



Wigwam to Wigwam

YOUR "HOUSE TO HOUSE" NEWS

January 2004

Volume 6, Issue 1

Good Times at Terrace Holiday Bash

Hearts were warm and bellies were full at the Wigwamen Terrace holiday party, held in the Turner Room of 14 Spadina Road on the evening of Friday, December 12.

Tenants and friends enjoyed a home-cooked holiday meal, courtesy of Superintendent Frances Folz. In total, Frances and her little helpers cooked 3 turkeys and 3 hams, not to mention stacks of mashed potatoes, stuffing, gravy and veggies.

Word of Franny's delicious cooking must be spreading, because the annual bash drew its biggest crowd ever this year.

Adam Timoon's performance was well received by guests.



Adam Timoon, brother of Wigwamen's Maintenance Supervisor Ron Timoon, entertained the crowd with an hour long performance that combined Christmas carols with comedy. By the end of the show, members of the audience were practically rolling in the aisles with laughter.

At the end of the evening, all in attendance were given a parting gift. Some left with a stocking hiding a surprise inside, and others got wreaths, complete with decorations and even lights.

It was a wonderful time, but it could not have happened without the hard work of Frances Folz and several other key people—most especially, Donna Wheeler, who dedicated hours of her own time to cooking and the preparation of gifts.

May the new year bring happiness and prosperity to you all!

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WIGWAMEN INCORPORATED

Terrace Christmas Party



Terrace Happenings

- The garden club will be holding a meeting on Thursday, February 12, at 1:00 p.m. in the Turner Room. Everyone is welcome. For more information please call (416) 920-8567.
- A big thank you goes out to all the tenants who helped with the set up and smooth operation of last month's Christmas party.

20 Sewells Road Building Development Fund Donor Recognition

Wigwamen is pleased to announce the most recent donors to the
20 Sewells Road Building Development Fund, including:

GOLD DONOR

St. Andrew's United Church

with a \$2,500 donation

As well as:

Eric Carlson with a \$200 donation

Edge Park Investments Limited with a \$100 donation

Marie Rogers with a \$100 donation

Chris Rutherford with a \$100 donation



Quite Quotable:

"The greatest mistake you can make in life is to be continually fearing you will make one."

- Elbert Hubbard (1865-1915)

Knowing Your Maintenance

Tenant Counsellor's Corner

by Jodi Hetherington

GAS METER & REGULATOR SAFETY TIPS - ICE BUILD-UP -

WHAT YOU NEED TO KNOW:

- During the winter months it's important to keep snow and ice from building up and covering your gas meter and pressure regulator.
- Melting snow from a roof, drifting snow, freezing rain or water leaking from an eavestrough can cause an ice build-up.
- This build-up could interrupt your gas service or cause the appliance to malfunction, which could be hazardous.



WHAT YOU NEED TO DO:

- Check your gas meter equipment regularly to ensure that there is no build-up of ice or snow.
- Use a broom to gently clear snow or ice around your meter.
- Be careful with your shovel, plow or snowblower near the gas meter equipment.

DON'T:

- Shovel snow up against your gas meter or piping.
- Kick or hit the gas meter, pressure regulator or piping to free snow or ice.
- Allow water to drip onto the gas meter equipment.

- Brian Taheny, Maintenance Manager

This month I would like to address the issue of vehicles.

Page 12 of Schedule A in your lease reads,

“...all private passenger vehicles parked at the allocated spaces shall be in a road worthy condition and currently licensed.”

Unfortunately, we have had several instances of unlicensed vehicles parked in tenant driveways. Your lease continues on to state that, if this rule is violated,

“The Landlord shall have the right to have tagged or have towed the offending vehicles and charge the costs involved to the Tenant.”

This may be done with or without giving notice to the tenant.

Your lease also states that any tenant who owns a vehicle must provide a copy of their ownership papers to the Landlord. If you have a vehicle and have not provided me with copies of your ownership, please do so as soon as possible.

And finally, please ensure that the sticker on your license plate is up-to-date.

The City of Toronto is cracking down on vehicle licensing infractions, so please exercise due diligence in this regard.

Your Baby!

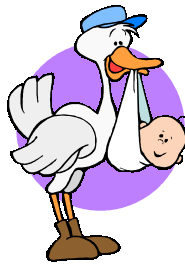


Part I: Newborns

First time parents often feel overwhelmed by the responsibilities of caring for a baby. There is so much information, it's hard to keep track of it all. Here are some answers to questions that parents often ask when a newborn first comes into their lives.

Colic:

Babies can cry very hard for hours at a time, even though they are fed, changed and cuddled. These babies are said to have colic and are often described as "colicky." Nobody knows for sure what causes colic, but it is believed that it could be because babies ingest air into their stomachs when they cry, which upsets their digestive system and gives them gas.



