



Wigwam to Wigwam

YOUR "HOUSE TO HOUSE" NEWS

Wigwamen Profiles Malvern Community

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Volume 7, Issue 2

WIGWAMEN INCORPORATED

Wigwamen is profiling the community of Malvern in an exciting new series on its web site, www.wigwamen.com.

The Malvern area is the location of 20 Sewells Road, Wigwamen's new housing project, which is slated for completion this summer. It is located in the north-east corner of Scarborough, bordered on the north by Finch Ave. and on the south by Highway 401. It's easternmost street is Morningside Ave. and its westernmost is Markham Rd.

The series, which was just

launched this month, features photos and descriptions of some of the activities and resources the Malvern area has to offer. Among others, the Malvern Community Recreation Centre and the newly expanded Malvern branch of the Toronto Public Library, which is located right next door to the new apartment building, are included.

The purpose of the series is to show how diverse and well served the community really is. Stay tuned for more photos and area descriptions to appear in the coming weeks.

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Left: Kids playing hockey at one of the two ice rinks at the Malvern Community Recreation Centre. Right: Surfing the Internet at the Malvern branch of the Toronto Public Library.

Early Learning

It's never too early to start your children's learning. Studies have shown that sharing books, stories, songs and rhymes with children from an early age has enormous benefits.

Reading to your children:

- Stimulates their brains and helps them develop;
- Gives both of you quality time to bond and have fun together;
- Encourages them to speak and read by introducing them to the pleasure of stories, the sounds and rhythms of language and the shapes of letters;
- Is virtually FREE!

Here are some examples of fun things to do with words that can help your children's development.



Play Rhymes:

For very young children, play or action rhymes can be used instead of books. Rhymes are fun, and a great way to hold their attention and expose children to the rhythmic forms of language.

Five Little Monkeys

Five little monkeys (*five fingers up*)
Jumping on the bed (*bouncing up and down*)
One fell out (*one finger down*)
And bumped his head (*hold your head*)
Mommy called the doctor (*pretend to use the telephone*)
And the doctor said,
“No more monkeys jumping on the bed!” (*shake finger*)

Music:

Songs, lullabies and quiet ballads can be sung to infants from birth, especially during feeding, bathing and changing. As your baby grows,

bouncing and action songs are very stimulating. Music can help children to learn pre-reading, rhythm, memory and singing skills.

Old MacDonald

Old MacDonald had a farm, e-i-e-i-o
And on his farm he had a cow, e-i-e-i-o
With a moo-moo here and a moo-moo there,
Here a moo, there a moo, everywhere a moo-moo
Old MacDonald had a farm, e-i-e-i-o
(Repeat with as many farm animals as you can think of)

Active Book Sharing:

The best way to teach children to love books is to get them actively involved when you're reading. Play point and say, imitate animal sounds, use actions, make it a guessing game, ask questions about the story, encourage the child to say the repeated parts and feel free to make it up as you go along. For each age, there are certain types of books that are best.

Ages 0-18 months: The best books for these ages are board, cloth and bath books. Books with rhymes, songs and simple words, along with clear pictures, are most effective.

Ages 18 months-3 years: For this age, look for clear pictures and simple stories with one or two lines per page. Repetition and participation works well with this age group.

Ages 3-5 years: Books for this age group contain lots of action, like moving cars or playing animals, in the pictures. The concepts and stories are more complex and usually longer with an expanded vocabulary.

Source: Raise a Reader: Sharing Books With Young Children to Develop a Love of Reading

20 Sewells Road Building Development Fund Donor Recognition

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

Warren Canney

for his contribution of \$100

and

Mary Beth Menzies

for her additional donation of \$100
which brings her total contribution to \$850



Did You Know?

There are two conflicting theories about how the city of Toronto got its name. According to popular belief, the name “Toronto” originated from the Huron word “toronton.” A 19th Century local historian named Henry Scadding wrote a book in 1884 called *Toronto: Past and Present*, in which he claimed that the word “toronton” translates into “there is a lot.” He took this to mean, “there are many people,” and concluded that the town was a place of meeting. He thus coined the term “the meeting place” that many people use today.

