



WIGWAMEN INCORPORATED

# Wigwam to Wigwam

Your "House to House" News

## Renewed Funding for the Aboriginal Housing Support Centre

Earlier this month the City of Toronto, through the Homelessness Initiatives Fund Program, awarded Wigwamen Incorporated funding to continue the operation of its Aboriginal Housing Support Centre.

The Centre opened its doors in April 2000 and serves as a central agency for the provision of counselling and referral services to Aboriginal individuals and families who are homeless, or who are currently in the private rental market but finding it difficult to make ends meet.

Coordinator of the Centre, Roger Misquadis has been busy during the past eight months. His work has been quite varied, including: encouraging clients to apply for social housing in Toronto; providing information about organizations such as Aboriginal Legal Services, Native Child and Family Services, Rent Bank; organizing workshops on tenant issues; and outreach activities. Furthermore, several editions of "Wuzz up," the Centre's newsletter were also published, and a website is in the works.

With the renewed funding, the Centre will continue its current activities and will be initiating new ventures as well. In the first place, there will be more outreach in the Aboriginal community to encourage low-income individuals to apply for social housing. As Wigwamen's tenants know, this is housing subsidized by the government where the rent is geared to your income. There are a lot of Aboriginal people in the city who are paying an amount of rent that is beyond their means.

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## General Manager's Report

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They say that a picture is worth a thousand words, and if that's the case, I hope that the picture below is worth ten thousand.

No one lost their lives in the fire which took place in one of our units two days ago, and for that we can all be grateful. But everything else was lost—household belongings, personal effects, furniture, toys—everything.

Thanks to the quick action of our tenant upstairs, who called 911 when she saw smoke, damage was largely limited to one floor of this triplex, though it could have been much, much worse.

If you are tempted to disconnect your smoke detectors when they go off, or believe that it's not important to change the batteries—*think twice*. If you don't believe it's important to contact us when your fire extinguisher is discharged—*take a good close look*. And if you believe that it can't happen to you, and you don't need tenant's contents insurance—*think again*.

It's not the potential damage to our buildings which causes us to be so concerned about fire safety. Buildings can be repaired. It's the risk to the lives of our tenants. Please be certain that your fire extinguisher is fully charged; check your smoke detectors regularly; and contact our office immediately if you suspect they are defective.



# Aboriginal Housing Support Centre

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While applying for social housing may not be a quick fix solution, getting on the waiting list will improve chances of accessing affordable and long-term housing.

In the coming year, the Aboriginal Housing Support Centre will also be looking at the possibility of networking with private market landlords to provide temporary accommodation. Furthermore, the Centre will be exploring the possibility of setting up its

own rent bank.

If you know of any Aboriginal families or individuals who might need some assistance in retaining their private rental accommodation and/or who might want to apply for social housing, please encourage them to contact Roger Misquadis at 416-482-3444.



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## “I da wa da di” Project

“addressing the needs of Aboriginal women who are suffering the legacy of sexual abuse”

Sponsored by the Centre For Indigenous Sovereignty the “I da wa da di—We should all speak” project has been approved for a second year of funding through the Aboriginal Healing Foundation.

The program continues to focus on addressing the needs of Aboriginal women who are suffering the legacy of sexual and physical abuse in residential schools or the intergenerational impacts of such abuse.

Aboriginal women from across the province are invited to participate in and benefit from the services and activities. There are five components to this project, which include: Circle of Healing; Fasting Retreats; Healing Retreats; Training workshops; and Awakening the spirit: A Gathering for Women.

If you would like more information about the project, please contact the Earth Healing Herb Gardens and Retreat Centre at 1-519-445-0486.

# Terrace Community Kitchen

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## **Buttermilk, Bran & Blueberry Muffins**

3 cups natural bran  
2 cups whole wheat flour  
1/2 cup granulated sugar  
1 tbsp baking powder  
1 tsp baking soda  
2 eggs beaten  
2 cups buttermilk  
1/3 cup vegetable oil  
1/2 cup molasses  
1 cup frozen blueberries  
In large bowl, mix together

bran, flour, sugar, baking powder and baking soda. In another bowl, combine eggs, buttermilk, oil and molasses; pour into bran mixture and stir just enough to moisten, being careful not to over mix. Fold in blueberries.

Spoon into non-stick or paper-lined large muffin tins.

Bake in 375°F /190°C oven for 25 min. Remove from oven and let stand for 2 minutes before removing muffins from tins. Makes about 20 muffins.



