that all household lithium batteries weigh under 5 kilograms (11lbs.) and are individually sealed in a clear plastic bag, or tape over the positive terminal using clear packing tape, duct tape, or electrical tape to prevent short-circuits and fires.

SHUNIAH'S LITTLE FREE LIBRARY

Take a Book, Return a Book…Anytime!
Have you visited the free little library posted beside the community gardens at the MacGregor Rec Centre? Come and check out what's in store and find your reading material for the next cozy day! The books are always free – you can bring us your favourites and find new ones for home!



SHUNIAH FIRE AND EMERGENCY SERVICES FIRE PREVENTION DEPARTMENT

by Neil Parsons, Shuniah Fire Prevention Department

Fall Fire Safety Tips and Reminders

QUICK FACTS

OFM (Office of the Fire Marshall) data indicate that the months Nov through January record the highest number of residential fire deaths Cooking remains the the top cause of residential fires, while careless smoking remains the top cause of fatal fires
Smoke/CO alarms should be tested monthly and standard removable batteries replaced annually (many Fire Services recommend doing this when changing your clocks from daylight saving time in the Spring and Fall. Sealed units-if your alarm uses a 10-year battery, of course there is no need to change the battery; instead replace the alarm after 10 years (it is the law)
If your alarms are hard wired into your home's electrical system, replace the back up batteries every 6-12 months as recommended.

* **Heating your Home**

Get your central system cleaned and/or inspected by a certified HVAC contractor annually
Keep flammable materials (clothing, paint products, toxic materials and cardboard) a minimum of 1 metre away from your furnace.
Turn off space heaters when you leave the house or go to bed. Do not place space heaters near furniture or drapery.

* **Cooking**

Cooking fires are increasingly the cause of home fires and home injuries. Stay in the kitchen when you are cooking and turn off the stove if you leave the room.
Keep anything that can catch fire -oven mitts,wooden utensils,food packaging,towels, curtains away from your stovetop.

* **Fall Clean Up**

Contact your utility company, if trees or branches are not clear of power lines.
Store firewood at least 10M from any structure. (that may seem like a large distance but it is necessary)

* **The FIRE SMART** program outlines ways that individuals can help protect their property from wildfire.
Prune branches from the base of your trees reduce the chances of a fire "running up a tree".

* **Other helpful Reminders**

Never park your vehicle over a pile of leaves as the heat from the exhaust or catalytic converter can ignite the leaves.Examine your chimneyflues and fireplace dampers.
Equip your fireplace with an appropriate screen or glass enclosure to prevent sparks flying out. Use only seasoned woods in your fireplace or stove. Never use a flammable liquid to start a fireplace. Never overload the hearth with wood or artificial logs. Put all ashes outdoors and away from the house in a metal container.

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

REMINDER

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

Shuniah Dog Tags

2026 Dog Tags are required.

Available for purchase at the Municipal Office.



From the Shuniah Office

COUNCIL HIGHLIGHTS

Submitted by Kerry Bellamy, Clerk

September 8, 2026 – Special Council Meeting

- Reviewed the Draft New Zoning By-law and discussed changes to shipping containers, additional dwellings, bunk houses, home occupations and changing the zoning of properties south of highway 11/17. More information added to the Community Input page of the website.

September 22, 2026 – Public Meeting and Regular Council Meeting

- Public meeting for Official Plan Changes and a resident planning application.
- Delegation regarding train Whistle Cessation.
- Approved tender for Fire Department Equipment.
- Christmas Closure December 24 to January 1.

October 13, 2026 – Regular Council Meeting

- Resident Planning Application approved.
- Approved tender for Roads Department
- Discussed upcoming Inaugural Meeting
- Appointed Lillian Savage as Student Councillor

This document highlights key updates only. For full details, please refer to our Website www.shuniah.org



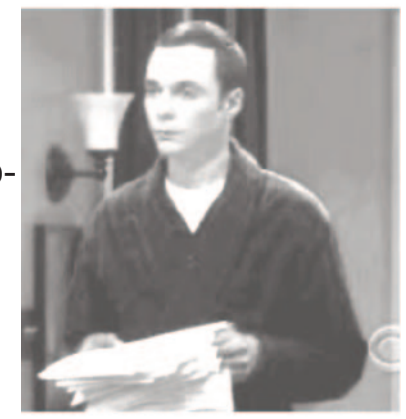
New Zoning By-law
Submitted by Kerry Bellamy, Clerk

Council is in the process of reviewing a Draft New Zoning By-law.

