

Wigwam to Wigwam

Your "House to House" News

Wigwamen Incorporated, 310-25 Imperial Street, Toronto, Ontario, M5P 1B9

Reader Questionnaire

Gchi miigwetch! to all of you who took the time to respond to the "Wigwam to Wigwam" Questionnaire. Your comments regarding what you like about the newsletter (and what you don't like!), as well as the suggestions for improvements or additions, will be helpful in both the design and content of the newsletter in the coming months.

"Household Hints" and recipes came out as the winners in the popularity contest, with requests for more. "Terrace Happenings" was also a popular column, and readers were happy to have the newsletter as a source of news and information about happenings in the Aboriginal community. It is appreciated as a way of staying up-to-date with events in the city and with Wigwamen Incorporated and its staff.

In terms of ideas to make "Wigwam to Wigwam" even more informative and enjoyable, readers expressed interest in having more in the way of tenant contributions. That being so, we would like to take this opportunity to encourage you, the tenants and readers of the newsletter, to send us your stories, announcements, and drawings for the May-June edition of the newsletter. Moreover, feel free at any time to send us your comments and suggestions. In the meantime, watch for new articles and changes to the newsletter in upcoming months as we respond to your feedback. So, sit back, relax and read on!

Submitted by: Adene Kuchera

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General Manager's Report

I wanted in this column to take this opportunity to talk about just two things we're doing here at Wigwamen, to make our operations better...

Newsletter Survey:

One of the things which has given me the greatest pleasure over the past two years has been being able to reward tenants for their contributions to Wigwamen. From the **Zero Balance Club winners** who are regularly recognized in our newsletter, to **Dorothy Blackbird** who named our newsletter, to **Carol Rainville, Donna-Jean and Katherine Roberta Cook, and Veronica Rice**, who were last year's winners of the Flower Power contest, our tenants have, again and again, made a contribution to Wigwamen's success.

Most recently Wigwamen has been fortunate to have the input of 65 of our tenants (a truly remarkable number) who took the time to complete our questionnaire regarding "Wigwam to Wigwam", and it was my pleasure to be present when Editor Janet Esquimaux presented a \$50.00 gift certificate to **Carol Jefferies** the winner of our draw. Congratulations Carol, and **many, many thanks to each and every one of you who took the time to respond!**



It's our hope that over the coming months you'll all notice significant improvements in both the content and style of "Wigwam to Wigwam", improvements that you, our tenants, will have been responsible for.

Suggestion Box:

As part of our continuing outreach to our tenants, we've mounted **a suggestion box at the front of our reception area, with suggestion forms available in the waiting area of our head office.** Many thanks to **Norman Mitchell** for his fine work! Please feel free to take the time to make any suggestions which you think might improve Wigwamen's service. We welcome your input!

Household Hints

Household Hazardous Waste

Paints, pesticides, propane cylinders and batteries. These are some examples of household hazardous waste that are used daily by many people. These products contain toxic ingredients and should be handled with care when they are used and when they are disposed. The average household produced 35 litres of toxic waste per year. This adds up to a big waste disposal problem when you consider the number of households in the Greater Toronto Area.

Hazardous Wastes Include Those Which Are:

Corrosive - such as car battery acid and drain cleaners that eat and wear away at many materials and can injure skin.

Flammable - vapors and liquids that can ignite, such as lighter fluid, turpentine and gasoline.

Explosive - aerosol containers that may explode if incinerated or stored above 50°C.

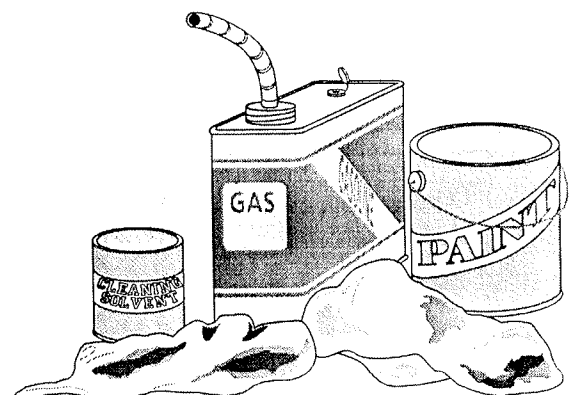
Poisonous - materials that may be poisonous or lethal to you, your children and your pets, even

in small quantities, such as rat poison, some potent medicines, cleaning fluids and pesticides.

