



Wigwam to Wigwam

YOUR "HOUSE TO HOUSE" NEWS

Wigwamen Board Members Recognized by Province

November 2004

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Founded in 1972, Wigwamen Incorporated has been in existence now for over thirty-two years. Almost since its incorporation, and to this very day, four individuals have served as Directors and Officers, including Director Eric Carlson who has served since 1974 (30 years); Vice-President Donna Niven and Director Delma Cooper, who have both served since 1976 (28 years); and President Bill Kinoshameg who has served since 1977 (27 years).

Over the course of those years they have come to meeting after

meeting, working with other Directors to build a housing corporation which now owns and operates 312 units in the City of Toronto, and with associated companies, manages almost 700 other units across the Province.

On Wednesday November 24, 2004, at the Liberty Grand Ballroom at Exhibition Place, the Province of Ontario recognized the contribution of Bill, Donna, Delma, and Eric by bestowing upon them, and other notable volunteers in the Greater Toronto Area, the 2004 Ontario Volunteer Service Award.

There are hundreds upon hundreds, if not thousands, of families who, without the tireless volunteer efforts of Wigwamen's Directors would not have been able to live in decent, affordable homes. On behalf of the staff, tenants, and Directors, past and present, of Wigwamen Incorporated, I offer our congratulations and thanks to Bill, Donna, Delma, and Eric for their many years of hard work and dedicated service!



Pictured l. to r.: Donna Niven, Bill Kinoshameg, Delma Cooper.
Absent from photo: Eric Carlson

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WIGWAMEN INCORPORATED

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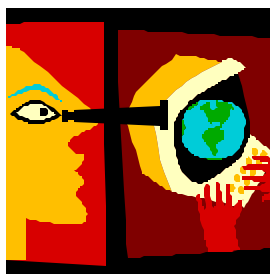
- Angus Palmer

Your Privacy Rights

A new law has recently come into effect in Canada that affects your rights to privacy and determines when and how personal information can be collected about you. It is called the *Personal Information Protection and Electronic Documents Act* (PIPEDA). Another law, called the *Privacy Act*, also protects your personal information. Through these laws, you can find out why your personal information is being collected, how it's being used, how it's being stored and to whom it is given.

You can also access your personal information and even lodge a complaint if you're not happy about how it's being handled.

However, the safest way to protect your personal information is to keep tight control over it. Below are tips from Canada's Privacy Commissioner.



- Many retail stores ask for your name, address and telephone number when you make a purchase. If the store cannot give you a satisfactory reason for collecting the information, don't give it out.
- Information collected on product warranty cards is very often used for marketing purposes. You are not required to send in a filled warranty card—your receipt is all you need to make a warranty claim.
- Avoid filling out ballots for “free draws” or other promotions. That is a surefire way to get your name, address and telephone number on a junk mail or telemarketing list.
- If you don't want your phone number to show, dial *67 on your telephone (1167 on old rotary dial phones) to prevent your name and number from being displayed.

- You may be able to remove your name from many mailing and telephone lists by writing to the Canadian Marketing Association, 1 Concorde Gate, Suite 607, Don Mills, Ontario, M3C 3N6.
- Many stores offer “rewards” or “points” programs. Often stores see your participation as consent to share your information without directly asking for your permission. If you want to avoid getting junk mail or other promotional material, either don't join these programs, or ask the stores not to share your personal information.

Your SIN is a confidential number that is restricted to income reporting purposes. There are a *select and limited number* of federal government departments and programs specifically authorized to collect the SIN. If anyone asks you for your SIN...

- ask if you are required by law to provide it;
- ask why the person needs it, how it will be used and to whom it will be given;
- your SIN is not a piece of identification. If it is not required by law (and you are not satisfied with the explanation), tell the person you prefer not to use the SIN and offer other identification;
- if the organization refuses to give you the product or service unless you give your SIN, complain to the Privacy Commissioner of Canada; and
- if you would like better legal protection for your SIN, call or write your federal Member of Parliament.

Source: www.privcom.gc.ca

20 Sewells Road Building Development Fund Donor Recognition

This month, Wigwamen Incorporated would like to thank

Valerie Kendall,

whose most recent donation of \$2,000 now makes her a

GOLD DONOR

Thank you for helping to make the development of our new 92-unit affordable housing project at 20 Sewells Road a reality!



Terrace Happenings

- The Terrace Seniors Christmas party will be held early this year. Don't forget to come down to the Turner Room on Friday, December 3 from 4—7 p.m. for Christmas dinner and entertainment galore! You should have received your invitations by now. If you don't have one, see Fran or Milroy.
- All of us at the Terrace would like to wish a speedy recovery to Mr. George Toth, who is resting in hospital after a fall.
- Warm thoughts also go out to our two residents who have recently been relocated to nursing homes: Daisy Hahnfeld and Frances Brown. Both of them will be missed here at the Terrace.
- Looking for some medical help? Student nurses continue to visit the Terrace every Friday at 10:00 a.m. in the nurses' station. They'll test your blood pressure and sugar and answer any health-related questions you might have.



