

FRESHWATER REPORTER

A fresh approach to storytelling in Manistee and Mason counties...and a bit beyond.

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Giving the Gift of Art

All photos courtesy of the artists.

Ahead of the holiday gift-giving season, we're featuring three talented area artists whose works, created with inspiration and imagination, are available online and/or at area shows and galleries. Meet more area artists and craftspeople in our Nov. 30 issue.

Courtney Fraley

City of Manistee

FR: How did you decide to work in jewelry and, specifically, wire wrapped jewelry?

CF: I've always loved making all sorts of things, ever since I was a little girl. While I was a mosaic apprentice under Tricia Boucha, she introduced me to bead embroidery, and it really snowballed from there. By the time I'd finished my apprenticeship, I was working at The Bead Gallery in Ann Arbor. That place was fantastic, and I learned a lot there and really gained confidence in my abilities. I don't recall when, exactly, I first saw intricate wire wrapping, but I fell in love with it and became determined to learn.

FR: Did you/do you take classes or are you self-taught? Please explain.

CF: I started out by picking up Wire Jewelry Masterclass by Abby Hook, which I highly recommend. I also did a couple of free online tutorials. But I wanted to keep expanding my techniques and developing my style, so I started following a lot of high-end wire wrappers on Instagram and studying their finished pieces to figure out new techniques. Even with all those



Ammonite wrapped in silver wire by Courtney Fraley.

resources, there's a lot of experimentation involved, lots of trial and error.

FR: What materials do you like to work with and why?

CF: A lot of people ask me why I do so much work in copper. Honestly, one reason is that it's drastically less expensive, but it's also a joy to work with. Nice, bare, dead-

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THE SAUCE BOSS



Cookies and Milk

By JOSHUA ELIE

My dad was the vocal music teacher at Baldwin schools for nearly 30 years and my mother a secretary for the grade school principal. I got away with nothing there.

I remember this one time I spent the night at my best friend's house; I think we were in the third grade. (Mr. Bonk's class, wasn't it, Pauly?) My best friend is a professional man now and prefers to be called Paul, but when you've been best friends since kindergarten, you get to call each other whatever you want.



Joshua and Paul.



Dirty boys.

We grew up learning how to ski together, water and snow, went fishing, tried to belch the whole alphabet in one go ... all the regular kid stuff allowed in those days. We liked riding 3-wheelers, shooting B.B. guns, throwing hatchets

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Fresh Water: Caring by design

By KEVIN HOWELL

How many cannabis dispensaries or CBD stores where you shop have their own charitable foundation? And how many of those use a portion of their sales to fund clean water initiatives and Great Lakes preservation?

The Fresh Water Cannabis Company and Fresh Water CBD do. It's called the

Fresh Water Cannabis Foundation. The 501(c)(3) nonprofit is a natural extension of the mission of Fresh Water Cannabis Co. of Baldwin and Sault Ste. Marie, and Fresh Water CBD (formerly Care By Design CBD) of Farmington and Kinross.

The mission of the two companies includes working to improve local

communities; providing sustainable, eco-friendly products and education; and acting as a local resource to help people, according to Erica Eschenburg, Fresh Water's brand manager.

"The (mission of the) Fresh Water Foundation ... is to focus on sustaining our natural waterways, our lakes, (and) everything that Michigan has in our natural water resources that's so special," Eschenburg said.

In a September press release, Fresh Water Cannabis Co. announced that owner Annette Compo participated in the cannabis industry's first "information gathering" for residents in Farmington Hills, Michigan, and a second "conversation" was planned there in October to address the community's concerns and questions. The release further stated that the Fresh Water Foundation is "working to aid in undoing the criminal injustices that have occurred in many communities regarding cannabis" through community outreach programs such as these.

Fresh Water's employees have spearheaded community efforts to clean parks, beaches and waterfronts in Sault Ste. Marie. And their community involvement has touched lives in other places as well.



Assistant Manager Jeremiah Shell and Manager Jessica DenBoer at the Baldwin Fresh Water Cannabis Co. store.

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Native American Heritage Month

Celebrating Notable Native Americans

By **VALERIE CHANDLER**. All photos are in the public domain, Creative Commons or Fair Use.

At Thanksgiving time, people tend to think of Native Americans peacefully sharing a meal with the pilgrims, and that may be the extent of their "awareness" or knowledge of the Anishinaabek. I always grew up knowing I was Native American, but I admit that I didn't learn a lot of our traditional teachings or ceremonies and language until I was a young adult.

My paternal great-grandparents were survivors of Indian Residential Boarding Schools. Due to the unspeakable atrocities they experienced, my great-grandmother vowed her children, grandchildren and great-grandchildren would never experience the same. To ensure this, we were not taught our language, ceremonies and other traditions. It was a topic we didn't speak of, but of course we were curious. Some crafts and survival skills were passed along; others were learned by silent observance. Once those generations grew, some became self-taught or, in my case, learned from Elders or teachers we sought out or already knew.



My late paternal grandmother, **Margaret (nee Bailey) Chandler**, was a well-respected and recognized Elder of the Little River Band of Ottawa Indians and amongst other Native Americans throughout Michigan. Prior to the Tribe's reaffirmation, she held office with the Northern Michigan Ottawa Association, a group formed to politically address the needs of Native Americans in Michigan since the 1940s. Margaret fought for the Native Americans' reaffirmation as Tribes, the return of lands that were negotiated in treaties, and the restoration of our treaty rights to hunt and gather. Her efforts were successful, and on Sept. 21, 1994, the Little River Band of Ottawa Indians was federally reaffirmed. Margaret continued serving our people as part of our Tribal Council until her death in 1997. In October 2009, she was inducted into the Michigan Women's Hall of Fame. (Read "Women's History Month: The Enduring Legacy of Margaret Chandler," Freshwater Reporter, March 2021.)

In 1990, by signed law, November was declared Native American Heritage Month by late President George H.W. Bush. The intent was to recognize Native Americans who have made notable achievements and contributions to the world. Having a special time of recognition and celebration of culture, traditions and history has enhanced pride, self-esteem and awareness among youth and younger Native Americans. The strength and acknowledgment also sparked crucial movements to create awareness and support, such as the Missing and Murdered Indigenous Women and Children group. There are countless Native women, children, and even men who go missing each year, but their plight is not given the public acknowledgment needed to help find them, as are those of other races. To take part in this initiative, show your support or learn more, visit the National Institute for Law & Justice: www.nilj.org/missing-murdered-indigenous-women-children.