Household hazardous waste should never be poured down that drain, on the land or into sewers. Sewage treatment plants are designed to breakdown biological, not chemical waste.

What you can do is look for alternatives to products that contain toxic chemicals. If you can't find a safe alternative, use a hazardous product sparingly.

For safe disposal, call one of Metro's depots in Toronto at (416) 392-1233



Source: Your Guide to Waste Reduction and Recycling in Metro - Metro Works

Zero Balance Club Honour Roll

All of the tenants listed below belong to the Zero Balance Club. They are all winners of the Zero Balance monthly draw and have received a \$50.00 gift certificate!

We salute all of the participants for being such responsible Wigwamen tenants!

Nicole Young
Gary & Theresa McKay
Ines Alvis & Isa Askarizadeh
Suzette Darby
Tina Newshkawa
Cindy Jacko
Daisy Hahnfeld
Paul Kornidesz
Samantha Cote
Judy Miller
Myrtle York
Ida Shaggi-Jawan
Evelyn LeTourneau
George Johnson
Valerie Maracle

To be involved, all you have to do is get your rental payment in by the first of every month. You will then be entered into the Zero Balance monthly draw!

Hope Committee

The Hope Committee is an ***Aboriginal HIV/AIDS Supportive Care Housing Project.***

The committee meets once a month to discuss the need for Supportive Care Housing for Aboriginals with HIV/AIDS.

Their vision is to have a traditional, culturally-based centre that will provide safe and affordable supportive care housing and support services to all Aboriginal peoples.
(First Nations, Inuit, Metis)

The current members of the Hope Committee are: Elder Ella Waukey, Alita Sauve, Vivian Recollet, Christopher Burgess, Robin Rail, and David and Jessie Blair.

If you are interested in knowing more information or to volunteer for this project please contact: Jessie Blair by phone at (416) 923-5970.



Tenants' Forum...Second Mile Club

The Second Mile Club of Toronto is a charitable, multi-purpose social Service agency, founded in 1937 and incorporated in 1947. The Second Mile Club is funded from the Province of Ontario, Ministry of Health, City of Toronto and the United Way of Toronto.

This service assists Seniors and the disabled people in our community.

If you want your place cleaned, like light housekeeping, or would like assistance in shopping, laundry or meal preparation, the Second Mile Club can provide these types of services for you plus more. A caregiver will come to your home and do what you ask.

This geared-to-income service is available Monday to Friday from 9:00 a.m. to 5:00 p.m.

How to apply: For more information, please call the Second Mile Club at (416) 597-0841.

Being a client of Second Mile Club

I am happy with the service. The caregiver comes in once a week, does my dusting and vacuuming, and also cleans the bathroom and kitchen floor.

So call if you need assistance, the caregivers are reliable and on time. That is important to me.

Submitted by: Mrs. Barbara Gajic

Who's who at Wigwamen Inc..

Introducing... Wigwamen Incorporated's Maintenance Supervisor Ron Timoon! As Supervisor, his job includes such things as: preparing renovation specifications at our vacant units; inspecting repair work done by contractors; and supervision of other maintenance staff.

Beginning in April, he will be making the rounds to all your homes for unit inspections with the General Manager.

Although, he has been with Wigwamen now for almost 15 years, Ron's work background is diverse and extensive.

Besides self-employment and

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Who's who....continued from pg. 5

teaching in construction and renovation work, he has experience in blueprint making, as an insurance adjuster, as an automotive technician, and in parking maintenance work.

Having been raised and lived most of his life in Toronto, Ron now resides up north in Stroud, near Barrie. Musically gifted, he is the lead singer and guitar player in a band called **Switchback**.

