

# **Fall Source BOOK 2016**

**A special supplement to  
The Manitoulin Expositor  
& The Manitoulin West Recorder**

# Tis the Season to warm up with Manitoulin-made winter woollies

**by Isobel Harry**  
**MANITOULIN**—After Halloween's giddy revels, it's time to face the facts: winter, once again, will come this year, and with it one of our most pressing seasonal concerns: warmth and how to get it!

There's nothing like cosy fabrics to take the chill off: woolly throws, fuzzy footwear, enveloping shawls, snug socks and toasty scarves, mitts and hats will cheer wearers throughout the coldest months ahead. Fortunately for us all, Manitoulin has a treasure-trove of makers of all things warm and comfy.

'Tis the season to get to know some of Manitoulin's wide range of fibre producers, spinners, dyers, felters, knitters and weavers whose original creations are to be found at many of the Island's Christmas markets and in home studios, and to transform our need for heat into a colourful and comfortable proposition this winter. Here are a few artisans from among many more whose work can be enjoyed this season.

Richard Lathwell, owner of Lobo Loco Alpacas in Sheguiandah since buying 44 alpacas from the old Noble herd on the Bidwell Road in 2013, has started a veritable cottage industry to make the end products of his alpaca rearing. "From sheep—in my case alpacas—to shawl, we do it all," laughs the entrepreneur who

admits to being "amazed" to first discover the "huge popularity of hand-spun yarn" on the Island. "I know everyone who is involved in the process, from Linda Noble who cleans the wool and spins it into yarn, to other artisans such as Dorothy Anstice and Ashley Jewell who design, knit and crochet socks, mitts and scarves that are sold in the shop and online. I wanted to create employment here, hire everyone from farm hands to artisans to make this work locally."

Mr. Lathwell's alpacas are part of any outing to Lobo Loco: "We usually start with a visit to the alpacas who are close to the house and then go to the studio where we describe the process the fibre goes through on the way to becoming a pair of mitts." Lobo Loco Alpacas will be selling at these Christmas markets: Gore Bay, November 5; Kagawong, November 18-20; Gordon/Barrie Island Community Hall, December 3. Visit Lobo Loco all year by chance, or email richard@lobolocoalpacas.com or phone 705-968-0073 for an appointment. [www.lobolocoalpacas.com](http://www.lobolocoalpacas.com)

Linda Noble, Lobo Loco's star spinner, lives in Providence Bay and is an accredited Master Spinner through a six-year course with Ontario Hand Spinners. Ms. Noble also is

a member of Manitoulin Weavers and Spinners, a group that meets once a month in homes all over the Island "for show and tell and to solve problems." For Lobo Loco, Ms. Noble takes the fibre "right from the animal" to wash, clean,

comb and spin into yarn; she also takes on commissions for yarn, shawls, tea towels and lace work. Working on a spinning wheel that's been in her family since the 1790s—"it's old and quirky," says the artist, "but it works!"—the

most important thing for Ms. Noble is "to keep traditional crafts alive while using some modern fibres like alpaca or silk." Contact Linda Noble at [linedanoble@amtelecom.net](mailto:linedanoble@amtelecom.net)

Near Little Current, Heather Crowder's Island

Alpacas showcases her felted machine that turns her animals' wool into a dense fabric that is then cut and sewn into warm inner soles reinforced with burlap, and slippers for the whole fami-

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Hand-felted wool bags by Kate Thompson will be displayed at the M'Chigeeng Christmas market on November 19.

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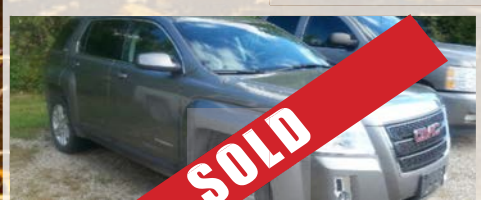
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# Get ready for this year's deer hunt!

by Robin Burrige

MANITOULIN—Rifle season for this year's deer hunt on Manitoulin Island is right around the corner starting on Monday, November 21 and running until Sunday, November 27, and there is plenty to do before you head out into the bush to bag your buck or doe.