Native Americans have made significant contributions to all spectrums of life.

In recognition of the month, some distinguished individuals who are lesser known or may have been forgotten in history are shared with you here.



Jim Thorpe was from the Sac and Fox nation, had a twin brother named Charlie and attended Carlisle Indian Industrial School. His greatest accomplishment was as an athlete, becoming the first Native American Olympic gold medalist in 1912 in the pentathlon and decathlon. He also played collegiate and professional football, baseball and basketball, and participated in high jump, hurdles, discus, javelin, shot put, pole vault, long jump, metered dashes, lacrosse and ballroom dancing. During Olympic competition, someone stole his shoes. He found a mismatched pair from the trash to replace his and won the gold medal. Sadly, Thorpe was stripped of his Olympic medals after it was found that he had been playing semi-professional baseball for two seasons prior to the Olympics, which violated their amateur rules. Later in life, he starred in a few movies and became a U.S. Merchant Marine during WWII. He married three times and had eight children. He died in 1953. The Pro Football Hall of Fame inducted him into their inaugural class in 1963. In 1983, the International Olympic Committee restored his Olympic medals with replicas, presented to two of his children, after ruling that the decision to strip him of his medals fell outside their requirements. Thorpe's original medals were placed in museums but later stolen and never recovered. In 2022, the IOC decided to fully restore Thorpe's status as sole champion in both of his Olympic events.



Maria Tallchief from the Osage Nation is considered America's first prima ballerina and the first Native American one. She moved to New York City at the age of 17 and met choreographer George Balanchine who co-founded the New York City Ballet. Tallchief became the company's first star. Balanchine and Tallchief married in 1946 but had their marriage annulled in 1952. She was married to Elmourza Natirboff, a private airline pilot, for two years and in 1956 she married Henry Paschen Jr., a Chicago businessman. Tallchief's only child was award-winning poet Elise Paschen. Tallchief was the first American to perform in Moscow's Bolshoi Theater and with the Paris Opera Ballet. She was recognized for her achievements with a Kennedy Center Honor and is in the National Women's Hall of Fame. Tallchief stayed close to her Osage culture and spoke

out about stereotypes and Native American misconceptions. She passed away in 2013.



Fred Begay was a nuclear physicist and instrumental in the alternative use of lasers, electron beams and ion beams to heat thermonuclear plasmas to use as alternative energy sources. He was Navajo and Ute and served in the U.S. Air Force during the Korean War. Begay was also part of a NASA-funded space physics research team to conduct studies on the origin of high-energy gamma rays and solar neutrons.



An Ojibwe White Earth citizen, **Winona LaDuke** is an economist and activist for the environment as well as tribal land claims and preservation. She founded the Indigenous Women's Network, Honor the Earth, and the White Earth Land Recovery Project. LaDuke has also worked with Women of All Red Nations to bring awareness of the forced sterilization of Native women. Her programs have been successful in buying land and creating businesses to provide work for Native Americans. Her programs also reforest lands and cultivate traditional foods. She founded projects for wind energy and to teach the Ojibwe language. An activist, she remains an integral part of oil pipeline protests. In 1996 and 2000, she ran as a vice-presidential candidate with Ralph Nader on the Green Party ticket. In 2016, she became the first Native American woman and Green Party member to receive an Electoral College vote for vice-president. This year, she received the "Mother Earth (Lady of Agriculture) Award" for her hemp farm operations. LaDuke has authored and co-authored many books and appeared in several documentaries.

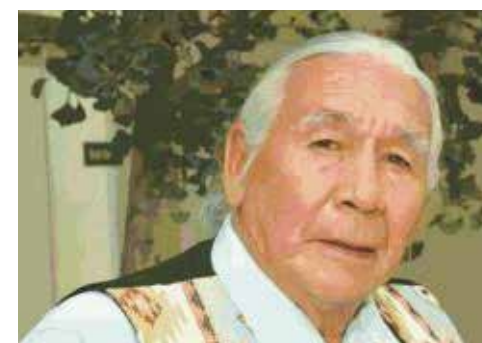


A Standing Rock Sioux citizen, **Vine Deloria Jr.**, was a noted author, activist of Native American rights, historian and theologian. He served as executive director of the National Congress of the American Indians, board member of the National Museum of the American Indian and was a founder of the Institute of American Indian Law and the Institute for the Development of Indian Law. While a professor at the

University of Arizona, he established the first master's degree program in American Indian Studies in the U.S. Deloria was an expert witness for the defense in the Wounded Knee trials and advocated for treaty rights of Native tribes. He published more than 20 books addressing stereotypes, assimilation, justice for Indian issues, recognition of tribal sovereignty, education, religion and history. Deloria died in 2005.



Deb Haaland is currently the 54th U.S. Secretary of the Interior and is a member of the Laguna Pueblo Tribe. She served as chair of the New Mexico Democratic Party and as New Mexico's 1st congressional district U.S. representative. Haaland is one of two Native American women elected to the U.S. Congress. She was nominated to her current position by President Joe Biden and was sworn-in on March 16, 2021. During her tenure, Haaland has announced a new unit within the Bureau of Indian Affairs to address the crisis of missing and murdered Native Americans as well as the creation of the Federal Indian Boarding School Initiative to investigate long-time claims of abuse.



Floyd "Red Crow" Westerman enjoyed a career in country music but was also an actor and activist. He served two years in the U.S. Marines before his career in and advocacy for cultural preservation and Native American causes. Westerman had several solo recordings in addition to collaborations with Willie Nelson, Kris Kristofferson, Harry Belafonte, Bonnie Raitt and more. He later became interested in acting and starred in many films, such as "Dances With Wolves". Westerman made appearances on television series such as "Walker, Texas Ranger", "Dharma & Greg" and "The X-Files". He died in 2007.

I encourage everyone to take part in the abundant Native American heritage by reading a book, visiting a museum, attending a pow wow, taking an Indigenous history class or seminar, partaking in language classes or conversing with Native Americans you may already know. The Little River Band of Ottawa Indians has a language website that allows you to hear the word pronunciations and provides interactive games, stories, videos and more at: www.anishinaabemdaa.com.

