



Humber Valley Skills Inventory

Prepared by Dale Gilbert Jarvis and Denise McKeown

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Heritage NL

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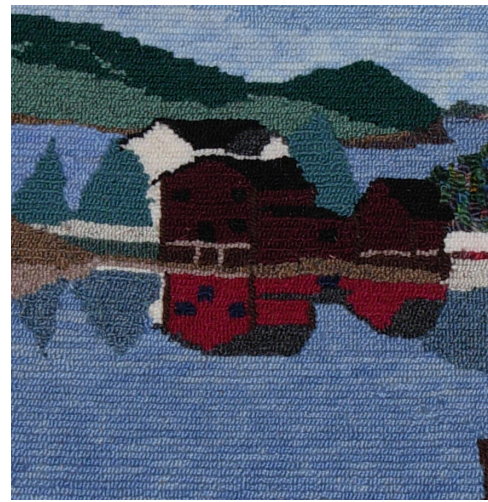


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KAREN ENGLISH, JOAN FOSTER,
TERRY PIKE, TIM SPICER, TIM SPICER,
TERRY PIKE, TERRY PIKE, TIM SPICER,
TIM SPICER





PHOTO COURTESY OF LEE HARVEY

Introduction

The Humber Valley Skills Inventory, part of the Humber Valley Thriving Regions project, is intended to identify existing knowledge holders in the area, including craft producers, bakers, farmers, foragers, brewers, printmakers, fly tyers, beekeepers, cooks, artists, antler carvers, and makers of all kinds.

The region includes the following communities: Steady Brook, Little Rapids, Humber Village, Humber Valley Resort, Pasadena, Pynn's Brook, Little Harbour, St. Judes, Deer Lake, Reidville, Cormack, and Howley. The region is formed by the Humber River which flows through the Long Range Mountains, through Deer Lake to the Bay of Islands. The area has a rich history and economy which includes the Deer Lake hydro-electric station and regional airport, agriculture, and tourism.

This report is very much a first look at the wide variety of talents and skills held by residents of the Humber Valley, and is a starting point for additional research on local knowledge.



PHOTO COURTESY OF LEE HARVEY



PHOTO COURTESY OF SUSAN MORRIS

How to use this inventory

The goal of this inventory is to help in identifying the region's hidden gems - our tradition bearers - and linking them with existing businesses and tourism operators to extend the depth and breadth of visitor opportunities. If you are a tourism operator, bed and breakfast owner, guide, or entrepreneur, we encourage you to contact them, and work out how they might be able to provide you with a demonstration, workshop, or other cultural experience.

Be creative! Think about packages and cultural experiences you can develop in partnership with the skills holders listed here.

If you are developing a tourism offering for your clients, remember to build in a fee that can be paid to your cultural partner. Some may already have fees in mind for their work, others may not, but we encourage you to discuss that with your partners and to fairly compensate them for their contributions and specialized knowledge.

Lee Harvey Beekeeping

709 765 0345

Lee is skilled in the art of beekeeping and feels he is privileged to be “keeper of the bees.” Lee, and his wife Dawn, decided to get bees to pollinate their raspberries in 2017 after the NL government introduced a beekeeping initiative in the province. Shortly afterwards, in 2019, they decided to open their bee business selling bee related products.





PARTICIPANT SEWING TOGETHER A BRAIDED RUG AT A WORKSHOP
LED BY DEANNE DAWE OF RUSTIC RAG RUGS. WORKSHOP
WAS HELD BY HERITAGE NL AND TOOK PLACE AT ST. JOHN THE
EVANGELIST CHURCH HALL IN BAY ROBERTS.
PHOTO COURTESY OF HERITAGE NL

Ingrid Hillyard

Rag rugs

709 636 4569

Ingrid remembers seeing old fashioned rag rugs in the homes of elderly people and hearing stories about how they were made. She loved that people recycled worn out clothes into quilts and rag rugs. Ingrid's elderly relatives taught her how to make the rugs but it was watching videos on Pinterest that renewed her interest.