Preparing for the hunting season helps ensure that you have a safe and successful hunt. The three main prep categories can be broken down into checking your gear, scouting your hunting area and practicing.

Janet Moore of Honora Bay has been hunting on Manitoulin for over 30 years and shared a few tips with The Expositor on how she prepares for the hunting season.

"When I put my clothing and gear away each year at the end of the season, I ensure it is all clean, organized and together so it is ready to go for the following fall," explained Ms. Moore, who participates in the bow hunt, which opened on October 1. "In the fall, before the hunt, I get my equipment ready, checking



Always ensure that you have a clear shot at your intended target that is not obstructed by trees or brush.

my broadheads (arrows), sighting my bow and target practicing."

Ms. Moore and her husband spend a lot of time at their shared Assiginack property year round, so they are aware prior to opening day of where the deer are on the property, the population and their routes.

"Also, ahead of time as a group (of people that hunt on the same property) we discuss what tags everyone has this year (buck or doe) so that everyone knows what they are hunting," added Ms. Moore.

Retired Ministry of Natural Resources and Forestry Conservation Officer Ian Anderson explained some of the elements of preparing for hunting season that he feels are often overlooked, but important.

"The majority of (deer) hunting involves the use of tree stands, and a lot of these are home built and many are dated," said Mr. Anderson. "It is really important to inspect these stands prior to hunting season to ensure they are still

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# Nutrition needs can change during the colder months

**by Michael Erskine**  
 MANITOULIN—As the cold winds of winter assemble for their annual southern invasion your body doesn't have to stand helpless in its path; there are plenty of things you can do to help your system stand

up to old man winter's icy grasp on your health—and with the right recipe, shoring up those defences can be a delicious experience.

"First thing to start on is to eat with the season," advises Michael Reuter of

Little Current's Island Jar, a store that specializes in the concept of healthy eating as opposed to health food. "What does nature want to give you at this time of year?"

A glance around what is still in the garden can provide

clues to the answer to that question. "It's the heartier vegetables, winter squash, sweet potatoes, beets, turnips, onions and carrots," he supplied.

It's interesting that these are also the foods you can

turn to when following the movement towards local food. "Many of these foods are available from local sources well into the winter months," he noted.

This is hardly a new concept or fad. A point well

illustrated by the traditional root cellar, where master gardeners such as Ed Burt, author of 'My Journey in the Garden,' store the fruits of their labour well into the following year.

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Squash, and other winter vegetables, provide essential vitamins and nutrients for the winter months.

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# Enjoy an eco-friendly holiday season

MANITOULIN—The colour green is synonymous with the holiday season, as Christmas trees, mistletoe and holiday wreaths feature prominently throughout the month of December. But there are ways to make this holiday season even greener.

Going green around the house can save homeowners substantial amounts of money and benefit the planet in various ways. Yet come the holiday season, many people unintentionally eschew eco-friendly practices in an effort to make their homes as festive as possible. Fortunately, there are several ways to enjoy an eco-friendly holiday season.

- Choose LED holiday lights. Holiday lighting displays help make the season even more special. But traditional incandescent holiday lights consume considerable amounts of energy and burn out much more quickly than more eco-friendly alternatives. According to some sources, LED holiday lights consume less energy than incandescent holiday lights, and they're also safer because LED lights burn cool, reducing the risk of combustion. In addition, LED lights are

more resistant to breaking than incandescent bulbs, which should please homeowners who want to avoid broken or burned out bulbs that can ruin holiday lighting displays.