Terrace Happenings

The Garden Club had its first meeting on Monday March 6, 2000 on the Rooftop Terrace. Ms. Yvonne Beaucage announced that a donation was received to plant a rosebush in honour of Mr. Edward Suter (a former tenant of Wigwamen Terrace).

Also, in support of the Garden Club, Management and staff attended the meeting to let the members know they are planning another fundraiser to purchase new patio furniture for the Terrace and have plans to paint the balconies.

The Seniors Club is hosting a number of fundraising endeavors for their club, and the next one will be a Looney Auction on April 28, 2000. Membership fees for their club will be accepted at the next luncheon.

Kim Turner from the Aboriginal Peacekeeping unit will be hosting a series of educational/personal security workshops in the coming months in the Turner Room. Please feel free to speak with Janet for more details.

The residents who belong to Native People's Parish wish to invite you to attend a pre-Eucharist celebration of the Jubilee year at the Air Canada Center taking place on June 18, 2000. Please call the Parish at (416) 406-1582 to get more information. We also wish all the best to Sister Rosemary who is leaving the parish as she continues her work abroad.

In closing, I would like to thank all the tenants who showed up for the fire drill, as we continue to work together towards fire safety.

Submitted by: Janet Esquimaux

Terrace Community Kitchen

The following recipe is for solo diners (people who cook for themselves)

Stir-Fry for One

1/4 lb boneless chicken, beef or pork; 1 tsp cornstarch, 1 tbsp sherry or white wine; 1 stalk broccoli or celery or 1/2 sweet pepper; vegetable oil; 1 clove garlic, minced; .1 tsp minced fresh gingerroot.

Seasoning Sauce

1 tbsp. water; 1 tbsp sherry or white wine; 1/2 tsp. cornstarch; 1/2 tsp. soy sauce.

Cut meat into very thin strips about 2 inches/5 cm long. In bowl, mix cornstarch and sherry; stir in meat and let stand for 10 minutes or up to 2 hours. Cut vegetables into thin strips or florets. In small bowl, combine seasoning sauce ingredients and mix well.

In wok or non-stick skillet, heat oil over high heat. Add garlic, ginger and meat and stir-fry for 1 minute. Add broccoli or other vegetable and stir fry 2 minutes or until crisp tender; add water if necessary to

prevent scorching. Stir in seasoning sauce and stir fry for another minute. Makes 1 serving.



Source: The Lighthearted Cookbook

Education Bulletin

Are you interested in pursuing a university education? Do you have your grade 12 or qualify as a mature student?

We invite you to look into the diploma program in the Native Management and Economic Development Program or Native Studies at Trent University in Peterborough.

The Native Management and Economic Development Program is a two-year program consisting of 7.5 courses. When you finish, you have the choice of continuing on to complete the Bachelor of Arts degree and higher. Many of our diploma students have gone on to teacher's education, law school and various post graduate programs. Some students have gone to work in banking, band government, Aboriginal organizations, or have started their own businesses.

We are interested in your success as a student and begin the program with a 3-week pre-session especially designed to ensure that you are prepared to begin your university studies. We offer peer tutoring and mentorship

programs, an Aboriginal counsellor, cultural advisor and other support services.

Now is the time to find out how to apply!

For further information please call:

Louise Garrow
Academic Program Co-ordinator
Department of Native Studies
Otanabee College, Trent
University
Peterborough, Ontario K9J 7B8
Phone: (705) 748-1466



Fire Safety

In response to a Fire Safety questionnaire that was circulated to the tenants of Wigwamen Terrace for input about the fire drill that took place on February 18, 2000, here are the steps you should take when a fire does strike.

Raise the Alarm when you detect fire or smoke. Shout to warn the other occupants. Children and older people will need help. Don't wait to get dressed — even in cold weather.

A Hot Door is a warning. Never open a door without first checking it for heat. If it is warm, leave it closed and go out a window or balcony door. Place bedding at door cracks to keep smoke out.