PHOTO COURTESY OF ROSEANN BRAKE

Roseann Brake Food, stories

709 636 8063

www.rockybrookacres.com

Roseann is dedicated to teaching people about Cormack and its heritage. She was inspired by her dad, who was a WWII veteran and one of the original settlers in the Cormack area. He was one of the handful of settlers who stayed in the area and helped build the community. Many people are unaware that Cormack was settled by WWII vets and their war brides and Roseann is happy to share her knowledge.



PHOTO COURTESY OF LAURALEE LEDREW

Lauralee Ledrew

Permaculture farming,
greenhouse grower,
forager/wild edible harvester
(not mushrooms); preserves,
bannock making, fire/survival,
Indigenous chef, hiking leader
facebook.com/upperhumbersettlement
info@upperhumbersettlement.ca
709 215 4166

Lauralee is a hiking leader and skilled forager who enjoys sharing her knowledge. Lauralee is also an Indigenous chef who enjoys making preserves and bannock. Lauralee and her husband Mark implemented permaculture practices at their six-acre zero waste sustainable farming homestead after a trip to New Zealand. Now they are both passionate advocates of permaculture farming.

Susan Morris Knitting, rug hooking 709 638 0111

Susan loves doing traditional crafts, some of which she learned from her dad who used to knit socks to donate to soldiers. Susan was also intrigued by different hooked rug displays, and attended a Rug Hooking Guild of NL workshop to learn how to make them. Susan immediately fell in love with this craft and continues to share it through her own rug hooking school. Susan is inspired to create familiar Newfoundland scenes.



PHOTO COURTESY OF SUSAN MORRIS



Una Reid

Knitting, rug hooking

709 634 7298

Una learned how to knit as a child and has made a variety of socks, sweaters, mittens, blankets, and shawls. She has recently started knitting Fair Isle patterns. Years ago Una attended a craft fair in Corner Brook, where she became interested in hooked rugs. After her first class, Una was “hooked.” Since then Una has attended several classes. Besides learning how to bleach and dye pantyhose for projects, Una has learned a number of techniques, including: Grenfell-style hooking, fine shading, sculpting, creative stitches, geometrics, and tessellations. Una has participated in several initiatives that promote rug hooking using Newfoundland heritage buildings and lighthouses as inspiration.

Audrey Feltham

Textiles, embroidery, hand quilting, printmaking, watercolours, surface embellishment of fabric

709 636 4626

Audrey is a professional artist working both in traditional print practice and in fibre art. She was taught embroidery by her grandmother as a young child. She later learned crochet and quilting on her own. Her watercolour skills are also self-taught. Audrey received a BFA in visual arts (printmaking) in 2002 from Sir Wilfred Grenfell College, Corner Brook. She values the close relationships developed through the transference of skills.

“These skills give me a voice to create visual statements of heritage, culture, and place.”



“I learned to knit from my grandmother. I think of her often when I knit”.