Luckily, these long periods of crying usually stop by the time the baby is 3 months old, and they have no effect on the overall health of the baby in years to come.

Still, a colicky baby can be

very stressful, so here are some tips that may help both mother and baby relax:

- Try to keep a regular routine. Don't disrupt her regular schedule by making too many attempts to comfort her.
- Babies should be wrapped up snugly, cradled comfortably and handled soothingly and gently.
- Lower the noise and light levels. Many babies are quieted by steady smooth vibrations or repetitive noises, such as a vacuum cleaner. Try a rocking chair.
- Carry your baby close to your chest when she is not crying. This may reduce the crying episodes.

Note: Check with your doctor before diagnosing colic on your own.

Sleeping Position:

For years, doctors have been telling parents to put their babies to sleep on their tummies. However, new research indicates that it's best for babies to sleep on their backs. This reduces the chances of

Sudden Infant Death Syndrome (SIDS) occurring. Babies should sleep on their backs until they begin to roll over on their own, usually between 5 and 6 months of age.

When lying on their backs, babies tend to place their heads to one side, which, over time, can result in a flattening of the skull called "flat head." To prevent this from happening, place your baby's head at the opposite side of the crib each night. Also give your baby lots of time on her tummy when she's awake, and check to make sure that she's turning her head to both sides equally.

If you find that your baby is favouring one side, you can encourage her to turn her head by placing brightly-coloured toys on either side of her.

Next month: Teething and Diaper Rash

Source: Shoppers Drug Mart



Terrace Community Kitchen

Warming Winter Recipes



NOT-SO-FRENCH ONION SOUP

- 2 tbsp. extra virgin olive oil
- 5 medium onions, sliced into thin rings
- 1/2 head white cabbage, cored, thinly shredded
- 1/8 tsp. rosemary
- 1/8 tsp. thyme
- 1 tsp. sugar
- pinch sea salt
- freshly ground white pepper to taste
- 1 tbsp. balsamic vinegar
- 5 cups vegetable or chicken broth
- 1 bay leaf
- 4 slices day old French bread
- shredded Gruyere or soy cheese for topping

In a heavy soup pot, heat the olive oil, then stir in the sliced onions and cabbage. Add the rosemary, thyme, sugar, salt and pepper. Stir frequently, coating the vegetables in olive oil and herbs. Cook for about 10 minutes until the onions begin to brown.

When the cabbage is soft and

the onions caramelized, add in balsamic vinegar, vegetable broth and bay leaf. Lower heat and simmer for one hour.

In the meantime, lightly toast the slices of French bread. When the soup is ready, turn on your oven broiler. Ladle the soup into four oven-proof bowls, and top each with a slice of French bread and a spoonful of cheese.

Lightly broil the soup for about 3-4 minutes, just until the cheese is starting to brown.

Serve hot and bubbling.

POTATO-CHEESE SOUP

- 2-3 medium-sized potatoes per person
- 1/2 large onion, chopped
- 2 cloves of garlic, chopped (optional)
- 1/2 cup butter or margarine
- 2 tbsp. flour
- 3 tbsp. malt vinegar (optional)
- cheese (cheddar, mozzarella, jack) or substitute
- few dashes hot sauce (optional)
- salt and pepper to taste

In a large pot, bring potatoes to a boil. Lower to medium-low heat and cook until very soft. Remove from heat and mash with fork or potato masher, retaining the water.

Heat 1/2 cup of butter or margarine in a frying pan until melted. Sauté onion and garlic until onion becomes transparent. Sprinkle two tablespoons of flour into the pan and stir until well mixed.

Transfer contents of the frying pan to the potatoes and quickly bring to a boil over high heat. Stir constantly to avoid burning. Once the mixture begins to thicken, remove from heat and prepare to serve.

Shred about 1/4 bowl of cheese in each soup bowl and pour hot potato mixture overtop. For an added kick, top soup with a few dashes of hot sauce and/or malt vinegar. Mix to blend potatoes, cheese and toppings. Salt and pepper to taste.

Serve.

Sources: www.awakenedwoman.com & www.islandnet.com

Food For The Season

One of the most important things for any cook to understand is seasonality. That means cooking with fresh tomatoes in August when tomatoes are at their peak, and buying squash in the fall when a wide variety of them hit the market.

Foods that are in season taste better, but there are many other benefits of choosing them as well:

- Produce that is in season is fresher and of higher quality and nutritional value.
- Out-of-season produce costs more. It has usually travelled a very long way—Ecuador, Chile, Argentina—from where seasons are the opposite of the North. It takes money to move it that far.
- Moving products long distances uses a lot of energy and the packaging and is not very environmentally friendly.
- Seasonal produce is often local, and buying locally encourages local farmers to diversify their crops, and in turn, our economy.
- Our predecessors cooked with seasonal vegetables out of necessity. Many traditional dishes fit in perfectly with the season: pumpkin pie in the fall, potato soup in the winter, radishes on salad in the spring, corn on the cob in late summer. It's good to carry on the tradition.