- Milroy Hoosein

Knowing Your Maintenance

Carbon Monoxide

Carbon monoxide is a by-product of combustion. It is a colourless, odourless gas. When you inhale carbon monoxide, it gets absorbed into your body the same way oxygen does. It replaces the oxygen in your blood, depriving your body of its needed oxygen.

To help reduce the risk of exposure to carbon monoxide, furnaces should be inspected annually. One of the major causes of carbon monoxide build-up in the home is poor draft for fuel-burning appliances. Wigwam's maintenance department has all furnaces cleaned yearly. Additionally, all units have carbon monoxide detectors installed.

If a CO detector goes off, open your doors and windows immediately to ventilate the home. Call the fire department and evacuate everyone. Remember that carbon monoxide is colourless and odourless. Never ignore an alarm, even if you feel no effects.

Carbon monoxide poisoning from household sources kills hundreds of Canadians each year and injures thousands more. Many of those killed or injured are asleep at the time of exposure. It is known as the "great imitator," because low levels of carbon monoxide poisoning mimic flu or food poisoning symptoms, ranging from headaches and nausea to dizziness and fatigue.

- Brian Taheny, Maintenance Manager



Household Hints

HOW TO KEEP MICE OUT OF YOUR HOME

These sneaky little creatures can get the best of even the world's greatest housekeepers, but there are some things you can do to better your chances:

- Don't allow trash to remain in your yard;
- Don't accumulate trash or debris;
- Shuffle stored items regularly and keep boxes in plastic bags;
- Cover or seal trash tightly;
- Before storing end of season clothes, make sure they are clean;
- Drawer and cabinet liners, paper bags and even wallpaper can be a source of food for pests;
- Seal all possible pest entry points in your home (mice have no bone structures, so they can squeeze through a hole as small as a dime);
- Keep all areas where food is prepared, stored and served clean and free of crumbs and grease.



TENANT TIP

To keep raccoons from getting into your garbage, squirt white vinegar around your outdoor garbage bin and on the plastic bag.

- submitted by Dorothy Blackbird

Terrace Community Kitchen

WHOLE WHEAT PASTA WITH FRESH PESTO

- 1 tbsp. pine nuts, toasted
- 2 large garlic cloves
- 2 cups lightly packed fresh basil leaves
- 2 tbsp. fresh grated Parmesan cheese
- 2 tsp. lemon juice
- 3 tbsp. extra virgin olive oil
- 12 ounces dried whole wheat farfalle (bow tie) pasta, cooked

Using a food processor, drop the pine nuts and garlic into the food chute and process until minced. Add the basil, cheese and lemon juice. Continue to process until finely minced. Gradually add the oil through food chute and process until well blended.

Make the pasta according to directions. Toss the cooked pasta with the pesto and serve. Garnish with fresh basil, if desired. Makes 4 servings.

GRILLED HAM & CHEESE SANDWICH

- 8 slices wheat sandwich bread
- 8 slices cheddar cheese
- 4 slices smoked ham
- 2 tbsp butter, softened



Top a slice of bread with 1 piece of sliced cheese, 1 slice of ham and the second slice of bread. Repeat, making the sandwiches with the remaining slices of bread, cheese and ham.

In a large nonstick skillet, melt the butter. Place the sandwiches in the pan and cook on medium heat until lightly browned on both sides. Makes 4 servings.

Source: www.Lifescript.com

Baking with sugar substitutes



Artificial sweeteners are non-caloric and can be eaten in modest amounts by people with diabetes.

Saccharin—can be used to sweeten hot or cold foods. Pregnant women should not consume this type of sweetener. Brand names include Sucaryl, Sugar Twin and Sweet 'n Low.

Aspartane—not appropriate for foods cooked for longer than 20 minutes. Brand names are Equal and Sweetmate.

Acesulfame Potassium—this sweetener does not break down, so it can be used in recipes that require long baking time. The brand name is Sweet One.

Sucralose—produced under the brand name Splenda, this product is extremely sweet and can be used in recipes that require prolonged heating.

Source: www.diabetic-lifestyle.com



Aboriginal history



The Hungry fox and the boastful suitor

One day Fox was out walking. He'd been hunting with no luck and his stomach was growling loudly, when he heard someone coming along and singing a song. Quickly, Fox leaped off the path and crouched down in the bushes. Louder and louder grew the song. Eventually, the headdress of an Iroquois man appeared over the crest of the hill. He was on horseback.

If he sees me, Fox thought, I can forget about my hunger forever! It was well known that fox skins were prized by the Iroquois. Fox tried to make himself small so he wouldn't be seen.

