



Wigwam to Wigwam

YOUR "HOUSE TO HOUSE" NEWS

June 2004

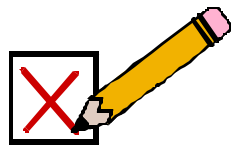
Volume 6, Issue 6

Federal Election Called for June 28

It's time to have your say!

Prime Minister Paul Martin has called a federal election for June 28, and once again, citizens will take to the polls and vote for our country's next generation of leaders.

As with all elections, it's important to carefully study the platform of each of the parties. Examine what is truly important to you and, if you know the candidates in your riding, call their constituency office to see where they stand on your issues. You can also learn a lot about the parties' official positions by visiting their websites.



Nowadays, many of us are disillusioned and frustrated by our politicians and political system—but that doesn't mean that we shouldn't vote. Voting is an excellent way of expressing yourself and advocating for what you believe in, regardless of whether or not your candidate/party gets elected.

In the last federal election, almost 40% of the eligible population did

not vote. For Aboriginal people the turnout is even less. Now consider this: if all the people who are too frustrated by politics and politicians get together and vote, together they can make a major difference.

The less we turn out, the more we leave the direction of our country to other people who may, or may not, have *your* best interests in mind.

And remember, there are a lot more parties than those that dominate the news. Canada also has a Green Party, a Marxist-Leninist Party and even a Marijuana Party, to name a few.

If you're a new tenant or have recently moved, you might not be registered to vote in your riding. If you haven't received a voter's card, call Elections Canada and have them put you on the list. Their number is 1-800-463-6868. Their website, at www.elections.ca, is also a useful tool for learning about the candidates and other voting information.

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WIGWAMEN INCORPORATED

Aboriginal History:

“The Love Star”



Once, during a quarrel among the stars, one of them was driven away from its home in the heavens, and was forced to descend to the earth. From one tribe of Indians to another it wandered, often hovering over their campfires when they were preparing for sleep. Everywhere the star went, people looked upon it with wonder and fear. It often lighted upon the heads of little children, as if to play with them, but the children were frightened and their crying drove it away.

Among all the people in the world, only one was not afraid of the beautiful star. This was a little girl, the daughter of a warrior in the north country. She did not fear the star; in fact, she loved it with her whole heart. The star seemed to love her, too, for wherever the girl travelled, it followed. It was so constant in its watchfulness that she never opened her eyes without being aware of its brilliant light.

People wondered at the star's devotion. They wondered even more when they saw that the girl's father never returned home from a hunting expedition without a great amount of game. "The star must be the son of the Good Spirit," people said. Ever after, they spoke of it with awe and veneration.

After several moons, midsummer came and the ripening of the fruit. One day the girl went into the woods alone to gather berries. Finding that the wintergreen berries had been eaten by the birds and deer, and seeing that cranberries were beginning to ripen, she wandered into a large swamp with her willow basket. In the tangled thickets of the cranberry marsh, she lost her way. Frightened, she cried aloud for her father, but the only answer came from the frogs and the lonely bittern. Twilight found her lost still, wandering farther and farther into the pathless brush of the

swamp. When night came to the sky, she looked up, hoping to see the star she loved. But the sky was overcast. Soon rain fell in torrents. The water arose about the frightened girl and carried her body out into the lake. She was never seen again.

As the seasons came and went, the star continued to shine above the campfires of the Chipewyans. But its light became dim, and it never remained long in one place. Always it seemed to be looking for something it could not find. "It is unhappy because of the death of the girl it loved," people said.

After a few years had passed, the star disappeared with the leaves of autumn. The next winter was cold and long. The following summer was the hottest the Chipewyans had ever known.

One night during this hot summer, a young hunter followed a bear into one of the largest swamps in Chipewyan country. To his astonishment, there was a small light that appeared to be hanging over the water. Its was so beautiful that he followed it for a long distance, but it led to such dangerous places that he finally gave up the pursuit and returned to tell his people what he had seen.

