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Fall/Winter Edition

# HAWEATERS

## Guide

### 2025

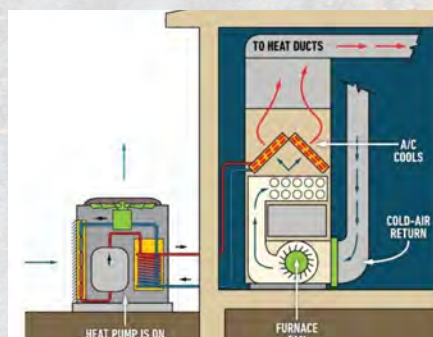
FEATURING



**BANCROFT**

Modular homes are gaining popularity on Manitoulin Island.

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Are heat pumps the right choice for you?

Page 3



'How deep should my well be?' Groundwater myths debunked.

Page 9

...and so much more!

Cover photo: Thanksgiving weekend on Sheguiandah's Trotter's Sideroad



**by Tom Sasvari**

**MANITOULIN**—With the fall season bringing cooler temperatures to Manitoulin Island, and only a few days (hopefully) left for air conditioning being required, it is about that time of the year to shut down your air conditioning unit.

A good gauge of when the air conditioning should be shut down is to remember that if it is time to move your patio furniture into storage, homeowners should also shut down their air conditioning unit to protect it from the winter elements.

“Shut down your air conditioning unit in mid-October; we still have a few days here and there that AC is required,” said Andy Campbell of Campbell Heating in Gore Bay. “Shut down would include either removing your electrical disconnect or shutting off the breaker; removal of any debris, leaves, grass, weeds around the outdoor unit, hose off dirt, dust and pollen.”

Mr. Campbell noted, “Dog pee is extremely corrosive to the outdoor unit and will decrease the life of it. Don’t allow your pets to pee on your equipment.”

“Keeping your outdoor unit (condenser) clean will improve operation and efficiency as well as to help reduce electrical consumption. Don’t forget to keep your air filters clean and make sure you AC unit is properly draining the condensation out of your furnace,” continued Mr. Campbell.

Dean Dick, HVAC category manager at Wolseley Canada told the press that an air conditioning system is a major investment that requires a proper shutdown procedure to maximize lifespan and efficiency.

“These steps can take less than an hour but can make a significant difference in performance and longevity,” said Mr. Dick. “It’s essential care that helps your unit stay reliable and ready for many summers to come.”

“Maintenance and service will extend the life of your AC,” said Mr. Campbell. “Typically 10 years should be expected from your air conditioner.”

When major repairs are needed, homeowners should consider the age of their unit when deciding whether to replace components or install a new system.

It is recommended to use a breathable cover when it's time to cover your condenser for the cooler season to protect the unit from trapped moisture.

Mr. Campbell explained, "an (air conditioning unit) cover is certainly helpful to keep debris out of your unit in the off-season. Don't forget to remove it when you turn it back on in the spring." He said, "Most covers leave the bottom four-six inches of the outdoor unit open to allow some airflow."

"Maintenance of an air conditioner is usually done in the spring, and usually in the fall for the furnace," said Mr. Campbell. "Every three months your air filter ought to be checked/replaced, and definitely more frequently if you have pets or not so clean homes. Also, more frequently, if you are using a high quality MERV 8 or higher air filter."

He said, "Airborne particles, allergens and bacterial are caught in this filter and must be removed by replacement of the air filter."

Don't forget to call Campbell Heating for sales, service, inspection and installation. They can be reached at 705-282-0343.



It's just about time to get your air conditioner unit ready for the winter months.

Shutterstock

**by Benjamin Sear, manager, Royal Homes**

MANITOULIN—Manitoulin Island is known for its rugged natural beauty, freshwater lakes and tight-knit, growing communities. As a result, the Island is seeing a rising interest in modular homes as an alternative to traditional built-on-site houses. This approach offers a compelling set of advantages for island living — speed, cost predictability, innovative design options and a premium product rivaling any conventional build.

### What is a modular home?

Modular homes, also referred to as prefabricated homes, are homes that are built in a factory. In the design process, the home is broken into modules sized precisely for shipping then built on the factory line. Once finished in the factory, each module is shipped to its destination, set on the foundation, and tied together on site leaving little evidence of the different processes involved in the construction of the home or building. This allows for economies of scale to reduce material and labour costs, making it especially beneficial in more remote areas. A 365-day tempered environ-

...continued on page 3



The Bancroft is a cottage model boasting 964 sq. ft.

