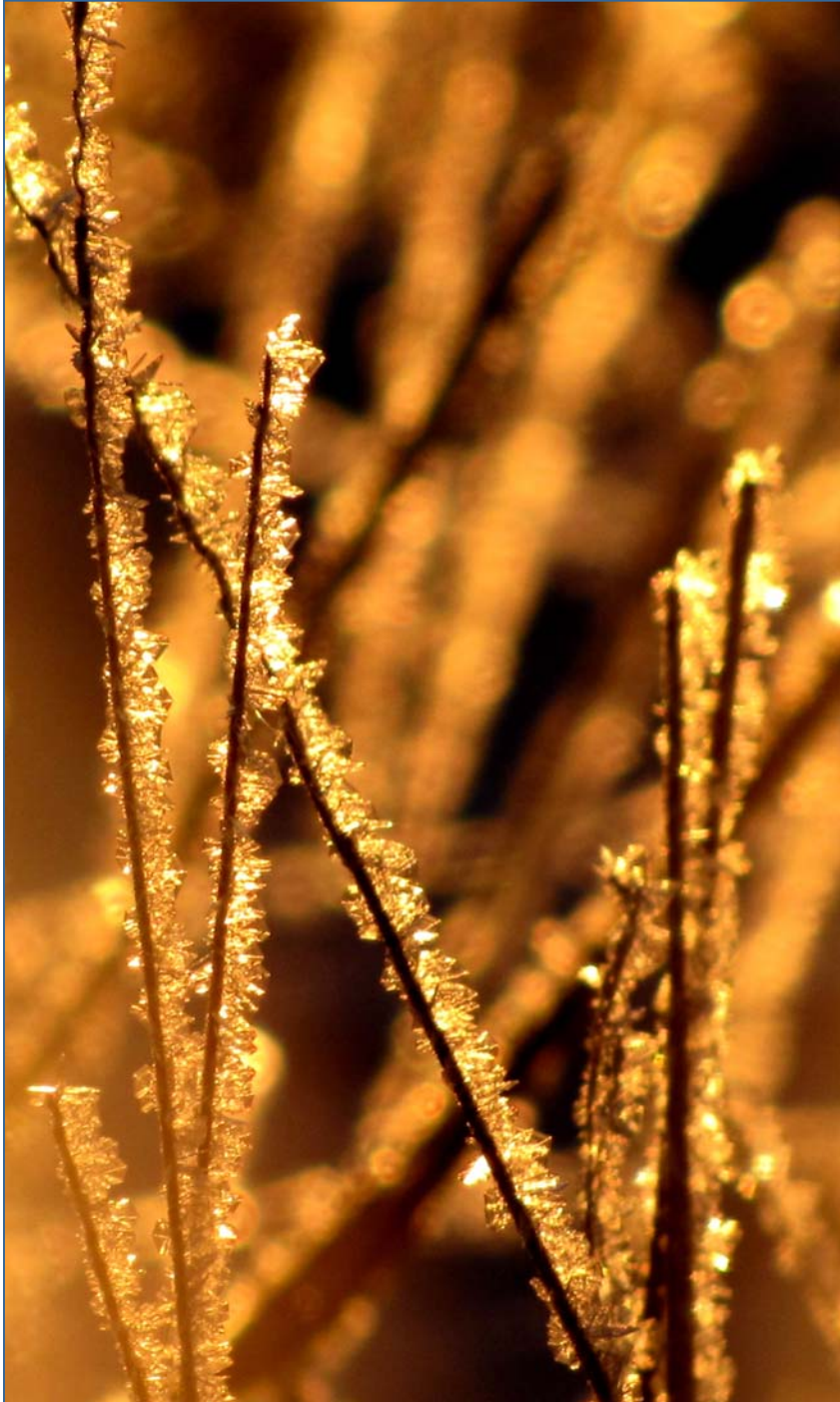


# Native People of Sudbury Development Corporation

# Winter Newsletter

February-March 2011



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Bed Bug size compared to a one cent coin

## Bed Bug Alert!

Over the last year Native People of Sudbury Development Corporation has treated three housing units for bed bugs. Early detection and treatment makes it easier to get rid of bed bugs. Tenants who think they may have bed bugs are urged to report the problem to the NPSDC office as soon as it is discovered. See page #7 for more details.

