



# Wigwam to Wigwam

YOUR "HOUSE TO HOUSE" NEWS

April 2004

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## More Money for Rent Banks

The Ontario Government delivered an encouraging message to low-income renters by announcing a new Provincial Rent Bank program on March 29.

The program promises \$10 million in funding for municipal rent banks across the province. These funds will be used to assist renters who have fallen behind in rental payments because of unforeseen financial difficulties.



John Gerretson, Minister of Municipal Affairs and Housing, makes the announcement at Woodgreen Community Centre.

Assistance is given in the form of interest-free loans, which the tenant is expected to pay back over a period of time.

The newly allocated money represents a 10-fold increase in rent bank funding. Previously, only \$1 million per year was available throughout the province.

The long-term goal of the program is to prevent eviction and homelessness in low-income renters. The province cites short term arrears as the most common reason tenants lose their apartments and become homeless.

Tenants can apply for assistance once every two years and will be eligible to receive loans for no more than 2 months' worth of rental arrears. Not everybody is eligible for assistance under the program—individuals in need should contact their local access centre to find out. Tenants receiving social assistance are expected to apply for help through their workers.

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# General Manager's Report

By now, everyone knows that energy costs are going up, up, up...

**Electricity rates are no longer frozen; natural gas is more expensive than it has been in years; and water rates are going up by 6% alone this year.** Non-profits are challenged like never before to keep utility usage under control.

With that in mind, Wigwamen has launched a multi-pronged initiative to reduce spending on utilities, which includes the following:

## **ATTIC INSULATION UPGRADES:**

Between now and the end of October, we hope to have installed an attic access hatch in every single one of our units; to have completed an insulation inventory of all of our attics; and to have completed an upgrade of insulation in all of our units which require it. **We're convinced that this will not only contribute positively to the overall quality of life of our tenants, but also actually reduce our costs over the long term.**

## **WATER HEATER BLANKETS:**

Water heaters are a big source of hydro and gas use in all of our units. With this in mind, we hope to have completed the installation of thermal blankets on each of our hot water heaters in all of our units which have limited access basements. **It is estimated that the installation of thermal blankets will reduce our energy consumption on the heating of water by up to 15%.**

## **INSTALLATION OF CLOTHES LINES:**

Over the years we have moved as a society away from the energy efficiency of clothes lines to the convenience of hot air dryers. This practice is horrendously wasteful. Accordingly, **should any of our tenants wish to have clothes lines installed at their properties, they should contact the maintenance department, or send me a note, and we will do our best to have a clothes line installed.**

## **GRASS AND TREES:**

Wigwamen's properties are not simply a housing resource. They are also a land resource. Accordingly, should your property require sod, or should you wish to plant a tree, **please feel free to write us and ask us to consider this.** We can't guarantee that we'll respond positively to each and every request, but as with the other initiatives above, **we'll do whatever we can, budget permitting, and provided that we're convinced that the sod and trees will be well cared for.**

There's no doubt much more that we can do together to make Wigwamen's portfolio greener. **Please feel free to contact me should you have any suggestions at all.** And have a happy, and green, Spring!

## 20 Sewells Road Building Development Fund Donor Recognition

This month, we extend our thanks to the following donors for their generous contributions to the development of our new, 92-unit affordable housing project at 20 Sewells Road:

### PLATINUM DONOR

*Canadian Auto Workers Social Justice Fund,*  
for their contribution of \$10,000

*Victoria Peterborough Management Inc.,*  
for their contribution of \$500

*Delma Cooper,*  
for her contribution of \$200



### Zero Balance Club

Nicole Young, Gary & Teresa McKay, Suzette Darby, Tina Neshkawa, Cindy Jacko, Daisy Hahnfeld, Evelyn Letourneau, Ken King, Valerie Garrison, Sandra Neshkawa, Mary Howk, Elizabeth Wemigwans, Kathrena Green, Josephine Millette, Gail Thomas, Fred & Olive Wesley, Alex MacInnis, Hella Von Dehn, Sheila Wyldes, Dorothy Stewart, Lee Harper, Mary Chakasim, Maryanne Morningstar, George Toth, Linda Wilson, Agnes Sagetcheway, Brenda Folz, Simone Keshinro, Sarah Recollet, Janet Bellefeuille, Thelma Elliott, David Wiszniowski, Marlene Henry, Stanley Anglin & Patrick Migwans...

and announcing our latest winner...**Norma Coté!**

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## Aboriginal History

## “The Arrow Thrower”

Turning Bear was the famous arrow-thrower of the Sioux. There were braves who were famous for throwing the ball, and others who could shoot the arrow very far; but Turning Bear could throw the arrow so far that no one could ever beat him. He was also a fine huntsman.