Valerie Chandler lives in Wellston. She is a citizen and employee of the Little River Band of Ottawa Indians and loves to spend time with her family, including husband Matthew and their mixed border collie/Australian shepherd.

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Art Comes to the Valley

Story and photos by **EMILY COOK**

If you have traveled along the M-22 corridor in recent weeks, you undoubtedly will have noticed the vibrance of this autumn. I cannot recall in recent years such a stunning display of nature. Maples light the landscape with fire-like reds. Oaks and aspens follow in their wake and, just now, tamaracks are making their annual shift from deep green to bright yellow, the latter being a personal favorite. I cannot think of a better example of the shifting northern Michigan seasons than a conifer dropping all its needles and settling into a slumber until new growth appears in spring.

From the perspective of an artist, these changing seasons allow for more than the opportunity to take a drive, with stops for views along the way. Whether appreciating the current color show or next spring's ephemerals, those with a desire to create see opportunities to photograph, paint, weave, draw and more.

As Henry David Thoreau said, "The world is but a canvas for our imagination."

For local artists, an opportunity to display these creations was presented recently by the Pleasant Valley Community Center in Arcadia. One block east of M-22, along Glovers Lake Road, the PVCC is currently exhibiting work representing "The Seasons", a show demonstrating how artists uniquely view these inevitable shifts in nature. Community members (and passersby) are encouraged to stop and view the display, which runs through Jan. 6, 2023.

"We're pleased to have received art (mixed media of sculptures, photographs, embroidery, stained glass, and pictures done in oils) from Manistee, Onekama, Arcadia and Frankfort," said Deb North, a PVCC board member.

The community center, typically open 9 a.m.-5p.m., Monday through Friday, is in the former Arcadia Elementary School. Now, the building hosts a branch of the Manistee library, includes newly renovated workout and game rooms, offers a full gymnasium and kitchen, and contains multiple "classrooms," where community events are held regularly. The idea for incorporating art into the mix came from former PVCC board member and Arcadia resident Dana Walker Care.



"The Seasons", an exhibition of work by local artists, is found inside Pleasant Valley Community Center's new gallery in Arcadia through Jan. 6.



Painting by Jason Care.

"We are always looking for new ways to use the building," North said. "The idea of using the main hallway as an art gallery came about as a way to celebrate the artists in the area, create more community gatherings, and add vibrancy to the community itself."

"The Seasons" is the second exhibition to take place in 2022, and board members hope to continue rotating the displays for changing themes and give additional artists chances to participate. Residents beyond Arcadia Township are encouraged to enter future shows.

"We like to showcase artists from various locales in order to help support them and add different perspectives," North explained. "The artists can contribute their art from various mediums and demonstrate their creativity."

What better way to celebrate one's fall color tour than stopping along the way to view art representing the seasons? Gaze at photographs of Lake Michigan at all stages. Study paintings, large and small,

of favorite landscapes. Discover mixed media portraits and more. A beautiful "Art Gallery" wood sign, a donation from artistic PVCC board member Roger Brown, greets visitors.

It's incredible to see whose creativity appears once the opportunity to share is provided. One hopes to see these opportunities grow as Arcadia's community art gallery continues to expand.

To learn about future art displays (and accompanying opening receptions), follow the Pleasant Valley Community Center on Facebook or visit the center's website: www.pleasantvalleycc.org. Artists can wait for open calls for work or reach out to the board directly regarding spotlight opportunities at: pleasantvalleycc@gmail.com.

Emily Cook is a resident of Arcadia, where she lives with her husband and two collies. She is a conservationist by training and a writer and artist when time allows. She explores the nearby nature trails and Lake Michigan beach as much as possible.



Brennan, or "B" as his mother calls him, places his arm inside the log exhibit at Cognition Science and Discovery Center in Beulah. Photo by S.A. McFerran.

Answers in the Tree

By **STEWART A. MCFERRAN**

There are lots of things to observe at Cognition Science and Discovery Center in Beulah. All five senses are best used here. Located across U.S. Highway 31 from the Cherry Hut, the nonprofit center has a fresh, contemporary feel with a time-honored mission: to help people learn through hands-on experiences that inspire awe, wonder and a curiosity to investigate their world.

In addition to science activities and games, you'll find animals of all kinds. Giant African turtles sometimes roam about, to the delight of small children who may not outweigh them. Boa constrictor "Severus" can be seen adorning the necks of Cognition staff, and colorful birds are heard chirping from their cages. I've seen young children taste the shiny rocks on display, though I don't recommend this.

With support from Cognition's co-founder and Executive Director Kimberlee (Wenkel) Miller, I recently installed a new exhibit that encourages visitors to make observations using only their sense of touch. The exhibit, located outside Cognition's front door, includes a large section of tree trunk with a hole once used by animals to enter and exit. By placing an arm through the hole, a visitor can feel with one hand the object placed inside the trunk. Then, before pulling their hand away, they're asked to describe their find in words.

One parent made me promise there were no spiders in the log before reaching inside. She described the object

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Gift of Art

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Courtney Fraley, jeweler-owner of Courtneycopia.

metal prices. As far as focals, I generally prefer genuine stone cabochons, though I do use Swarovski crystal, glass, and even carved avocado pits. But my favorite to work with might be ammonite fossils. I just love their look and their history.

FR: What are your three favorite tools to use (and why)?

CF: My most essential tools are definitely wire cutters, chain-nose pliers, and round-nose pliers. I couldn't work without those. But my favorites? I just got a pair of nylon jaw pliers — those are fantastic; I wish I'd bought some years ago. My hammer and miniature anvil are a lot of fun. And I use mandrels a lot. I really recommend those.

FR: Are there others you consider as mentors and/or whose work inspires you?

CF: My favorite artist is Frida Kahlo, though I don't know that she's influenced my jewelry work. I apprenticed under (Kaleva artist) Tricia Boucha; she definitely taught me a lot. I follow a lot of other jewelry artists online, and I definitely get a lot of inspiration there. There are a lot of very talented wire workers out there.

FR: What are your other sources of inspiration?

CF: A lot of my work comes from just staring at my stones until inspiration strikes. I used to ride the bus in Ann Arbor



Wire-wrapped copper cuff bracelet set with turquoise.



