



Wigwam to Wigwam

YOUR "HOUSE TO HOUSE" NEWS

September 2004

Volume 6, Issue 8

Flower Power Rocks!

Congratulations to all entrants of the 2004 Flower Power garden competition!

We saw many beautiful gardens this year, and choosing the winners was tough.

The first place prize of \$200 went to David Stanger and Cindy Woods, whose incredible display of imagination won the judges over.

The second and third place winners were Shawne Graham and the Wigwamen Terrace Garden Club, who won \$150 and \$100 respectively.



And who could forget the five honourable mentions: Alex MacInnis, Susan & Danae McQuabbie, Monica Beaudry, Loretta Campbell and the team of David Wiszniowski, Marlene Henry and Carol Wiehr. Each of these entries won \$50.

The judging committee consisted of myself and fellow staff members Milroy Hoosein and Alla Ponomarenko, as well as board member Eric Carlson. We visited 20 properties on Wednesday, August 5, and were impressed by the talent of many tenants and the strong improvements shown by others. It was obvious that many hours of work had gone into these Gardens!

You can see more pictures of the best entries in the enclosed insert.

Congratulations to all entrants and thank you for all your hard work!

- Jodi Hetherington

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WIGWAMEN INCORPORATED

YOU CAN CHANGE THE PAST!

Everyone makes mistakes—they're part of life and teach us valuable lessons we can draw from in the future. Unfortunately for some people, past mistakes can seem impossible to shake. Poor credit history or a criminal record can follow us around for the rest of our lives, posing obstacles that can prevent us from getting a specific job or buying a house. What many people don't know, however, is that some mistakes can be rectified, with just a little effort from us.

BAD CREDIT

If you've ever let a cell phone bill get out of control, defaulted on a student loan or left any business relationship owing money, chances are you have credit problems. Credit problems will limit your ability to take out loans, apply for credit cards or purchase a home one day.

The first step to solving credit problems is to assess the damage. You can do this by obtaining a free personal credit report through TransUnion or Equifax. Call their toll-free numbers or check their websites for instructions on how to do this.

Once you have determined your debts, you can see a credit counsellor. A credit counsellor will make arrangements with your creditors to have the outstanding amounts paid, and will work with you to come to a reasonable

payment agreement.

A credit counsellor will also tell you how to dispute a record on your credit file and continue to monitor the status of your credit.

CRIMINAL RECORD

If you have ever been charged with committing a crime, you have a criminal record—even if you were found not-guilty or the charges were dropped. Your fingerprints will remain on file with the police and your charges will show up in a criminal check. If you were never convicted of the crime for which you were charged, it is fairly easy to get it removed from your record. However, this does not happen automatically—you **must take the steps to make it happen**. If you were not convicted, you can have your file purged or destroyed. This means that your fingerprints and photographs will be destroyed.

If you were convicted of a crime, you may apply for a pardon. When an individual is granted a pardon, their records are sealed and never opened again unless he/she is charged with another offence. The procedure for applying for a pardon will vary depending on the specifics of the conviction. To get the process started, contact Pardons Canada and speak to a counsellor.

Changing the past won't be easy, but it will be worth it!

- Melanie Brown

Contact Information

TransUnion

Consumer
Relations Centre
P.O. Box 338,
LCD 1
Hamilton, ON
L8L 7W2
1-800-663-9980
www.tuc.ca

Equifax

P.O. Box 190
STN Jean-Talon
Montreal, QC
H1S 2Z2
1-877-323-2598
www.equifax.ca

Credit Counselling Services of Toronto

7 locations
throughout GTA
(416) 228-4328
www.creditcanada.com

Pardons Canada

45 St. Clair Ave. W.
Suite 901
Toronto, ON
M4V 1K9
(416) 929-6011
www.pardons.org

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:

GOLD DONOR

Dave Maddison General Contracting Ltd,

for a contribution of \$2,500

BRONZE DONOR

Doug Crawford Carpentry,

for a contribution of \$750

and:

Knox United Church Benevolent Fund.

for a contribution of \$200

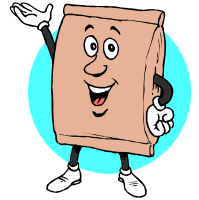


Zero Balance Club

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 & Norma Coté.