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# Why heat pumps may work for you and your heating, cooling needs

**by Tim St. Amand**  
MANITOULIN—Don't be fooled by the name—heat pumps don't actually create heat. At the core of how heat pumps work is a surprisingly simple concept: it moves heat, rather than producing it from scratch. This process is exactly how our refrigerators work, extracting warmth from their interiors and expelling it outside.

**Here's how they work:**  
When it's cold outside and you want to heat your home,

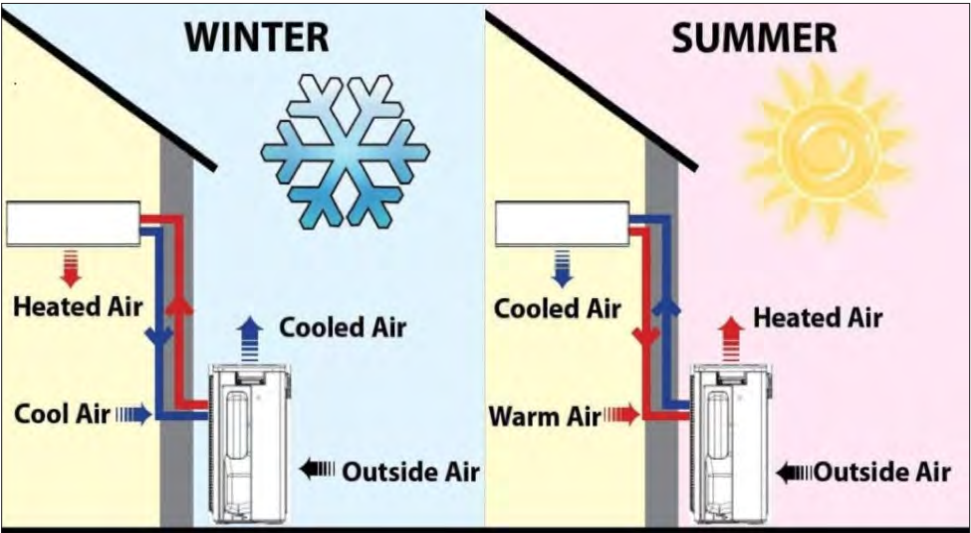
an electric heat pump pulls heat from the outside air and transforms it into a gas where it is compressed and heated to the desired indoor temperature. A fan is used to disperse the heat into your home. This method of transferring heat, as opposed to generating it through means like burning fuel, is what sets heat pumps apart and makes them a cost-effective and environmentally friendly choice for today's households. One of the most common misconceptions is that cold air lacks heat.

## ...Modular homes:

...continued from page 2

ment allows all trades to work in comfortable, flat and dry working conditions. This allows for increased productivity, attention to detail and overall employee satisfaction resulting in a well-made product.  
Modular buildings come in several different design options, sizes and building types. Anything from custom homes or cottages to commercial spaces, apartments and hotels are possible. As building technology has evolved, the "modular home" has outgrown the old stereotypes and proved to exceed quality expectations again and again. A team of dedicated people all working out of a single location allows for a wide variety of modern design options available to every customer.

**The UCCM Anishnaabe Police Station**  
Success in modular construction goes beyond single family dwellings. The diversity of modular possibilities is expressed in the building of the new UCCM Anishnaabe police station in Sheshegwaning. By connecting multiple strategically designed modules, a police station consisting of common areas, meeting rooms, workstations and living quarters is in the final stages and will soon be completed.  
"Our police facility was a complete custom build. Right from the design process to the building being completed, the process was easy and seamless," says Staff Sergeant Brad Mack, UCCM Anishnaabe Police.  
For residents of Manitoulin Island thinking of building or replacing a home, modular builds represent a strong option: combining the speed, quality control, and cost efficiencies of prefabricated building with the ability to customize and adapt to local environmental and aesthetic conditions. For those who plan carefully and partner with experienced builders and local authorities, the modular path can deliver a home that is affordable, faster to complete and well-suited to Island life.



The above is an example of a ductless heat pump (mini-split) with indoor evaporator and outdoor condenser.

Actually, even cold outdoor air contains some amount of heat. The heating cycle of a heat pump is built upon this principle.  
When it's hot outside and you want to cool your home, the process reverses, pulling heat from indoors and transferring it outside, lowering the temperature of your home and cooling it. During the cooling cycle, the heat pump acts like an air conditioner, removing excess heat from indoors and releasing it outside, en-

...continued on page 4

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## ...Why heat pumps may work for you

...continued from page 3

During a cooler and more comfortable home interior.

