



# And the Winners are...

Boy, was it ever a close one! The competition for this year's Flower Power garden contest was intense, and the judges had a hard time deciding on the winners. Each entry reflected a lot of hard work, and every garden looked great.

However, we had to eventually come to a decision, so without further ado, here are the winners of the 2003 Flower Power garden competition:

- First Place—**Loretta Campbell**
- Second Place—**Cindy Woods & David Stanger**
- Third Place—**Shawne Graham**

Honourable Mentions were also awarded to the Terrace Garden Club, Margaret Glew, Donna-Jean Gandy, Linda Wilson and Christie Cook.

The judges recognized the amount of work that went into each entry and were very impressed by the results. So kudos to all who entered the competition—your efforts paid off enormously!



*The winning entry (left) featured flowers in the front and a stunning vegetable garden out back.*

P.S.—We have added a special section to this month's edition of *Wigwam to Wigwam* featuring more pictures of some of the entries.

*-Jodi Hetherington*

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## Energy Savers

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As we are currently experiencing an electricity shortage, the Province has asked all Ontario residents to significantly cut back on electricity use. We can help prevent rolling black-outs by following some of these energy-saving tips.

### Keep Cool in the Summer Heat:

- Close your curtains or blinds to keep the sun out.
- Use your microwave to cook. It reduces heat output and uses less than half the energy of a conventional oven.
- When possible, instead of turning on your air conditioner, open your windows and use a fan.
- If you must use your air conditioner, set it at 25.5 degrees, and turn it off when you leave home.



### Around the House:

- If you have an outdoor clothesline, use it to dry your laundry.
- Use full loads when using your dishwasher, washing machine or dryer.
- Turn off lights when they're not in use.
- Minimize the use of hot water. Take showers instead of baths.

*Source: Toronto Hydro*

### Reminder!

Saturday, September 6th is Wigwam's annual tenant picnic, "Family Trees."

Don't forget to send in your reply card if you're planning on coming—because if you don't, you won't be eligible for any of our amazing door prizes (vacuum, TV, microwave).

We hope to see you all there!

## 20 Sewells Road Building Development Fund Donor Recognition

Many thanks to the following groups for their generous support of Wigwamen's new development of a 92-unit affordable housing project:

With its \$5,000 donation,  
*The Rockport Group*  
is our most recent **PLATINUM DONOR**;

*Beth Tzedec Synagogue*  
is this month's **BRONZE DONOR** with a \$750 donation;

And thanks also to *Michipicoten First Nation*  
for its \$100 donation.



### What is the 20 Sewells Road Building Development Fund?

Last August, Wigwamen was selected by the City of Toronto to develop a 92-unit affordable housing project on a site located at 20 Sewells Road in the east end of Toronto. Our construction of this project will provide 92 families with children, couples, singles, and seniors with rent-geared-to-income accommodation. As you might imagine, this is an enormous—and costly—undertaking, and Wigwamen must raise \$500,000 for the project. The 20 Sewells Road Building Development Fund has been set up to work towards this goal.

We are immensely grateful to all the contributors to the development of the 20 Sewells Road Project. Each and every donation—no matter how big or small—is be acknowledged here in *Wigwam to Wigwam*.

See page 9 of this edition of the newsletter for a list of other donors to the 20 Sewells Road Building Development Fund.

## Aboriginal History: Rabbit and the Moon Man

Long ago, Rabbit was a great hunter. He lived with his grandmother in a lodge which stood deep in the Micmac forest. It was winter and Rabbit set traps and laid snares to catch game for food. He caught many small animals and birds, until one day he discovered that some mysterious being was robbing his traps.

At first Rabbit thought that the robber might be a cunning wolverine, until one morning when he found long, narrow footprints alongside his trap line. It was, he thought, the tracks of the robber, but they looked like moonbeams. Each morning Rabbit rose earlier and earlier, but the being of the long foot was always ahead of him and always his traps were empty.

So Rabbit made a trap from a bowstring to catch the robber, and then he hid behind a bush to watch his snare. It was bright moonlight while he waited, but suddenly it became very dark and Rabbit realised that the moon had disappeared.