Terrace Happenings

- We are saddened to report the passing of a truly remarkable person, Elder James Mason, a long-time resident of the Terrace, on Monday, August 30. Mr. Mason was a dedicated volunteer in the community, whose work included counselling Native inmates. His presence will be deeply missed.
- A pancake breakfast will be held on September 30, from 9—11 a.m. in the Turner Room. Plain, blueberry and chicken bacon pancakes are on the menu along with hot coffee. All proceeds will go toward the 7th annual Terrace holiday party this December.
- A new freezer has been purchased for the Turner Room and it is available for use by all seniors.
- Welcome to two new tenants this month: Pauline Grant and Eleanor St. Germaine.
- Congratulations to the Terrace Garden Club for their third place entry in the Flower Power garden contest!
- All residents are reminded to please not feed the pigeons in the courtyard.



- Milroy Hoosein

Knowing Your Maintenance: Smoke Detectors

The majority of home fires that kill people occur at night. If you're asleep, the smell of smoke won't always wake you. In fact, smoke and poisonous gases can put you into a deeper sleep. That's why keeping a smoke detector in your home is so important—it can cut your chances of dying in a fire by almost half.

All tenants should have at least one smoke detector in their home. These are supplied, installed and checked quarterly by the Wigwamen maintenance staff. As tenants, however, you play a large part in your own safety, as well as your neighbours'.

If your smoke detector goes off when it's

not supposed to (i.e. when cooking or taking a hot shower), do not remove the battery. Instead, request to have it moved away from the source of the problem, or use the built in pause button, if your alarm has one.

Never borrow a battery from your smoke detector for use in another appliance. And finally, if your smoke detector malfunctions or runs out of batteries between quarterly checks, please report it to the office right away.

Next Month: Fire Extinguishers

Brian Taheny,
Maintenance Manager

Terrace Community Kitchen: Perfect Packed Lunch

PESTO PASTA SALAD

- 1/3 cup pesto (make your own or use ready-made from stores);
- 8 oz. spiral pasta;
- 1/2 small red onion, chopped;
- 3 large fresh tomatoes, chopped;
- 1 green bell pepper, chopped;
- 1/4 cup balsamic vinegar.



Cook pasta according to package directions. Drain. Mix vinegar and pesto together until well blended. Add all ingredients to pasta in a large bowl and mix well.

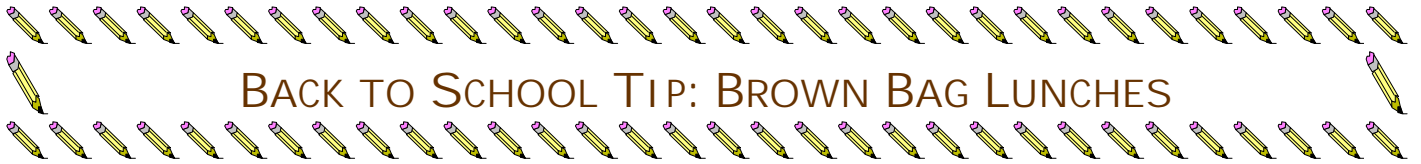
Source: www.fabulousfoods.com

BOLOGNA BOAT RECIPE

- 1 tsp. Mustard;
- 1 slice bologna (or turkey bologna);
- 1 slice American cheese;
- 1 hot dog bun.

Spread the mustard onto the slice of bologna. Top with a slice of cheese and roll them together. Place the roll in the hot dog bun and wrap it in aluminum foil.

Source: www.razzledazzlerecipes.com



BACK TO SCHOOL TIP: BROWN BAG LUNCHES

Packing a lunch can be a drag, especially when you have to do it everyday. Coming up with new ideas can be especially discouraging when you know whatever you pack will end up soggy by lunch time. Whether you're packing for yourself or the kids, here are a few tips to make your brown bag lunches a little more appealing:

- If you're making sandwiches, make sure the butter, margarine, mayonnaise or peanut butter extends all the way to the edge of the bread so their oils insulate the bread from the moisture of the sandwich filling.
- Wrap tomato slices, lettuce, sprouts, etc. separately and add them to the sandwich just before you're ready to eat.