Then the oldest of the men of the tribe told him this story. "The light you saw is the star that was driven from the sky. It still is wandering over the earth, looking for the beautiful young girl it loved."

And even today the same star is near the earth. It is often seen by hunters as they journey at night through the wilderness.

Source: [Indian Legends of Canada](#)

20 Sewells Road Building Development Fund Donor Recognition

This month, we thank the following donor for their contribution towards the development of 92 units of affordable housing at 20 Sewells Road:

PLATINUM DONOR

Wigwamen Non-Profit Residential Corp.
for their contribution of \$10,000



Knowing Your Maintenance

ENERGY CONSERVATION: MORE IMPORTANT NOW THAN EVER BEFORE

Let's not repeat last year's blackout. Here are some simple ways to reduce your consumption while continuing to provide a comfortable and safe living space.

- set the temperature of your fridge at about 3° C and your freezer at 18° C. Colder temperatures are unnecessary and just waste energy;
- microwave ovens use up to 75% less energy than a stove;
- air dry your laundry – you can save 10% of the cost of dryer operation;
- wash and rinse your clothes in cold water. Hot water doesn't make your clothes any cleaner and a whopping 85-90% of the energy used by washing machines is for heating the water;
- shutting down your computer can save \$50 per year. At least be sure to shut off the computer screen, as 60% of the power is used by the monitor;
- unplug infrequently used TVs, VCRs and stereos, as many continue to draw power when in "sleep mode" or when turned off;
- always turn off the lights when leaving a room, even if it's only for a few minutes. It's just a myth that it takes more energy to turn a light on than to leave it on;
- keep fixtures and bulbs clean. Dirt can absorb as much as 50% of the light.

- Brian Taheny, Maintenance Manager

THE JOYS OF TRAVELLING GREYHOUND

BY ERIC CARLSON

This is not meant to be, as the title would seem to suggest, a promotional piece on the performance of a Canadian-owned bus company. Rather, it is the writer's personal appraisal and appreciation of a mode of travel that he has recently discovered. He hopes it may encourage others to share his experience.

I discovered this mode of travel quite by accident, when I was invited by a friend to visit her in Colorado. Being retired, I had loads of time, and considering my enjoyment of previous bus trips in Europe, I wondered whether domestic bus travel would be as pleasurable. I like to think I'm a practical and frugal person, so I checked out airline prices and found that the flight to Denver would cost at least twice the bus-fare. Train-fare, incidentally, was more expensive than air-fare. Weighing these findings, I decided I would try Greyhound.

What do I like about bus travel? Let me, to quote Liz Browning, count the ways. First, there is minimal hassle to purchasing tickets and getting to the bus depot, which is

usually downtown with satellite stations. Once on the road, one can relax in comfortable reclining seats and either enjoy the scenery (which one cannot fully appreciate at car-level and not at all from the air), read a special book, browse the local newspaper, listen to a favourite tape or CD, or just take a restful nap. The temperature of the bus is always right and, as smoking is forbidden, the air is clean. As



well, alcoholic beverages are not allowed, which may account for the congeniality and cooperativeness of most passengers. Those prone to claustrophobia find relief (unlike in air travel) in well-spaced stops allowing for coffee-breaks, a smoke or just a stretch. Of course, all night travel will require you to curl up in your seat or, if you are lucky, stretch out into an empty adjoining one. (This is one of the few negative aspects, but think of the hotel bill you're saving.)

It takes little imagination to see that one of the great benefits of bus travel is that it is extremely conducive to thought and contemplation, a much-needed item in our noisy, hectic world. I should think that many relationships or business problems have

been more clearly visualized while rolling through the waving wheat fields of the Prairies or across the rocky terrain and tree-fringed lakes of Northern Ontario. Soaking up the peacefulness of Mother Nature's beauty while listening to the mystical sounds of say, Lorena McKennit or Mozart, one can almost feel the pent-up tension and stress seep out through one's pores. No road rage or air rage here!

Another plus is that bus travel is safe. As we are sadly aware, airline crashes and other assorted mishaps are beginning to happen with depressing regularity, while many are wary of air-travel post-9/11. On the other hand, when was the last time you heard of a Greyhound highway crash? Think hard.