# Native People of Sudbury Development Corporation Board & Staff

## Volunteer Board Members

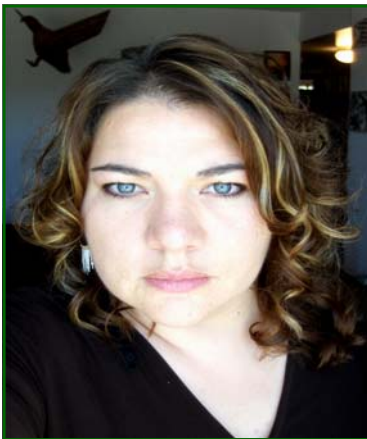
- Catherine Debassige President
- William Kinoshameg Vice-President
- Kevin FitzMaurice Treasurer
- George DeLongchamp Director
- Angela Nahwegahbow Director



- James King-Séguin
- Marilyn Cada
- Douglas Chabot
- Paula Croteau

- ## Staff
- Executive Director / Non-Voting Secretary
  - Executive Assistant
  - Maintenance Supervisor
  - Native Tenant Liaison Officer

# Corporate Changes



Ms. Angela Nahwegahbow

Native People of Sudbury Development Corporation is pleased to announce the return of Ms. Angela Nahwegahbow to our Board. Angela is a member of the Whitefish River First Nation.

Angela is honoured to participate with the NPSDC Board. While growing up she lived in a Native Housing unit in Espanola. As a tenant, Angela gained an appreciation for the work that the NPSDC does by providing safe and affordable housing to First Nations people.

While attending Laurentian University Angela was a volunteer Board Director of Native People of Sudbury Development Corporation from 2000 to 2005, serving in the positions of both Vice-President and Treasurer over that period of time. She also was employed with the N'Swakamok Native Friendship Centre in the CAP-C and U.M.A.Y.C. programs. Angela worked with the Elizabeth Fry Society as well. After attending Nippissing University to obtain her Bachelor of Education, Angela accepted employment at Peetabeck Academy on Fort Albany, a fly in community on the James Bay coast. There she worked and lived there for 5 years teaching grade 2 and enjoying life in the far north. Angela returned to the City of Greater Sudbury in the latter part of 2010.

Welcome Back Angela!

## Honouring our Volunteers

**Susan Bruce** and **Hannu Piironen** resigned from the Native People of Sudbury Development Corporation Board of Directors at its last Annual General Meeting in order to pursue other interests. Susan had served on the Board for fifteen years, first as a Director and then in the position of Vice-President. Hannu served since 2002 as a Director and as Treasurer of the corporation. Both Susan and Hannu were recently presented with a small token of appreciation for their many years of service. The knowledge and guidance they brought to the corporation was very much appreciated. Staff and Board members wish them both continued success in the future.

Chi-Miigwetch.



From Left to Right: President, Catherine Debassige, Susan Bruce and Hannu Piironen

## Recent Pay & Win Winners

Each month tenants can WIN a \$50 food gift card if their rent is paid by the end of the first business day of the month! *Paying rent on time pays!*



Our winning tenants for the month of November 2010 were  
Walter Merilainen & Hilda Nadjiwan



Randi Finlayson was our winning tenant for the month of December 2010 .



Donalda Toulouse was our winning tenant for the month of January 2011 .

# Donations

Native People of Sudbury Development Corporation is a registered charity. The corporation relies on donations for various tenant-related initiatives. One of these is the *Pay & Win Draw* which provides tenants with a monthly opportunity to win a \$50 gift card for a local grocery store. While promoting timely rent payments, this draw also provides an extra bit of grocery money for a lucky tenant each month. When funds permit, the corporation also provides \$20 grocery gift cards to tenants at Christmas time. The corporation occasionally sponsors other contests and events for tenants. Native People of Sudbury Development Corporation would like to take this opportunity to publicly thank the businesses, individuals and corporations listed below who generously donated money in 2010:

Castle Plumbing & Heating

Les Wither Handyman Services

C&R Roofing

Norm's Appliance

Town of Espanola

Bestway Glass

RBC Dominion Securities

HillHouse Maintenance

Sudbury Online Services

Union Gas

Ristorante Verdicchio

Tait Electric

Toronto Dominion Bank

Greater Sudbury Hydro

Donald P. Kuyek

Valley Painting

**Thank-you!**

## P.L.A.Y. (Positive Leisure Activities for Youth)



Do your children love to play sports? Do you wish you could enrol them in an activity that they will enjoy? If so, contact *The Human League Association*. They offer financial assistance to families to pay for the program or sports equipment. Children are given the opportunity to participate in programs with others their own age and have fun. Some activities include boxing, football, swimming lessons, skating, martial arts, modeling, hockey and many more. There are activities available for the winter months as well. To qualify for funding assistance, families need to first have the activity authorized by the *P.L.A.Y. program*. Applications and more information about the program can also be found on the internet at: <http://www.humanleague.on.ca>



### Sudbury & District Health Unit



The Sudbury & District Health Unit offers a variety of programs and services to residents of the Sudbury and Manitoulin districts. Some of the programs offered are listed below:



**Active Parenting Now:** Parents learn skills such as how to communicate effectively with children and try to prevent the use of alcohol, tobacco and other drugs. How to discipline while teaching responsibility, development of self-esteem, and conflict resolution are other topics discussed.

**Active Parenting of Teens:** This program helps parents of teens to understand teen behaviour and how parents can effectively communicate with teenagers. Other topics are how parents can speak to their teens about drug and alcohol use, to respect their bodies by abstaining from sexual activity, how to resolve conflicts and how to help teens and parents establish goals.

**Community Food Advisor:** Trained volunteers share their knowledge of food and healthy eating, food preparation, food storage and safe food handling.

**Immunization Clinic:** This clinic is open to anyone requiring vaccinations.

**Nurse On Call Information Line:** This is a telephone support line operated by public health nurses that provide child health information and consultation services. Contact the nurse in Sudbury by calling 705-522-9200, ext. 342 and in Espanola by calling 705-222-9202.

**Sexual Health Clinics:** This program offers clinic services, provides education, counselling, testing and treatment for birth control, pregnancy, sexually transmitted infection, HIV and AIDS.

The above programs are just a few services offered through the Sudbury and District Health Unit. For more details about the above programs or other programming contact the organization at 705-522-9200, toll free 1-866-522-9200, or visit their website at [www.sdhu.com](http://www.sdhu.com).

## Sudbury Curb-Side Garbage Collection

Families residing in a duplex or single dwelling unit must do the following in order for the city to collect old furniture:

1. Furniture must be placed at the curb side not earlier than 8 pm the evening prior to collection day. Items will be collected within five working days (before the next scheduled collection day).
2. Ensure the furniture is placed in a visible location on the ground, as close to the roadway as possible (but not in the roadway).
3. Do not place items on the sidewalk or travelled roadway.
4. Ensure the items are placed on level ground and not on top of snow banks.

Items NOT eligible for road side collection are renovation/demolition waste (such as dry-wall, wood, piping, bricks, siding, shingles, old counter tops), flooring, used oil tanks, automotive parts, and tires.

For more information regarding furniture collection requirements please contact the City of Greater Sudbury at 3-1-1 or through their email address found at [www.greatersudbury.ca](http://www.greatersudbury.ca)



## RECYCLE - *It saves our planet*

Sudbury has had a recycling program for many years, beginning with the introduction of the Blue Box. Numerous items including, plastic containers, paper, polystyrene foam trays, packing and cups, plastic bags, cardboard and box board and glass bottles are some of the many things that can be recycled.



Sudbury residents were also issued a green composting bin. By using these bins weekly garbage consumption is drastically reduced. Vegetable peelings, egg shells, bread, coffee grinds, tea bags, and unwanted table scraps are all examples of items that can be deposited in the compost bin.

If we all take part in practising the 3 R's, Reduce, Reuse and Recycle we can help our environment !



**Recycle plastic bags ,  
styrofoam  
containers and packing**

## Aboriginal Best Start Hub

The Aboriginal Best Start Hub is a program for Aboriginal families with pre-school children ages 0-6 years. The program is based out of the Better Beginnings Better Futures Community Centre located at 450 Morin Avenue.

Some programs offered are as follows:

Tuesday Activities include, arrival and play; circle time—welcome song; craft activity; smudge; snack time; gross motor fun; community closet ; home time!