Please visit the Community Input Page of our website to review the Draft New Zoning By-law and reach out to the Clerk with input.

Council will be scheduling a Public Meeting for the Draft Zoning By-law, once scheduled the date will be added to our website.

Contact: Kerry Bellamy, Clerk
(807) 683-4540,
clerk@shuniah.org



COUNCIL MEETINGS

NEW TIME: 5:00 PM

Come out and see what your Council is doing on your behalf!
Attend in person at the Municipal Office or join by Zoom.

REMINDERS

- Council meetings are held the **2nd and 4th Tuesdays of each month**
- **July, August and December** only have meetings on the 2nd Tuesdays of the month
- Contact the Municipal Office for information or to share your input
- Visit www.shuniah.org <http://www.shuniah.org> for upcoming meetings and approved minutes
- No internet? Contact the office for printed copies

Boards and Committees of Council

The Council of the Municipality of Shuniah is accepting applications to sit as members on the following Boards and Committees:

Committee of Adjustment – 5 Member Committee (Quazi-Judicial)
5 Council appointed members

Property Standards – 3 Member Committee
3 Council appointed members

Recreation Committee – 3 Member Committee
2 Council appointed members, and 1 member of Council

Lakehead OPP Detachment Board
3 Council appointed members, and 1 member of Council

Interested Persons can find the application on the Municipal Election 2026 page on our website or contact the Municipal Office at 807-683-4545.

No Need to Shiver in Shuniah!





Halow
Bruce Halow Jr
Manager - Equipment and Dispatch
Tel: (807) 939-2533
Cell: (807) 628-4792
bruce@halow.ca
22 Wing Road, R.R. #5
Thunder Bay, ON P7C 5M9
www.halow.ca

LAKEHEAD REGION
CONSERVATION AUTHORITY
WWW.LAKEHEADCA.COM
@lakeheadregion

Contacts and Communications

Stay in the Know!



Visit the Municipal Website at www.shuniah.org to access resources and to see what's happening in Shuniah!
Contact Hannah at (807) 683-4546 or csec@shuniah.org with concerns or suggestions to assist staff in making our website more user friendly!

Did you know? You can also follow the Municipality of Shuniah, the MacGregor Rec Centre, and Shuniah Fire & Emergency Services on Facebook and/or Instagram to stay updated on the latest news!

VOYENTALERT!

"Have you signed up for Voyent Alert! yet to get notifications about Shuniah happenings? Contact Hannah at csec@shuniah.org or (807) 683-4546 for more information!"



Volunteer in Shuniah!

Want to see more events and programs in Shuniah?

These opportunities need the support of many hands! If you are interested in volunteering for special events, please complete a form by scanning this QR code or visiting www.shuniah.org. Thank you!

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
rgiardetti@shuniah.org

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

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

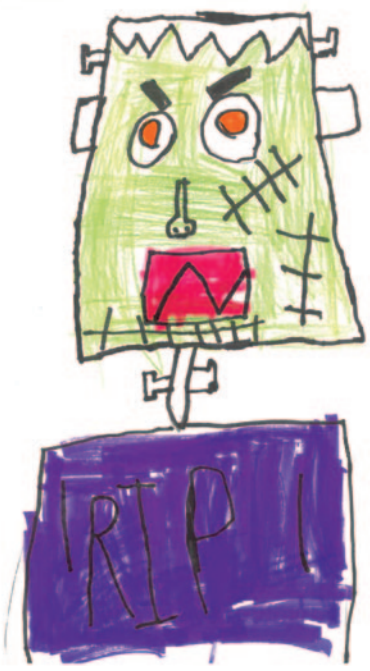


The Screen for Life Coach is back in Thunder Bay for the winter!
While the coach was unable to be stationed in Shuniah this year, you can still call (807) 684-7777 to book your appointment at the Thunder Bay location this winter.