Wire-wrapped copper pendant set with colored stones.

soft copper really does what I want it to, easily. Silver takes a bit more work, but I've gotten comfortable with it. Still, that leaves me at the mercy of fluctuating precious

and get ideas while listening to music with my eyes closed. Sometimes I sketch things out beforehand, but usually I just sort of go with the flow.

FR: Is there anything else you would like readers to know about you or your work?

CF: I decided to call my business Courtneycopia because I dabble in so many different types of art. I'm primarily a jeweler, but I also draw, paint, (and) sculpt anything I can get my hands on.

FR: Are you in any upcoming art-craft shows or gallery exhibits?

CF: I'll be doing a trunk show at Patina

in Onekama on December 10! That'll be a new experience. I'm pretty excited about that. I'm currently looking to pick up some more shows in the coming months.

FR: Where can readers see your work online?

CF: I'm on Instagram, Etsy, Facebook, Reddit, and lots of other places. Best place to get a good look at my work is on Instagram. You can also email me at courtneycopia@gmail.com.

Pamela Tripp Simmons

Baldwin, Lake County

FR: You work in more than one medium. What are they, and what drew you to them?

PTS: I have worked in a variety of mediums — watercolor, acrylics, pastels and others. I was drawn to watercolor because of its portability and its flow. From there, I chose pastels and, later, acrylics. Having begun with watercolor, I learned that layering color is possible in all mediums, and I approached all mediums in similar fashion. Later, I started to use my illustrations to create collage and 3D sculptural forms, which have been my focus recently. Additionally, I apply the surface decoration on my husband Dale Simmons' pottery, which is an extension of the themes I like to explore.

FR: Did you/do you take classes or are you self-taught? Please explain.

PTS: I attended Kendall College of Art and Design and received a B.S. in Art at Grand Valley State University, both in the Grand Rapids area. I concentrated on drawing and life drawing in college. Working in the mediums I have mentioned, you could say I was self-taught.

FR: What materials do you like to work with and why?

PTS: Lately, I've been creating paper sculptures from my illustrations. I enjoy incorporating natural, found objects in my sculptures. The sculptural pieces are the progression and evolution of my prior work.

FR: What are your three favorite tools to use (and why)?

PTS: Brushes are useful in all mediums, for watercolor washes, to soften pastels, or to apply wax resist to pottery and for other uses. Colored and watercolor pencils and a variety of colored marking pens are handy to have as well and of course acrylic, watercolor paint and a variety of paper.

FR: Are there others you consider as mentors and/or whose work inspires you?

PTS: I am inspired by any art I see. There is always something to learn about your own work by viewing other artists' artwork, no matter the level of experience.

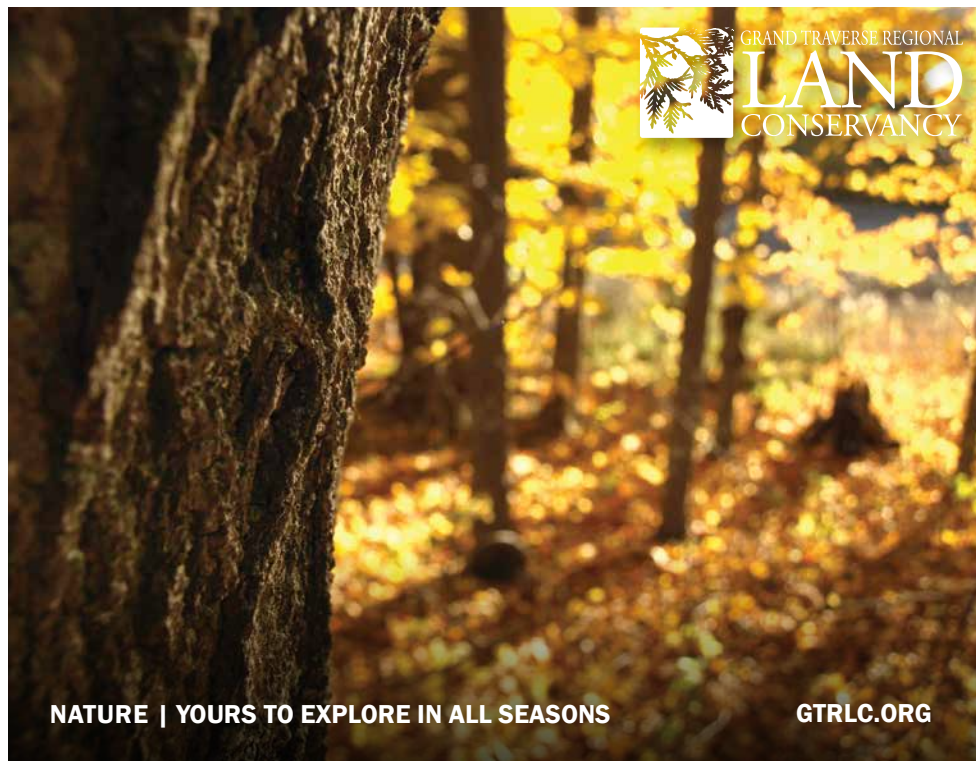
FR: What are your other sources of inspiration?

PTS: I grew up in a woodland setting, and



Pamela Tripp Simmons in her studio.

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Gift of Art

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our home is situated in the woods. Lake County has 150+/- lakes and 45+/- rivers and streams. Nearly half of Lake County is forested public land. My work is mainly inspired by my surroundings.

FR: Is there anything else you would like readers to know about you or your work?

PTS: I want to encourage the viewer to closely examine the incredible design found in nature and to think about the parallels between nature and humans. Humans put down roots, compete for survival, have symbiotic relationships and function in other similar ways. Looking closely, I want the viewer to see the idiosyncrasies, subtle mix of color, texture, pattern and our human imprint. As in humans, each plant has its own unique design. It is the unique design in nature that I try to present.

FR: Are you in any upcoming art-craft shows or gallery exhibits in western Michigan? Elsewhere?