- Get creative with wrapping paper. In the United States, household waste increases by 25 percent between Thanksgiving and New Year's Day. That translates to about one million extra tons of waste in the roughly five-week holiday season. Much of that waste is wrapping paper. Instead of purchasing holiday wrapping paper that will ultimately end up in landfills, wrap gifts in reusable gift bags or old newspapers lying around the house. If you must use wrapping paper, choose recycled paper. In addition, save bows, ribbons and undamaged wrapping paper to use again next season.

- Turn down the thermostat. Holiday music fans know that the weather outside can be frightful during the holiday season. But holiday hosts inviting friends and family over this year can turn down the thermostat to save energy and make conditions inside the home more comfortable. Extra bodies

inside the house will warm the place up, allowing homeowners to turn down the thermostat during parties. If you're travelling for the season, program your thermostat so you're not heating an empty

home.

- Send e-cards. Holiday cards are a tradition in many families. But paper cards contribute heavily to that extra million tons of holiday-related waste noted by the EPA. In lieu

of paper cards, send e-cards. E-cards can be emailed to friends and family, saving the cost of postage and the fuel required to deliver those cards. In addition, e-cards save families the hassle of

signing each individual card.

The holiday season is not the most eco-friendly time of year, but celebrants can take steps to reduce their carbon footprints from now until New Year's Day.

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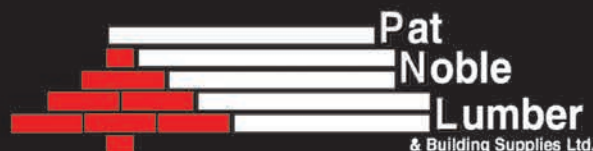


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# ...Tis the Season to warm up with Manitoulin-made winter woollies

...continued from page 2b ly; the shop, open in summer, also sells mitts, scarves and hats as well as a soap especially made for washing your treasured alpaca items. Island Alpacas is on Facebook and at islandalpaca.ca

Anna Barnett repurposes old sweaters, transforming them into her trademark multi-coloured mitts and socks to sell at summer and Christmas markets here and in Sudbury; in her home near Mindemoya she washes the sweaters in very hot water to shrink the wool into felt for extra warmth, lining every article with fleece. Ms. Barnett designs unique fleece socks that fit into boots and running shoes, wool tote bags, therapeutic heat bags, and, with hunters in mind, her famous "beer mitts"—fleece with a palm pocket to keep your beverage cool and your hands warm. This fall, the crafter with 20 years' experience will be at Makers North in Sudbury, at the Christmas markets at the Missionary Church in Mindemoya on November 12, and at MSS in M'Chigeeng on November 19. Contact Anna Barnett at [anna.northerncreative@gmail.com](mailto:anna.northerncreative@gmail.com) or telephone 705-



Built by Marian Hester's husband Todd Bailey, the Freshisle Fibers mobile shop will travel to the Gore Bay Christmas Market, the MSS Christmas Shopping Spree and the Gordon/Barrie Island Advent Market carrying Ms. Hester's hand-dyed wool yarns from Manitoulin sheep.

522-8526.

Tucked away in Gordon Township, Marian Hester's dream is parked by the house: a big cube van with "Freshisle Fibers" in large lettering on two sides. Retired as a schoolteacher, Ms. Hester decided to pursue her childhood passion and later hobbies that

revolved around wool and knitting; she and husband Todd Bailey researched wool fleece and a couple of years later he kitted out the cube van as a wood-lined mobile sales outlet for his wife's yarns and patterns. The yarns come from Manitoulin sheep, are sent to a mill to be washed and

processed, then hand-dyed by Marian with "lots of help" from Todd, and come in four weights. The plants that Marian Hester uses to dye the wool fibres are also used to make handcrafted soaps and salves that are registered with Health

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# ...Get ready for this year's deer hunt!

...continued from page 3b in good condition and safe. I think this is something that is often forgotten about, but is really critical to hunter safety. There are a growing number of folks each year that fall out of stands because they break. You should also be checking the ladder. It may seem like common sense, but you can't just assume your stand is good."