Then, someone or something came stealthily through the trees. Rabbit was almost blinded by a flash of bright, white light, which went straight to his trap line and shone through the snare which

he had set. Quick as a lightning flash, Rabbit jerked the bowstring and tightened the noose. There was a sound of struggling and the light lurched from side to side. Rabbit knew by the tugging on his string that he had caught the robber.

When he came near his traps, Rabbit saw that the bright light was still there. It was so bright that it hurt his eyes. He bathed them in the icy water of a nearby brook, but still they smarted.

He made big snowballs and threw them at the light, in the hope of putting it out. But as they went close to the light, he heard them sizzle and saw them melt. Next, Rabbit scooped up great pawfuls of soft clay from the stream and made many big clay balls. He threw the balls at the dancing white light. He heard them strike hard and then his prisoner shouted.

Then a strange, quivering voice spoke, demanding that he be set free at once, because he was the man in the moon and he must be home before dawn came. When Rabbit went closer, the moon man saw him and threatened to kill him and all of his tribe if he were not released at once.

Rabbit was so terrified that he raced back to tell his grandmother about his strange captive. She was also afraid and told Rab-

bit to return and release the thief immediately. Rabbit went back, and his voice shook with fear as he told the man in the moon that he would be released if he promised never to rob the snares again.

To make doubly sure, Rabbit asked him to promise that he would never return to earth, and the moon man swore that he would never do so. So Rabbit gnawed through the bowstring with his teeth and the man in the moon disappeared in the sky, leaving a trail of bright light behind him.

Rabbit had been nearly blinded by the great light and his shoulders were badly scorched. Even today, rabbits blink as though light is too strong for their eyes; their eyelids are pink, and their eyes water if they look at a bright light. Their lips quiver, telling of Rabbit's terror.

The man in the moon has never returned to earth. When he lights the world, one can still see the marks from the clay which Rabbit threw on his face. Sometimes he disappears for a few nights, when he is trying to rub the marks from his face. Then the world is dark; but when the man in the moon appears again, one can see that he has never been able to clean the clay marks from his shining face.



# Terrace Community Kitchen

## Tasty Chicken Fingers

- 2/3 cup unseasoned dry bread crumbs
- 3 tbsp. cornmeal
- 3 tbsp. parmesan cheese
- 1 tsp. each dried basil and oregano
- 3/4 tsp. garlic powder
- 1/2 tsp. ground thyme
- 1/2 tsp. onion powder
- 1/4 tsp. cayenne pepper
- 4 large boneless, skinless chicken breast halves (about 1 1/4 pounds)
- 1 egg white

In a medium bowl, combine bread crumbs, cornmeal, cheese, basil, oregano, garlic powder, thyme, onion powder, and cayenne pepper. Mix well and set aside.

Cut chicken breasts into 3/4 x 3 inch strips. Place strips in a medium bowl. Beat egg white lightly with a fork and pour over chicken. Toss to coat chicken



with egg white.

Roll chicken strips, one at a time, in the crumb mixture. Make sure chicken is well coated with crumbs.

Bake for 15-20 minutes at 450 degrees, until chicken is golden brown and no longer pink inside. Check to see if done after 15 minutes. If overcooked, the chicken will be dry.

## Tangy Dipping Sauce

- 3/4 cup yellow plum jam (apricot and peach are tasty, too)
- 2 tbsp. white vinegar
- 1 1/2 tsp. prepared mustard

While chicken is baking, prepare dipping sauce. Combine jam, vinegar and mustard in a small saucepan. Cook over medium-high heat until jam is melted and bubbly, about 2 minutes. Serve chicken fingers with warm dipping sauce.

Serves 4.

Source: *Looneyspoons*  
by Janet and Greta Podleski

Cut out and stick to your fridge for easy reference

### Understanding Measurements—A Simple Conversion List

1 teaspoon (tsp.)	=	5 millilitres (ml.)	=	1/6 fluid ounce (oz.)
1 cup (c.)	=	230 millilitres (ml.)	=	8 fluid ounces (oz.)
1 pint (pt.)	=	2 cups (c.)	=	16 fluid ounces (oz.)
1 pound (lb.)	=	454 grams (g.)	=	16 fluid ounces (oz.)
1 fluid ounce (oz.)	=	1/8 cup (c.)	=	28 grams (g.)
1 quart (qt.)	=	4 cups (c.)	=	0.95 litres (L.)