I am included in the 93rd Michigan Contemporary Art Exhibition sponsored by the Muskegon Museum of Art, Muskegon, Michigan. The exhibition is Oct. 6-Nov. 30, 2022. My work currently may be found at Red Tree Curiosities in downtown Baldwin and at Studio Waveland and Gallery, Waveland, Mississippi. In summer, our Raku pottery is displayed at the Sleeping Bear Gallery in Empire, Michigan and year around at the Hudson Gallery, Sylvania, Ohio and locations on the Mississippi Gulf Coast.

FR: Where can readers see your work online?

www.studiowaveland.com/product-page/pam-simmons-murder-hornets and www.facebook.com/pamelatrippgallery



Imagery by Pamela Tripp Simmons. Pottery by Dale Simmons.



Paper sculpture by Pamela Tripp Simmons.

Shannon Courier

"Beautiful" Manistee County

FR: How/when did you decide to begin knitting?

SC: I started knitting about 6 years ago when my daughter introduced me to the knitting loom, as she had bought one for herself and started making scarves. I figured it would be a great opportunity to spend time together and do something we both had a common interest in as well. With arthritis in my fingers, the loom was a much better choice for me. Knitting is also a great way to pass the time and stifle boredom, especially during the winter months.

FR: Did you/do you take classes or are you self-taught? Please explain.

SC: I'm self-taught, with a little help from my daughter as she had learned loom knitting a couple months prior. There are also many YouTube channels and videos out there to watch and learn from. I'm currently learning a couple new loom knitting patterns, thanks to videos and instant downloads from sites such as Etsy. So, look for those on my website and Instagram in the future.

FR: What materials (types of yarn, needles, etc.) do you like to work with and why?

SC: My number one tool is my knitting loom. I now own several of them in varying sizes and lengths. I just recently upgraded to a Cottage Looms handcrafted wood loom which I absolutely love using. If using buttons, I'll use natural material such as wood and humanely collected deer or elk



Forest Dog owner Shannon Courier wears her latest knitted Infinity scarf.

antler. As for yarn, I enjoy using wool, but at times it's hard to find what I'm looking for so I will use various blends. When at all possible, I'll use locally (to Michigan) sourced yarns, buttons and toggles and I really like to recycle materials as well.

FR: Are there other knitters, or craftspeople/artists in general, you consider as mentors and/or whose work inspires you?

SC: Several years ago, via the internet, I met Alma, an older woman living on

the West Coast. We became quick cyber friends. She is an avid sheep breeder, spinner and knitter. Her life's backstory quickly inspired me to look at things differently and just follow your dreams and think out of the box. So, my love of yarn started with wool roving, which I needle felted into crafts, then that led me to start spinning my own yarn, which I never did really master. But this knitting thing ... it's here to stay, all thanks to Alma.

FR: What are your other sources of inspiration?

SC: My dogs, Moose and Otter, are a huge inspiration to me and make great models for my canine line of knits. Coordinating a photography session with them together is like herding cats at times, but eventually I'll get a good, useable photo! They also inspired the name for my website "Forest Dog".

FR: Are you in any upcoming art-craft shows or gallery exhibits?

SC: As of right now I have no plans for art-craft shows this winter. Most of my work is made at the time of each order so I don't have any completed items on hand. I do however, plan on doubling up on knitting over the winter so I'll be able to get to some of the local art-craft shows in 2023.

FR: Where can readers see your work online?

I do have a website where you can see and purchase what I have available. You can find "Forest Dog" at forestdog.bigcartel.com. I'm also on Instagram at www.instagram.com/forestdog.



Shannon Courier's favorite wood knitting loom.



Otter and Moose model their knitted cowls from the Canine Collection by Forest Dog.

Fresh Water

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They have volunteered at an animal shelter, served on a chamber of commerce board and with various nonprofits. They held a pancake breakfast fundraiser this year in Baldwin to help firefighters. They've sponsored food banks. You may have spotted the Fresh Water float in Baldwin's parade this year, and plans are afoot to host a music concert next year at their 23-acre Baldwin location.

"We just want to be a voice; we want to be a resource to help people, I guess, is a better way to say it," Eschenburg said.

In September, Annette Compo, the owner of Fresh Water Cannabis Co., announced that the company would cover the cost of Michigan's excise tax (10%) for those who have served in the U.S. military and can present their military I.D.

"The veteran community as a whole has contributed in large (part) to the cannabis industry from the beginning and deserves to be honored," Eschenburg added.



Fresh Water volunteers clean up the beach. Courtesy photo.



Annette Compo, founder of Fresh Water CBD (formerly Care By Design) and Fresh Water Cannabis Co. Courtesy photo.

Both sides now

Fresh Water CBD and Fresh Water Cannabis Co. are vertically integrated. What this means is, both companies are involved, from start to finish, in producing the product, processing it and bringing it to market.

"So with CBD, we have our hemp grow, (meaning) we grow the plant, we process it, we create our tinctures and products, our balms, our lotions," Eschenburg explained. "We create all that ourselves, and then the products are sold in our stores, and if anyone wants to wholesale it."

Wholesalers of CBD products might include massage therapists, chiropractors and retailers who carry Fresh Water products in their stores.

In the same way, Fresh Water Cannabis Co. announced earlier this year that it now is also vertically integrated, growing its marijuana products, processing them for medical use and selling them.

According to Compo, few companies in the state are vertically integrated in both hemp and marijuana.

As one customer recently observed: "Having complete control over their products shows how much they care about their quality."

Fresh Water CBD

The struggle to resolve some health issues, and the quest to explore additional choices, led Michigan-born Annette Compo and her son Trevor Medema to explore CBD as a possible solution. CBD is an acronym for cannabidiol, a substance originating from the hemp plant that can also be produced in a laboratory. Though it is an active ingredient in medical marijuana, it is not psychoactive by itself.

It was the confusion between the hemp

and marijuana (cannabis) industries, and the stigma surrounding both, that prompted mother and son in 2019 to sort out the two industries and enter the CBD side for themselves.

"The solution to the problem was simple, yet revolutionary," Compo began, "to create a space where people can come to find options to support their health goals, with great products and education with CBD."

As a result, the pair opened Care By Design Health and Wellness Market three years ago in Farmington, Michigan. By heeding their customers' health concerns, Compo said, the company was able to identify the most-frequently reported health issues and which of their products improved them.

"Listening to those stories, we redefined our mission on CBD and narrowed our focus down to the five challenges that our customers shared with us ...," Compo said.