One morning in early spring the scouts reported that a herd of buffalo was near. After the long winter the supply of meat was low, so all the men were eager to go. After they left, only the women and children remained.

It was a great and successful hunt, with each warrior getting at least one buffalo. When the herd had scattered over the plain and disappeared, the men got busy skinning the animals and getting the meat ready to load onto the pack-ponies for the ride home. It would be late before the hunters would get back to the village, but everyone was happy.

Turning Bear was one of those lucky huntsmen. He had finished skinning his buffalo and was ready to turn homeward before anyone else. As he walked along, he could see the green trees along the stream that ran beside the village. The afternoon had been warm, so when Turning Bear came to the creek he let his pony walk in the shaded paths. All was peaceful and quiet. All around were green meadows which looked so fresh after being covered with snow all winter, and the leaves of the cottonwood and willow trees glistened with every little breeze.

In one of the little green spots Turning Bear saw several horses grazing, including his father's favourite horse. Watching the splendid animal, Turning Bear saw him raise his head and look intently at an object in the bushes while he thrust his ears forward. The other horses followed. Turning Bear understood 'horse language,' and knew that it was not a Sioux hidden in the willow growth. It was a

prowling animal, and the horses appeared to be afraid of it.

As Turning Bear felt for his bow, a man came from the thicket of the willows. His face was painted red and he carried a bow and quiver full of arrows. An enemy! Turning Bear could not tell how many more were hidden in the shadows. The village was unprotected, as not a single hunter had returned.

It was clear what the enemy was seeking. He was trying to rope Turning Bear's fathers' horse. Turning Bear felt he had to do something, but he did not know how many of them there were, and he was alone and he was unarmed, because the string on his bow had broken during the hunt.

Turning Bear felt his arrows. Only three remained. Without another thought, he took an arrow and rose his arm high. His shot sped swift and true, landing close to the body of the man and disappearing into the brush. His second arrow followed so closely that it might have been shot by another warrior. It found its mark on the shoulder of the enemy, who was now flying for the cover of brush and willows. Turning Bear saved his third and last bow for any others that might be hiding in the woods.

But all was quiet, so Turning Bear went on to the village. Later, the scouts came back with the broken arrow. The blood of the enemy had left its trail. He had been alone and had run away, undoubtedly thinking that he had been attacked by the returning hunters.

That night around the campfire, praises were sung for the bravery of Turning Bear the Arrow-Thrower.



Source: [Stories of The Sioux](#)  
By Luther Standing Bear

# Tenant Counsellor's Corner by Jodi Hetherington

Spring is in the air, and we all know what that means! When the warm weather arrives, it's time to clean up your yard. Here are a few guidelines to help you get on your way to a beautiful yard.

First of all, please ensure that all junk or refuse is removed from the property. If you are throwing away newspapers or cardboard, make sure that it is properly bundled together and placed out with the regular recycling.

Also, make sure that yard waste is packed into brown paper bags, which are available at grocery stores, hardware stores and garden centres. The city will not pick up yard waste packed in regular garbage bags.

Each neighbourhood has a different pick-up date for yard waste; it may be on your regular garbage day or it could be another time.

Know the schedule for your neighbourhood and be sure to place your waste at the regular pick-up site on the proper day. A flyer should be delivered to your home from the Works and Emergency Services department, if it hasn't already. If you don't have one you can obtain all the information you need by calling (416) 338-2010.



Grass clippings are not accepted in the city's yard waste program. It's best to leave your grass clippings on the lawn—by doing so you will reduce the need for fertilizers and water and also reduce the amount of weeds.

For those of you who have never entered the Flower Power competition before, maybe this would be a good year to consider it. You don't have to be an expert—all we require is a good effort and pride in your property's appearance.

## Terrace Happenings

- Sadly, our friend and fellow resident, Beverly Coté, passed away on April 2. Funeral services were held on April 7 at Cape Croker. She will be missed dearly here at the Terrace.