Mr. Anderson also stressed the need to scout your property ahead of time. "You need to determine how many deer are on your property, the deer density, and how many you can

take so that you don't over harvest," said Mr. Anderson.

"Sighting your gun or bow is also common sense, but needs to be done each year," continued Mr. Anderson. "Practice is also well advised, especially if you only hunt once a year."

Hunters should review the hunting rules and regulations in their area every year to ensure they are following the law. Mr. Anderson stressed again, that most of the rules are common sense, like not hunting after dark and properly storing your rifle, but that they are the law.

If party hunting, Mr.

Anderson reminds hunters to test their two-way radio or cellphone, as communication is key.

"Deer have phenomenal eye sight and smell—allowing a deer to see or smell you is one thing that can ruin your hunt quickly," said Mr. Anderson. "Scent control is important."

Scent control can be managed by washing yourself and your clothing in special scentless soap and hanging clothes on the line to dry.

These are just a few tips to help you with your deer hunt this year, the rest is up to you—the hunter—so stay safe, prepare for your hunt and fill that freezer.



Ensure that your gun is sighted in each year before your first hunt.

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# ...Tis the Season to warm up with Manitoulin-made winter woollies

...continued from page 8b  
Canada and sold from the van that many will recognize from its weekly appearances at the Gore Bay Farmers' Market from May to October.

Look for Freshisle Fibers parked outside the community hall at the Gore Bay Christmas Market, the MSS Christmas Shopping Spree and the Gordon/Barrie Island Advent Market. Visit [freshislefibers.com](http://freshislefibers.com) or contact by email at [freshisle@freshislefibers.com](mailto:freshisle@freshislefibers.com) or telephone 705-282-4355.

Kate Thompson, the writer, educator and life coach who most recently edited and published the popular 'My Journey in the Garden' by Ed Burt, is also a fibre artist. Ms. Thompson makes felted wool bags by first "knitting them very large and loosely—in swirling, stripey non-patterns—and washing them in very hot water, shrinking the fibres." At the Christmas market in M'Chigeeng Ms. Thompson will also show her little needle-felted creatures she calls "Fuzzits," cuddly little wool people with personalities all their own. Contact Kate Thompson at

[katejt51@gmail.com](mailto:katejt51@gmail.com)

After a "synchronistic and random" meeting with a Manitouliner who inspired her about the Island at a time when she "wanted to get out of the city," Dani Ortman left Toronto and moved to Sheguiandah in 2013 to pursue her passion for designing and weaving unique, "classically elegant" scarves and shawls. "The low overhead here enabled me to begin weaving full-time in 2015," says the talented weaver. Originally from Regina, Saskatchewan, Ms. Ortman has "always been interested

in textiles," and graduated from the Kootenay School of the Arts fibre program. All her work is crafted by hand on a floor loom, using organic cotton and silk yarns dyed with her own natural plant colours, as well as low-impact commercial synthetic dyes, and may be seen at her home studio and on her website ([daniortman.com](http://daniortman.com)). Ms. Ortman will be showing her wares at the One of A Kind Show in Toronto later this month. Email: [dani@daniortman.com](mailto:dani@daniortman.com)

For those seeking a hands-on introduction to the fabu-

lous world of fibres, Heather Thoma, an accomplished weaver who also runs LoonSong Farm's organic/biodynamic grain growing and milling operations with her husband Paul Salanki, will teach a weaving workshop at Espanola Public Library on Monday, November 7 and Tuesday, November 22. Participants in the two sessions will come away with their own hand-woven scarf. For more information or to register, contact Ms. Thoma at 705-368-0460.

Manitoulin Christmas markets are very festive and fun shopping experiences that often feature live music alongside fantastic artisanal wares, gift ideas galore and home-baked seasonal goodies—some markets have even arranged for a visit by Santa in person. Each weekend in November and the first weekend of December has a Christmas market (or two) somewhere on the Island—each is a showcase of Manitoulin's vibrantly varied artisans and an opportunity to buy local, unique and useful items (warm, too!) designed with the Island in mind. Keep your eye on the Expositor for market dates and think local this gift-giving season.



