



# Wigwam to Wigwam

YOUR "HOUSE TO HOUSE" NEWS

## 20 Sewells Road Gets Ready for Occupancy

May 2005

Volume 7, Issue 4

It looks like there may be only a couple of months to go before 20 Sewells Road is open for business!

Wigwamen has now received word from its general contractor that the building will be ready for tenants to take occupancy on July 1, 2005.

Tenants slated to move into the building have been advised to give notice to their landlords and book a moving truck for the Canada Day long weekend.

It won't be easy having 92 families move into the same building over such a short period of time—and indeed, the building's new manager, Milroy Hoosein, has his work cut out for him. He has to calculate rents for 92 households!

Terry Marcus and Donna Wheeler also have a big project ahead—making sure that all the units are spic and span before the new tenants take possession.

Terry and Donna will act as the

superintendent couple for the building. Terry will be missed as a Maintenance Assistant for Wigwamen's scattered housing units, but Sewells Road is an exciting step for him.

Warren Canney and the Aboriginal Housing Support Centre will also move over to the building. At the new site, Warren will be utilizing his counselling skills to double up as the Transitional Housing Worker for the building.

Jodi Hetherington will be happy when the project is up and running. No longer having to commit every Wednesday to applicant interviews, she can get back to putting her full efforts into her regular job as Tenant Counsellor

The next few months will be like no other at Wigwamen. But considering that 92 new households will be gaining decent, affordable housing, it will all certainly be worth it!

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# Aboriginal History

## An Island Made in a Hurricane



The people of Flint, Mohawk of the Six Nations, tell a story that puts Hurricane Hazel in second place among the worst storms to hit Toronto. This story claims that the very name Toronto was born in a turmoil of wild winds, rain, waves, land and water, in a great upheaval that swallowed the earth and forest.



It is an old story, handed down over the centuries by word of mouth, and repeated over and over again in the Longhouse.

For the Mohawks, the Great Spirit was the ruler of all things, and he spoke with the voice of the winds. The east wind that brings the morning, the west wind that chases away the night, the south wind—warm and soothing, and the north wind—wild and cruel. The Great Spirit expressed his moods with the winds. When he was angry, his people knew it.

One day, long before the coming of the white man, he was in an angry mood. The wind that day came with a terrific roar that laid the forests flat as matchsticks, whipped the waves of Lake Ontario, and made the earth tremble with its violence.

The waters of the lake rose and

fell. Never before had it been known to make such a sound. It hissed, bubbled, slapped and tore at the land. The movements of the water were of such variety and violence that they were beyond description, and the rumbling earth put fear into every living creature.

Thunder rocked the earth and lightning split the darkened sky. The great winds blew in the same area where Toronto sits now—this was the centre of the storm. Along the lakeshore, a collapsing movement began, and the land started sliding into the water. Onward it fell, submerging and thrusting—and the forest went with it.

The most terrible sight was the disappearing forest. The great trees were ripped, torn and shredded in the howling wind. Broken jagged ends lay in a tangle of twisted roots, branches and splintered trunks. The land continued to be violently swallowed by the waters.

Once the storm ended off the northern shore of Lake Ontario, and island had been

formed, now known as Toronto Island. The island had risen and made a great bay. The Mohawk called this bay a box. The Mohawk word for box is “Oronto,” which translates to “a log in the water.”

Into this bay—or box—between the mainland and the newly formed island, the great twisted trees had been tossed into a grinding pile that was dangerous to any living thing.

The Mohawks went to the lakeshore to see the miracle of the power of the Great Spirit. The sight remained for almost a century and many people told their children how they had seen this great thing—this box or bay—filled with heaps of trees, so big that some of them were 20 feet in diameter. This story has not been forgotten, even today.



The Mohawk word to describe this filled bay was Tur-on-to, which means “floating box.” The twisted mass of logs settled in time to become earth, and finally became Toronto.

That is the story the Mohawk people tell, and it has been told amongst them for a long, long time.

# 20 Sewells Road Building Development Fund Donor Recognition

This month, Wigwamen would like to thank

*Adams, Masin & Tilley,*

for their contribution of \$2,500, bringing their total donation to \$7,500

and

*First Evangelical Lutheran Church*

for their recent donation of \$300, bringing their total donation to \$502



## Tenant Counsellor's Corner

The Dr. Albert Rose Bursary is once again available to Wigwamen tenants and anyone else who lives in subsidized housing in Ontario.

This program offers financial assistance to tenants who are starting their first or second year of post-secondary studies at university, a college or a trade school. This year, the value of the bursary has been increased to a maximum of \$3,000.

Several of Wigwamen's tenants have been awarded the bursary in years past. It is a great opportunity that may help you fulfill your educational and occupational goals—and best of all, unlike OSAP, the bursary does not have to be repaid.