~Delphine Ball

Roxanne Feener

**Knitting, crocheting, rug hooking,
quilting, English paper piecing,
plastic canvas**

709 290 1657

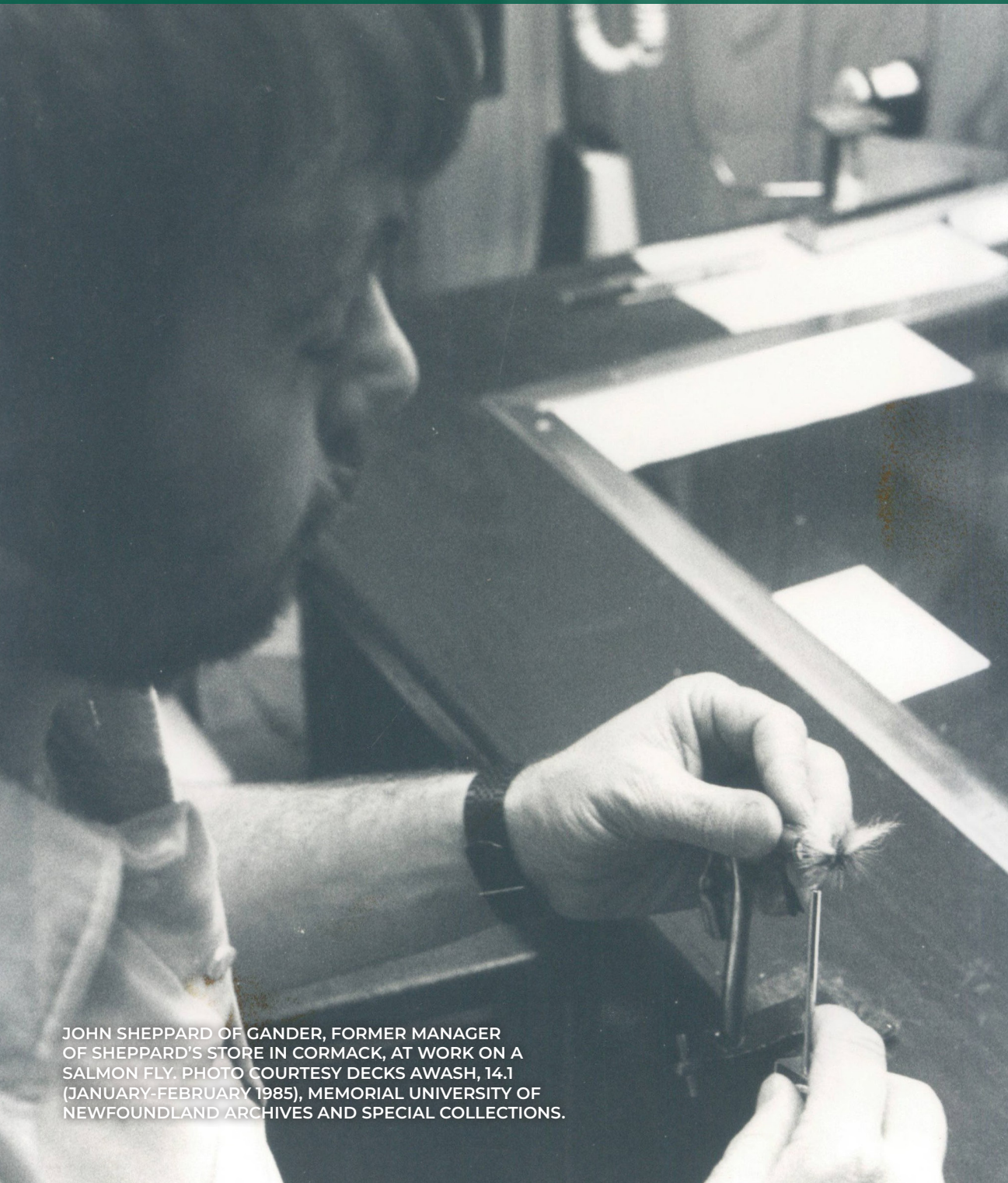
Since it was difficult to learn from her left-handed mother, Roxanne learned many handicrafts from her grandmother including knitting, crocheting and rug hooking. By her own admission, Roxanne has tried everything. Roxanne enjoys the intricate work of the English paper piecing quilting technique, but it can take up to three years to complete a quilt. Most of Roxanne's finished projects are donated to a variety of charities. However, Roxanne is currently crocheting sixteen small turtles, for a colour matching game for her kids. All of the small turtles for the game fit into one large turtle.

Thelma Bowdridge

Knitting, crocheting, quilting

709 215 9141

Although Thelma learned to knit, crochet, and quilt as a teenager she did not pursue these activities until recently. Now she creates a variety of projects throughout the year and donates them to several charities. As a token of appreciation for their services to our country, Thelma donates quilts to Canadian veterans through the Quilts of Valour program. Thelma also donates knitted items to charities that, in turn, distribute them throughout Newfoundland in support of women, children, and seniors.



JOHN SHEPPARD OF GANDER, FORMER MANAGER OF SHEPPARD'S STORE IN CORMACK, AT WORK ON A SALMON FLY. PHOTO COURTESY DECKS AWASH, 14.1 (JANUARY-FEBRUARY 1985), MEMORIAL UNIVERSITY OF NEWFOUNDLAND ARCHIVES AND SPECIAL COLLECTIONS.