Trevor Medema, Fresh Water Cannabis director of operations. Courtesy photo.

As a result, Care By Design's patented Lifeline Blends products were added to their already wide assortment of specially formulated CBD products.

"We basically formulated them to aid in different issues people experience like anxiety or pain, sleep and focus, things like that," Eschenburg said. "For those products, the cannabis plant is broken down into each of the cannabinoids, and each of those is responsible for different things. Certain ones help with appetite, others help with sleep, and they are isolated and made into tinctures."

"Those are localized and specific, and it's like a new and improved version of a sleep tincture (for example), and so we're the first ones to do that, and that's where our utility patent comes in; we don't want other people to be able to use that same system."

Freshwater Cannabis Co.

Last year, the pair entered the marijuana business by opening their first retail store

in Sault Ste. Marie, which was also the city's first marijuana dispensary. Compo said the location made sense, as it's close to their hemp/CBD cultivation center in Kinross, 20 miles south. The Fresh Water Cannabis Co. location in Baldwin followed, supported in part by the company's cultivation center for medical marijuana in White Cloud. Both locations carry Fresh Water CBD products as well.

"We were originally from the west side of the state, so it was very close to our hearts to invest here," Compo said.

Customers may have to wait a bit longer for Fresh Water-grown recreational cannabis, as there are stricter government regulations in place. Meanwhile, the store in Baldwin carries a large selection of Michigan products, including various strains for flower buds, cannabis oils, gummy candies and pre-rolled smokes.

Jessica DenBoer, manager of the Baldwin store, said product prices have come down since they opened, but increasing sales have led them to add employees, inventory and displays.

Those employees, known as budtenders, must receive a certain amount of training about the products they sell and follow state guidelines for sales. Assistant Manager and budtender Jeremiah Shell said most of the training takes place in the store, however, leaf medic training is online. The latter is specific training with the state of Michigan to help budtenders learn and stay compliant with Michigan regulations for the cannabis industry. Shell said they also learn about bud varieties but, most importantly, about the cannabinoids and terpenes in the strains. Those substances can affect people differently.

"But based on how most of us react to most cannabinoids and terpenes that are in a specific flower, we can get a pretty good idea (of the effect)," he added.

Owner Compo said the companies'



Assistant Manager and budtender Jeremiah Shell in the Baldwin store with a sample of Fresh Water Cannabis product.

team of local employees shares the same dedication to learning that she and her son do.

"The commitment is to offer the top education surrounding this amazing plant," she said, explaining that Fresh Water invests in its team to be certified in cannabis studies and sells a large selection of Michigan-based products from small growers and companies whose philosophy and ownership align with theirs.

"We empower you to do your own research and choose as well," Compo said, adding that by making those informed choices, "You can make a difference in your community."

Fresh Water Cannabis is located at 8330 M-37 in Baldwin. Reach them at (231) 238-3888. Learn more at www.freshwatercannabisco.com

Kevin Howell is a freelance writer in Mason County. He loves the Michigan woods, lakes and especially Michigan craft beers — not necessarily in that order!



Product samples, Fresh Water CBD. Courtesy photo.

Community Calendar

TELL THEM YOU SAW IT IN FRESHWATER REPORTER!

To be included in our Nov. 30 edition, please submit your announcements by Nov. 9. Also include the address where the event takes place, for visiting readers. Email your events/press releases to: editor@freshwater-reporter.com. Submit them any time for our online calendar. Always check with the venue before attending as some event dates may change or be canceled due to weather, scheduling or Covid-19. Despite our best efforts, errors may occur.

ONGOING EVENTS

Thru Nov. 18

Coat Drive, Ludington

Collecting coats & blankets for the Ludington Area Schools Youth Resource Center which assists kids & teens in all of Mason County. Donate a coat/blanket at the brewery & receive a \$6 brewery coupon. Ludington Bay Brewing, 515 S. James St.

Nov. 4-19

Payton Cook's Liminal Space: Intervals of Transformation Art Exhibition, Ludington

Tues. Thurs. Fri., 11am-4pm, Wed. 11am-6pm, Sat. 11am-2pm, Free. Ludington Area Center for the Arts, 107 S. Harrison St. Opening reception Nov. 4, 5-8pm.

Nov. 4 - March 3, 2023

Robin Dluzen's "Heirloom" art exhibition, Ludington & Manistee

Found, scavenged and non-art materials in works about labor, landscape and family. Part of West Shore Community College's Humankind Series. At 5 locations: WSCC's main campus, WSCC Manistee, 400 S. River St., the Old Kirke Museum in Manistee, and the Ludington Area Center for the Arts, 107 S. Harrison, Ludington. Opening reception is Nov. 4, 5-8pm, at LACA.

Thru Dec. 2

Clagett, Kreiser, Rose Art Exhibition, Frankfort

Mon. - Sat. 10am-4pm. Free. Oliver Art Center, 132 Coast Guard Rd.

Thru Jan. 6

"The Seasons" Fall Art Exhibition, Arcadia

Free. Mon. 9am-6:30pm, Tues. & Fri. 9am-5pm, Wed. 9am-6pm, Thurs. 9am-9pm, Sun. 2-4 pm. Pleasant Valley Community Center, 3586 Glovers Lake Rd. Info: 231.889.7069

Nov. 17-Dec. 18

Community Art², Manistee

12-3pm Wed.- Sat. \$20/artwork. Area artists donated their work on 6 x 6 in. canvasses, each available for purchase to benefit RRCA. Ramsdell Regional Center for the Arts, 101 Maple St.

Nov. 26-Dec. 31

Sparkle in the Park, Bear Lake

5-10pm, Free. donations gladly accepted. Drive through 50 or so Christmas displays with over 80,000 lights. Hopkins Park Campground, 7727 Hopkins Dr. (just off US-31).

DAILY EVENTS

November 3

Near & Farr Friends, Onekama

2:30pm, Free. Game Day: Mexican Train and/or Ponytail. Farr Center, Main St.

Live Music: Open Mic with Jeff Louwsma, Beulah

5:30-8:30, Free. St. Ambrose Cellars, 841 S. Pioneer Rd.