Heat and Deadly Gases are the main killers. Even a small fire is dangerous. The open interior stairs in the single family home may become a chimney allowing heat and smoke to rise to highest floor level.

Tell the Fire fighters if anyone remains in the building. Leave rescue operations to them, unless you can safely raise a ladder or

help anyone down from a window or roof before help arrives.

Never go back into a burning building for any reason whatsoever. Many lives are lost through the deadly fumes, even from small fires. Never risk your life in an attempt to save personal possessions.

Remember to check your home for fire hazards and eliminate them as you find them. Keep the fire department number near your phone and memorize it.

Fire Safety Tip!



Source: Office of the Fire Marshall

Anishnawbek History

The primary purpose of this new column as it pertains to Anishnawbek culture, ceremonies and teachings, is to provide enlightenment for all of us individuals as it takes us to another place in time.....

The Legend of the Birch Tree

Many Moons ago - when the World was young - a child was born in to the Serpent River Band of Ojibway in Northern Ontario. When the time was right a special ceremony was held and he was given a name Wee-gwas.

Wee-gwas had many gifts from the creator but the greatest one was his strong desire to help others.

He was always helping someone.

He helped his mother whenever she went out to search for firewood or picked berries. He helped his father snare rabbits, catch fish and he helped the elders when they went out to gather roots and herbs for medicine. No job was too small nor any task too difficult that Wee-gwas didn't pitch in and help.

When a warring tribe from the South invaded Ojibway Country Wee-gwas was the first of the young men to go and help defend the nation and their sacred lands from the invaders.

Wee-gwas fought long and hard, killed many enemies, and was killed himself when he paused in the battle to help a fallen brother.

They brought him home, and on a lonely hill overlooking Aird bay he was buried — with full honors and dressed in pure white buckskins. The people wept bitterly and felt lost without him.

In the time of the next Flowering Moon something strange and wondrous happened; where the People had buried their favorite son a young tree grew straight and tall and its bark was the colour of new fallen snow. And the Creator — in His infinite wisdom and mercy - sent the wind to tell the people about the birch and how it could help them in so many ways.

In the Melting Moon it gave it up a sweet sap that rivalled that of the sugar maple. The strong white outer bark could be gently peeled off and fashioned into food bowls,

containers, strong boxes, baskets and fine works of art.

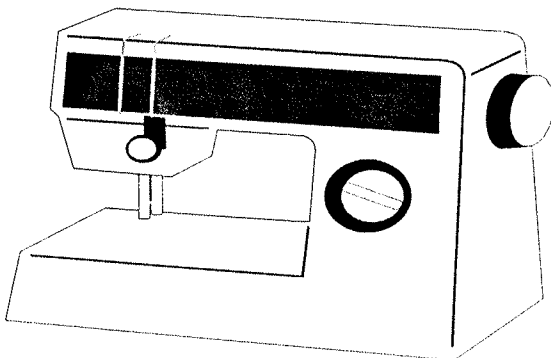
From its strong wood came swift runners for toboggan and sleigh, tough frames for snowshoes and rugged gunwales for feather light canoes. In the Frigid Moon of popping trees it burned fiercely to warm birch lodges and keep the People warm and comfortable.

Such is the legacy and the tale of Wee-gwas—and how he continued to help his people.

Source: Gilbert Oskaboose, Ojibway Legends

Advertising Service

If you require alterations for pants, shirts, jackets, etc... please call 501-2724 for more details.



Disclaimer: Wigwamen Inc. reserves the right to refuse to publish any or all classified advertisements submitted to it at its sole discretion without notice, and is not liable for the contents or accuracy of advertisements it chooses to publish.

Did You Know...?

Across Canada, towns, cities, rivers, lakes, and other land forms, have retained the names given to them by the original inhabitants of North America. In a variety of languages, from the Inuktitut in the North, to Ojibway in the South, from Salish in the West, and Mi'kmaq in the East, these traditional names are descriptive representations of the country's beauty and diversity.

Here's a sampling of some Canadian towns and cities that continue to go by their Aboriginal name:

Saskatoon: The Cree word mis-sask-guah-too-min, for an edible red berry in the area.