## **Nutrition for Seniors**

Many people who live alone are elderly and have some special nutritional needs. The Heart and Stroke Foundation's nutritional recommendations are particularly important for the elderly, whose energy or calorie needs are often less but whose nutrient needs are not. This means that food older people eat should be high in nutrients—there isn't much room for empty-calorie foods, such as sweets.

Most communities have Meals-on-Wheels programs for elderly people who have trouble shopping and preparing food for themselves.

Make sure the elderly people you care about aren't making do with tea and toast.

## **Lemon Broccoli Chicken**

1 tbsp vegetable oil  
1 lb boneless, skinless chicken breast halves  
1 can Campbell's condensed cream of celery or half fat soup  
1/3 cup milk  
1/8 tsp ground black pepper  
2 tbsp lemon juice concentrate  
2 cups fresh or frozen broccoli florets  
4 cups hot cooked rice  
4 lemon slices (optional)

Heat oil at medium-high in large skillet. Add chicken and cook until browned—about ten minutes; set chicken aside. Reduce heat to medium.

Combine soup, milk and pepper in skillet. Gradually stir in lemon juice concentrate. Heat to a boil, stirring often. Reduce heat to low.

Top with chicken and broccoli. Cover and simmer until chicken is cooked through—about ten minutes. Serve over rice and garnish with lemon.

Serves 4.

**“SCENES FROM WIGWAMEN TERRACE’S  
SECOND ANNUAL CHRISTMAS GATHERING  
DECEMBER 15, 2000”**



## Terrace Happenings

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The Second Annual “*Christmas Gathering*” was a huge success. Many thanks go out to Kim McDougall (a.k.a. Santa), the Native Canadian Centre Seniors’ Program, Mary Lou, and the Wigwamen Terrace Seniors’ Club for assisting Wigwamen Terrace staff, hosts of the occasion.

The Seniors’ club have

resumed their dinners every second Friday. Please watch for upcoming fundraising events which will be posted on the bulletin board.



Also, they continue to seek out new members for their club. With a membership, you receive a discount on their dinners and there are many other incentives during the course of the year.

Please extend a warm welcome to Frank & Ethel Keesickquayash, Gail Thomas and Angus Stevens who are new Terrace residents.

## History Dates to Know

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### *Dates in History after 1990*

**1990-July:** Grand Chief of the Quebec Cree, Matthew Coon Come, moves to protect the traditional Cree way of life by filing an injunction to stop the billion-dollar Great Whale hydro electric project in the James Bay area. The Cree maintain that flooding over 5,000 square kilometers of their lands will result in irreversible damage to the environment.

**1990:** Yukon First Nations and the Federal government sign a final agreement on land claims which will provide the Yukon First Nations with \$232 million cash, mineral rights and the surface title to 41,000 square kilometers of land.

**1990:** Canada’s Supreme Court rules that the Metis Federation in Manitoba may proceed with its legal challenge to claim areas of the Red River Valley promised to them in the 1870s.

**1990:** The Nova Scotia Court of Appeals affirms that Mi’kmaq in Nova Scotia have a constitutional right to hunt and fish for food provided they observe conservation laws.

**1990:** The Mohawk Reserve of Akwesane is the scene of fighting as the community divides over the issue of gambling on the New York side of the reserve. The violence leads almost 500 residents to leave the reserve temporarily until the gambling issue is resolved.

Source: [www.inac.gc.ca](http://www.inac.gc.ca)

## In Our Community

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At the heart of Toronto's ever growing Native community is the Native Canadian Centre of Toronto.

I'm sure that each and every one of you has had the opportunity to pass through the Centre's doors for one reason or another. Perhaps your life has been hectic and you just haven't had the time to get down to the Centre recently. Check out the fabulous array of new programs that they have to offer for the young, the old and the in-between. So if you are wondering exactly what I am talking about, sit back and read on!

The Centre is known for their "Annual Traditional Elders Gathering". They have Cultural Programs led by Jimmy Dick and his ever-faithful assistant, Joni Shawana. They keep busy by hosting talking circles, Ojibway language classes (and soon there will be Cree classes) and arranging visits with Elders and Healers. They also help with obtaining medicines that you may need such as sweet grass or sage.

"The youth are the leaders

of tomorrow" is a statement made by many people and is something the members of the Centre truly believe.

This is affirmed in the revitalization of their youth programs, run by Nora Boyer, Youth Program Coordinator.

To the youth they offer information and referrals, recreational activities, outings, use of computer and internet. For those of you who are looking for a job but don't know where to begin, they assist with job searches and resume preparation.

