



Wigwam to Wigwam

YOUR "HOUSE TO HOUSE" NEWS

A VERY SPECIAL APPEAL

February 2005

Volume 7, Issue 1

This year promises to be a year of progress and opportunity at Wigwamen Incorporated, with the completion of construction of our new 92 unit affordable housing project at 20 Sewells Road. And as the rendering shows on page 2, it's going to be an amazing project!

Besides the 92 units (9 bachelor units; 33 one bedroom units; 28 two bedroom units; 20 three bedroom units; and 2 four bedroom units), there will be an on-site management office; a 2,740 square foot community/worship space; two smaller offices for other staff; and five other meeting rooms/offices for tenant and community programming.

And it will be energy efficient – built to a standard that we expect will reduce energy costs by 30% a year, and designed so well that it qualifies for assistance from the Federal government.

But it all comes at a high price...

The initial construction cost was \$900,000 more than we had predicted, and as construction has progressed, we have already had over \$200,000 in change orders.

Costs have escalated at such a rate that we are asking everyone who can possibly assist, to consider making a financial contribution of any amount.

We want to recognize our donors, and with that in mind, every person who donates any amount at all will have their name published in our monthly newsletter.

And of course, as a registered charity, Wigwamen will issue a tax receipt for each and every donation.

If you wish to donate, cheques payable to "Wigwamen Incorporated – Sewells Road" can be sent to: 25 Imperial St., Suite 310, Toronto, Ontario, M5P 1B9.

Or, for those who have a credit card, and are more technologically adventurous, donations can be made on-line at www.wigwamen.com by clicking on the CanadaHelps icon on our home page.

20 Sewells Road is going to make a profound difference to the lives of many, many families in the Aboriginal community.

Please, consider making your financial contribution today.

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WIGWAMEN INCORPORATED

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Ways to make the world more green

Reduce home energy use by 10%:

- On a per capita basis, Canada is the largest consumer of energy in the world and the second largest producer of greenhouse gases. We use as much energy as the entire continent of Africa, home to 700 million people.
- At present, nearly 60% of the energy used in Canadian homes is directly related to heating.

There are lots of ways to reduce your energy consumption without sacrificing your comfort or budget:

- Start by checking walls, doors and windows for drafts. Report any to Wigwamen's maintenance staff.
- Use your clothes dryer less often—In the summer, consider using a clothes line. In the winter, set up a “drying rack” to hang-dry your clothes. This helps clothes last longer, too.
- Turn your computer off. A common myth is that computers should be left on all the time, but this is not true. Use a power bar to completely shut off all your computer equipment when not in use.



Stop using dangerous pesticides:

Insects and pesticides are designed to kill organisms such as weeds, bugs and fungi. But these dangerous chemicals can have unexpected results:

- Pesticides are toxic to many forms of life, including beneficial insects such as ladybugs and honeybees.

- Pesticide residues can accumulate in the food chain and cause damage to birds, fish and other forms of animal life.
- Children are especially at risk from pesticides and are much more susceptible to these chemicals than adults.
- Pesticides don't remain on your lawn and garden. Storm water runoff carries toxins into nearby streams, rivers and lakes, harming fish and other water wildlife. These water bodies may also be the source of your drinking water.
- Many pesticides contain ingredients known or suspected to cause cancer.

Eat meat-free meals one day a week:

- Canadians eat more than twice as much meat as the global average.
- Reducing meat intake limits your exposure to the chemicals and antibiotics that are fed to livestock.
 - Roughly one-fifth of the world's land is used for grazing. That's twice the area used for growing crops. Much of this land once provided habitat for animals and birds.
- Meat production requires more water than raising crops.
- What's good for the earth can also be good for you! Reducing meat consumption lowers the risks of heart disease and stroke. Eating more vegetables, fruits, whole grains and legumes improves your cardiovascular health and reduces the risks of obesity, diabetes and cancer.

Continued on the next page...

Making the world a greener place continued...

Buy locally grown and produced food:

- Organic farming is better for the environment than conventional farming. Since much of the organic produce available in Canada is imported, the impacts of transportation offset some of the environmental benefits. The best option is to buy local organic fruits and vegetables; the next best choice is to buy local.
- It's estimated that the elements of a basic North American meal travel 2,400 km to get to your dinner table. This excessive transport causes heavy emissions of the gases which cause global warming.
- Local food is more likely to be fresher and better for you than food shipped long distances. The largest loss of nutrients comes from picking unripe fruit so it can withstand long transit times. Additionally, chemicals used to prevent mould and fungus growth during shipping can be harmful to your health.
- Some food imported from developing countries may have been grown using pesticides that are banned or severely restricted in North America.



- In 1999, the Canadian Automobile Association estimated that the annual cost of owning and operating a subcompact car was \$7,500, compared to \$11,500 to operate a full-size one. A Toronto study estimated that the annual cost of alternative transportation was \$5,600.