Oshawa: A Seneca word meaning "crossing the stream" or "carrying place," to describe an old portage route in the area.

Rimouski (Quebec): Of Mi'kmaq or Maliseet origin, translated as "land of moose" or "retreat of dogs," in reference to the good hunting grounds of the area.

Iqaluit: In Inuktitut, this word signifies "lots of fish"!

Source: Wawatay News, July 15, 1998.

Lease Excerpts

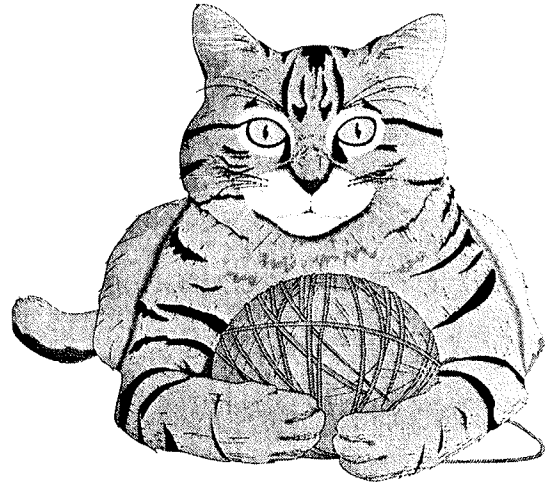
Tenants often ask if it's alright to own a pet. In order to keep pet owners informed about our policies and to avoid any confusion we explore "Schedule 'A' 3 Pets" of your lease which states the following:

"No animal which is deemed by the Landlord or its designate, in its absolute discretion, to be an annoyance, nuisance or health hazard shall be allowed in or near the premises".

We interpret this to mean, that if your pet doesn't fall into any of the above mentioned descriptions, such as aggravation or endangerment, then we see no reason not to allow them which is in favour of the pet lover.

However, keep in mind, that Wigwamen does receive many legitimate complaints from other tenants about too many cats (which could lead to unsanitary conditions in the unit), abandoned pets or undesirable pets such as Rotweillers or loud barking which causes disturbances. Wigamen reserves the right to decide whether or not you may have a pet living on the premises.

So please submit a request in writing to Wigwamen Inc., 310-25 Imperial Street, Toronto, Ontario, M5P 1B9 for permission to have a pet and indicate the type of animal that will be residing with you!



Submitted by: Janet Esquimaux

Aboriginal Information Line

The Centre for Indigenous Theater : Invites you to their social which is taking place on Saturday March 25, 2000 from 6:00 to 10:00 p.m. at the Native Canadian Center of Toronto at 16 Spadina Rd., just north of Bloor.

Supreme Court ruling supports First Nations position on Membership and Citizenship:

The Supreme Court has stated clearly that the government has 18 months to change the Indian Act and allow First Nations citizens living away from their community the right to vote in band elections. It has also ruled that First Nations women have been severely disadvantaged by the Indian Act on the basis of both sex and race. For additional information, contact Jean LaRose at (613) 241-6789 extension 251.

Aboriginal Crisis Intervention Program: The Aboriginal Crisis Intervention Program is relatively new and has three Aboriginal Crisis Counsellors to meet the needs of urban Aboriginals in the Greater Toronto Area. They

service both men and women 16 years of age and up.

For more information, please call the following number listed below:

Crisis Line: (416) 531-0330

Business Line: (416) 531-7127

Casino Rama Update: On Friday February 3, 2000, the Province reached a tentative deal with Ontario's 134 Native Bands (First Nations) over money that was tied up in a three year legal battle.

Urban Native Housing

Conference: Wigwamen Incorporated is hosting this year's annual Urban Native Housing Conference which is being held at the Delta Chelsea in the Fall. We are currently looking for interested craftspeople to participate in a craft show/exhibit. For further details, please contact Janet Esquimaux at (416) 925-9165.

If there is any Aboriginal news items or articles that you would like to submit for this column, please do not hesitate to call the editor at (416) 925-9165.