The deadline to apply is Friday, July 8. You should have recently received an application in the mail. If you require another, or need a letter from Wigwamen to include in your application, please feel free to contact me.

- Jodi Hetherington

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# Knowing Your Maintenance:

## Mould Epidemics

All buildings are susceptible to mould—residential, commercial, industrial, and institutional. However, of all these building types the most vulnerable appears to be high-rise residential buildings, due in part to the difficulty of preventing random water leakage and the relatively high humidity levels that often occur in cold weather.

However, mould has always been a part of our environment.

Mould is a type of fungus whose spores (or seeds), are everywhere, including the air and all exposed surfaces. In North America, there are over 1,000 different species of mould!



Most moulds do not affect humans, and the majority of humans are not affected by any type of mould at all. So what has changed to make mould the major problem it has become?

What we know today that we did not know before, is that some people are affected by certain moulds and this exposure can manifest itself through asthma, infection and sickness.

For mould to establish itself in a building, four conditions are required:

- Moisture
- Suitable temperature
- Organic material
- Mould spores

Mould will grow in areas that are periodically damp, such as inside a wall where a leak has occurred. It will go dormant, yet still not die, during periods of low moisture levels.

A relative humidity level above 65% is sufficient to enable some moulds to start growing.

Moulds will establish themselves in buildings near where leaks have occurred and on surfaces subject to condensation. It is therefore very important to promptly repair leaks and limit relative humidity levels so they stay below the point that causes condensation.

Moulds will grow and reproduce in temperatures ranging from just above freezing to around 40° C. They do not require light to flourish and spread.

They do, however, require organic food such as wood, fabrics made from natural fibres, leather and soil. Mould cannot process inorganic materials as food, but will grow on them provided there is an accessible food source.

The most common cause of mould growth in units is excessive condensation caused by occupants.

**Next Month: Preventing Mould Growth**

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## Did You Know?

Even today, some of the traditional diet of the First Nations is still a part of our regular food intake. For example,

- In Atlantic Canada, *fiddleheads* were harvested and prepared by First Nations people thousands of years before the advent of frozen vegetables.
- Aboriginal people were the first to think of taking the sap from a maple tree and turning it into a tasty treat. The *maple syrup* that Quebec is now famous for, originally came from Quebec's First Nations.
- *Wild rice*, also known as *man-o-min*,

has been harvested by the Ojibway from the waters of Ontario, southwestern Manitoba and Minnesota for thousands of years. Wild rice is actually a wheat product, not a rice product. The Ojibway would paddle through the rice beds and sweep the stalks of grain so that the rice would fall off and fill the canoe. It would then be dried, roasted and tossed into the air so the husks would blow away in the wind.



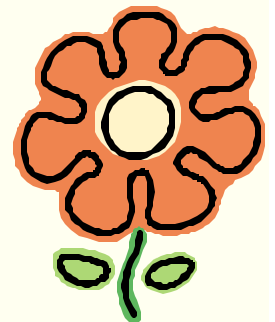
- *Blueberries* have been picked and eaten by Aboriginal people in Ontario for generations upon generations.

Source: "Chances are, it's Aboriginal!"  
from the Government of Canada

# Flower Power 2005

Come all ye gardeners...  
Flower Power is back!

Don't forget to fill out your  
ballot and let the best  
gardener win!

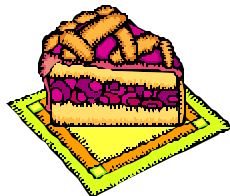


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# Terrace Community Kitchen

## Deep Dish Berry Pie (Diabetic)

- 8 cups mixed fresh berries, halved if large, rinsed and drained
- 2 tbsp. fresh lemon juice
- 1 tsp. grated lemon zest
- no-sugar replacement equal to 1/2 cup sugar
- 2 tbsp. unbleached all-purpose flour
- 1/4 cup tapioca
- 1 sheet frozen puff pastry, thawed
- 1 large egg, beaten with 1 tbsp. water



Brush the circle with the egg-water mixture and place, brushed side down, over the baking dish. Stretch the pastry tight (like a drum), pressing the overhanging dough into the sides of the baking dish. Cover with plastic wrap and refrigerate for 1 hour. Cover and re-ferigerate remaining egg-water mixture.

Cut the scraps of pastry into decorative shapes using a cookie cutter. Cover with plastic wrap and refrigerate.

In a large bowl, gently toss berries, lemon juice, lemon zest, sugar replacement, flour and tapioca. Place in 1.5 L ovenproof round baking dish. Set aside.

Roll out pastry on a lightly floured work surface until it's about 1/8" thick. Using a sharp knife, cut out a circle 2 inches larger than the baking dish. Set scraps aside.

When ready to bake, brush top with the remaining egg mixture and lightly press decorative shapes on top. Brush tops of shapes.