- Cut two pieces of waxed paper somewhat larger than the slices of bread you're going to use. Put down the first slice of bread and whatever spread you want, then add a piece of waxed paper, then the filling, then another waxed paper sheet, then the last piece of bread. When you're ready to eat, just pull the waxed paper sheets out.

And finally...if you're using a lunch box, be sure to wash it out after each use and occasionally scrub it down with baking soda and water to freshen it up. Containers used over and over tend to develop bacteria, which you don't want spreading to your lunch. Eeew!

Source: [The Cook's Book of Indispensable Ideas](#)



Aboriginal History

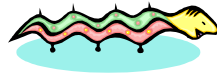
The Snake with big feet



Long ago, in a far-off time, there was a snake who was different from other snakes. He had feet. Big feet. And because he was different, the other snakes hated him. Eventually, they drove him away, saying, "A long way from here, live other ugly creatures with feet like yours. Go and live with them!" And the poor, unhappy Snake left.

For days and days he traveled and soon he became weak. At last, exhausted, his feet cut and frostbitten, he lay down to die.

Then Deer spotted the Snake, and with great pity, took him into his own lodge and gave him food and medicine for his bleeding feet. Then he showed the Snake how to make a shelter and moccasins of deerskin to protect his feet. At dawn the Snake continued his journey.



The next night was bitterly cold. As the Snake gathered boughs for a shelter, Kais-kap the Porcupine appeared. Shivering, the Porcupine asked, "Will you let me stay in your shelter tonight?"

The Snake agreed, and the grateful Porcupine said, "Perhaps I can do something for you in return. Those are beautiful moccasins, but they do not match your skin. Take some of my quills, and make a pattern of them." So they made a pattern on the moccasins with the quills.

At last the Snake met an Indian. But he had no gifts for the friendly chief, so he gave him the moccasins. And that was how our people first learned to make moccasins of deerskin, and to ornament them with patterns of porcupine quills.

From that day on, the Snake lived in the lodge of the chief, and he was very happy. But the chief had a daughter who was beautiful and kind, and the Snake came to love her very much. He desperately wished he were human so he could marry her, but he knew there was no hope of this unless

the High Gods performed a miracle.

So he fasted and prayed for days. But nothing happened, and soon the Snake became ill.

Now, in the tribe, there was a highly skilled Medicine Man named Mo'ki-ya. Mo'ki-ya came to the Snake and asked what his trouble was. After the Snake told Mo'ki-ya about his love for the maiden, the Medicine Man said quietly, "I shall go on a journey, brother. Perhaps my magic can help. We shall see." He gathered his medicine bundles and left.

Mo'ki-ya journeyed for many days, and then climbed a mountain to speak to Nato'se, the Sun himself.

Nato'se listened carefully to the wise Medicine Man, and then he said to him, "Return to your lodge and build a fire of small sticks. Put many handfuls of sweetgrass on the fire, and when the smoke rises, lay the body of the Snake in it."

And Mo'ki-ya came back to his own land and built the fire in the centre of the Medicine lodge. After Mo'ki-ya had done what the Sun had directed, he gently lifted the Snake, who was now very nearly dead, and placed him in the fire.

The Medicine drum whispered softly in the dusk of the lodge and the chant of the old men grew louder. Then the smoke parted like a curtain, and a young man stepped out.

The Snake was now a handsome young brave. After welcoming him into the tribe, the chief let him marry his daughter.

Many brave sons and beautiful daughters blessed the lodge of the Snake and at last his family became a new tribe of the Pe-sik-na-tape, or Snake Indians.

Source: <http://www.ilhawaii.net/~stony/lore16.html>

20 Sewells Road Building Development Fund Donors

Platinum Donors:

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Tilley, LLP

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Marion Rethoret

Marie Rogers

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Serpent River First Nation

Brian Taheny

Lynne Vallis

Victoria Peterborough
Management Inc.

Wayne Vincent

Wiggins Paralegal Ltd.