Mike Goosney

**Fly tying, bread making,
bottling**

709 636 6877

Some of Mike's favourite memories are learning from his dad and grandmother, so his skills make him feel rooted to the past. Mike remembers watching his dad in the kitchen as a little kid. Mike learned how to tie flies from an instructor at a fly tying course in Labrador. His dad had a fly tying kit and Mike's interest grew from there.

**“My Grandmother
used to crochet lace
to go around table
cloths, I have her
hook and a ball of
lace still”**

~Norma Hillyard

Norma Hillyard

**Knitting, crocheting, quilting,
embroidery, sewing**

709 636 8580

Norma feels it is important to keep traditional skills going. Norma still has a ball of lace her grandmother crocheted and the hook she used.

Trudy Forsey

Knitting

709 635 3735

Trudy used to watch her friend knit when she was in her twenties and asked for some lessons. There were three or four friends who learned together. They had small kids so they would gather together to watch television, knit, and visit. Trudy used to make a lot of kid's items like sweaters and socks. Now that her children are grown, Trudy mostly knits dishcloths, which she likes to give away. For Trudy, knitting is a good pastime and she cherishes the memories she has of sitting and knitting with her friends.



PHOTO COURTESY OF SABRINA GAULTON

Sabrina Gaulton

Rug hooking, leather making
(wallets and purses), sealskin
wallets, bark tanned sealskin,
sewing, landscaping, gardening
709 636 4190

Sabrina's favourite skill is rug hooking. She learned the craft during a textile studies program in St. John's. When Sabrina learned how to hook rugs she felt it was a dying craft and is happy to see it picking up again. Sabrina likes the way rug hooking allows for a lot of creativity in textures and materials and that rugs can be made to look like anything you want. She also likes that it's a hands-on craft she can do when she watches television in the evening.

Sylvia Patey

**Knitting, crocheting, Tunisian crochet,
loom knitting, rug hooking**

709 638 1302

Sylvia's skills help her pass the time and give to others. Sylvia grew up in London, England, and when she was seven years old her grandmother taught her a basic knit stitch. Sylvia wanted to make something for her doll, so they worked together and made a little scarf. Although Sylvia didn't go back to knitting until she was married and had kids of her own, she was inspired by this experience. After moving to Newfoundland, Sylvia had more leisure time to knit and to learn how to crochet from the internet. YouTube has been a game changer for Sylvia, who loves learning and sharing new stitches.

Colleen Harnum

**Knitting, crocheting, quilting,
sewing**

709 633 0144

Colleen learned her skills from her mom and her nan. Colleen's mom taught her how to sew on an old-fashioned Singer treadle sewing machine, the kind where you had to use your feet on the treadle to make it work. Her mom used to make all the kids' clothes on that machine. Colleen also knits and crochets and belongs to a group that makes items for donation from wool donated by others.



PHOTO COURTESY OF JANE MARGARET JANES

Jane Margaret Janes

Knitting, sewing

709 636 0007

Jane is not a fan of current fashion and prefers to make her own skirts, dresses, and other clothes. Crafting connects Jane to cherished and heartwarming memories of her childhood and her grandmother. Jane's grandma did not know how to read or write but she could look at a person and make them a dress without taking any measurements or following a pattern. Jane admires how her grandma could cook, bake, or make anything just by looking at items. Jane still has a bureau scarf (similar to a runner) with crocheted lace edging made by her grandma.

“These skills that the older generations knew are dying out. So we need to learn them and teach them to the next generation.”

“My son even made a baby blanket for his first child. I asked him where he learned how to make a quilt. He said, ‘Mom you taught us that in school, in art classes over the years.’ Wow, you don’t realize what they take in until you talk to your students years later.” ~Viola Rice

Viola Rice

Rug hooking, knitting, sewing, needlepoint, painting

709 216 6646

Viola wants to keep traditional skills alive. Viola learned how to knit from her grandmother and how to sew from her mother. Currently, Viola’s favourite craft is her newest skill, rug hooking. As an art teacher retired from the Newfoundland school system, Viola takes pride in having taught and inspired many youth to try crafting and acrylic painting.