In both cycles, the heat pump's capability to move heat rather than generating it is what sets it apart from conventional systems, offering homeowners both comfort and efficiency no matter the season.

### Energy efficiency

Modern heat pumps have a high coefficient of performance (COP), which can range from three to five in optimal conditions. This means that for every unit of electricity used to run the heat pump, three to five units of heat are produced. This is a stark contrast to traditional heaters, which often have a COP of less than one. Cold cli-

mate heat pumps are now available that will even heat your home down to -30° Celsius!

The increased energy efficiency of heat pumps directly translates to tangible monetary savings for homeowners by reduced electricity bills since heat pumps use less electricity compared to traditional heating and cooling systems, homeowners can see a significant reduction in their monthly bills. Heat pumps, given their fewer moving parts and advanced design, often have a longer operational life and may require less frequent maintenance than older systems. This translates to savings in the long run.

### Options for installation

There are different options for heat pumps

...continued on page 6

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# The changing of seasons can also mean a changing of moods

by Allan Chislett, MSW  
MANITOULIN—Summer is over and the days are getting shorter. Holidays are just a memory now, and everyone can sometimes feel down, from children to adults, whether it's the first day of Kindergarten or of university.


The fall season can bring increased spending for school, Thanksgiving and Christmas. For some these are enjoyable times and for others they represent increased difficulties, whether it's financial, interpersonal or family stress. For some, that stress begins to take a toll. With

support and connection to others the stress can be navigated, but if a person is isolated or unable to manage their stress it begins to impact their ability to cope. We can all have short-term difficulty. However, if things don't go well for long periods of time our brain and body will begin to show signs of distress. If left untreated, it can


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lead to depression. Depression is just something that happens to us; no one wants it and it is *not* a personal failure, even though it may feel that way. Just as organs like the stomach, kidneys, lungs and heart can make us ill if under sustained pressure, the same is true for the brain. Depression is a real experience in which the brain's electrical-chemical cellular activity slows down if we've been under significant pressure for two weeks or longer. When the brain's activity slows down, so too does our ability to regulate mood and anxiety. Motivation to complete even basic tasks is decreased; thinking can also become slower, including our ability to solve problems and think positively. This is why we can lose interest in once-enjoyed activities, feel a prolonged lack of energy,

...continued on page 8

## ...Understanding heat pumps

...continued from page 4

as well. You can pair a heat pump outdoor condenser and indoor evaporator coil with your existing furnace and use your ductwork for heat/cool distribution to your home. Or if you do not have ductwork, you can install a ductless heat pump system, either stand-alone (one evaporator, one condenser) or multi-head system (up to five evaporators and one condenser) to keep your home comfortable. *Tim St. Amand is the president of Pro-Gas Energy Services, Manitoulin's Complete Indoor Comfort Centre since 2001. ProGasEnergy.com.*

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**About Allan:**

Allan holds a Master's Degree in Social Work. He is a registered member of The Ontario College of Social Workers and Social Service Workers, and of EMDR Canada and EMDRIA, the EMDR International Association. He has over 30 years experience in clinical counselling and therapy in both the hospital mental health system and private practice, and is also trained in Crisis Intervention. He has extensive experience in clinical hypnosis and Ego-State Therapy to enhance EMDR therapy. He is also versed in Cognitive Behavioural Therapy (CBT) used as an adjunct to EMDR therapy. Allan believes in continually advancing his knowledge through education, and is currently integrating Internal Family Systems Theory as an adjunct to EMDR therapy. Allan conducts sessions in-person and via Zoom.