# Consumers' Rights

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As a consumer, you have two lines of defense against being treated unfairly in the marketplace. The first is your own common sense. Before making any kind of important purchase, ask yourself if you really need the product or service right now. Don't rush into anything. Take time to compare benefits and prices.

Your second line of defense is provided by Ontario's consumer protection laws, which are designed to ensure a fair and safe marketplace.



## The Consumer Protection Act

This legislation covers certain matters related to your rights as a consumer. Some of the key points are summarized below:

### *A cooling-off period*

If you make a purchase or sign a contract for goods or services worth more than \$50, and the goods and services are to be delivered to you at some time in the future, you have the right to cancel within 48 hours. If you do this by registered mail or a hand delivered letter, you're entitled to get your deposit back. But remember, if you accept delivery of goods on the spot, they're yours.

### *Pre-paid goods or services*

Written contracts are required when goods or services worth more than \$50 are to be delivered. The contract must contain complete details of the transaction and full disclosure of any credit terms. This means that you won't be stuck with any added charges afterward.

### *Referral selling*

A sales person is not allowed to offer you an incentive for helping to find other buyers.

### *Repossession*

Goods bought, where full payment hasn't been made, can't be taken back by the sellers if you have paid two-thirds of the cost or more—unless a court orders it. But bear in mind that if you miss a payment, the seller can take you to court to get full payment, and this can ruin your credit rating.

### *Unsolicited Goods*

If someone sends you goods you didn't ask for, you don't have to accept or pay for them. You're not responsible for an unsolicited credit card either—unless you accept it in writing or buy something with it.

### **Better Business Bureaus**

Better Business Bureaus (BBB) exist to ensure a fair marketplace by recording and disclosing consumer complaints against businesses. Unfortunately, Toronto does not currently have its own bureau, so consumers must make reports or inquiries through the BBB of mid-western Ontario (Kitchener). This is only partially effective though, because the Kitchener BBB only compiles information about member businesses, which means that if a company is not a member of the BBB, they won't have any record. Hopefully a Toronto BBB will be opening soon—check with the Canadian Council of Better Business Bureaus for more information.

#### **Kitchener Better Business Bureau:**

1-800-459-8875, [www.bbbmwo.ca](http://www.bbbmwo.ca)

#### **Canadian Council of Better Business Bureaus:**

613-789-5151, [www.canadiancouncilbbb.ca](http://www.canadiancouncilbbb.ca)

*Sources: Ministry of Consumer and Commercial Relations & Canadian Council of Better Business Bureaus*

## Tenant Counsellor's Corner

This month there are two things that I would like to remind our tenants about.

### Stairwells:

Your lease says: “ the sidewalks, entries, passageways, stairways, elevators, garages and other areas used in common with other tenants shall not be obstructed or used by the Tenant for any other purpose than proper access to and from their own rented premises.”

Please abide by the rules and regulations as set out in your lease. You will be creating a better living environment for both yourself and your neighbours.

### Income Changes:

Many people are still calling me to report changes in income. However, the City of Toronto now requires that any income changes must be reported in writing. It doesn't have to be fancy—just a brief note stating what the changes are and when they took effect. They can be mailed, delivered or faxed. And remember, they have to be received by our office within 30 days of the change taking place.

Finally, I would like to mention that I will be on vacation for the week of August 18-22. If possible, please try to address any questions or issues with me after this time.