So, if you've got the time to spare—and would like to sample a variety of nature's charms, relax, really see the country and the people and last, but not least, if you want to save some money, my suggestion, nay recommendation, is to "Go Greyhound." It's the cheapest, safest and most entertaining way to go.

Terrace Community Kitchen



STRAWBERRY AND SPINACH SALAD

Ingredients:

- 6 cups spinach, rinsed & dried
- 1/2 small onion, finely chopped
- 1 cup strawberries, sliced
- 1/2 cup slivered almonds, toasted

Poppy Seed Dressing:

- 3 tbsp. vegetable oil
- 3 tbsp. apple cider vinegar
- 2 tbsp. sugar
- 1 tsp. Worcestershire sauce
- 1 tbsp. poppy seeds

Tear spinach into bite-sized pieces and toss with onion, strawberries and almonds.

In small bowl, whisk together vegetable oil, vinegar, sugar, Worcestershire sauce and poppy seeds. Pour onto salad. Toss gently and serve.

STRAWBERRY RHUBARB CRISP

Ingredients:

- 3 cups strawberries, sliced
- 2 cups fresh or frozen rhubarb, diced
- 1/3 cup each white and brown sugar
- 1/2 cup each flour and rolled oats
- 1/2 tsp. cinnamon
- 1/4 cup butter or margarine, softened

Preheat oven to 350° F. Combine strawberries, rhubarb, white sugar and 3 tsp. of flour in a medium baking dish.

In a bowl, combine the remaining flour, rolled oats, brown sugar, cinnamon and butter. Sprinkle over the fruit mixture.

Bake for 40 minutes or until tender. Serve warm. Makes 6 servings.

Source: Toronto Public Health

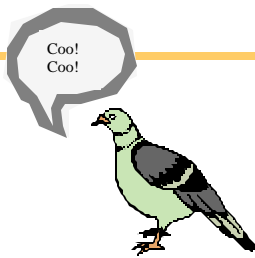


HAVE A BERRY GREAT DAY: STRAWBERRY FACTS

- Eight strawberries will provide 140% of the recommended daily intake of Vitamin C for kids.
- Native forms of strawberries adapt to various climates and are indigenous to every major continent except Africa, Australia and New Zealand.
- Very early strawberries were very small.
- Strawberries are the first fruit to ripen in the spring.
- One cup of strawberries contains a mere 55 calories.
- There is a museum in Belgium devoted entirely to strawberries.
- Strawberries are a member of the rose family.
- On average, there are 200 seeds in a strawberry.
- The strawberry is the only fruit with the seeds on its outside.
- If all the strawberries produced in California in one year were laid berry to berry, they would go around the world 15 times.

Source: www.urbanext.uiuc.edu/strawberries/facts





PIGEON FACTS

This article was originally published in the June, 2002 issue of Wigwam to Wigwam, and is back by popular demand.

Residents of Terrace often ask the question: “How do I keep pigeons off my balcony?” Outside of yelling and screaming (or perhaps purchasing an anti-pigeon device) here are a few suggestions.

When it comes to controlling the pigeon population, an ounce of prevention is worth a pound of cure. Pigeons and other birds settle in areas that suit their needs. Therefore, an effective program of pigeon control consists of making the designated area as uninviting as possible. For starters, don’t feed the birds, and eliminate food and litter from the area. Excluding birds from an area and conditioning them to avoid the area are both effective and humane ways of dealing with a pigeon overpopulation problem.

If you so desire, you can purchase a bird net, which is tough, light-weight webbing, used to seal off balconies.

Conditioning birds to avoid an area is also

important and should be done as early as possible in order to discourage them from settling in. Recorded pigeon distress calls are available to warn birds away from an area. Loud noises such as radios or wind chimes are sometimes effective, as are visual deterrents such as revolving lights, mirrors, or effigies of predator birds.

When conditioning birds to avoid an area, it is important to vary the deterrents, so the pigeons do not get accustomed to the noises, mirrors, and other devices.