### Hub Hours

Tuesday program is from 9 am to 12 pm. This is an interactive drop in with pre-school children and parents.

Thursday program is from 9 am to 2:30pm. Parents sessions with child care are available. Activities include crafts, moccasin making, beading, information sessions

Special Activities—Community Events include Winter & Summer Solstice Celebrations, Spring & Fall Equinox Celebrations, Workshops—Rhymes to Reading , Cooking with the Kids, Children's Christmas party.

Highlights include Cultural Programming based on the belief that children need to be rooted in their culture to help them in school and life. An Elder is available during the Tuesday and Thursday programs that provide parents and children a role model of Aboriginal culture.

The community closet allows parents to access gently used clothing household items, shoes and other items available.

The Philosophy of this program is "To have strong children we must find our own strength. One place to find that strength is in our culture"

For more information regarding the Aboriginal Best Start Hub, please contact 705-671-1941 ext 236.

## Sudbury's Y.M.C.A.

Besides the 70,000 square foot recreation centre, the Y.M.C.A offers families a wide array of programs and services . The Y.M.C.A has a great selection of children's programming in which moms & tots and teens can participate. Some of the programs are listed below:

123-ABC School Readiness Program, is designed to encourage children to understand their numbers, colours, shapes through hands on activities.

Amazing Me is a program that promotes young girl's self esteem through healthy lifestyle choices, building friendships, positive body image, physical fitness , skin and hair care are featured topics up for discussion.

Family Gym & Swim is a morning activity for parents and children to utilize the pool and gym equipment. It is a great way to build a child's motor skills.

For more information on the Y's programs you may contact them at 705-674-8315 or at [www.sudbury.ymca.ca](http://www.sudbury.ymca.ca)

# Canadian Aboriginal Writing & Arts Challenge

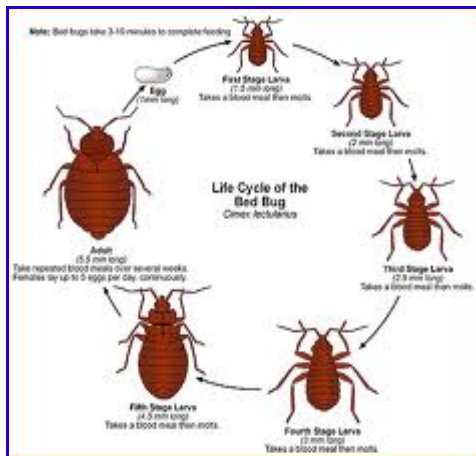
Now in its seventh year, Enbridge Inc., is accepting submissions for their annual writing challenge. This year they are also looking for art submissions. In order to qualify for this exciting challenge you must be an Aboriginal Canadian between the ages of 14 and 29 years of age. Cash prizes and even a chance to have your work reviewed by Canada's foremost Aboriginal storytellers are available to be won. Winners may also have their work published in a national magazine!

For more information visit their website [OUR-STORY.CA](http://OUR-STORY.CA) or call 1-800-701-1867.

The deadline for the contest is March 31, 2011.

## Bed Bugs

There has been a resurgence of the bed bug population in Sudbury and throughout Ontario. This information will assist tenants with what to look for, what to do if an infestation is present and how to prepare the unit for treatment.



Bed bugs are oval, and normally flat. Once the bugs have eaten, they tend to look like a brownish-red piece of grain or rice. Since the bugs are so flat and small they can hide in places like box springs, mattresses, night tables, electrical outlets, behind baseboards and pictures, and in any available

small crevice. Their eggs, which are small and white, can be attached to furniture, mattresses, clothing, and to luggage or packsacks.

Tenants should inspect furniture and look for the following:

- ◆ Check your sleeping area for bugs. Look for small blood stains on the mattress, sheets, pillows and blankets. These stains are dried blood or fecal matter (poop) from the bed bugs.
- ◆ Check the furniture in your bedroom. Head boards, night table, dressers and drawers, behind mirrors, behind pictures.
- ◆ Check around the baseboards, because the bugs are flat

they can easily hide. Also look for staining.