Jean Young

Storytelling, journalling, writing workshops, book design

709 635 4090

Jean is an author and book designer who uses her skills to support writers of all ages. Publishing the young adult novel, *Quicksilver Summer*, is one of Jean’s favourite memories.



PHOTO COURTESY OF SUE MCFADDEN

Sue McFadden

Knitting, crocheting, sewing,
gardening, a bit of woodworking

709 770 8581

Sue calls knitting her “moving meditation” and likes how she relaxes and gets lost in her work. Sue learned her skills by watching other people, whether it was her sister knitting or her husband woodworking. Although Sue started out doing basic kinds of knitting, she found herself drawn to finer work and is now dedicated to knitting lace. Sue is a retired journalist and one of her favourite memories is of her mother knitting mittens. Sue is the founder of Blankets for NL, a program that provides knitted, crocheted, and quilted blankets to residents of Newfoundland and Labrador. Volunteers provide finished items to Sue, who arranges for them to be donated to numerous non-profit organizations, women’s shelters, mental health facilities, and communities throughout the province.



Donna March

Knitting, crocheting, sewing
709 685 1233

Donna learned to knit basic items, like scarves and mitts, from her mother. Donna had a fascination with knitting right from the start and continues to grow her skills so she can make a variety of things. Donna happily explains that her dad, a WWII veteran, used to wear the cardigans and sweaters Donna made for him. He was especially happy with the fine knit socks she made him. Previously, Donna participated in a fundraising project [organized by Doris Park] where each person contributed a quilt square to make a quilt. The picture shows Donna with the quilt (in progress). The pattern is called Oxygen and comes from a company called Cosmos.

Olga Wiseman

Sewing, knitting, crocheting, rug hooking, rabbit catching

709 635 7810

Although Olga learned to knit in the Brownies, she didn't really get into it until after she was married. As a nurse on shift work, Olga and the other nurses often knitted when they were working at night. Over time Olga also learned how to quilt, crochet, and hook rugs. Although she prefers to read nowadays, Olga's crafting brings back many happy memories.

Melva Nichols

Knitting, rug hooking

Melva's sister taught her how to hook rugs and it continues to be something Melva enjoys doing.

Linda Tulk

Sewing, knitting

709-635-3562

Linda enjoys the social time spent making crafts and learning to do different things. Linda learned to sew from her mother-in-law, a sewing instructor for the vocational school in Corner Brook, when she was still dating her husband. Linda used to make most of her own clothes, including formal wear like her graduation dresses and wedding dress. Currently Linda enjoys sewing old-fashioned flannel quilts. She also belongs to two knitting groups that make a variety of blankets for several different charities.

HUMBER VILLAGE

Jennifer Lundrigan

Animal husbandry (horses, chickens, ducks, dogs),
beekeeping, landscaping,
retail marketing

Diamondelledesigns@gmail.com

Jennifer believes it is important to be practical and open to new ideas. Jennifer's skills have developed over a lifetime of practice both with her family and as an adult working in different industries. In the past Jennifer participated in horse shows but now she enjoys backcountry adventures with her fellow horse riding friends. Jennifer cherishes the lifelong memories she has made with family and friends. Jennifer loves her greenhouse, pictured here, crafted by her husband from repurposed materials.

LITTLE RAPIDS

Megan Holdfast

Horticulture, sustainable farming, seed saving, painting

709 660 8410

www.mholdfast.com

Megan's art and farming skills have been passed down through family but also cultivated through her own art practice, homesteading, and formal education in the field of horticulture at the University of Saskatchewan. Megan enjoys discovering the lessons and stories each plant shares and getting lost in the creative process of art.

Jackie Dyson

Sealskin sewing, moccasin making, caribou tufting, quilting

709 897 5431

Jackie enjoys working on crafts that are part of her culture and likes sharing ideas and knowledge. Jackie learned some of her craft skills through a two-year diploma program in heritage crafts from the College of the North Atlantic in Goose Bay, Labrador.