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**January 17:** Comedy Night

**January 24:** Ultimate Beegees

**February 14:** Yuk Yuks

**February 28:** Tina Turner, Gladys Knight, Ella Fitzgerald, Daft Punk/Pharrell, Sisqo, Justin Timberlake, Adele, Cyndi Lauper, Luther Vandross and **MORE!**

**March 14:** Bon Jovi

**March 28:** Cher

**April 11:** Yuk Yuks

**April 25:** Rod Stewart by Doug Varty

**May 23:** Tragically Hip *"The Hip Machine"*

**June 6:** Comedy Night

**June 27:** '70s Rock Show - Doobie Brothers, Fleetwood

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**July 18:** The Beatles *"The Fab 4"*

**August 1:** Elton John and Billy Joel *"Face 2 Face"*

**September 26:** Garth Brooks *"Fresh Horses"*

**October 24:** Elvis by Steve Michaels

**November 7:** Yuk Yuks

**November 21:** Shania Twin by Donna Huber

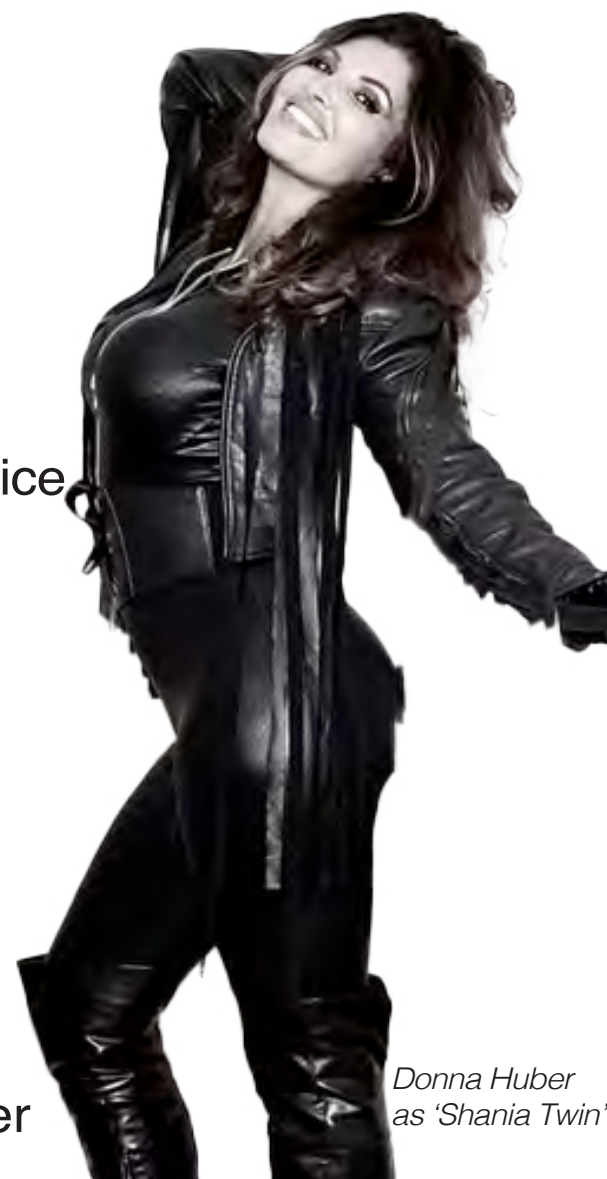
**December 12:** *"Abba Revisited"*

**December 31:** New Year's Eve - Stevie Wonder, Heart,

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**..changing of season and moods**

...continued from page 6

endure a loss of confidence, unexplained guilt, and even struggle to concentrate, rest or sit still. It can affect sleep and appetite. Without support or intervention, a desire to escape life increases to the point that we may think about dying and eventually contemplate a plan to do so. This is also why it is important to recognize the signs early.

**What to do**

The basics are eating, hydrating, sleeping well, physical activity and socializing. For those of you who have Seasonal Affective Disorder (SAD), full spectrum lighting can help with the lack of sunlight. We can make the necessary changes to

adapt effectively to the lack of sun. Know that working through mood-related difficulties and depression is important. Your doctor can treat your symptoms when you begin to feel a change in mood. It doesn't always occur to a person that there is help available! If you have reached a point where you begin to think not being here is an option it is important to go to an emergency department. Mental health services are accessible through the Manitoulin Health Centre. Support can also be gained through mental health workers on family health teams and private therapists. You can also call or text 988 anytime toll free (see Canadian Mental Health Association for more information). Remember that help is available and accessible!

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# Perceptions of groundwater: Sometimes well-depth is not enough

**by Jeff Wahl**  
MANITOULIN—Home-owners with drilled wells often believe that a good initial test result combined with proper well depth guarantees that their water is free of bacterial contamination. This is only part of a much larger perception that water can be considered safe without further assessment or treatment. Consequently, when groundwater is blindly perceived as safe, additional testing is often not conducted to verify its suitability for drinking and household use.