Native American Heritage Month Celebration, Manistee

6-8pm, Free. Featuring motivational speaker & hip hop artist Supaman from the Apsalooke Nation. Live performance in Manistee for tribal members only. Open to the public via Zoom: <https://zoom.us/j/99705796129?pwd=OWY5SVVnUis4Y0d1aGdqMkxBRjdxZz09>

Meeting ID: 997 0579 6129 Passcode: 1836

Call in numbers:

1 929 436 2866 Meeting ID 99705796129 # CODE

1836 #

1 301 715 8592 Meeting ID 99705796129 # CODE

1836 #

Live Music: Tom Zatarga, Manistee

6:30-9:30pm, Free. Thirsty Thursday Music Club at North Channel Brewing, 86 Washington St.

November 3, 4, 5

Peter Pan, Manistee

7pm all 3 days, + 1pm on the 5th, \$17. Conservatory of Dance. Ramsdell Regional Center for the Arts, 101 Maple St. Info/tickets: ramsdelltheatre.org

November 4

Live Music: Patrick Shea "Outside Dog", Beulah

5:30-8:30, Free. St. Ambrose Cellars, 841 S. Pioneer Rd.

Live Music: Nick Veine, Ludington

6-9pm, Free. Ludington Bay Brewing, 515 S. James St.

November 5

Heritage Bazaar, Manistee

10am-2pm. First Congregational Church, 412 4th St. Info: 231.723.5361

Annual Skandinavian Bazaar & Bake Sale, Frankfort

10am-3pm. Handmade crafts & baked goods. Trinity Lutheran Church, 955 James St. Info: 231.352.7521 or www.trinityfrankfort.org

Annual Arts & Crafts Show, Ludington

10am-3pm. Ludington Senior Center, 308 S. Rowe St. Info: 231.845.6841

Craft & Vendor Show, Ludington

10am-3pm. American Legion Post 76, 318 N. James St. Info: 231.690.4718

Fifth Anniversary Celebration, Manistee

11am-10pm. \$15 pig roast buffet, specialty beer releases. Live music all day: Kyle Brown 12-3pm, John Merchant 3-6pm, Fremont John Trio 7-10pm. North Channel Brewing, 86 Washington St.

Live Music: Luke Woltanski & Dan Palmer, Beulah

5:30-8:30, Free. St. Ambrose Cellars, 841 S. Pioneer Rd.

Ladies Night Out/Live Purse Auction, Manistee

6-9:30pm, \$20 ADV, \$25 at the door. Food, entertainment by John Pomeroy & lots of FUN. VFW Hall, 1211 28th St. Tickets: Huntington Bank, Manistee or call 231.690.1930, or 231.233.2974, or 231.510.9901

November 10

Live Music: Open Mic with Jeff Louwsma, Beulah

5:30-8:30, Free. St. Ambrose Cellars, 841 S. Pioneer Rd.

Live Music: Scott Weathers, Manistee

6:30-9:30pm, Free. Thirsty Thursday Music Club at North Channel Brewing, 86 Washington St.

November 10, 11, 12, 13

Peter and the Star Catcher, Scottville

7:30pm on 10, 11, 12 + 2pm on 12, 13. \$25 adults, \$20 55 & older, \$15 under 18. The story of how Peter became Pan. Center Stage Theater, West Shore Community College, 3000 N. Stiles Rd.

November 11

Live Music: Saldaje, Beulah

5:30-8:30, Free. St. Ambrose Cellars, 841 S. Pioneer Rd.

Live Music: Cheryl Wolfram, Ludington

6-9pm, Free. Ludington Bay Brewing, 515 S. James St.

November 12

Holiday Craft Show, Baldwin

9am-3pm. Hollister Senior Center, 1505 Michigan Ave. (Come in on the road behind Parts Plus.) Info: 231.745.6965

Mason County Family Events Annual Christmas Expo, Ludington

10am-3pm. Cornerstone Baptist Church, 121 Nelson Road. Info: facebook.com

November 12

Fall Bazaar & Bake Sale, Arcadia

10am-3pm. Trinity Lutheran Church, 17191 3rd St.

Metropolitan Opera Live/Encore in HD presents La Traviata (Verdi), Manistee

1pm, \$25 adults, \$15 under 18. Ramsdell Regional Center for the Arts, 101 Maple St. Info/tickets: ramsdelltheatre.org

Chili Cook-off Fundraiser (to benefit Kaleva Heritage Days in July), Kaleva

2-4pm. Donations. Bring a crock pot of your chili to compete or come to sample and vote for the winning recipe. To enter, call/text Kylee 231.499.0548 & arrive at 1:30pm to set up your chili. 1st, 2nd, & 3rd place winners will be chosen by samplers' votes. Prizes include local gift certificates & gas cards. Benzie Manistee Snowbirds Clubhouse, 14121 Industrial Dr.

Live Music: Joshua Davis & Rachael Davis, Cadillac

7-9pm, \$30. Cadillac Elks Lodge, 122 S. Mitchell. Info/tickets: gopherwoodconcerts.org

Live Music: Michigan Mandolin Orchestra, Ludington

7:30pm, \$15 ADV, \$20 DOS, Ludington Area Center for the Arts, 107 S. Harrison St. Tickets: www.ludingtonartscenter.org

Australia's Thunder from Down Under World Tour, Manistee

8-10:30pm, \$35-45. Little River Casino, 2700 Orchard Hwy. Info/tickets: lr.com

November 17

Near & Farr Friends, Onekama

2:30pm, Free. Author Tricia Frey presents her new book "Sheldon's Journey", her follow up to "River Love". Farr Center, Main St.

Live Music: Open Mic with Jeff Louwsma, Beulah

5:30-8:30, Free. St. Ambrose Cellars, 841 S. Pioneer Rd.

Live Music: Nick Veine, Manistee

6:30-9:30pm, Free. Thirsty Thursday Music Club at North Channel Brewing, 86 Washington St.

November 18

Live Music: The Feral Cats, Beulah

5:30-8:30, Free. St. Ambrose Cellars, 841 S. Pioneer Rd.

Live Music: Nate Dill, Ludington

6-9pm, Free. Ludington Bay Brewing, 515 S. James St.