Poisoning pigeons is not a humane method of population control, for obvious reasons. Moreover, poisoning is unlikely to have any lasting impact on the number of pigeons in a given area. The number of pigeons that occupy an area depends upon the availability of food, space, and shelter. If some pigeons die from being poisoned, more pigeons will only take their place, bringing the flock back to its original size. Any successful method of bird control must concentrate on prevention and making the locating as inhospitable as possible.

Source: <http://www.peta.org/mc/facts/fswild6.html>

Terrace Happenings

- Thanks to all tenants for their cooperation during the recent unit inspections. Work on the individual units is now underway, with a special emphasis on fire safety.
- We will shortly be embarking on installing new window safety device for the safety of the tenants and their families.



Welcome to the two new tenants who moved into the building in May and June: Christine Shawana and Mary Coté!

- Milroy Hoosein

20 Sewells Road Building Development Fund Donors

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Book Review

The Song Within My Heart



Household Hints



STORY BY
DAVID BOUCHARD

PAINTINGS BY ALLEN SAPP

The Song Within my Heart is more poetry than a story. The words, written by David Bouchard, revolve around the paintings of Allen Sapp, a Cree elder from northern Saskatchewan whose work is inspired in part by his Nokum (“grandmother”) and the teachings that she shared with him as a youth.

Sapps’ paintings, which have been showcased across the country and overseas, mostly depict life as Sapp remembers growing up on the Red Pheasant reserve. They include scenes from pow-wows and Nokum performing daily tasks like beading and making bannock.

The story gives words to the paintings and, for the most part, centres on a child learning from his Nokum about the importance of telling his own stories and reading the experiences of himself and his people into the dance and the beat of the drum at the pow-wow.

This book would make an excellent teaching tool for any child.

- Melanie Brown

FRUIT FLY, SAY GOODBYE!

Mix the following ingredients together in an open jar or other container (the quantities are relative to how many flies you're trying to get rid of):

- 2 cups water
- 2 tbsp. sugar
- 2 tbsp. white vinegar
- a couple drops of liquid dish soap

Leave the mixture sitting out in the infested area as long as needed.

Another method is to place fresh sprigs of mint in your fruit bowl.

ANTS, STAY AWAY FROM MY PLANTS!

Combine in blender:

- one bulb garlic
- 1 small onion
- 1 tbs. cayenne pepper

Mix with 1 quart water and let stand for one hour. Then add 1 tbsp. liquid soap and mist your plants.

YOU GOTTA GO, MOSQUITO!

Supposedly, mosquitos don't like the smell of garlic or lavender. Eat a nice garlic-rich meal before you go out, or spread some lavender essential oil over your skin. Mosquitos are supposedly attracted to bananas, so try to keep your consumption down in high-biting season.

R E W O P R E T A W F O E C R U O S
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B M L T S R M E Z L P N E R G C R E
D I O F I T E X K B S N O I N O A N
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G F I L O S A L I N G H L S O O I O
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I O A N H R C S A M T K T A A O G O
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H D V D F I T O M A T O E S N B P I
S R E D R O B N A I D A N A C I S B
F O R E S T D R I B R E D N U H T D

Asparagus

Banks

Bigfoot

Canadian border

Corn

Rapids

Farmland

Forest

Hay

Lakes

Lettuce

Long Island

Long Tidal River

Marshes

Meadows

Mills

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Ogopogo

Onions

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A Housing Project
for Native People