Special Events Highlights

Here are the staff picks for the Fall Colouring Contest - congratulations to these winners! Thank you to all participants for the burst of colour in those turkey tails and very spooky Hallowe'en creations!









Look at all the artwork that was submitted for the contest! Special thanks to all the parents for getting the kids involved and to all the teachers at McKenzie school for all the enthusiasm you brought to this contest!





SHOUT OUT

to our youngest contestant at just 2 years old!







Run with us: Harry Ely. Nothing runs like a Deere.

"See me today for John Deere riding mowers, tractors, diggers and Gator utility vehicles".

Harry Ely
John Deere Product Specialist

JOHN DEERE | Half-Way Motors TURF

1230 Carrick St., Thunder Bay
807-622-2626



Our second movie night under the pavilion was one to remember! Thank you to everyone who gave your movie suggestions and voted on a film, for all those who came out to enjoy, and to our Youth Group and volunteers for helping make this event sail smoothly! We can't wait for next time!



McKenzie School

Submitted by

Lisa Adams, Vice Principal

Fall is always an exciting time at McKenzie School. After a summer of adventures, vacations, and time spent with family, it was wonderful to welcome our students back through the doors and hear the stories they were eager to share.

The first months of the school year have been filled with learning, laughter, and plenty of school spirit. Our students have settled into their routines and are already demonstrating the kindness, determination, and enthusiasm that make being a Mustang so special. Outside the classroom, students have been busy participating in a variety of activities and events. Our cross-country runners represented McKenzie with pride throughout the season, showing perseverance and sportsmanship. We also came together as a school community for our Terry Fox Run, continuing a tradition that reminds students of the importance of hope, courage, and helping others. If you follow us on facebook you'd see that we got creative (some might say wet) with fundraising this year and raised over $1,000 to support the cause. Thanks to Ms. Poling for all her hard work on this.

September also provided an opportunity for students and staff to recognize Orange Shirt Day and engage in learning about Truth and Reconciliation. Across the school, students participated in meaningful conversations and activities that encouraged reflection, understanding, and respect. Hopefully you've driven by our school and seen our ribbons on the fence which represents our individual commitment to reconciliation.

Inside our classrooms, students have been working hard to build strong foundations in literacy and mathematics. It has been exciting to see students challenge themselves as readers, writers, and problem solvers while celebrating their successes along the way. There is a great deal of energy in our classrooms as students explore new ideas, ask thoughtful questions, and discover their strengths.

One of the things that makes McKenzie School unique is our connection to the Shuniah community. Whether through school events, family involvement, community partnerships, or simply the support we receive from our neighbours, our students benefit from growing up in a community that truly values its children and their education.

As we head into the cooler months, we are looking forward to the many activities and celebrations still to come. On behalf of the students and staff at McKenzie School, thank you for your continued support. We are grateful to be part of such a caring community and look forward to sharing many more Mustang moments throughout the year.



Girl Guides by Hilary F

The fall session is under way for the 1st Shuniah Girl Guides. Both age groups have lots of fun in store for the upcoming year and have been busy selling cookies to fund programming. The first session took place on September 21st at the MacGregor Recreation Centre and welcomed Sparks, Embers and Guides into a new session with ice breaker games and learning the guiding songs. All three age groups have several girls returning to the program as well as many new faces! On the second week of the session, the Sparks and Embers (SK-Grade 3) visited Townline Equestrian Centre to learn about caring for horses. The Guides (Grade 4-7) enjoyed a foraging walk with certified guide Jason Feller and loved learning about edible varieties of plants in our area including certain thistle varieties, red raspberry leaves for tea and more. Additionally, all three age groups dedicated a week to selling mint chocolate cookies door to door on Strathcona street. Girl Guides is a volunteer-run program that funds activities through cookie sales. Upcoming activities for the year are set to include a variety of activities at the centre including a STEM night, cozy book swap, obstacle course and more, in addition to planned guest speakers and off-site field trips. We are looking forward to all that is to come with this great group of girls!