A prominent societal belief is that water from a private groundwater source is inherently safe, especially if it was deemed acceptable in the past or if the surrounding environment appears undisturbed. For example, some people assume their well water is pristine simply because previous gen-

erations never experienced issues, their well depth is considerable, or the water shows no outward signs of contamination.

In actuality, common characteristics of water contaminants are that they are

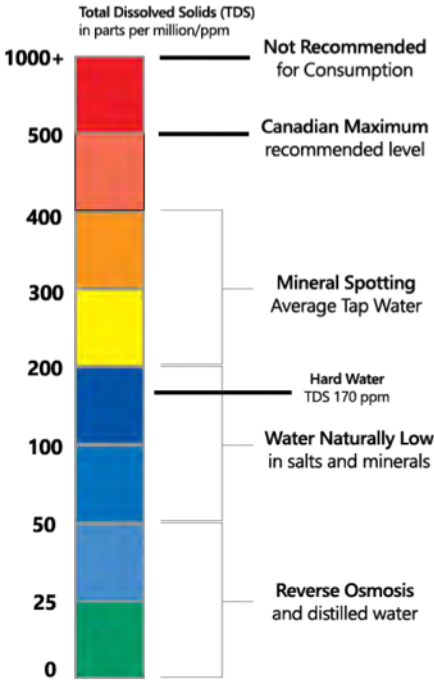
generally colorless, tasteless, and undetectable to the human eye. This often leads people to perceive the water as safe, allowing contaminants to go undetected if the source has no objec-

tionable odours or tastes. A contaminant, with regard to water, is generally defined as a polluting or poisonous substance that makes a water source impure. This can include any physical, chem-

ical, biological or radiological matter found in water.

It's not possible to give an exact number of contaminants in Canadian groundwater sources because the

...continued on page 12



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# Manitoulin Pet Rescue: Helping animals find their way home

**by Carly Valiente**  
MANITOULIN—Manitoulin Pet Rescue is a registered charity that rescues, rehabilitates and rehomes abandoned, abused, surrendered

and homeless animals on Manitoulin Island. It is more than a rescue organization – it is a community of caring hearts dedicated to giving cats and dogs a second

chance at life. Every animal that comes into care receives the medical attention, love, and patience they deserve. Manitoulin Pet Rescue is based entirely

on foster homes and is constantly in need of new foster homes willing to provide love, care, and a safe place for these animals as they await adoption. From emergency veterinary treatment to routine spay and neuter surgeries, the focus is always on helping each pet heal and thrive before finding a forever home. When possible, the team supports elderly pet owners who are transitioning into assisted living or long-term care by helping rehome their beloved companions. The rescue strives to work closely with community members to promote responsible pet ownership through education and advocacy — with the goal of preventing future cases of neglect and overpopulation.

As a small, volunteer-driven charity, Manitoulin Pet Rescue relies entirely on



Handsome Tony is a Russian Blue looking for a new home from Manitoulin Pet Rescue. adoption fees, fundraising efforts and donations from the community. Every dollar raised goes directly toward animal care - covering food, supplies, veterinary care, medications and transportation, with only a small portion reinvested into fundraising so that more animals can be helped in the future. Over the years, countless cats and dogs have found their way home thanks to

the dedication of foster families, volunteers, and supporters who believe every life is worth saving. Each adoption story is a reminder of what can happen when a community comes together with compassion and commitment.

If you'd like to support Manitoulin Pet Rescue, donations can be made by e-transfer to **manitoulin-petrescue@gmail.com**, by cheque payable to **Manitoulin Pet Rescue (PO Box 119, Mindemoya, ON P0P 1S0)**, or by cash at **Manitoulin Pet Supplies in Mindemoya**. Tax receipts for donations over \$20 are mailed at the end of each year.

Together, we can continue giving animals on Manitoulin the safe, loving homes they deserve — because every story tells a tale of hope, healing, and heart.

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- Front-wheel Drive
- 1.6L, 4cyl
- Heated Seats
- Apple CarPlay & Android Auto
- Blind Spot Detection

2025 Kia Niro Ex Premium



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**STOCK#:** K-7744-new

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- Front-wheel Drive
- 1.6L, 4cyl
- Heated Seats
- Apple CarPlay & Android Auto
- Blind Spot Detection

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# ...Perceptions of groundwater

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number and types vary greatly by specific source, location, time of year, and local activities.