November 19

Christmas Shoppe Arts & Crafts Show, Scottville

9am-3pm. Mason County Reformed Church, 45 S. Amber Rd. Info: 231.757.2088

Home Gardening on a Shoestring Workshop, Ludington

10am-1pm, \$5 AFFEW members, \$10 nonmembers. Learn cheap, easy, and highly successful methods of propagating and planting native plants. Lakeshore Resource Center, 920 E. Tinkham Ave. Limited to 20 participants. Registration: makeadifference@affew.org

Live Music: Kyle Brown, Beulah

5:30-8:30, Free. St. Ambrose Cellars, 841 S. Pioneer Rd.

Christmas in Onekama Craft Show

10am-3pm. Numerous crafts & vendors. Food available. Onekama High School, 5016 Main St.

November 20

Live Music: Dede Alder CD release, Beulah

2:30-5:30, Free. St. Ambrose Cellars, 841 S. Pioneer Rd.

November 20

Celebration of Lights, Onekama

6pm, Free. Lighting of the Community Tree & Reading of Memorial Names. Farr Center, Main St.

November 24

Live Music: Open Mic with Jeff Louwsma, Beulah

5:30-8:30, Free. St. Ambrose Cellars, 841 S. Pioneer Rd.

November 25

Live Music: Anderson Druthers Band, Beulah

5:30-8:30, Free. St. Ambrose Cellars, 841 S. Pioneer Rd.

Live Music: Gabriel James, Ludington

6-9pm, Free. Ludington Bay Brewing, 515 S. James St.

November 26

Holly Berry Arts & Crafts Fair, Frankfort

9am-3pm, suggested \$2 donation. Frankfort High School, 934 11th St. Take a complimentary Horse-drawn Carriage Ride departing from Frankfort High School from 11am-1pm. Info: 231.352.7251

Small Business Saturday, Ludington

10am-6pm, Festive shopping sales at downtown businesses.

Live Music: Chelsea Marsh, Beulah

5:30-8:30, Free. St. Ambrose Cellars, 841 S. Pioneer Rd.

Aglow On the Avenue Holiday Parade & Tree Lighting, Ludington

6pm, Free. Parade on Ludington Ave. from Gaylord Ave. to Harrison St. Tree lighting following the parade at Legacy Plaza, 112 N. James St

December 1

Near & Farr Friends, Onekama

2:30pm, Free. Game Day: Dominos. Farr Center, Main St.

Live Music: Open Mic with Jeff Louwsma, Beulah

5:30-8:30, Free. St. Ambrose Cellars, 841 S. Pioneer Rd.

December 2

Live Music: Nicholas James Thomasma, Beulah

5:30-8:30, Free. St. Ambrose Cellars, 841 S. Pioneer Rd.

Lakeside Club's "1885 - Come Alive", Manistee

7:30-10:30pm, Dress in Victorian costumes. The ballroom at Ramsdell Regional Center for the Arts, 101 Maple St.

December 2, 3

Lakeside Club's Festival of Trees & Holiday Décor, Manistee

1-6pm on the 2nd, 11am-8pm on the 3rd. The ballroom at Ramsdell Regional Center for the Arts, 101 Maple St.

December 3

Christmas Craft Bazaar, Manistee

9am-4pm. Wagoner Community Center, 260 St. Mary's Parkway. Info: 231.723.6926.

Tours of the Ramsdell Theatre, Manistee

11am-4pm. Theatre Lobby at the Ramsdell Regional Center for the Arts, 101 Maple St.

Live Music: Luke Woltanski, Beulah

5:30-8:30, Free. St. Ambrose Cellars, 841 S. Pioneer Rd.





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Sauce Boss

continued from page 1

and break-dancing. It was such a different time, when little boys could just be little boys — skin our knees, play in the mud and get our butts whipped by every member of the community for having too much fun.

Growing up middle class, upper, lower, we really didn't think about it because we had great parents that always did, and still truly do, love us. We would come home covered in mud, admit to doing nothing but fishing, get the garden-hose treatment and be marched straight into the bathtub while one of our mothers washed our clothes. It didn't matter which one; they were both "mom" to us.

One time, Pauly showed up to Mr. Bonk's class, and he and the other boys decided to play "keep away," you know, that game where you throw something back and forth while somebody tries to catch it? Well,

this time it was my underpants. (Don't ask.) So, there we were in the principal's office, under mother's glare, (secretary, remember?). Pauly is crying like a little girl, and I was so red in the face because I was sweet on this gorgeous little blond who sat at the desk in front of me, and how would I face her after this?

Back in those days, I would guess half the kids in Baldwin were raised by their grandmothers. (My father says more.) When it came to grandparents, I didn't luck out much. So, I started picking my own, as well as extra moms, along the way. One thing's for sure: I never ran out of milk and cookies.

Joshua Elie is a musician and retired building contractor. He now enjoys life as a homesteader.

Elie's Scotties

- 1 cup creamy peanut butter
- 1 cup packed brown sugar
- 2 eggs
- 2-1/2 cups quick-cooking oats
- 1 teaspoon baking soda
- Milk
- 6 oz butterscotch chips



Begin preheating oven to 350 degrees. In mixing bowl, combine peanut butter, brown sugar, eggs, and soda. Add milk, then add oats and more milk until gooey. Add chips; mix evenly.

Line a baking sheet with parchment paper for easy clean-up. Drop by 1/4 cup. Bake at 350° for 20 minutes. Remove and place immediately on wire racks to cool. Serve with a tall glass of milk, of course.

Time: 40 minutes. Prep: 20 min. Bake: 20 min.
Yield: 15 servings

Answers

continued from page 3

as "smooth" and having "arms and legs." She even recognized the plastic character before she pulled it out. Low and behold, Green Gummy had been lurking inside the tree!

For information about membership in Cognition Science and Discovery Center or its camps and parties, go to DiscoverCognition.org. Visit the center in person at 232 N. Michigan Ave., Beulah. Hours listed on the website are Wednesday through Saturday, 10 a.m.-5 p.m.; Sunday,

1-5 p.m. Contact Cognition staff at 231-383-4095.

Stewart McFerran works part time at Cognition Science and Discovery Center, where he draws on his experiences as an instructor at Northwestern Michigan College's Northern Naturalist program and as a graduate assistant at the Western Michigan University Center for Science Education.

FRESHWATER REPORTER

A fresh approach to storytelling in Manistee and Mason counties...and a bit beyond.

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