Support car-free alternatives:

- In Canada alone, at least 16,000 premature deaths can be attributed to air pollution. Many more people suffer from respiratory ailments such as asthma that are aggravated by air pollutants.
- One busload of passengers takes 40 vehicles off the road during rush hour. It also saves 70,000 litres of fuel and reduces 9 tonnes of air pollutants a year.
 - Walking-oriented European cities devote less than 10 per cent of the land to transportation, while automobile-oriented North American cities devote up to 50 per cent to roads and off-street parking.



Learn more and share with family and friends:

- By working together we can inspire our elected leaders to incorporate environmental conservation into public policy. A healthier environment isn't possible unless we all get involved.

Source: www.davidsuzuki.org

Walk, bike, carpool or take transit:

- Researchers found that the air we breathe inside our cars can be up to 10 times more polluted than the air outside.
- Walking or cycling to work are excellent ways to incorporate exercise into your daily routine.

Terrace Community Kitchen

CAULIFLOWER & BROCCOLI WITH CHEESE SAUCE

- 1 large head cauliflower
- 1 large head broccoli, tough ends trimmed and stems peeled
- 2 tsp. salt

Cheese Sauce

- 3 tbsp. butter
- 3 tbsp. all purpose flour
- 1 tsp. dry mustard
- 1 1/2 cups milk
- 2 cups sharp cheddar cheese, shredded
- 1/4 tsp. hot pepper sauce



Boil 6 cups of water in a large pan. Cut cauliflower and broccoli heads into florets and add to boiling water with salt. Return to boil and cook, stirring occasionally, until vegetables are crisp-tender, about 8 minutes. Drain.

Meanwhile, prepare cheese sauce by melting butter in a saucepan over medium heat. Whisk in flour and dry mustard until smooth. Bring to boil. Remove saucepan from heat. Stir in cheese and hot pepper sauce, stirring until cheese is melted.

Spoon sauce over vegetables.

ROSEMARY ROASTED POTATO STICKS

- 2 tbsp. low sodium chicken broth
- 2 tbsp. chopped fresh rosemary or 1 tsp. dried and crumbled
- 1 tbsp. olive oil
- 1 tsp. salt
- 1/4 tsp. black pepper
- 3 round red boiling potatoes, cut into matchstick strips

- 1 cup chopped green onion

Preheat oven to 450°. Position grill rack 6 inches from heat. Cut eight 8 x 8 inch squares of heavy-duty aluminum foil.

Combine broth, rosemary, oil, salt and pepper in a large bowl. Add potatoes and green onion; toss to mix. Distribute potatoes between each square of foil and fold into a packet.

Bake in heated over for 30 minutes, or until potatoes are tender.

TASTY PIZZA SQUARES



- 1 or 2 dry-packs of sun-dried tomatoes
- 1 tube refrigerated pizza dough
- 1/2 cup marinara or pizza sauce
- 1/3 cup pesto sauce
- 1/2 cup shredded mozzarella cheese
- 1/4 cup sliced canned olives
- 1/4 cup sliced green onion
- 1 or 2 jalapeño chilies, seeded and chopped

Heat oven to 425°. Grease a 15 x 10 inch pan.

Soak sun-dried tomatoes in very hot water until softened, about 5 minutes. Drain and chop.

Roll dough onto prepared baking pan. Press dough to sides of pan. Bake in heated oven 10-12 minutes or until golden brown.

Top half of the dough with marinara/pizza sauce and the other half with pesto sauce. Top with cheese, olives, green onions, sun-dried tomatoes and jalapeño. Bake for 5-10 minutes or until cheese melts. Cut into squares.

Source: [Family Circle All-Time Favourite Recipes](#)



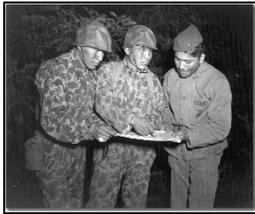
Aboriginal History



Until recently, little was known of the Navajo soldiers who developed an unbreakable code based on their native language that helped lead the allied countries to victory in World War II.

One of the intelligence weapons the Japanese possessed during the war was an elite group of English-speaking soldiers, who would intercept U.S. communications and then sabotage the messages or issue false commands to ambush the American troops.

Then, Philip Johnston, a veteran from World War I, came up with the idea of using the Navajo language as a code. The use of Native American language in coded military communications was not new. Choctaw Indians, for example, were used as code talkers in World War I. Johnston knew of this history, and since he spoke the language fluently, he believed that Navajo was the answer to the military's need for an undecipherable code because it was an unwritten language of extreme complexity.



The Marine Corps thus called

upon the Navajo Nation to support the military effort by recruiting and enlisting Navajo men to serve as Marine Corps radio operators.

The “first twenty-nine,” as they are sometimes called, were the first enlistees who are credited with the development of the original code. Consisting of approximately 200 terms, it used single or combined Navajo words to create new terms for military hardware.



But what proved to be the most inventive—and confusing to the enemy—was the creation of an innovative alphabet. Using this method, the Navajo code talker could use distinctly different words for the exact same message. This made the code extremely complex, but at the same time it improved the speed of communications. Due to its flexibility, development of the code continued under subsequent code talkers, growing to over 600 terms.