- A Loonie Auction

will be held on Thursday, April 29, from 1:00—4:00 p.m. in the Turner Room. Donations are now being accepted. Please see Frances for more details.

- Welcome to two new tenants who are moving in this month: Sandra

Owl and Bernadette Crawford!

- The two pancake breakfasts held in March raised around \$150.00 for the Christmas party. Thanks for your support!

- Milroy Hoosein

# Terrace Community Kitchen



If you're making Easter Eggs with the kids this year, you're going to have a lot of eggs to cook with. Here are some ideas of what you can do with them.

## SPRINGTIME FRITTATA

- 2 eggs
- 8 egg whites
- 3 cloves garlic
- 3 cups fresh spinach
- ½ cup sliced mushrooms
- ½ cup red peppers
- 6 spring green onions (scallions), chopped
- 1 tbsp. fresh chives, minced
- white pepper to taste

In a mixing bowl, whisk together the eggs and egg whites and set aside. In a nonstick skillet, add garlic, spinach, mushrooms and red pepper. Gently sauté over medium-high heat until soft-tender, about 5 minutes.

Gradually pour the eggs over the sautéed vegetables. Sprinkle with green onions and chives. Lower heat to medium and cook until the eggs are set and the underside is browned. Season to taste with pepper.

With a knife, cut frittata into four pieces. Gently transfer frittata, one serving at a time, to plates, flipping so the browned side faces up. Serve hot. Garnish with fresh tomato slices if desired.

## NO-YOLK DEVEILED EGGS

- 12 hard boiled eggs (discard yolks)
- 1 cup non-fat cottage cheese
- 1 Tbsp. minced green onion
- 1 Tbsp. Dijon mustard
- 2 tsp. minced garlic
- ¼ tsp. curry powder
- paprika and ground pepper to taste
- parsley for decoration

Shell eggs and cut in half lengthwise. Remove the yolks. Place the egg white halves on a plate and set aside.

Blend the cheese, mustard, onion and spices in a blender or food processor. Spoon the mixture into the egg white halves and sprinkle with paprika and pepper.

Decorate with parsley sprigs if desired.

## Great Eggsextations!

Eggs are delicious and nutritious, but not for everyone. People with diabetes, high cholesterol or heart disease should be aware that a single egg contains 213 mg. of cholesterol, making it a high-cholesterol food. The recommended limit for people with these conditions is 200 mg. a day. But not all is lost! Most of this cholesterol is contained in the yolk, so health-conscious egg lovers can discard the yolk and just eat the egg white. Egg substitutes are also available in grocery stores nowadays, but they are somewhat costly. A cheaper alternative is to replace one egg in any recipe with two egg whites. Eggcellent!



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

# 20 Sewells Road Building Development Fund Donors

## ***Platinum Donors:***

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& Tilley, LLP  
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National Bank Financial  
St. Andrew's  
United Church

**Thanks to all  
20 Sewells Road  
Building Development  
Fund donors!**

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## ***Bronze Donors:***

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## ***Thanks also to:***

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Serpent River First Nation  
Brian Taheny  
Lynne Vallis  
Wayne Vincent  
Wiggins Paralegal Ltd.

## Health & Well-Being:

### Are You Catching Enough ZZZZZZs???

These days, many of us have such busy schedules we're finding it hard to get enough sleep at night to carry us through the next day. In fact, in a recent survey, 74% of respondents reported difficulty falling asleep or staying asleep at least a few nights a week. So this is a reality for many of us.

Unfortunately, sleep deprivation can have serious health consequences. Studies have shown that people who are sleep deprived are at increased risk for heart disease or heart attacks.

And making up for lost sleep isn't easy. Contrary to popular belief, you can't make up for lost sleep in one night or weekend. In fact, it takes between a week and ten days to make up for serious sleep deprivation. So it's best to try and get the recommended 7-9 hours of sleep *every* night.

Many factors can contribute to sleeplessness, including stress, having too much to do, and social or family pressure. For some, chronic health problems or condi-

tions like anxiety or depression can lead to sleeplessness.

If this sounds like you, there are things you can do to help, and it could be as easy as just changing some of your daily routines.