Source: www.whats4eats.com

Eat Your Vegetables!

Here's a guide from Foodland Ontario for what's good 'n local for the next couple months:



Fruits—Apples, Rhubarb and Bosc Pears

Vegetables—Beets, Cabbage, Carrots, Greenhouse Cucumbers, Garlic Leeks, Onions, Parsnip, Rutabega, Squash, Mushrooms, Potatoes, Bean Sprouts and Alfalfa Sprouts

It may not be local but it's still in season somewhere:

Fruits—Blood Oranges, Dates, Grapefruit, Lemons, Limes, Papaya, Pears, Pommelos and Tangerines



Vegetables—Avocadoes, Brussels Sprouts, Cauliflower, Celery, Chard, Chanterelles, Broccoli and Kale

Aboriginal History

Snow Travel in Ancient Canada

Everyone knows how difficult it can be to get around after a major snowfall—even with our modern snowplows and four-wheel drives. It’s hard to imagine what we would do if we didn’t have these inventions; however, all we really have to do is look back in history.

Aboriginal people living in the Canadian north have been travelling long distances across the snowy landscape for thousands of years. Hunters would find game and bring it home to feed their families, and people would travel to neighbouring communities to visit friends.

So how did they do it? First of all, they had a thorough knowledge of snow. Freshly falling snow comes in many forms, and settled snow is altered by the wind, temperature and conditions of the landscape. The Aboriginal people were aware of these differences and adapted to them accordingly.

The first invention of note was winterized clothing. Over the past 10,000-15,000 years, Canada’s Indigenous people have invented many different kinds of winter clothing. They

vary according to the environment inhabited, types of animal skins available, local culture and traditions, age and gender of the wearer and personal decorative preferences. The Inuit would wear two layers of fur, with the fur lying inward on the first layer and outward on the second layer. The Plains Indians of Alberta, however, wore mostly leather underneath a buffalo robe.

Another invention was snow goggles. These were opaque eye-coverings made from wood, leather, bone or ivory, with slits or narrow holes cut into them to allow a limited range of vision. Used to prevent snow-blindness, these goggles reduced harmful light and improved visibility.



Snowshoes were invented by the Aboriginal people to allow for walking across snow regardless of its condition. In its simplest form, the snowshoe is a circular hoop of wood around a web of rawhide thongs. Travellers going long distances often carried more than one type of snowshoe.

The tumpline was used to transport heavy objects on the back. It consisted of a cord that was attached to a bundle and strung across the carrier’s forehead or

chest.

The toboggan, which comes from the Anishnabek word ‘nobugidaban,’ was created for use over soft snow. This type of carrier was made of thin hardwood boards which were curved upward at one end using heat or steam, and attached together by cleats of wood. A variant of the toboggan called the cariole was created in the late 1700s or early 1800s for the purpose of transporting people.

When the terrain was frozen hard or icy, the sled was used. This creation consists of a small hauling platform underlaid by long narrow skids called runners.

These snow travel devices were amongst the most important inventions in the history of transportation. They enabled Aboriginal people to utilize rich animal, vegetable and mineral resources year round, and played a part in the domestication of animals and the meeting of new people.

Many of these inventions, or adaptations thereof, are still in use today.

source: www.civilization.ca

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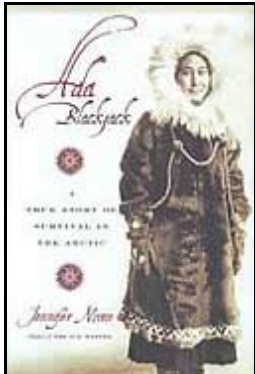
Wayne Vincent

Thank you for helping to make the
development of 92 new units of
affordable housing possible!

Book Review



Household Hints



ADA BLACKJACK

By Jennifer Niven

This true story of Arctic survival begins in 1921, when a team of four men set off for Wrangel Island, near the coast of Siberia, to explore the land and claim

it as Canadian territory. En route, they hired Ada Blackjack, an 23-year-old Inuit woman from Nome, Alaska, to join their expedition as a seamstress.

The controversial expedition turns terribly wrong, however, when the team discovers that game is scarce on the island, and one of the men falls seriously ill. Then, when their relief ship fails to reach them after one year, they turn to desperate measures in an attempt to survive.

At the end of the ordeal, Ada Blackjack—the quiet woman who the men first discredited for being overly emotional and lacking intellect—is the heroine.

Ada Blackjack is one of those books that's so hard to put down, you might as well devote an entire weekend to it, if you can. It's perfect reading for cold, blustery evenings, where you can wrap yourself up in a blanket and all too easily imagine what it must have been like for Ada in the Arctic.