THIS FALL WITH YOUTH GROUP HAS BEEN FULL OF CRAFTY CREATIVITY, CAMPFIRE FUN & COMPETITIONS!













MacGregor Rec Centre Programs

THESE PROGRAMS ARE BOUND TO BRIGHTEN YOUR DAY! Check out what's happening at the MacGregor Rec Centre!

800 Lakeshore Drive – More information email csec@shuniah.org

Follow MacGregor Rec Centre on Facebook and Instagram to keep in the know!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
YIN YOGA 9:30AM	FAMILY MUSIC 11AM	WELLNESS WEIGHT TRAIN 9:30AM	SIPPIN' SENIORS 1:00PM MONTHLY - See below for dates & details!	BALANCE, CORE & MORE 9AM	ART GROUP 9:30AM Limited series - See below for dates!
TAI CHI 1PM	SHUFFLEBOARD 1PM	RE-FINDING YOUR AUTHENTIC SELF 11AM			
FUNCTIONAL FITNESS 2:30PM		ART GROUP 1:30PM	FUNCTIONAL FITNESS 2:30PM		
BOXING 5:15PM	YOGA 5PM	WEIGHT NIGHT 5:15PM	BOXING 5:15PM		
GIRL GUIDES 6:30PM	KETTLEBELL SPORT 6:30PM	YOUTH GROUP 6PM		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 WELCOMING AND SAFE ENVIRONMENT.

***PLEASE NOTE: Pre-registration is requested in many programs. Please take note of the preferred contact methods (phone, email, text) listed in each program description to get in touch with the instructor in advance for details. Need assistance? Call or email Hannah at (807) 683-4546 or csec@shuniah.org. Thank you!

MORNING YIN YOGA with Lynn
Mondays 9:30-10:30am – last class on November 9th November 2, 9
Drop-in class $15
Please bring your own mat and a blanket. Pre-registration is required This Yin yoga inspired class will include gentle standing postures, followed by yin poses and incorporate breathing techniques and relaxation. Yin yoga involves coming to stillness in supported postures to encourage deeper release within the connective tissues and promotes held tension to gradually soften.
If you have any questions and to pre-register, please email roblynn@tbaytel.net or message me at (807) 633-0183 Lynn Kallies Instructor.



TAI CHI with Bryon
Mondays 1:00pm-2:00pm
$10 drop-in
All welcome with no experience or with some knowledge of Tai-Chi. We will start with warm ups and then Tai-Chi Qigong, 6 forms of health, the international 8 form, then move to 16 and 24 forms. For registration and information please email tn-nelson@hotmail.com.

FUNCTIONAL FITNESS with Lynda
Mondays and Thursdays 2:30-3:30pm – last class on December 17th ***class time change to 2:00-3:00pm on November 5th & 12th only* 11 class drop-in punch card for $80.00**
***New participants will be accepted after November 19th only
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. New participants will be accepted after November 19th only.

SWEATCLUB FITNESS BOXFIT with Jacquie
Mondays and Thursdays 5:15-6:00pm – last class on December 21st $12/class or $7 for retired individuals and students 16-21 yrs old
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.
Please text Jacquie at 807-629-1815 to register and for class information.

FIRST SHUNIAH GIRL GUIDES, EMBERS AND SPARKS
Mondays 6:30-7:30pm – last day on December 14th
The First Shuniah Girl Guides 2025/26 itinerary includes on-site (Macgregor Rec Centre) and off-site activities that will have the girls learning new skills and working towards badges. Key focus areas include exploring our environment, STEM, diversity & inclusion and community-building - we're in for another great year. Limited spaces are still available and interested families can enroll on the Girl Guides of Canada Website. Reach out to firstshuniahgg@gmail.com for more information.
Our guiding seasons are made possible by many volunteers and community partners, and we have volunteer opportunities available for the Sparks & Embers. If you have a message to share or a skill to teach and would like to join us as a special guest, please contact firstshuniahgg@gmail.com. We'd love to have you!

