



# Wigwam to Wigwam

YOUR "HOUSE TO HOUSE" NEWS

June/July 2005

Volume 7, Issue 5

## Summertime, here we come!

On Saturday, September 10, Wigwamen will be hosting its 5th annual summer picnic. To kick-start the festivities, Wigwamen is pleased to announce the winning submission of the picnic naming contest...

The name of the upcoming picnic is "A Gathering of Wigwamen Dwellers." This entry was submitted by Rita Manitowabi. Congratulations, Rita, and thanks to everyone else who submitted a name.

As always, the picnic will be held at Christie Pitts Park. We

look forward to seeing all the returning tenants as well as welcoming those who are new.

The picnic is being organized by Danielle Brennan, Wigwamen's summer intern. Feel free to call her up if you have any ideas or suggestions.

As usual, there will be lots of fun to be had and games and GREAT PRIZES to be won!

Invitations will be sent out toward the end of August. Don't forget to RSVP for a chance at a great door prize!

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# School's Out For Summer!

The City of Toronto operates a number of community centres throughout the city. Some of these centres offer programs specifically for kids during summer holidays. Some programs include swimming lessons, cooking for kids and multi-sports.



Some community centres also offer day camps. In addition to general day camps, a number of specialty camps are offered, including camps focusing on computer skills, fine arts, sports, and aquatics.

While some programs are free, there is often a small charge for others. Fortunately, financial assistance is available through the Welcome Policy for those who cannot afford the usual fees. If you're thinking of applying for the Welcome Policy, it's best to do it as soon as possible before your program begins.

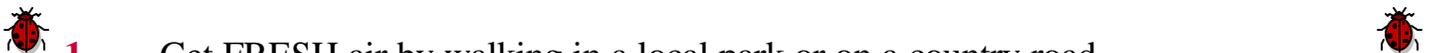
Some other free activities include visiting the Franklin Children's Garden on the Toronto Islands, which has just been opened. The Island also boasts the Far Enough Farm, a small rural-Ontario type zoo on Centre Island.

The High Park Zoo and Riverdale Farm are also fun and free opportunities for families to enjoy some time together.

For more information, visit [www.toronto.ca/parks](http://www.toronto.ca/parks) or pick up the summer brochure, *Toronto Fun*, at your nearest community centre. Then call (416) 338-0000 to register or (416) 338-2000 to inquire about the Welcome Policy.



*10 fab and fresh simple pleasures of summer!*



- 1** Get FRESH air by walking in a local park or on a country road.
- 2** Stop and smell the FRESH flowers blooming.
- 3** Keep your eyes open for robin's first visit.
- 4** Open the windows and ease away winter stuffiness.
- 5** Shed the sweaters – try light layers.
- 6** Store away winter jackets, boots and accessories.
- 7** Visit a petting zoo and meet the newest additions.
- 8** Go for a drive in the country.
- 9** A bike ride will chase away cabin fever.
- 10** Enjoy your first outdoor ice cream cone of the year.



# 20 Sewells Road Building Development Fund Donor Recognition

This month, Wigwamen would like to thank

*Valerie Kendall,*

whose most recent donation of \$2,000 brings her to a grand total of \$5000.00, now making her a

**PLATINUM DONOR**



*Many thanks for all of your support!!*

## TEACH YOURSELF MAGIC

**The Magic Candle**—Amaze your friends by lighting a candle without touching fire to the wick.

First, light the candle and let it burn for a moment, as you explain that anyone can light a candle that way. Next, blow out the flame and light a match. The smoke from the extinguished candle will rise upward. Hold the lighted match in this smoke, about 3 inches above the wick. The flame will travel down the smoke lighting the wick.



*(Warning: kids, don't try this without having an adult present!)*

Source: [The Fun Encyclopedia](#)

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# Terrace Community Kitchen

You and your kids can make and enjoy these tasty summer treats together.

## Fudge-sicles

- 1/2 cup sugar
- 2 Tablespoons cornstarch
- 3 Tablespoons cocoa
- 2 1/2 cups milk



Combine all ingredients in a heavy saucepan. Cook over low heat, stirring occasionally until thickened. Add:

- 1 teaspoon vanilla
- 1 Tablespoon butter

Mix well. Divide mixture evenly among popsicle moulds or paper cups. If you are using

paper cups, freeze mixture until partially firm and insert a Popsicle stick into the center. Freeze until firm. To serve, peel off paper.

## Yogurt Icicles

- 1 cup plain yogurt
- 3/4 cup frozen juice (orange, grape or lemonade)
- 3/4 cup milk
- 6 - 8 paper cups
- 6 - 8 Popsicle sticks

Combine all ingredients in a bowl. Mix well. Divide mixture evenly among Popsicle moulds or paper cups. If you are using paper cups, freeze mixture until partially firm and insert a Popsicle stick into center. Freeze until firm. To serve, peel off paper.