The man came closer. He was wearing fine clothes and Fox could hear the words of man's song clearly now. It was a boasting song:

"No one is braver than Heron Feather! And I should know for I am he. No one wears finer clothing. No one is a better fisherman. If you doubt this, look and see."

He was on his way to see a young woman. He was going to try to impress her and her mother so the girl would ask him to marry her. His song and fine clothing were part of the plan.

But Fox was no longer listening to Heron Feather's song or seeing those fine clothes. All Fox's attention was on what he was smelling—Fish. The bag hanging from the young man's blanket roll was full of fish! Fox's mouth watered and his tongue hung out. His fears left him. The man on the horse passed him by, but Fox's thoughts were far ahead. As quickly as he could, he ran through the woods, keeping out of sight of the road. Soon he was ahead of the Iroquois man. Just around

a bend, Fox lay down by the side of the path. He closed his eyes and hung his tongue out in the dirt. Not moving a muscle, he waited. Soon he began to hear Heron Feather's boasting song.

Heron Feather was so focused on his singing, he almost rode right past Fox. When he saw Fox out of the corner of his eye, he stopped. "Enh. What's this? A dead fox?" He climbed down from his horse. "Maybe I should skin it now. Neh," he went on, "If I skin him now I may dirty my fine new clothes. I will just take him with me. When Swaying Reed's mother sees this fox I caught she will know I am a great hunter and will allow her daughter to marry me." He dropped the fox in with the fish in his bag.

Inside the bag, Fox began to gnaw at the side. When he had made a hole large enough, he began to drop the fish out, one by one. Finally, when all the fish were gone, he made the hole larger and jumped out to freedom and his best meal in many days.

Too busy with his singing, Heron Feather did not even notice. He rode all the way to Swaying Reed's village. He stopped in front of her mother's lodge and sat on his horse, singing of his beautiful clothes, the fish he caught (he had actually traded his mother's beautiful moccasins for them), and the animals he trapped. Swaying Reed and her mother came out of the lodge.

When he held up his bag and saw that it was empty with a hole in the bottom, he stopped singing. Turning around, he rode silently away. He learned that day that boasting songs do not make a person great. It is one thing to find a fox and another to skin it.

Source: www.ilhawaii.net

20 Sewells Road Building Development Fund Donors

Platinum Donors:

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Tilley, LLP

Bank of Montreal

CAW Social Justice Fund

Hilditch Architect

M. Dimauro
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Wigwamen Non-Profit
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Angus Palmer

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Thanks also to:

643223 Ontario Limited

Access Computer Solutions Inc.

Eric Carlson

Church of the Master

Dan Mac Plumbing

Deer Park United Church

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Wayne Vincent

Wiggins Paralegal Ltd.

Who's Who at Wigwamen

Warren Canney

Weytk!

“Weytk” is the traditional greeting in the Secwepemc language.

Warren is the housing counsellor at the Aboriginal Housing Support Centre. Born and raised in Toronto, he graduated from Seneca College in 1976 with an Honours Diploma in Applied Communications. After working at CBC television for 5 years, he headed out west to British Columbia.



Warren developed his counselling skills over the 18 years that he lived in the interior of British Columbia. There, he created a sexual abuse support group program for abused children and youth, and co-authored a comprehensive training manual for sexual abuse program practitioners. He went on to become the district special counsellor for a school district, where he worked for almost 10 years. He also worked as a trainer and front-line worker. At the Elizabeth Fry Society he worked as a child, youth and family counsellor as well as a men's group co-facilitator, running weekly sessions for men charged with spousal assault.

Warren has two adopted children, both of whom are Aboriginal. They now have children of their own now and continue to live in the west. Warren moved back East in 1999 when one of his parents took ill.

While in B.C., Warren worked on many of the Shuswap (Secwepemc) First Nations' Reserves and took language courses in Secwepemctsin. The families of the Canoe Creek/Dog Creek Indian Band, in particular, are very dear to Warren's heart, after having spent so much time in their remote community.

Although he is back 'home,' he very much misses the family and friends that he left behind out west. Re-connecting with the Aboriginal community, through Wigwamen, helps bridge both of his 'worlds' and working for the Aboriginal Housing Support Centre feels like a natural transition for him.

“Putucw!” (Good-bye)

Please remember to send all required documents back with your annual renewal package. If you're not sure what to send, call Jodi Hetherington and ask!

Kids' Stuff!

The name of a food is hidden in each of the sentences below. Look at the example and then find the hidden food names in the rest of the sentences.

e.g., Bob **read** a funny story. (hidden food: **bread**)

1. There are many kinds of beetles.
2. I put four ice cubes in a glass.
3. Kris will meet me at the park.
4. Tanya wants to be an elephant trainer.
5. Len tied a rope around a tree.
6. We need to wrap plenty of string around the box. (Answers on back page)

Colour-Me-In