- Jodi Hetherington

### Pow-wow Listings— August/September/October

#### August 23-24

Silver Lake—Kingston, ON

Three Fires Homecoming Pow-wow—  
New Credit, ON

Shawanaga First Nation—Nobel, ON

#### Aug 29-31

Batchewana First Nation—  
Sault Ste. Marie, ON

#### Aug 30-31

M'Chigeeng First Nation—  
West Bay, ON

Nipissing First Nation—Jocko Point, ON

#### Sept 4-7

Ohsweken Fair Grounds—  
Ohsweken, ON

#### Sept 20-21

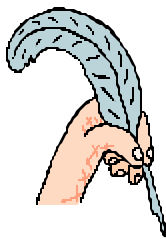
Curve Lake First Nation Pow-wow—  
Curve Lake, ON

#### October 11-12

Mnjikaning Thanksgiving Pow-wow—  
Rama, ON

#### October 18-19

Wahta Mohawks Pow-wow—Bala, ON



# Knowing Your Maintenance: Fire Safety for Children

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In North America, hundreds of children die or are seriously injured in fires each year. Children are much more likely than adults to be injured in a fire. Teach your children the importance of fire safety at an early age.

## Teach your children that:

- \* Fire can hurt them and destroy things.
- \* Once a fire is started it is difficult to control.
- \* Matches and lighters are not toys. They are dangerous and should be used only by adults.



## Tell them how to get out:

*Tell children not to hide from fire but to escape immediately. Do not hide.*

- \* Prepare and practice a fire escape plan with your children. Plan two ways to get out of every room.
- \* Practice fire drills at least twice a year.
- \* In an apartment fire, children need to know which stairways will get them out of the building.
- \* Tell your children never to use an elevator during a fire.
- \* Decide on a planned meeting area outside the home as part of your home fire escape plan.
- \* Tell your children never to go back into a burning building.
- \* Teach your children how to call 9-1-1 from a neighbour's phone.



## Teach them how to:

*Stop, drop and roll when their clothes catch on fire:*

- \* Stop where they are, and stop what they are doing. Don't run.
- \* Drop to the ground.
- \* Cover their face with their hands and roll over and over until the flames are out.

*Crawl low under smoke:*

- \* Get down on their hands and knees.
- \* Crawl low under the smoke to the nearest exit.
- \* Tell them smoke is dangerous and that they need to stay close to the ground where the air is cooler and cleaner.

*React to smoke alarms:*

- \* Get out of the house immediately when they hear the sound of the smoke alarm.
- \* Teach your children how important smoke alarms are by testing them once a month.

*- Brian Taheny, Maintenance Manager*



## 20 Sewells Road Building Development Fund Donors

### *Platinum Donors:*

Bank of Montreal

M. Dimauro  
Construction Ltd.

PRO-CON Construction

RBC Financial Group

TD Bank Financial  
Group

### *Gold Donor:*

Adams, Masin & Tilley,  
LLP

### *Silver Donor:*

Thermal Edge Vinyl  
Window Installations

### *Bronze Donors:*

Baagwating Community  
Association

McLeod's Water  
Treatment

Mohawks of the  
Bay of Quinte

Ontario Federation of  
Indian Friendship  
Centres

Trinity-St. Paul's  
United Church

Vector Management  
Limited

### *Thanks also to:*

Church of the Master  
Glen Ayr United Church

Margaret Hefferon

Jim Packard Mechanical-  
Electrical Inc.

John Newman  
Contracting

Arnold Minors

Ojibways of  
Sucker Creek

Marion Rethoret

St. Barnabas Catholic  
Church

Serpent River First  
Nation

## Household Hints

### How To Have Happier Houseplants

Are your houseplants looking tired or unhealthy? Try these five simple tricks and watch them perk right up!

- If your plants have dusty leaves, give them a shower. The best way to do this is with a spray bottle, but if you don't have one you can take them into the bathroom and give them a gentle wipe down with a wet cloth.
- Cut off any dead or diseased foliage. It will look much better!
- If you see roots growing through the holes in the bottom of the container, it's time to repot your plant. Simply pot the plant in the next size up container and fill in the gaps with good potting soil.
- To check if your plant needs watering, simply poke your finger into the top inch or so of potting soil. If you feel moisture, don't water. If you don't feel any moisture, it's time to water.