## Parents' Corner

### Safety tips for your children

Children should:

- always tell you where they are;
- know how to use the pay telephone and have emergency telephone money;
- know their name, age, address, city, province and home phone number;
- never open the door to a stranger or let a stranger into your home;
- never say they are alone if they answer the phone or door;
- never enter anyone's home or car without permission from parents;
- know it's okay to say "no" to adults;
- know that it's unwise to believe stories from strangers, such as a person wanting them to help find a lost pet, etc.
- know to tell you if someone has asked them to keep a secret from you;
- know what to do in case of unwelcome attention e.g. walk faster, go to a neighbourhood store, head for a busy street, walk toward a group of people;
- scream and keep screaming if something is wrong;
- kick and bite hard if someone grabs them;
- know that uniformed police officers are there to protect them.



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# Knowing Your Maintenance

## Mould—Part 2

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

In newer, more tightly sealed residential high-rise buildings, the potential for air to escape through the walls has been reduced by careful construction. This results in the air inside the units being exchanged for fresh air less frequently, causing a general increase in the amount of water vapour present in the air. This inevitably leads to more severe condensation occurring on the windows than would be the case in a leaky building.

In the winter, two people living in an apartment with no potted plants, fish tank, humidifier, washing machine and dryer and only normal cooking and washing habits, combined with the correct use of kitchen and bathroom exhaust fans, can still create a relative humidity in excess of 75%.

The relative humidity in a room is dependent on the moisture content of the outside air, the ventilation rate, the rate at which moisture is lost through the building enclosure and the rate at which moisture is supplied to the air inside the room.

In a 1,000 square foot unit, it only takes 2.8 liters of moisture to raise the relative humidity from 15% to 60%.

For normal day-to-day control of the level of relative humidity in the home, consider the following:

1. Water vapour is a by-product of cooking. Use the fan when cooking, or open a window.
2. Showers produce water vapour. Close the bathroom door, and ventilate using the exhaust fan.
3. Hanging your washing to dry on a line indoors, or not using the exhaust fan for dryers, will cause moisture to build up in the room. Since anything that stops the flow of forced air from the dryer exhaust will allow the moisture-rich air to move freely about the room, it is essential to periodically clean the lint trap in the exhaust duct. It should also be noted that build up of lint in the trap and the flex hose is a fire hazard.
4. Opening a window, or windows, for a brief period to ventilate the suite each day will allow the drier air from outside to enter and balance out the moister air inside.



You can prevent the growth of mould in your unit by considering some of these important tips.

- Brian Taheny, Maintenance Manager



# Aboriginal History

## The Origin of Strawberries

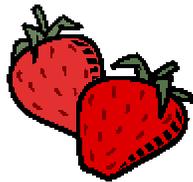


*June is strawberry month in the Ojibway calendar. This Cherokee tale recounts the origin of strawberries.*

When the first man (a s ga ya) was created and a mate was given to him, they lived together very happily for a time, but then they began to quarrel. At last, the woman (a ge ya) left her husband and started off toward the Sun land (Nundagunyi) in the east.

The man followed alone and grieving, but the woman kept on steadily ahead and never looked behind her. Eventually the Creator took pity on the man and asked him if he was still angry with his wife. He said he was not, and the Creator then asked him if he would like to have her back again, to which the man early replied, "yes."

So the Creator caused a patch of the finest ripe huckleberries to spring up along the path in front of the woman, but she passed by without paying any attention to them.



Further on he put a clump of blackberries, but these also she refused to notice. Other fruits, one two and three, and then some trees covered with beautiful red service berries, were placed beside the path to tempt her, but she went on and on until suddenly she was in front of a patch of large ripe strawberries, the first ever known.

She stopped to gather a few to eat, and as she picked them, she chanced to turn her face to the west. At once, the memory of her husband came back to her, and she found herself unable to go on.

She sat down, but the longer she waited, the stronger became her desire for her husband, and at last she gathered a bunch of the finest berries and started back along the path to give them to him. He met her kindly and they went home together.

Source: <http://www.ilhawaii.net/~stony/lore148.html>

## Tenant Counsellor's Corner

Did you know that Ontario Works may be able to help you cover the cost of contents insurance? Having contents insurance, also known as tenant's insurance, would ensure that you are reimbursed for the value of your belongings if they are ever damaged or destroyed in the event of a disaster.

If you receive Ontario Works, you are eligible for up to \$25 a month for insurance, provided you are not receiving your maximum entitlement for your shelter component. This usually covers the entire monthly cost of obtaining this type of insurance. Ask your worker for details.