Tenants who think their unit has bedbugs need to immediately call the Native People of Sudbury Development Corporation office to report what was found. Waiting will only make the problem worse! If possible, gather a sample bug in a sealed jar. An inspection for bed bugs will be scheduled once a suspected problem is reported.

If the unit has an infestation, the tenant will be informed about what needs to be done to prepare the unit and their possessions before treatment can commence to resolve the bug problem.

Tenants must ensure that they closely follow the instructions. Not following the instructions could delay the treatment process, allowing the bugs to lay more eggs and spread further into the unit (perhaps even to the homes of family and friends!), and creating even more worry and mental anguish.

For more information on bed bugs please visit the following websites:

**Sudbury & District Health Unit**

[www.sdhu.com](http://www.sdhu.com) and search for "bed bugs"

**Government of Ontario website**

[bedbugsinfo.ca](http://bedbugsinfo.ca)

**Woodgreen Habitat Services**

[www.woodgreen.org/Resources/Publications](http://www.woodgreen.org/Resources/Publications)

**Help stop  
the spread of bed  
bugs! If you find  
them act quickly...  
call for your unit  
to be treated!**

*Anyone can get bed bugs—don't be ashamed. Treat the problem!*

## Tenants' Winter Maintenance Responsibilities

Except in buildings where there are more than two apartments, Native Housing tenants are responsible for shoveling their driveways and walkways.

In cases where two tenants share the responsibility of snow removal, our office sends out a schedule assigning specific areas to be shovelled by the tenants.

The NPSDC rental agreement states that “the tenant agrees to keep all sidewalks and driveways on or in front of the leased premises clear of snow and ice. In the event that the tenant fails to perform these tasks, the landlord reserves the right to hire whatever help is required to perform the work and bill the tenant for same.”

We thank all tenants who honour the terms of their leases.



### **Please...HELP US KEEP COSTS DOWN AND CONSERVE ENERGY AND HEAT THIS WINTER!**

To help to keep energy costs as low as possible, please do the following:

1. **Keep windows closed during the heating season.**
2. **Set your thermostat between 19–21 degrees Celsius.**
3. **Do not rinse your dishes with running the water continuously.**
4. **Immediately report broken windows or damaged weather stripping to the NPSDC office.**
5. **Promptly report all furnace problems.**

***Miigwetch!***

## Lighting Energy Saving

Everyone knows that you should turn off the lights whenever you leave a room. Here are a few more tips that could reduce energy consumption and help keep costs down:

1. **Utilize low watt or energy efficient light bulbs.**
2. **Use lamps or range hood lights rather than lighting the entire room for small tasks.**
3. **Use night lights to avoid turning on lights at night whenever possible.**
4. **Buy a power bar and turn it off when not using computers, monitors, TV's, stereo's etc. Standby mode wastes power!**



## Bill C-3

Based on the ruling on *Mclvor v. Canada* case, the Court of Appeal for British Columbia stated in April 2009 that the Indian Act discriminates against women. This discrimination violates the Canadian Charter of Rights and Freedoms. Parliament was given a year to amend the Indian Act to ensure eligible individuals who lost their status as a result of marrying non-Indian men will regain their status.