However, a common group of contaminants has been detected in groundwater sources. This includes E.coli and coliform bacteria, arsenic, mercury, nitrate, copper, per- and poly-fluoroalkyl substances (PFAS), trihalomethanes, lead, sodium, chemicals, microplastics, pharmaceuticals and pesticides.

From this group, E.coli and coliform bacteria are the only two parameters that are tested for in a Public Health Unit water sample.

Many people perceive water as safe when they believe there's little to no risk in their local area. This perception, often held by people in rural areas, assumes that their groundwater would be safe because there are no nearby industries, farms, or other obvious sources of contamination. However, this belief overlooks the fact that underground aquifers are a network of fissures that can transport contaminants over great distances. As a result, a well's water quality can be affected by contamination sources that are far away from the property. Many contaminants, particularly bacteria, are not a constant presence. They can enter a well through an event like heavy rainfall, a nearby septic system overflow, or seasonal changes. A water test only provides a snapshot in time and is subject to change over time. It tells you the well water's quality for the tested parameter only at the precise moment the sample was taken. The result doesn't account for what might happen hours, days, or even weeks later.

### Perceptions by taste

The perception that "great-tasting" water is safe has always been a powerful one, but



it's actually a dangerous misconception. Many of the most harmful contaminants are invisible and have no taste or odour, meaning you can't rely on your senses to detect them. This false sense of security leads to an absence of proper testing and a misunderstanding of the actual risks posed by a contaminated water source.

The taste of well water is subjective to the person drinking it; it is influenced by a combination of individual sensory perception, personal experience, and the specific chemical composition of the water. What one person finds pleasant, another may find unappealing. The taste of water is not a reliable indicator of its overall safety and purity for drinking, yet it is often utilized as a means of determining water safety.

The perception can even be reinforced by

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## ...groundwater

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a well driller during installation who, after a quick look, might reassure the owner that the water “looks great,” with no smell or colour.

### Well water case study

A couple who moved from the city to a rural subdivision of about 60 homes on Manitoulin contacted me. All the homes in the area had water supplied by drilled wells and used septic systems for waste collection. A bacterial analysis for coliform and E.coli was performed as part of the house purchase, but no other testing was conducted as the results were negative for bacterial contamination at the time of the sale.

The home had no water treatment equipment at the time of purchase. Although the water was odourless and colourless, they were concerned. Additional water sampling was conducted and the total dissolved solids (TDS) level was determined to be 1,258 ppm.

This was largely a result of the 54 grains of hardness also present in the water. Both of these values greatly exceeded the recommended levels outlined in the Canadian drinking water quality guidelines. However, the water showed no visual signs of contamination exceeding the acceptable levels outlined in the drinking water guidelines.

### Safety in Depth of a Well

A common belief is that deep water sources, specifically drilled wells extending 100 feet or more, are immune to bacterial or contaminant contamination as they are thought to be “too deep” for microbial survival. This assumption often discourages well owners from conducting regular testing. However, geological formations, (primarily in rocky areas) may contain a network of deep fissures and fractures. These natural pathways allow contaminated surface water to infiltrate deep into the ground and reach the water table feeding these “deep water sources”. The presence of bacteria has been observed in wells as deep as 200 feet, underscoring that depth alone is not a guarantee of bacterial purity.

Soil acts as a natural filter for water quality in drilled wells through a combination of physical, chemical, and biological processes as water slowly moves downward through

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# ...perceptions of groundwater

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its layers. This natural filtration is a key reason why groundwater, which supplies drilled wells, is often cleaner than surface water. While soil is an effective filter, not all geological formations are. In areas with fractured limestone or other porous bedrock, water can bypass the soil layers and flow directly to the water table, carrying contaminants with it. This is why regular water testing is still essential for all wells, regardless of depth or location.

In Canada, approximately 30.3 percent of the population, or 8.9 million people, rely on groundwater for domestic use. Health Canada has identified more than 80 harmful substances commonly found in drinking water. While by no means comprehensive,

this list includes items such as micro-organisms and bacteria, pesticides, heavy metals, petroleum by-products, and radioactive materials. Proper water testing with a licensed laboratory is the best practice to ensure water contaminants are identified and addressed with proper treatment to provide safe water from a groundwater source.

*Jeff Wahl is the Principal Owner of Wahl Water with over 25 years of experience in providing water treatment solutions and education for rural residential and commercial customers in Ontario. He is a certified installer technician by the Canadian Water Quality Association and a contributing author for Wahl H2O, a blog that covers water quality issues and best practices.*

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