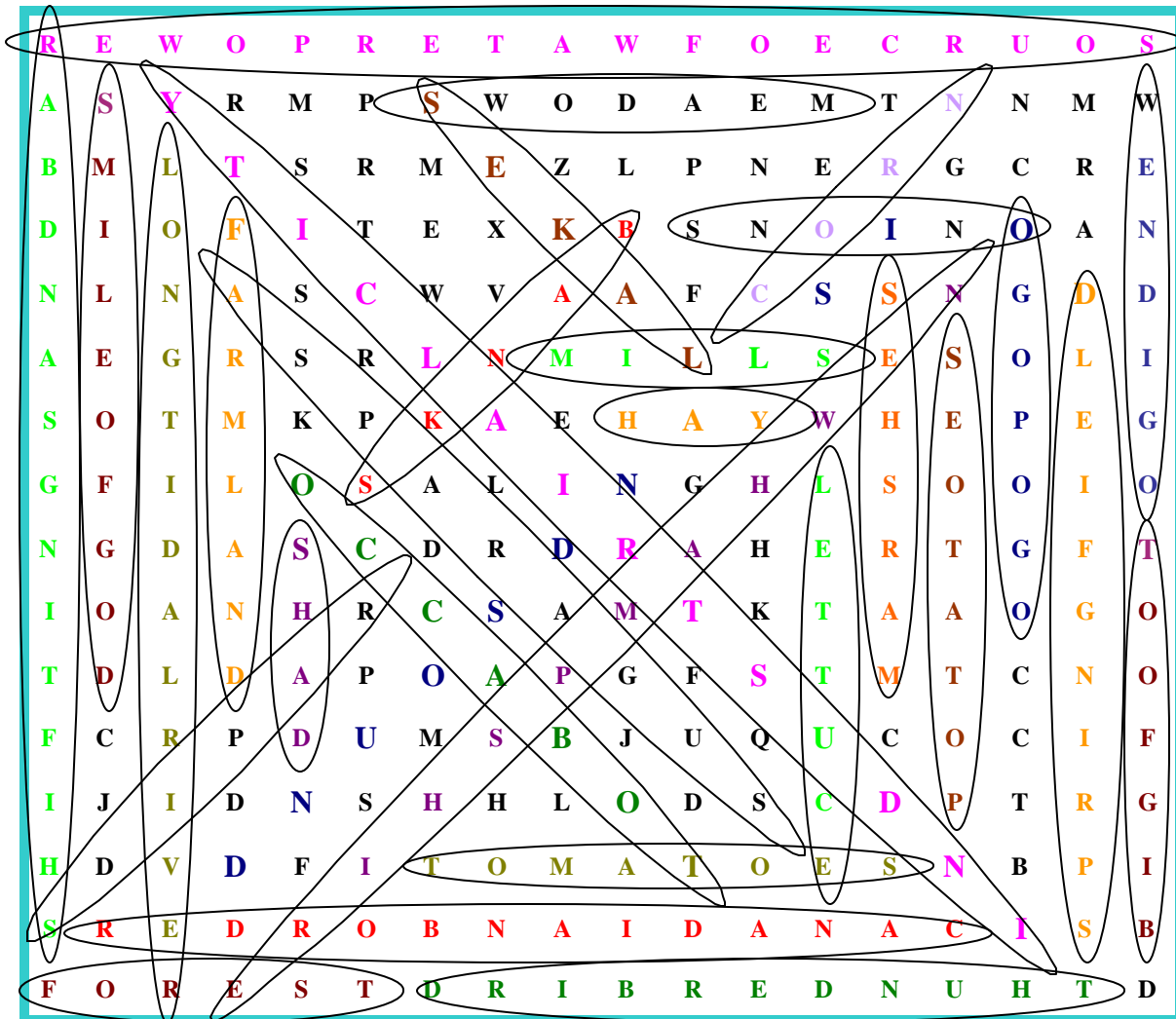
www.wigwamen.com

Election Facts

- *Psephology* is the study of elections. The word originates from the ancient Athenian custom of casting votes by using pebbles. In Greek, *psephos* means “pebble.”
- One of the closest results of any federal general election in Canada occurred in 1972, when the Liberals, led by Pierre Elliott Trudeau, won 109 seats and the Progressive Conservatives, led by Robert Stanfield, obtained 107 seats.
- Women became eligible to vote in 1918, and eligible for election in 1919. The first woman M.P. – Agnes Macphail – was elected in 1921.
- In the 2000 general election, there were 11 political parties registered for election.

source: www.elections.ca

Crossword Answer Key



Crossword Answer Key