MacGregor Rec Centre Programs

GROWING WITH MUSIK FAMILY MUSIC with Karen
Tuesdays 11:00-11:30am – last class on December 8th
$10 per class. Siblings are half price
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 and e-transfer to growingwithmusik@gmail.com to register.

RE-FINDING OUR AUTHENTIC SELF with Diana
Tuesdays 11:30am-1:00pm – last class on December 16th
November 4th & 18th, December 2nd & 16th
Drop-ins welcome! Free to attend, limited spots available
All of our experiences have brought us to where we are today, but they do not define who we are. We cannot change those experiences, but we can strip away those that no longer serve us to reveal our authentic Self. In everyday life there continue to be disruptions that distract us from being present, but when we cultivate awareness of what distracts us, we can use those obstacles and challenges to evolve our sense of self and embrace what truly matters in life. Re-finding your authentic Self is a lifelong journey and the purpose of this class is to unite like-minded others, build on that energy and live fully in the present moment. Just bring a note pad, pen, your favourite beverage and your "lived" experience - no prior experience is required! Contact Diana at dianarkangas@gmail.com if you are interested in attending or have any questions.

THE SHUNIAH SHUFFLERS
Tuesdays 1:00-3:00pm
Shuffleboard 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

EVENING YOGA with Lynn
Tuesdays 5:00-6:00pm – last class December 15th
November 10, 17, 24, December 1, 8 - $55 (5 class session)
December 15th free drop-in class! 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.

KETTLEBELL SPORT TRAINING with Lynda
Tuesdays 6:30-7:30pm
*****no class on November 3rd, 10th & 17th $100 for fall session**
This class will build upon the techniques learned in the Introductory class and is open to anyone who has completed the Introductory class or who already has experience with kettlebell sport. Both single and double bell lifts will be covered along with other types of lifts such as pentathlon lifting. Instruction is provided by level 2 kettlebell sport coach Lynda Roberts. Please contact Lynda at tbk@tbaytel.net or 807 632-8282 to register.

WELLNESS WEIGHT TRAINING with Danielle
Wednesdays 9:30-10:30am
November 4 - December 16 - $70
Drop in any week $12/class
Open to anyone with some basic knowledge of strength training.
We work in circuit style most weeks to move a range of muscles and challenge strength from shoulders to toes.
Bring a yoga mat, if you have one, and clean shoes for inside the Rec Centre.
Contact Danielle 807-707-0876 or email:
strongmomcoaching@gmail.com

ACRYLIC AND OIL PAINTING CLASSES with a smattering of art history (All levels welcome) - taught by Jeanne Marler
Wednesdays 1:30-4:30pm – last class on December 16th
$260 for fall session
This three-hour class includes personal coaching, instruction on colour and composition and includes traditional and some abstract art techniques. Please contact Jeanne Marler for details and registration at (807) 631-7856.

NEW! LIMITED SERIES: ART WORKSHOPS with Jeanne
Please contact Jeanne Marler for further details and registration at (807) 631-7856. Descriptions below!
*** Interested in seeing another series like this in the new year? Contact Jeanne Marler at 807-631-7856 with your expression of interest!

3) MASTERING COLOUR AND TONE IN YOUR PAINTINGS (Oil and Acrylics)
Saturday, November 7, 9:30am-3:30pm
$60 for the day - All supplies included!
Understanding the importance of colour and tone will give you more confidence in your painting. This workshop will include exercises, examples from the history of art and individual coaching from Jeanne on your painting.

4) CREATE AND PAINT YOUR OWN STILL LIFE (Acrylics)
Saturday, November 21, 9:30am-3:00pm
$60 for the day - All supplies included!

WEDNESDAY WEIGHT NIGHT with Jacquie
Wednesdays 5:15-6:00pm – last class on December 23rd
$12/class or $7 for retired individuals and students 16-21 yrs old
Weight training, and strength and conditioning with Certified Body Building and Corrective Exercise Specialist Jacquie Kennedy. Please text her at 807-629-1815 to register and for important class information.