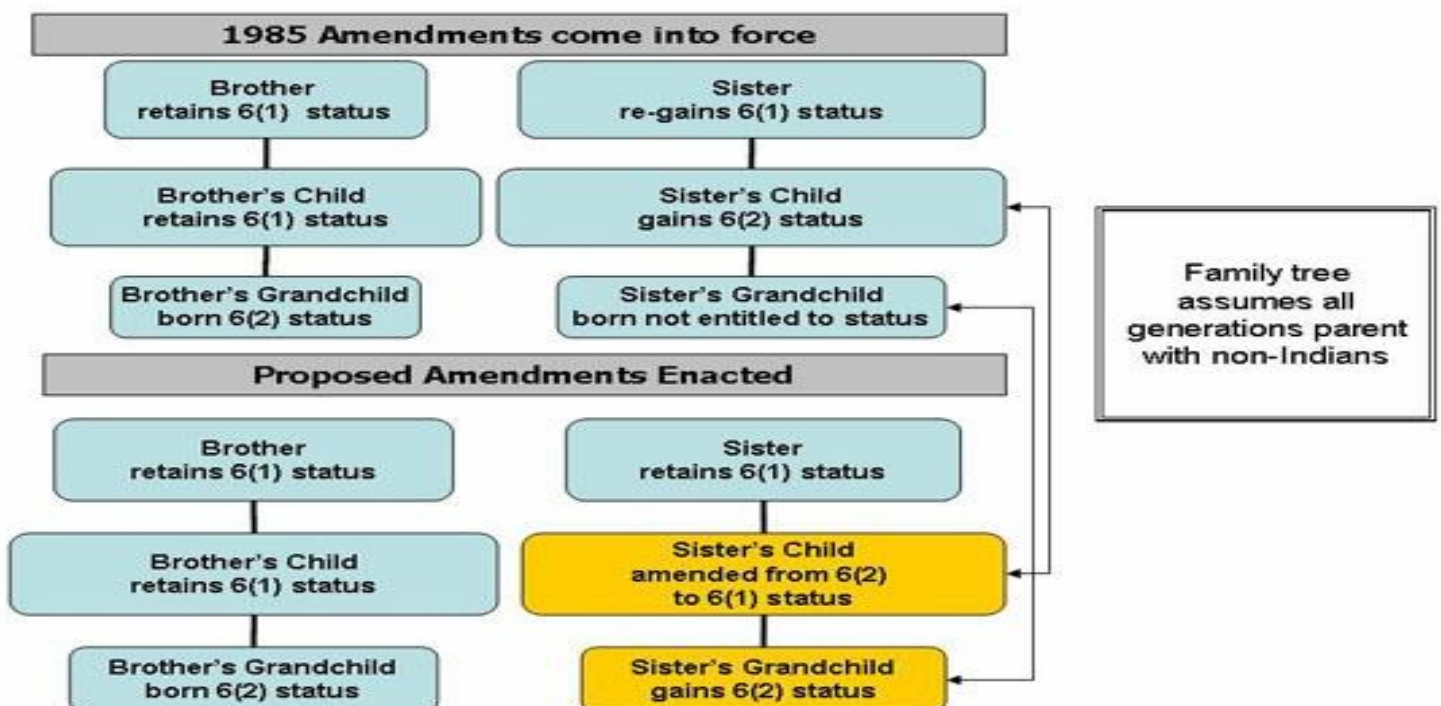
Key questions for status registration under Bill C-3 are the following:

1. Did your grandmother lose her Indian status as a result of marrying a non-Indian?
2. Is one of your parents registered, or entitled to be registered, under sub-section 6(2) of the Indian Act?
3. Were you born on or after September 4, 1951?

The Indian and Northern Affairs Canada web site, states that if you can answer "yes" to all three of the above questions, you may be newly entitled to registration based on the proposed Indian Act amendments.

You should contact the Indian and Northern Affairs Canada office for more information regarding this change at 1-800-567-9604.

Below is an example of a family tree of a brother and a sister where the sister has lost status as a result of her marriage prior to April 17, 1985:



# Annual Income Verification Process

Every year our office conducts annual income and family composition verifications needed to provide geared-to-income rents. During this process, Native People of Sudbury Development Corporation collects tenants' income slips, income verification forms and Notices of Assessments from Canada Revenue Agency to calculate rents.

Tenants will not qualify for a geared-to-income rent and will be charged the maximum rental amount for their units if their income information is not submitted. It is very important to keep all income tax slips and submit this information to our office during the annual income verification meeting held at the office. Normally this meeting takes only a few minutes. This year we will be verifying all gross household income received in 2010 and confirm who is residing in the rental unit.

Once all information has been submitted our office will generate a rental amount which will take effect on May 1, 2011. In order to finalize the geared-to-income rent calculation all tenants need to make an appointment to swear an affidavit which confirms that the income and family composition information used in the calculation is complete and accurate.