PHOTO COURTESY OF TERRY PIKE

Terry Pike

Rug hooking, quilting,
sewing, cossack making
NLTechieTchr@gmail.com

Terry has been making cossacks, a type of coat, since 1982 when she moved from Newfoundland to Labrador. Each cossack is custom made, without a pattern, to fit the torso of the wearer. Terry's husband used to be an inshore fisherman. Using the only picture of his family's fishing crew checking their cod trap, Terry created a large mat hooked on burlap. It hangs in their home as a reminder of their family's history.

Dianne May Bartlett

**Photography, quilting, sewing,
knitting, painting, birdwatching,
rock painting, gardening**

709 456 7097

Although many of Dianne's skills are self-taught she did learn knitting in the Brownies and Girl Guides and rock painting from Pinterest videos. In 2019, Dianne started collecting rocks to paint over the winter. Shortly afterwards, Covid-19 hit and luckily Dianne had enough rocks and painting supplies to keep her busy for months. Dianne likes to "drop" painted rocks around Corner Brook and throughout the province. Dianne likes spending time outdoors in the garden or taking pictures. For her latest endeavour, Dianne is trying to recreate her grandmother's English flower garden. Dianne enjoys teaching and learning skills and spending time with other crafters.

Eileen Anne Simms

Quilting

709 660 6170

Eileen took a seamstress course at the college in Stephenville. Afterwards, she worked from home doing alterations and making clothing such as tailored suits. About twenty years ago, Eileen gave up sewing clothes in favour of making quilts. She is especially interested in Newfoundland applique quilts. Eileen also enjoys crafting with her nieces and great-nieces. Eileen's crafts keep her active and involved in the community.

Richard Butt

Farming, food sustainability

709 640 7653

Richard is a proud supporter of Food First NL, an organization dedicated to raising awareness regarding the precarious nature of food security in Newfoundland and Labrador. The organization works to make sure everyone in the province has access to healthy, affordable, and culturally appropriate food.



PHOTO COURTESY OF KAREN ENGLISH

Karen English

Rug hooking

709 640 3236

As a child, Karen's parents fostered a love of art and craft through their own artistic endeavours and with family trips to St. Anthony to learn about the Grenfell Industrial Mission. They would also visit Jordi Bonet's ceramic murals in the Charles S. Curtis Memorial Hospital in St. Anthony during the 1960s. Karen's mom was an artist with many interests, including painting and functional pottery. However, it was the texture of her dad's hooked rugs, made before she was born, that eventually inspired Karen to take up rug hooking as an adult.



Deborah (nee Myles) Le Moine

**Knitting, quilting, stained
glass**

709 686 5089

Deborah learned to knit from her grandmother and remembers making scarves for her dolls from a very young age. Deborah learned to sew in a home economics class in school but became hooked on quilting after taking a course in Pasadena. Half of Deborah's studio above her garage is dedicated to her passion for stained glass, a craft she learned about twenty years ago in Rocky Harbour. Deborah is currently contemplating venturing into rug hooking.

Marylyn Murphy

**Baking, scrapbooking, quilting,
jam making, moose bottling,
bottle beets, small Girl Guide
camp crafts**

709 632 1866

Marylyn learned most of her skills from family and friends. For Marylyn, creating is an enjoyable way to relieve stress and makes her feel accomplished. Marylyn wants to pass her skills on to future generations.

Kathy Rideout

**Sewing, knitting, crocheting,
rug hooking**

709 660 1064

Kathy says she has always needed to do something with her hands and likes making things for herself and others. She finds it very satisfying to see the end product and know that she has done a good job. Kathy learned to crochet from her mother, to knit from her grandmother, and to sew from them both. Kathy used to make all her own clothes and was in her twenties before she bought her first dress. Although Kathy still sews, she now prefers making simple quilts and craft projects. Kathy learned how to hook rugs in 2002 from Joan Foster but it is only since retiring that she has the time to hook in earnest. Kathy cherishes the time spent learning to knit with her grandmother.