NEW TIME! SIPPIN' SENIORS
Thursday, November 19th & December 17th
1:00-2:30pm
Drop in for a relaxed coffee or tea with friends and neighbours or even to meet new people! This is a time for visiting and conversation, and even to share with others what other types of resources and activities you've enjoyed and would love to let us know about. Remember we are always happy to have volunteers to help with tables, chairs and coffee station set-up and clean-up! Connect with Hannah at csec@shuniah.org or (807) 683-4546 if you have any questions or would like to be involved in helping to grow this monthly coffee chat!
***Please note: this is a developing program and the nature of this program and its timing may evolve - we're just getting started!

BALANCE, CORE & MORE with Danielle
Friday 9:00-10:00am November 6 - December 18 - $70
Drop in any week $12/class
An hour devoted to gentle (not easy!) movement, mobility, and core strength. We focus on strength and joint range-of-motion for better balance and confidence in movement. Open to anyone, beginner - advanced. Bring a yoga mat, if you have one, and clean shoes for inside the Rec Centre.
Contact Danielle 807-707-0876 or email:
strongmomcoaching@gmail.com

YOUTH GROUP
Wednesdays and Fridays 6:00-9:00pm-last day - December 16th
Drop in activities geared towards 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 Group Program offers fun organized activities to participate in - sports nights, skating rink (when the weather is right), craft nights, theme nights, dances, bingos, ping-pong games 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 and join in the fun!
JOIN YOUR FRIENDS AND MAKE NEW ONES AT THE MACGREGOR REC YOUTH GROUP!