1. **Get out of bed if you can't fall asleep.** The longer you lie awake in bed, the more your body will get used to being awake there. Instead, get up and try reading or listening to soft music in another room until you feel drowsy.
2. **Stay away from alcohol, caffeine and nicotine.** These are all stimulants, and may keep you awake past your bedtime.
3. **Put bills, disagreements or stressful situations aside.** Try to take care of these earlier in the evening so you won't worry about them in bed. The end of the evening should be for relaxing.
4. **Exercise, but not before bedtime.** Exercising earlier in the day will prepare

your body for a good night's sleep, but doing it right before bed will activate your body and make it more difficult to fall asleep.

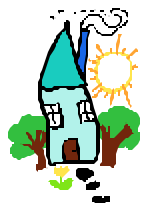
5. **Don't eat or drink close to bedtime.** Big meals and spicy foods will stimulate your digestive system, and late night liquids might make you need to get up for bathroom visits.
6. **Unwind by enjoying a warm shower or bath before bedtime.** Studies show that raising the body temperature with a warm bath or shower may promote sleepiness.
7. **Create a restful room.** Your bedroom should be organized and uncluttered. Avoid putting your desk or computer in your bedroom—you may start to associate it with work or school. Keep your room dark, and try to eliminate offending noise.



Now take two of these and call us in the morning!

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





# Household Hints

## Grow Your Own Herb Garden

For people who like to cook, a home-grown herb garden is a great idea! Rather than running to the store every time you need a small amount of a herb—and eventually throwing out the rest if it goes bad before you can use it again—when you plant your own garden you can pick from it as often or as little as you need to. And homegrown herbs have a greater flavour and fragrance than their supermarket counterparts, which are heavily fertilized to promote rapid growth and early harvest.

And it's not that hard to do! Herb gardens can be grown in pots or directly in the ground. They can survive outdoors in spring, summer and fall, and on a

window-ledge in the wintertime. You don't even have to grow them from seeds. If you want, you can buy small herb plants at the garden supply store and transplant them.

Some basic rules to remember:

- Pick a site that has good air circulation. Do not cram herbs against the side of the house or a fence.
- Never over-water herbs.
- Herbs growing in pots might dry out—don't let this happen.
- Fresh herbs are not as strong as dried. Use one tablespoon of fresh herbs in place of one teaspoon dried.



Source: [www.diabetic-lifestyle.com](http://www.diabetic-lifestyle.com)

## Kids' Stuff!

## Easter Jokes

**Q:** Why did the Easter Egg go to school?

**A:** To get "Egg-ucated".

**Q:** Would you know how to find the Easter Bunny if he was lost?

**A:** Make a noise like a carrot; he'll find you.

**Q:** What is a rabbit's favorite dance?

**A:** The Bunny Hop.

**Q:** What kind of jewellery do rabbits wear?

**A:** 14 carrot gold.

**Q:** How many chocolate bunnies can you put into an empty Easter basket?

**A:** One. After that, the basket won't be empty.

Ha Ha!



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A Housing Project  
for Native People

www.wigwamen.com

### THE CANADA POST ABORIGINAL EDUCATION INCENTIVE AWARD

Are you a First Nations, Métis or Inuit person who has returned to school after a prolonged absence?

If so, then you may be eligible to win \$1,000 in scholarship money for returning to high school or post-secondary school.

To apply, you must write an essay, obtain letters of reference and support, and fill in a small application form. You can get details inside the April issue of Windspeaker, or by calling Canada Post at (613) 734-6442. Good luck!

## Did You Know?

An assortment of facts, which may or may not be true.

- Incan soldiers invented the process of freeze-drying food. The process was simple but effective—potatoes would be left outside to freeze overnight, then thawed and stomped on to remove excess water.
- Tennis pro Evonne Goolagong's last name means “kangaroo's nose” in Australia's aboriginal language.
- Despite Thanksgiving folklore, Native Americans never actually ate turkey; killing such a timid bird was thought to indicate laziness.
- The Aztec Indians of Mexico believed that turquoise would protect them from physical harm, and so warriors used these green and blue stones to decorate their battle shields.
- The oldest field game in America is Stickball, founded by the Choctaw Indians of Philadelphia.
- Toronto's original name was York, but it had another name long before that. The area near the shores of Lake Ontario was called “the meeting place” by the Ojibways of Southern Ontario. Their word: Toronto.
- Residents of the Havasupai Indian Reservation in Northern Arizona get their mail delivered by mule.



source: [www.angelfire.com/ca6/uselessfacts](http://www.angelfire.com/ca6/uselessfacts)