Learn to weave your own scarf in November with weaver Heather Thoma, whose accomplished woven work is seen here.

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Our centre uses a play-based, child-led curriculum. We offer community supports such as Parent/Child Mother Goose, Triple P tip sheets, groups and individual support.

We hold family nights often, where families within the community, not just our centre, are welcomed. We do workshops on various topics through the year, either on our own or in collaboration with other agencies, such as public health.

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## ...Nutrition needs can change during the colder months

...continued from page 4b

Even some of the leafy garden plants stay with us well into the fall, cabbages and kale being a good example. Don't let the slightly bitter taste of a vegetable like late season kale throw you off either—embrace it, you'll like it. Asian traditional knowledge holds that there are five basic flavours: sweet, sour, salty, bitter and something called umami, which translates roughly as "pleasant savory."

"Bitter is good for you," points out Mr. Reuter. Our body's sense of taste has evolved over the millennia to select those that supply our key nutritional needs. Bitter foods are usually nutritionally dense—of which kale is a great example.

The local bounty of the land isn't just limited to tubers and other vegetables either, there are plenty of Northern fruits that can stand the test of time well into the winter as well.

"Your fruits should never be tropical," suggests Mr. Reuter. "There are plenty of North American seasonal fruits to be had." Apples have been a major staple of the North American winter diet since long before the legendary Johnny Appleseed began spreading nurseries far and wide. Eschew those strawberries in January and February, there are plenty of reasons to give them a wide berth.

Nutritionists will tell you that meeting the needs of an active life during the winter months will require a

change in dietary habits from the summer. While carbohydrates, protein and fat should be a part of every meal, upping the proportion of foods that are slightly higher in fat and protein is a good plan, especially two to three hours before being active in the winter. Slightly larger proportions of fats and proteins in your meal will digest slower in your system and assist in warming up your core and muscles for strenuous activity.

Mr. Reuter also suggests you spice up your diet, especially in the winter. "Cinnamon and ginger will help warm you up," he suggests, "and garlic." Garlic, it's worth mentioning again. Garlic is among the winter wonder foods and many people swear by the reinforcement it provides the immune system particularly in the season noted for its coughing, sneezing and sniffles. So don't be shy about tossing a lot more into your sauces, soups and other dishes, you can opt for the odorless varieties if you have overriding concerns about enhancing your social calendar.

Zinc is also touted as a major immune system booster and while there are supplements to be had, it is always preferable to up your intake through better nutrition than by swallowing pills. The richest food sources of zinc include beef, lamb, pork and salmon and as well as dairy products, whole grains, beans, nuts and nut butters, pumpkin and sunflower seeds.

Pull back on the refined sugars and flours though. These foods can be anathema to your immune system there are plenty of sweet alternative to sugar, including maple syrup (loaded with bonus attributes) and fruits with natural sugars.

Vitamin C is another great booster for winter activity, and you can also get that from your diet loaded up with vegetables, although supplements exist and can help up the ante.

One item too often overlooked in your winter diet is a key element of sustaining life itself—water. Maybe its because we don't want to have to interrupt our winter fun by having to dash to the loo or perhaps it's the thought of digging through all those extra layers of clothing, but people have a bad tendency to cut back on their water consumption—don't do it. If you aren't crazy about bland old water, spice it up with some herbal teas.

As any health professional will tell you, one of the most effective ways to stay healthy during the winter is to simply wash your hands—a lot. It may seem simple, largely because it is, but keeping your hands clean knocks off most of the germs that are passed on to you each day.

Good nutrition doesn't have to be a chore, or a bore, and exploring the wonderful world of healthy eating can add immeasurably to your enjoyment of a Canadian winter.

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