Bake at 450°F for 15 minutes, then reduce temperature to 375°F. Bake for another 25 minutes, until pastry is golden.

Remove from oven and cool on a rack.

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## Build-Your-Own Chicken Tacos

- 3 skinless, boneless, whole chicken breasts, halved
- 2 cups fat-free, low-sodium chicken broth
- 1 large garlic clove, crushed
- 1/2 jalapeno chili pepper
- 1/4 tsp. crushed dried oregano leaves
- 1/8 cup medium or hot taco sauce
- 1/8 cup fresh lime juice
- 12 taco shells

Rinse chicken breast and pat dry with paper towels. Pick and discard any fat.

In a large skillet, bring chicken broth, garlic,

jalapeno and oregano leaves to a boil. Add chicken breasts, reduce heat to simmer and poach, uncovered, until chicken is opaque throughout (cut to test), about 8-10 minutes. Remove from stove and cool for about 15 minutes in poaching liquid.

Shred the breast meat and combine with taco sauce and lime juice. Transfer chicken to a large platter and keep warm.

Meanwhile, heat taco shells according to package directions. Assemble tacos by placing chicken in shells along with iceberg lettuce, sliced tomatoes, sour cream and cilantro.

Source: [www.diabetic-recipes.com](http://www.diabetic-recipes.com)



# 20 Sewells Road Building Development Fund Donors

## ***Platinum Donors:***

Adams, Masin &  
Tilley, LLP

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Victoria Peterborough  
Management Inc.

Wayne Vincent

Wiggins Paralegal Ltd.



# Household Hints

## Ten steps to a healthy lawn

### 1. Choose the right grass

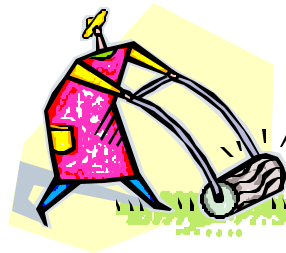
Choose drought-tolerant grass seeds and spread them on your lawn every fall (over-seed). A thick lawn will crowd out weeds.

### 2. Mow high

To discourage weeds, keep your lawn mower blade at a height of 7 cm (3 inches). Never cut off more than one-third of the grass stem at a time.

### 3. Grass-cycle

Leave your grass clippings on the lawn to return nutrients to the soil. This will reduce your need for fertilizer by 30 percent.



### 4. Top-dress and fertilize

Once a year in the fall, use a slow-release granular fertilizer or apply a top layer of natural organic matter such as compost (top-dress).

### 5. Let your lawn breathe

Once a year, remove small plugs of earth to allow air and water to get to the roots (aerate). A pesticide-free lawn will encourage earthworms, nature's aerators.

### 6. Water the roots

Let your lawn soak up 2-3 cm (1 inch) of

water, once a week, early in the morning, to promote deep root growth. If it has rained, adjust your watering. Use a rain gauge to measure water levels.

### 7. Remove thatch

Thatch, a thick compacted layer of dead plants and grass, attracts harmful insects. Too much thatch stops water and nutrients from getting to the roots. Remove thatch by gently raking your lawn in late spring or early summer. Aerate. To prevent thatch, don't over water or over fertilize.

### 8. Develop a tolerance for a few insects

Most insects are NOT harmful. Some are important to our environment.

### 9. Control weeds and insects

Dig out weeds and their roots by hand. Pour boiling water on weeds that are growing between patio stones, etc. Use a stick or your hands to knock insects off plants into a dish of soapy water.

### 10. Consider alternative plants

Alternatives to grass include trees, shrubs, perennials, ground covers, and wild flowers (native species work best).

- submitted by Alla "green-thumb" Ponomarenko



# Kids' Stuff!

## OGOPOGO

Ogopogo is the name given to a monster said to live in Lake Okanagan, in the Canadian west. Apparently, Aboriginal people knew of this monster long ago, but it has supposedly been seen in recent times by Canadians and Americans. Ogopogo is therefore either immortal or one of a whole family of creatures that has been living in the lake, generation after generation, for centuries.

Ogopogo is said to be a snakelike creature, from thirty to seventy feet long, that can swim quite rapidly. Its head resembles the head of a goat with a shaggy beard. As far as is known, Ogopogo has never attacked anyone.

*-Submitted by Alla Ponomarenko*



## Word Search!

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

BEAVER  
BIRCH BARK  
CANOE  
CANOT DU MAITRE  
CANOT DU NORD  
DUGOUTS  
EXPLORATION  
FELT  
FORT CHIPEWYAN  
FUR  
HAT  
HUDSON BAY  
PADDLES  
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A Housing Project  
for Native People

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## Quoteworthy

“A wet bird doesn’t fly  
at night”

- “Old Indian Saying,”  
submitted by Bill Kinoshameg



## 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, Donna DeBassige

and congratulations to our latest winner...

**Mary Hookimawillillene!**

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