Tenant Counsellor's Corner

Internal Reviews

In accordance with the *Social Housing Reform Act, 2000*, Wigwamen has developed an internal review policy. The purpose of this policy is to offer tenants and/or applicants the opportunity to dispute any decision made by Wigwamen that affects the amount of their subsidy or their general status as tenants. This could include transfer requests, overhousing, tenant selection or other issues as they may arise.

Whenever you receive a notice of decision from Wigwamen, you are given the opportunity to appeal the decision. Your request for a review must be made in writing, and it must be received by Wigwamen no later than ten business days after you received notice of the decision. If the decision arrives at your home by mail, the notice is considered received five business days after the date at the top of the letter.

After a request for a review has been received at the office, a date is arranged for a committee to review the case, and the person requesting the review (the appellant) will be notified of the date. If they wish, the appellant may appear before the committee to present their case. They may also bring a family member or other advocate of their choice to the meeting.

After a careful and fair review of all the information, the committee will choose to either uphold or reverse the decision. The appellant will be notified in writing of the decision within five business days of the meeting occurring. The decision of the committee is final.

- Jodi Hetherington

Tips for parents:

- Ask your children if they understand their homework. If they don't, try working out a few examples together;
- Maintain regular contact with your children's teachers. Ask them if they recommend any specific activities you and your child can do together (i.e. flash cards);
- Don't do your children's homework for them. Help them learn to do it themselves;
- Show your children that you think homework is important. If you can't be home when they're doing it, ask to see it when you get home;
- Praise your children for doing well. Emphasize accomplishments rather than failures;
- Make sure your child has a quiet place to work with adequate light.

Tips for students:

- Organize yourself each night for the next day by putting assignments, books and materials you will need at school into your backpack;
- Do homework in a quiet place. Leave the TV off and try not to listen to music;
- Set a regular time to do homework every night and stick to it;
- Use a calendar to write down tests and due dates. Keep it handy;
- Re-write your notes when you get home if they're hard to read. This process will help you remember the information better and will make studying later easier.

Sources: www.learning.gov.ab.ca/BackToSchool/StudentSuccess and www.nea.org/parents/homework.html

Kids' Stuff!

Complete the picture:
what kind of animal is
hiding



Answer: a monkey!

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Email: info@wigwamen.com

A Housing Project
for Native People

www.wigwamen.com



Quite Quotable

Be the change you wish to see
in the world"

- Gandhi

"We can never obtain peace in the outer world until we
make peace with ourselves"

- Dalai Lama

"There is no path to peace, peace
is the path"

- Thich Nhat Hahn



ABORIGINAL MYSTERY: BIGFOOT

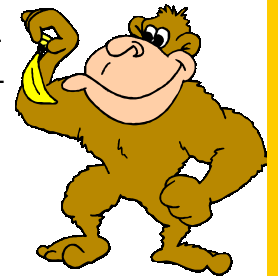
Historically, Native people of the northwest have told tales of huge, shaggy humanlike creatures living in the deep forest of the mountain country. These creatures were known to the Indians as *Sasquatch* or *Seeahtik*. It was said they could make themselves invisible and had other strange powers.

In 1924, some miners who had been working in a canyon in Washington State claimed they shot and wounded a big, gorilla-like creature and were later attacked by a number of similar creatures. A man who camped in western Canada that same year claimed he was held prisoner for a time by a group of four hairy humanlike things that were seven to eight feet tall.

Over a period of many years, many similar sightings have been made. In addition, many huge, humanlike footprints have been found, as large as sixteen inches long and seven inches wide. Because of these footprints, the unknown creature became known as Bigfoot.

Bigfoot is said to walk upright on two legs, much like a human, but in a slow, shuffling way. Its shoulders are wide and powerful and it has a very small neck. Its face is apelike, and there is long hair on its head that forms bangs on its forehead. Bigfoot's body is covered with hair that is usually reddish, but may also be black, tan or white. The creature apparently eats only plant food and does not seem to be dangerous to humans unless they try to hurt it.

No Bigfoot has ever been captured, and no skeletons of anything like a Bigfoot have ever been found. But who knows what might be out there?!?



Submitted by Alla Ponomarenko