Agence du revenu du Canada		<b>T4</b>	
		<b>STATEMENT OF REMUNERATION PAID ÉTAT DE LA RÉMUNÉRATION PAYÉE</b>	
Employment income – line 101 Revenus d'emploi – ligne 101		Income tax deducted – line 437 Impôt sur le revenu retenu – ligne 437	
	22		
Employee's CPP contributions – line 308 Cotisations de l'employé au RPC – ligne 308		El insurable earnings Gains assurables d'AE	
16		24	



## Understanding Diabetes



Checking blood sugar levels is an important tool in controlling diabetes

Diabetes is a disease of metabolism. The human body uses insulin to convert dietary carbohydrates into energy. However, with diabetes the body does not produce enough insulin to convert the carbohydrates as well as it should, resulting in high level of glucose (sugar) in the blood. There are two types of diabetics: Type 1, (insulin dependant); and Type 2 (non-insulin dependant). The use of exercise and diet are pivotal in managing this disease. Some risk factors include:

being overweight or inactive, high blood pressure, high cholesterol levels, poor diet, smoking and stress. Managing blood glucose levels can help people with diabetes take control of the condition. For more information please contact the *Canadian Diabetes Association* at [www.diabetes.ca](http://www.diabetes.ca) or call 705-670-1993.

# Send a Kid to Camp



The Sudbury-Manitoulin Children's Foundation *Send-A-Kid-To-Camp* program is again in full swing. Those tenants who would like to send their child(ren) to camp this year can access application forms and a list of available day camps through our office.

For more information tenants can contact their office at 673-2227 or may visit their web page at [www.smcf.com](http://www.smcf.com).



## Community Start-Up, Rent Bank and Other Funds

Recipients of Ontario Works or Ontario Disability Support Program (ODSP) may be eligible to obtain extra assistance to begin a new job, pay utility fees, or buy clothing, furniture or other household goods. Recipients who have one or more dependent child below the age of 18, can qualify for a Community Start-Up monies of up to \$1,500 once every two years—but not everyone receives the maximum amount. Individuals are required to make an appointment with their case workers to evaluate their needs. Once the application has been reviewed the worker will assess how much extra money can be issued.

Some tenants who have arrears or other payments which are effecting their eligibility to remain in their home could possibly receive help from the provincial rent bank. The Rent Bank has rules regarding who can access the program. For instance, some Rent Banks may allow individuals to borrow the money to cover the emergency costs, however the clients must pay back the money. For more information on the Rent Bank Network, please visit their web site at [www.ontariorentbank.net](http://www.ontariorentbank.net) and look under "Participating Agencies".



Individuals who owe money for heating or utility costs may be eligible to obtain assistance through the emergency energy fund. Visit their web sit at Low-Income Energy Network, [www.lowincomeenergy.ca](http://www.lowincomeenergy.ca) and click on "energy assistance" for more information.

More information about the above, about other programs and about legal issues may be obtained by contacting CLEO (Community Legal Education Ontario) [www.cleo.on.ca](http://www.cleo.on.ca) or call 416-408-4420, extension 33.



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 P3C 2B9  
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 1-800-300-6713  
 Fax: 705-674-8056  
 Email: info@nativehousing.org

Mail To:

Would you like a copy of our newsletter emailed instead of having it sent by regular mail? If so, send your email address to [info@nativehousing.org](mailto:info@nativehousing.org) and we will add it to our electronic mailing list!



**Interac is accepted for rent payments!**

**Interested in renting a unit in Sudbury or Espanola?**  
**Call 705-674-9996 or visit our web site to apply!**

**Disclaimer**

Although every effort has been made to ensure the accuracy of the information which appears in this newsletter, Native People of Sudbury Development Corporation assumes no liability or responsibility for any errors or omissions which may occur whether due to negligence or otherwise. It is strongly recommended that prior to traveling to any event listed in this newsletter, the interested party contact the organization hosting the event to confirm the date and time.

Visit us at: [www.nativehousing.org](http://www.nativehousing.org)



**Helpline** is a 24-hour program offered by the Sudbury Regional Hospital. It allows people to maintain their independence, yet have a reliable means of contacting someone in the event of a medical emergency. The person who enrolls in the Helpline program receives a “Personal Help Button” to wear on their wrist or on a neck cord. When the button is pressed, a signal is sent out to Helpline staff through a receiver attached to the phone. The Helpline staff are trained to respond to situations and immediately speak with the person in difficulty to assess the situation and send the appropriate help. Helpline service is available throughout Northeastern Ontario and costs \$37.29 per month including the HST, and there is a one-time activation fee of \$45.20. For more information, contact Sudbury Regional Hospital at (705) 523-7000, or toll free at 1-800-667-8019.