A more recent author, however, claims that our city got its name from the Mohawk word “tkaronto,” which means, “where there are trees in water.” According to David Scott, this name originally referred to an area north of the city, near Orillia, where the water between lakes Couchiching and Simcoe moves very rapidly. As many as 4,500 years ago, he says, native people drove stakes into the water to create fish traps. French explorers picked up the name and eventually it migrated southward to refer to the area we now know as Toronto.

Source: [Ontario Place Names](#) by David E. Scott

Terrace Update:

We are now accepting applications for some upcoming vacancies at the Terrace. Applicants must be Aboriginal and meet the minimum age requirement of 59 years. Please see Milroy in the management office if you know somebody who would like an application, or call the main office to have one mailed out to you.

- Milroy Hoosein

Tenant Counsellor's Tip:

Please remember to save all your paystubs, in case you are required to show them for a rent review. Finding a safe place to put them all will make it much, much easier when it's time to collect them up for your review!

- Jodi Hetherington

Knowing your maintenance

WINTER WATCH



- During the winter it's important to keep snow and ice from building up and covering your gas meter and pressure regulator.
- Use a broom to gently clear snow or ice around your meter.
- Be careful with your shovel, plow or snowblowers near the gas meter equipment.
- Don't shovel snow up against your gas meter or piping.
- Don't kick or hit the gas meter, pressure regulator or piping to free snow or ice.
- Don't allow water to drip onto the gas meter equipment.
- Melting snow from a roof, drifting snow, freezing rain or water leaking from an eavestrough can cause an icy build-up.
- This build-up could interrupt your gas service or cause the appliance to malfunction, which may create hazardous conditions.
- Check your gas meter equipment regularly to ensure there is no build-up of ice or snow.

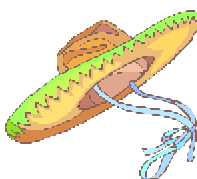


- Brian Taheny,
Maintenance Manager

Terrace Community Kitchen

VEGETARIAN BURRITOS

- 2 cups vegetable or chicken broth
- 1 cup long grain rice
- 1/2 cup salsa
- 1/4 tsp. hot red pepper flakes
- 1 cup corn kernels
- 19 oz. can drained Romano or kidney beans
- 1-2 cups grated cheese
- 8-10 large tortillas



Bring broth to a boil in a large saucepan. Stir in rice, salsa and hot red pepper flakes. Cover and simmer, stirring occasionally, until rice is almost tender, about 20 minutes.

Stir in corn and beans. Cook, stirring often,

until hot, about 5 minutes. Stir in grated cheese.

Spoon down centre of tortillas. Top with salsa, chopped fresh tomatoes, light sour cream, fresh coriander or shredded lettuce, if desired. Fold tortillas.

ROASTED CARROTS

- 1 lb. bag baby carrots
- 1/2 cup apple, orange or mango juice
- 1 tbsp. minced fresh ginger
- Pinches salt and pepper

Combine all ingredients in a pie plate. Roast, uncovered, at 375°F until tender, about 30 minutes. Stir often.

Source: [Quickies 2](#) from Chetelaine

Detox 101

Detoxification is like cleaning your home. Imagine the condition of your bathtub if it was not cleaned for 20, 40 or even more years. There are thousands of toxins and harmful synthetic chemicals in your food, air, water, home, and workplace.

- Drink at least eight to ten cups of pure water throughout the day.
- Take a high-quality B-complex and vitamin C supplement.
- Eat plenty of fruit to keep your colon and lymphatic system cleansed and moving properly.
- Eat a large green salad for lunch and dinner.

- Eat a small healthy snack every two hours to stabilize blood sugar.
- Avoid eating sweets, synthetic sweeteners, or foods sweetened with them.
- Be sure to fit some exercise into your day.
- Avoid margarine and food made with hydrogenated fats or trans fats.
- Avoid foods that contain synthetic colours or preservatives.
- Eat plenty of veggies, preferably raw or steamed.