- Jodi Hetherington

# 20 Sewells Road Building Development Fund Donors

## ***Platinum Donors:***

Adams, Masin &  
Tilley, LLP  
Bank of Montreal  
CAW Social Justice Fund  
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Ontario Federation of Indian  
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Angus Palmer  
Royal Water Systems  
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Trinity St. Paul's  
United Church  
Vector Management Limited

## ***Thanks also to:***

643223 Ontario Limited  
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Wiggins Paralegal Ltd.



# Household Hints

## Have a squeaky door hinge?

Grab a can of lubricating oil and some paper or cloth. Hold the paper or cloth near the squeaky hinge. Put a few drops of oil near the hinge and let it run in and down by moving the hinge back and forth. Wipe off the excess oil. No more squeaks!

## Have grease stains on your wallpaper?

Try mixing cornstarch and water into a paste. Rub the paste onto the stain with a soft, clean cloth. But test this in an inconspicuous area first!

## Have dirty woodwork?

Use cold tea to clean your woodwork.

## Did you burn your favourite pan?

Put 1/2 cup of baking soda in the pan and fill it about half way with water. Put the pan on the stove and let it boil until the burnt particles float to the top.



## Have food stuck on your casserole dish?

Fill with boiling water and add 3 tbsp. of salt or baking soda and let sit for an hour.

Source: <http://www.foodfunandfacts.com/handyhouseholdhints.htm>

## Terrace Happenings

- The Aboriginal Peace Keeping Unit along with P.C. David Hammill from 14 Division conducted an apartment safety seminar on July 7, 2005.
- Sadly, Hella Von Dehn passed away in June, 2005. She will be missed by many at both the Terrace and the Native Centre.
- Hildegard Mau has moved from the Terrace to be closer to her family that will care for her. We wish her well!
- The Terrace is still accepting applications for 1-bedroom apartments from Aboriginal seniors. Applicants must be 59 years of age or older.
- Wigwamen welcome to our newest tenants, John Neshkewe. and Elizabeth Gordon
- Glenda Moore and Madeline Brooks have moved from the Terrace and everyone wishes them well.



- Sarah Jayne Kendall

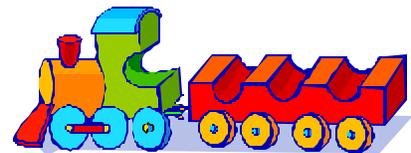
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# Kids' Stuff!

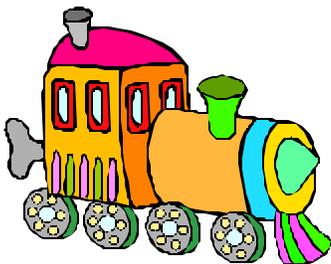
## WORD SCRAMBLE

Unscramble the following words to reveal their secret meaning.

LAOC  
MTSEA  
EKBAR  
LEWHE  
SKMOCAKEST  
CKRTA  
LIAR  
SITE  
LESTE  
TCHSIW  
LNGSIA  
NRLAETN



Answers on back page



## Railroad History

The construction of the Canadian Pacific Railway across the western half of the North American continent in the 1880s was described by Pierre Berton as the realization of “the National Dream.” The grand undertaking is the subject of his two-volume history, The National Dream (1970) and The Last Spike (1971).

The Canadian Pacific Railway was incorporated on February 16, 1881. The last spike was driven home on November 7, 1885. One of the terms on which British Columbia agreed to enter Confederation was the construction of a transcontinental railway.

Sir William Van Horne was the general manager of the Canadian Pacific Railway, and the man chiefly responsible for its construction. He lived to see the CPR become a giant transportation system with ships as well as trains.

*Source:* 1001 Questions about Canada, by J. Colombo

# Wigwamen Incorporated

25 Imperial St., Ste. 310  
Toronto, Ontario  
M5P 1B9

Phone: 416-481-4451  
Fax: 416-481-5002  
Email: info@wigwamen.com

A Housing Project  
for Native People

www.wigwamen.com

## Answers to Word Scramble

COAL  
STEAM  
BRAKE  
WHEEL  
SMOKESTACK  
TRACK  
RAIL  
TIES  
STEEL  
SWITCH  
SIGNAL  
LANTERN



## 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 Keshrino, Sarah Recollet, Janet Bellefeuille, Thelma Elliott, David Wiszinowski, Marlene Henry, Stanley Anglin, Patrick Migwans, Norma Coté, Donna DeBassige, Mary Hookimawillillene

and congratulations to our newest winner...

Crystal Viens

Who wins a \$50 gift certificate to Dominion Stores!