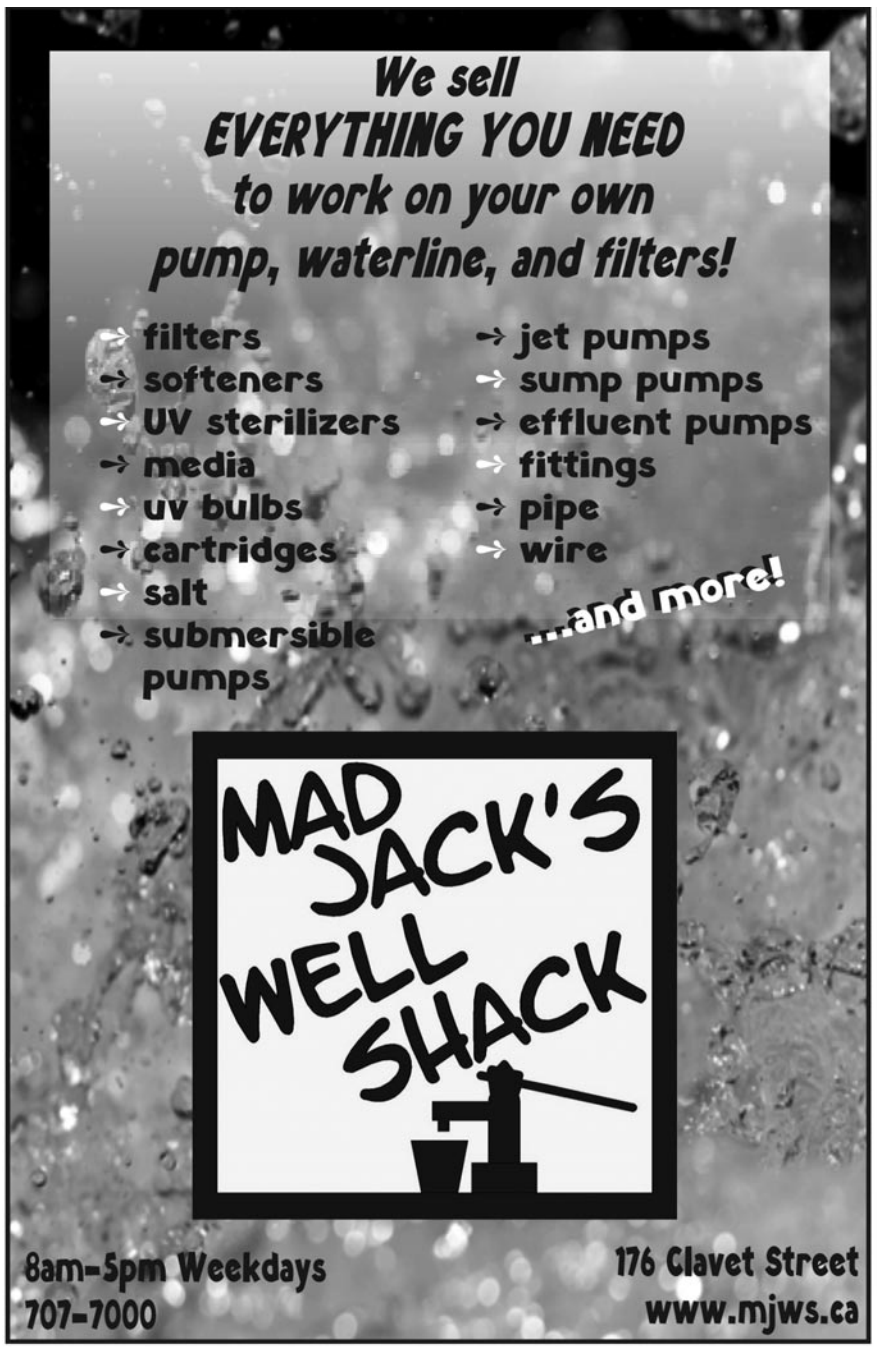






Deadline for January/ February Shuniah News: DECEMBER 15!!

Send your info to: designhouse @tbaytel.net



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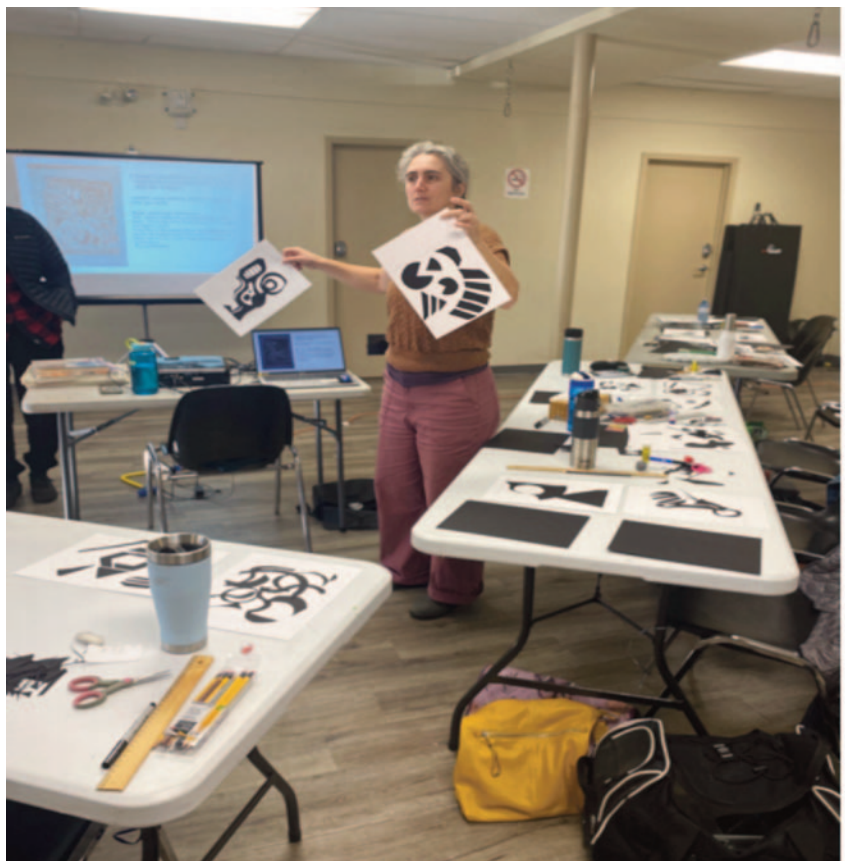




Community Champions

AN ART WORKSHOP AT THE REC CENTRE ON THE ELEMENTS OF COMPOSITION

Seventeen people attended the Visual Language of Abstract Painting Workshop held Saturday, October 17th at the MacGregor Recreation Centre. Taught by independent artist and faculty member of Lakehead University's the Visual Arts Department, Julie Cosgrove, the fundamental elements of composition were explained, discussed, and enthusiastically practised. It was well received! So much so that students asked if Julie could come back for another workshop in the new year. Would you want to participate in something like this in the new year? Contact Jeanne Marler at 807-631-7856



Participants (L to R) Kim Sutherland, Jane Kmill, Anne Winkworth, Pat Jesseau, Nicole Wojtalik, Julie McKenna, Paula Leach.