- Melanie Brown

CARING FOR YOUR PET

- Known poisons for cats and dogs include chocolate, poinsettia, holly berries, Aspirin, mistletoe and Tylenol. Keep out of the reach of pets!
- Check your dog's ears, eyes and mouth weekly to detect grass seeds, ear mites, ticks or other harmful but easily overlooked foreign objects.
- If you have cat allergies, put 2 drops of vinegar in your cat's water dish every day. This will help reduce the toxins in the cat's dander, which is the cause of allergies.
- Instead of giving your cat or dog a bath, try a shower. Kitties and poochies don't like to be submerged in water. Good luck!
- When trimming your cats' nails, make sure you only cut the foggy white part of the nail—anything else will hurt kitty and make her bleed.



DOG TRICK

- Teach your dog to sing along with you. Turn up your favourite song and sing along. When you notice your dog looking at you, let out a long howl. Try to get him to imitate you. It's a howl!

Source: The Toronto Humane Society

What subject does Peter like the most?

To find out, answer the winter word clues and put the letters into the squares.

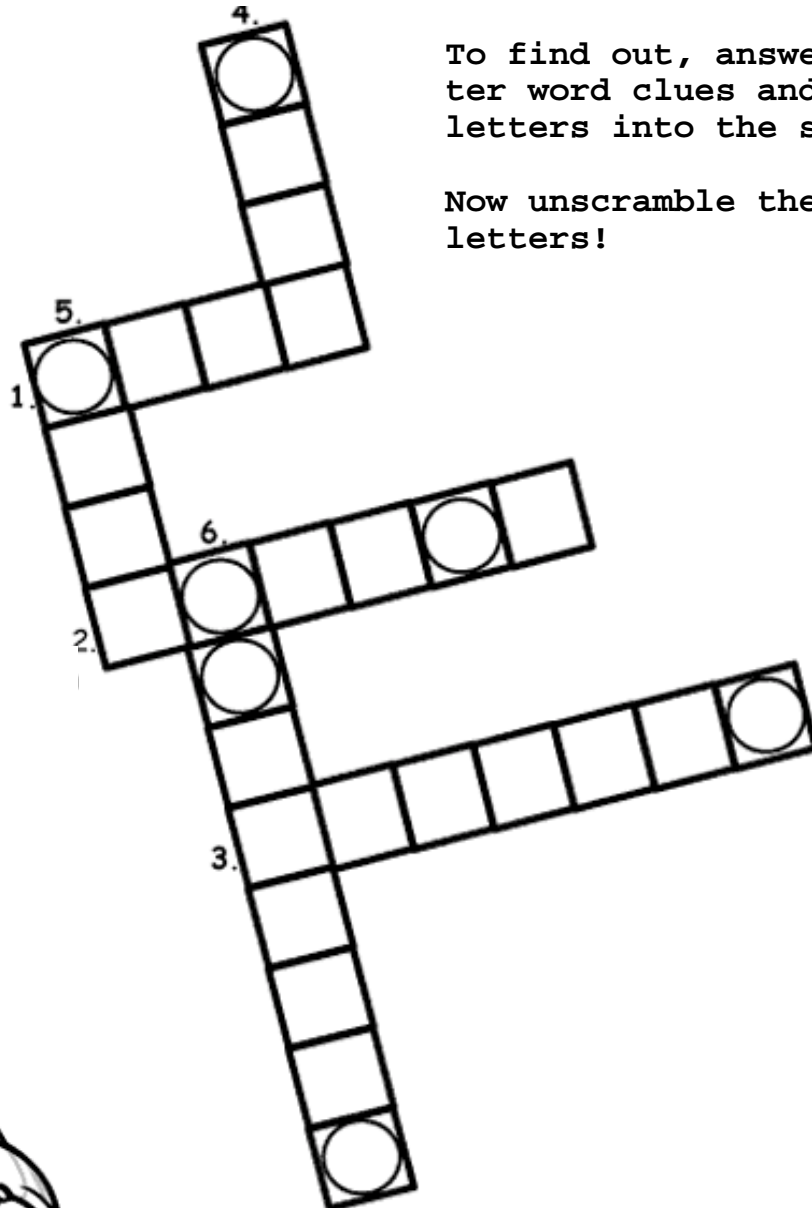
Now unscramble the circled letters!

Across

1. Use this to slide down a hill of snow
2. The coldest season
3. Build one of these in your snowy yard

Down

4. Not hot, but _____.
5. This falls from the sky in winter!
6. Do this activity on a frozen lake



My Answer:

○ ○ ○ ○ ○ ○ ○

What is YOUR favourite subject?

Wigwamen
Incorporated

Happy Winter!

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A Housing Project
for Native People

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Zero Balance Club

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