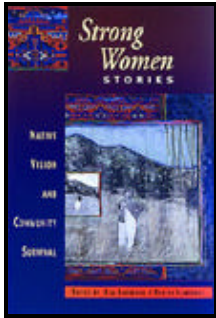
Source: [www.familyresource.com](http://www.familyresource.com)

# Book Review

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## Strong Women Stories

Edited by Bonita Lawrence & Kim Anderson



*Strong Women Stories* is a collection of essays about experiences in the lives of First Nations and Metis women in Canada.

There are 17 essays in all, each of which touches upon a different theme.

However, there are certain major themes that are common to many of the essays, one of which is the conflict between traditional values and the modern feminist worldview. This concept is particularly developed in the essay “Tribal Feminism is a Drum Song,” by Rosanna Deerchild, which discusses the frustration that many First Nations women feel about being excluded from traditional drum circles.

Other themes that are discussed are community based education, sexuality and ageing, adoption, adolescent parenting and Fetal Alcohol Syndrome/Effects.

The contributors to the book are as varied as the subjects themselves. Some authors are scholars; some are artists; and others are activists. Two-spirited women are represented, as are non-status and Metis women, and there’s even one male contributor.

There are so many different topics covered in this book that almost any reader should be able to find at least one chapter that interests them. The essays vary in difficulty, but for the most part the book is very readable. So if you ever get the chance, pick it up. There’s lots to learn!

- *Melanie Brown*

## Did You Know?

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Many of the words that we use in the English language actually come from Aboriginal sources. Here are a few examples of words that come from the languages of Indigenous people in North, Middle and South America:

**Nahautl** (Indigenous to Middle America)—chocolate, cacao, avocado, coyote, chili, Mexico, Guatemala and Nicaragua.



**Tupinambu** (Indigenous to South America)—cashew, toucan, tapioca, jaguar.

**Algonquin** (Indigenous to North America)—toboggan, totem, chipmunk, caribou, squash, moose, skunk, opossum and hickory.

Source: [www.schoolnet.ca](http://www.schoolnet.ca)

# Kids' Stuff

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## Jokes About Fish 'n Stuff

**Q:** How do you communicate with a fish?

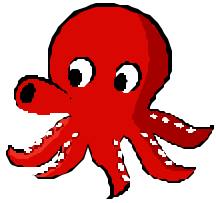
**A:** Drop him a line.

**Q:** What fish can help you build a house?

**A:** A hammerhead shark.

**Q:** Where do fish put their money?

**A:** The river bank.



**Q:** Where do fish sleep?

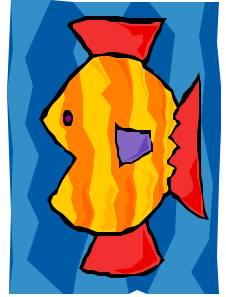
**A:** In waterbeds.

**Q:** Why shouldn't you pollute the ocean?

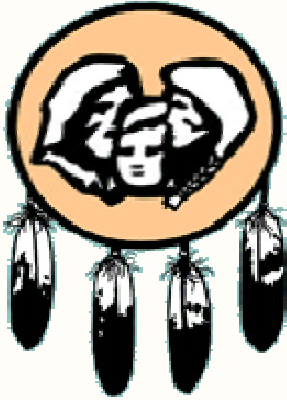
**A:** Because you'll make the sea sick.

**Q:** What's the worst thing about being an octopus?

**A:** Washing your hands before dinner.



**Native Child & Family Services of Toronto**  
invites you to attend their 6th Annual Children's Pow-wow



**“Honouring the Early Years”**

Saturday, September 20, 2003  
Dufferin Grove Park  
(across from the Dufferin Mall)

Featuring:  
Drumming & Traditional Dancing  
Vendors & Food Booths  
Children's Activities  
Barbeque (free for members & clients)

Sunrise Ceremony at 7:00 a.m.      Grand Entry at 12:00 p.m.

WIGWAMEN  
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*A Housing Project for  
Native People*

[www.wigwamen.com](http://www.wigwamen.com)

**Note to Tenants:**

**All Wigwamen offices will be  
closed on Labour Day,  
Monday September 1.**

***Good luck to all students in  
the new school year!***