Senior of the Year Award

by Hannah Terejko, CSEC



The deadline to nominate someone is April 1, 2027.

We received 1 nomination for Senior of the Year in 2026.

We are accepting nominations for next year's remarkable senior who is an inspiration to our community and makes Shuniah a Superior Living Experience!

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: Hannah Terejko, CSEC
420 Leslie Avenue, Thunder Bay, ON P7A 1X8 csec@shuniah.org

Reminder! Do Not Feed Wildlife!

Submitted by Kerry Bellamy, Clerk

Threats to people

- feeding wildlife may attract "unwanted" animals to your property
- animals will learn to associate humans with food, and can become a problem to neighbours
- habituated animals can become aggressive
- feeding animals near roads increases the risk of motor vehicle accidents, resulting in property damage, injury or death.

Threats to wildlife

- animals can become dependent on artificial food sources
- animals can lose their natural fear of humans and pets, becoming more prone to conflict
- artificial feed is not healthy for wildlife



- wild animals may gather in large numbers when they are being fed — this concentration of animals in one area can spread parasites and disease and cause destruction of natural habitat
- feeding animals near roads increases their risk of being hit by vehicles

LAKEHEAD REGION CONSERVATION AUTHORITY

The 2027 Explore Card Parking Pass will be available for sale beginning November 1, 2026! If you visit frequently, an Explore Card Parking Pass for $45.00 +HST permits 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. It's convenient for frequent users, and a great stocking stuffer for the outdoor enthusiasts in your life! Get a head start on your holiday shopping with some new LRCA merch! We have new t-shirt designs, buttons, stickers, patches, and water bottles all featuring ten new Conservation Area-specific designs! We will have some of our merch for sale at a special holiday pop-up kiosk at Intercity Mall on December 5th and 6th as well.
The popular LRCA 2027 Calendar will be available for free beginning this month (November). Be sure to look for it at your municipal office and select businesses such as Safeway, LU Bookstore and more. The LRCA will also have some copies available at our Administrative Office at 130 Conservation Road. The calendars go extremely fast, so be sure to get yours while supplies last! Thank you to all of the sponsors for making this calendar possible for another year. ***Get out and Explore!***



Seasonal Reflections

Shuniah Soil Mates ~ A Season that Just Kept Giving!

Submitted by Hannah Terejko, CSEC



As we tuck the gardens in for a winter's sleep, there is much to celebrate – not only another year of wonderful growing in and receiving from the gardens, but also a great season of community and Soil Mates giving so much dedication to the gardens and their fellow gardeners.

Giving came in many forms, such as a few attentive Soil Mates giving the compost station the right balance of water, air, green and brown materials, weeding and turning. This also included others looking after the designated herb garden and giving donations to places of need like the Dew Drop Inn, or peers helping to look after their neighbouring gardeners' plots when they were away and needed a hand with watering. The group is also grateful to those who gave their time to whipping the grass and keeping the walkways in the garden area clear. We won't forget, of course, the category of giving that comes in the form of delicious food at the Soil Mates annual potluck this September! Thank you to all who shared the bounty from your gardens alongside warm and welcoming company. The Soil Mates would also love to celebrate an individual who, along with his equally amazing wife, has given so much and more to this garden group over the past twelve years. Since the inception of this garden group, Peter Tracz has provided incredible leadership, guidance, wisdom and skills, and given an invaluable amount of time and dedication to the success of the gardens and its caretakers, the Soil Mates. Peter recently celebrated his 90th birthday and claimed that it was a simple accomplishment, stating that all you have to do is wait – an unsurprising response from someone who with such honourable humbleness! Thank you, Peter, for all that you have done for the Soil Mates!







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