Source: The 4-Week Ultimate Body Detox Plan
Submitted by Alla Ponomarenko



Aboriginal History

The falcon and the duck



The wintry winds had begun to whistle and the waves were rising when the Drake and his mate gathered their half-grown brood together on the shore of their northern lake and decided to fly southward.

Early the next morning they set out on their journey, forming a great “V” against the sky. The mother led her flock and the father brought up the rear, looking out for stragglers.

All day they flew high in the air, over wide prairies and great forests of northern pine, until the evening, when they saw a chain of lakes glittering below them.

Swinging round they dropped lower and lower, ready to rest upon the smooth surface of the nearest lake.



Suddenly their leader heard a whizzing sound and she quickly gave a warning. “Honk! Honk! Danger! Danger!” They descended in dizzy spirals, but as the great Falcon swooped toward them with an upraised wing, the ducklings scattered wildly. The old Drake came last, and he was struck.

“Honk, honk!” cried all the Ducks in terror, and for a minute the air was full of soft downy feathers like flakes of snow. But the force of the blow was lost upon the well-cushioned body of the Drake. He got over his fright and went along with his family, while the Falcon fell to the water’s edge with a broken wing.

He stayed there and hunted mice as best he could, sleeping at night in a hollow log to avoid the Fox and the Weasel. Using his wits, he kept himself alive through the long, hard winter.

Toward spring, however, the Falcon’s wing healed and he could fly a little, though feebly. The sun rose higher in the blue heavens, and the Ducks began to return to their cool northern home. Every day a flock or two flew over the lake; but the Falcon did not charge upon them because he was weak with hunger, and afraid to trust to the strength of the broken wing.

One day a chattering flock of Mallards alighted near him, cooling their glossy breasts upon the gently rippling wave.

“Here, children,” boasted an old Drake, “is the very spot where your father was attacked last fall by a cruel Falcon! I can tell you that it took all my skill and quickness in dodging to save my life. Best of all, our enemy dropped to the ground with a broken wing! Surely he has died of starvation, or a Fox or Mink has eaten the wicked creature!”

The Falcon recognized his old enemy, and his courage returned.

“Nevertheless, I am still here!” he exclaimed, and darted like a flash upon the unsuspecting old Drake, who was resting.

“Honk! honk!” screamed all the Ducks, and they scattered and whirled upward. But the Falcon began chase the Drake. Round and round in dizzy spirals they swung together, until with a quick spurt, the Falcon struck the shining, outstretched neck of the Drake, and snapped it with one powerful blow of his reunited wing.

Do not exult too soon; nor is it wise to tell of your brave deeds within the hearing of your enemy.

Source: www.darsie.net/talesofwonder/natam.html

20 Sewells Road Building Development Fund Donors

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Household Hints

Laundry symbols clip 'n carry

Washing



Machine wash, normal



Machine wash, cold



Machine wash, warm



Machine wash, permanent press



Machine wash, gentle or delicate



Hand wash



Do not wash

Bleaching



Bleach when needed



Non-chlorine bleach when needed



Do not bleach

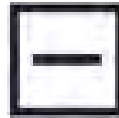
Drying



Tumble dry, normal



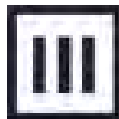
Line dry



Dry flat



Dry in shade



Drip dry



Do not tumble dry



Tumble dry, permanent



Tumble dry, gentle

Kids' Stuff!