Tim Spicer

Rug hooking, punch needle
709 686 6397

As a gardener, Tim needed a hobby for the off-season. Looking at the hooked rugs in a craft shop in York Harbour, Tim knew he needed to try it. Tim appreciates rug hooking as an aspect of Newfoundland's heritage and is happy to be part of it. Tim likes the way the creative process of rug hooking improves his hand-brain coordination, raises his self-esteem, and relieves stress. Recently, Tim has taken up punch needle work, which uses all the same materials as rug hooking.



Karen Tiller

Knitting

709 632 4158

Knitting connects Karen to her grandmothers. Both of Karen's grandmothers tried to teach her to knit. But they knitted too quickly and neither of them followed printed patterns. Karen eventually learned to knit from the ladies at the local heritage group in Pasadena. Karen prefers straightforward patterns but she'll try anything at least once. At one point Karen made a scarf and hat set in the Pasadena Winter Carnival colours of red and yellow. She brings it out every year for the carnival.

PYNN'S BROOK

Ken Tuach
Dry stone masonry,
quarrying
709 660 2050
<http://nlflagstone.com>

NL Flagstone is a small-scale, seasonal operation that has been working with natural stone since 1994. The company quarries bluestone from Lower Carboniferous rocks near Pynn's Brook. These were formed 350 million years ago in a delta, similar to where the Humber River presently flows into Deer Lake in western Newfoundland. The company supplies natural stone across the province to private home owners, contractors, and for public projects, and also offers technically standardized walls, ensuring that customers get a standard product. Ken is a certified level three dry stone craftsman who can run workshops using skills obtained from the Dry Stone Walling Association of the UK, Dry Stone Canada, and the Stone Trust in Vermont, USA. All are registered nonprofits interested in preserving and restoring stone work as well as developing technical walling skills. His hands-on workshops are run on a periodic basis and can encompass different levels of difficulty.



PHOTO COURTESY OF HERITAGE NL

“Our bluestone is quarried near Pynn’s Brook in western Newfoundland. It is strong, durable, workable, and reusable. It is regarded as a prestige product for use in landscaping and masonry work - similar to Pennsylvania bluestone quarried from the Appalachian Mountains of Pennsylvania and New York states.”

~Ken Tuach

APPENDIX

Joan Foster

Knitting, crocheting, sewing,
quilting, rug hooking

709-673-3086

Although Joan does not live in the Humber Valley, she has been a tremendous influence on rug hooking both throughout the area and in the province. In fact, many people featured in this booklet learned how to hook rugs from Joan. Joan learned how to hook rugs from her mother in 1979. Later, in 1983, Joan attended the Rug Hooking Guild of Nova Scotia's annual Rug School (a 5-day workshop). She also completed several courses from both RHGNS and the Rug Hooking Guild of Newfoundland and Labrador (of which she is a founding member). Now Joan travels all around the province teaching rug hooking wherever there is sufficient interest. Some of Joan's memories include watching her mother hook and listening to stories told by older rug hookers when they register their mats for the RHGNL Heritage Rug Registry.



PHOTO COURTESY OF JOAN FOSTER

LESLIE HARRIS CENTRE OF REGIONAL POLICY AND DEVELOPMENT

The Humber Valley Skills Inventory received funding as part of Memorial University's Thriving Regions Partnership Process, which supports research partnerships that help promote thriving social and economic regions. The Leslie Harris Centre of Regional Policy and Development is Memorial University's lead unit on regional development, public policy, and knowledge mobilization.

For the past 20 years, the Centre has funded almost 200 applied research projects relevant to the province of Newfoundland and Labrador and organized dozens of public events, ranging from annual lectures to policy dialogues to regional workshops bringing ideas and solutions to some of the most pressing problems facing the province today. Through its strong national and international partnerships, the Centre has a broad network that it can mobilize to find expertise and share knowledge on a wide range of issues.

The Centre also supports research projects at Memorial University, universities across Canada, and internationally through its robust program of knowledge mobilization tools such as podcasts, webinars, public policy dialogues, and effective facilitation processes.



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