The code worked by translating Navajo words into English, then using the first letter of each English word to decipher the meaning. Because Navajo words might be translated into

different English words for the same letter, the code was especially difficult to decipher. For example, for the letter A, the code talker could use *wol-la-chee* (ant), *be-la-sana* (apple), or *tse-nill* (ax).

By the end of the war, the Navajo code became the most innovative, successful, and closely guarded military secret code of its time.

Military commanders credited the code with having saved the lives of countless American soldiers and with the successes of many battles. At Iwo Jima, Major Howard Connor had six Navajo code talkers working around the clock during the first forty-eight hours of the battle. Those men sent and received more than 800 messages, all without error. Major Connor declared, “Were it not for the Navajos, the Marines would never have taken Iwo Jima.

Only now are the Navajo receiving the credit they deserved for their incredible innovation. In 2001, the first twenty-nine were officially awarded with a congressional gold medal by President George W. Bush.

Source: http://bingaman.senate.gov/code_talkers/

Terrace Happenings

- Welcome to our two newest residents: Ms. Dorothy Nolan, who moved into the building in January, and Ms. Ramona Kiyoshk, who moved in last December. We hope you enjoy your new homes!
- Best wishes are sent out to Ms. Emilia Howard, who has been relocated to a nursing home.
- The Games Club is meeting every Tuesday at 2:00 p.m. in the Turner Room. The club plays a variety of card games and the occasional round of Bingo. Everyone is welcome.

- Milroy Hoosein

Did You Know?

February 15th is the 40th anniversary of the Canadian flag.

Here are a few facts:



- The National Flag of Canada on the Peace Tower is 457.2 cm long and 228.6 cm wide. Canadian flags are always twice as long as they are wide.
- The maple leaf on the flag is an artistic rendition. The specific design was developed so that the flag would look like a real leaf when waving in the wind. A lot of people think there is a symbolic meaning to the 11 points, but there is not.
- In 1964, thousands of Canadians submitted designs for the new National Flag of Canada.
- The maple leaf is a centuries-old Canadian symbol. It represents the contributions of Canada's Aboriginal people to our current traditions, and the millions of people who came later.
- On December 18, 1964 (one day after the adoption of the National Flag of Canada), Parliament approved the continued use of the Royal Union Flag (Union Jack) as a symbol of Canada's membership in the Commonwealth of Nations and her allegiance to the Crown. It takes precedence after a provincial/territorial flag.

Source: www.pch.gc.ca/progs

Maintenance Note:

I would like to remind all tenants to shut-off the water supply to the exterior hose-bib outside your unit. Please call the maintenance department if you require further assistance.



- Brian Taheny, Maintenance Manager

Kids' Stuff!

TIME OF DAY
 The answers to each of the following Rebuses refer to a certain time of day. Solve each of the puzzles by adding and subtracting letters from the picture clues.

 - LEN	 - SE
+  - IO	+  - E +  - E
+  - R =	+  - FLA =
 - R	 - OP
+  - F +	+  - PA
 - M =	+  - N =

10 - MADAM, 11 - PEEP, 12 - WOW
 7 - DAD, 8 - POP, 9 - TUT,
 4 - NOON, 5 - EVE, 6 - PUP,
 1 - MOM, 2 - BIB, 3 - EYE,
Perplexing Palindromes:

SUN SET (SOUP, PANS, NET)
 (MOON)
 AFTERNOON (RAFT, FERN,
 FLAME)
 NOON TIME (NOSE, ONE, TIE,
 RING)
 MORNING (LEMON, IRON,
Time of Day:

ANSWERS

Perplexing Palindromes

A palindrome is a word that has the same spelling forward as it has backward. Read the clues and see if you can figure out these words.

- | | |
|---|---------------------------------------|
| 1. Another word for mother | 7. Another name for father |
| 2. This keeps a baby clean when it's eating | 8. Another name for soda drink |
| 3. I can see with it | 9. The sound a whistle or train makes |
| 4. 12 O'clock midday | 10. The term used to address a lady |
| 5. The night before Christmas | 11. When you look around the corner |
| 6. A baby dog | 12. An amazed expression |

See above for answers!

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A Housing Project
for Native People

www.wigwamen.com

Note:

The Zero Balance Club has been on vacation...but now it's back, with 8 new winners! Don't forget to check back next month, when we begin to reveal who these lucky folks are... (maybe it's you!)



Household Hints

Getting good deals feels great! Whenever you can, delay buying items until you can get them on sale. Here is a basic sale schedule that many stores follow:

- January**—household linens and towels, fabrics, sports equipment, coats, house wares
- February**—furniture, coats and winter wear
- March and April**—auto equipment, barbeques, winter clothing clearances
- May and June**—major appliances, screens, storm windows
- July**—summer clothing and sportswear
- August**—sportswear, household linens, garden furniture, back-to-school items
- September**—back-to-school items
- October**—appliances, toys, holiday gifts
- November**—coats, holiday gifts
- Late December**—clothing and party wear, holiday cards, wrapping paper, decorations

Source: CMHC Client Information Guide