GOO-TEEKHL

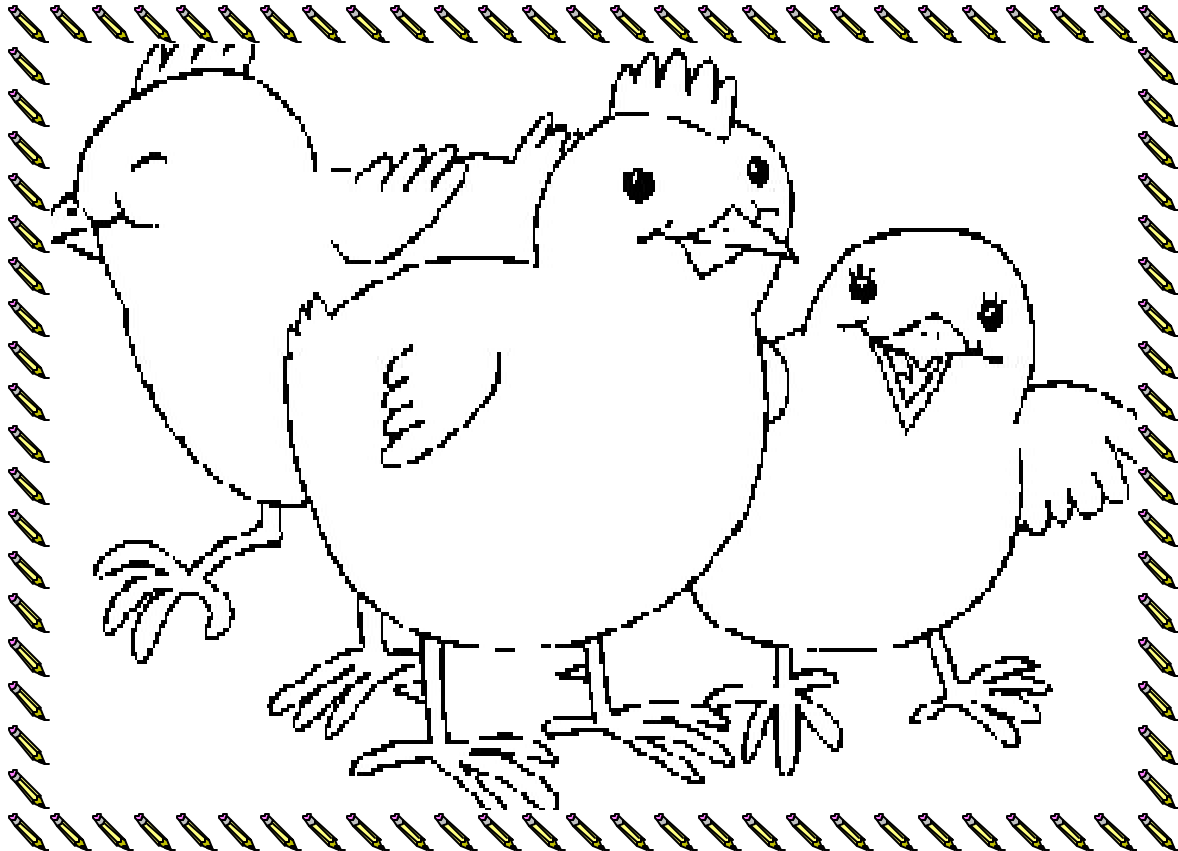
Goo-Teekhl was a giant who lived in the land of the Tlingit Indian people, now part of Alaska. He raided villages, seizing people so he could feast on their flesh and drink their blood. It was impossible to kill him, for his heart was hidden in an unknown place.

But one day, a young Tlingit warrior learned that Goo-Teekhl kept his heart in his left heel. The warrior fired an arrow into the vital spot. With a shriek, Goo-Teekhl fell. But, as the giant lay dying, he boasted to the warrior, “Even if you burn me to ashes, I will still drink the blood of humans!”

Angered by the boast and determined to prove Goo-Teekhl a liar, the warrior built a fire and burned the giant’s body to ashes. Suddenly, the ashes become mosquitoes—the first mosquitoes in the world. And, just as Goo-Teekhl had boasted, mosquitoes still drink the blood of humans.



Submitted by Alla Ponomarenko



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A Housing Project
for Native People

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Quoteworthy

“Anger will never disappear so long as thoughts of resentment are cherished in the mind. Anger will disappear just as soon as thoughts of resentment are forgotten.”



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

and congratulations to our latest winner...

Donna DeBassige

who won a \$50 gift certificate to Dominion stores!