For a more detailed description of the services offered, give Nora Boyer a call, she'd be glad to help.

If you are sitting around in your spare time wondering what to do then perhaps you should give Pat Turner in the Volunteer/Membership Office a call. I am quite sure she could find some volunteer work to keep you busy. To keep yourself up to date with the current happenings around the Centre you can apply for a membership, which entitles you to discounts at the craft

shop, a subscription to the Native Canadian Centre's newsletter and many other wonderful perks.

For the mature generation, they have a Seniors' Program in place, headed by Ruth Cyr, which offers many services and activities.

For more information, call the Centre and they would be more than happy to assist you. Dial 416-964-9087 and ask for the department of your choice.

*Submitted by: Ramona Toulouse*

### **The Anishnawbe Health**

#### **Translators Program**

***is looking for someone who speaks Mohawk or Oji-Cree for their medical translation services.***

***If you are interested, please call***

***Vivian Recollet, at:***

***416-360-0486***

# Household Hints

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## Refrigerator and Freezer Odour



Odours in the refrigerator may be caused by food left too long, by “strong” foods not covered or packaged tightly, by a drip pan that needs cleaning, or by food spoiling when power goes off while the occupant is away on vacation. If you are going away from home, you may wish to get someone to check your home every day or so, or after a power outage in your area.



To remove odours:



1) Remove all items from the refrigerator or freezer. Throw out any spoiled foods. Take out removable parts and wash them and the door gasket with mild detergent in warm water. Rinse well and wipe dry.



2) Wash interior walls and door liner with a solution of 1-2 table spoons of baking soda to 1 quart warm water, and wipe dry. Leave door open and let it air out well, with a fan directed towards the inside. Open window if climate permits.



3) If the odour still remains, try one of the following means of odour removal:



a) Buy activated charcoal (which is specially treated to remove odour molecules from air). Spread out on shallow pans and put on shelves of refrigerator. Turn refrigerator on low setting and run empty a few days so odours will be absorbed.



b) Spread cat litter in shallow pan in cabinet, turn on and run empty a few days. If odour is disappearing, but is not all gone, replace old litter with new litter.



c) Pour several ounces of imitation vanilla (not pure extract) in a shallow saucer, put on shelf and let run empty.



If the odour persists, it has probably penetrated into the insulation of the refrigerator. The liner may have to be removed or the insulation might need to be replaced.





## Lease Excerpts

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### Common Areas

Tenants' responsibilities for common areas are described in the lease agreement with Wigwamen Incorporated as follows:

***“That the sidewalks, entries, passageways, stairways, elevators, garages and other areas used in common with other tenants shall not be obstructed or used by the Tenant for any other purpose than proper access***

***to and from their own rented premises. The Tenant agrees that no bicycle shall be carried into the project but shall be kept in areas designated by the landlord”.***

Leaving personal belongings in common areas can endanger yourself or other tenants if your entry or exit point is blocked, for example, if there is a fire. Rules and regulations exist for your personal safety!



## Who's Who At Wigwamen

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Committed leadership is important as Wigwamen moves into another year of providing decent affordable housing to Aboriginal People living in the City of Toronto.

That being said, let me introduce Director, Mrs. Marie Rogers.

Marie has been a member of the Board of Directors for the past

several years. Now living in Toronto, she is originally from the Wikwemikong Unceded Indian Reserve on Manitoulin Island.

She is currently employed with the Canadian Imperial Bank of Commerce as a Secretary to both the Vice-President of the Ontario Credit Division & the Assistant General Manager of Administration.

Between her career and the time she spends with Wigwamen, she continues to be involved with the Native People's Parish at St. Ann's Church.

## Wigwamen's Fun Page

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### Chauffeur ing the Chauffeur

The Pope just finished a tour of the East Coast and was taking a limousine to the airport. Having never driven a limo, he asked the chauffeur if he could drive for a while.

Well the chauffeur didn't have much of a choice, so he climbs in the back of the limo and the Pope takes the wheel.

The Pope proceeds onto Hwy. 95, and starts

accelerating to see what the limo can do. He gets to about 90 mph, and suddenly he sees the blue light of the State Patrol in the mirror. He pulls over and the trooper comes to his window.

The trooper, seeing who it was, says, "Just a moment please, I need to call in."

The trooper calls in and asks for the chief. He tells the chief that he's got a really important person pulled over, and asks how to handle it.

"Is it the Governor?" replied the chief.

"No! This guy is even more important!" replies the trooper.

"Is he the president?" replied the chief?

"No this guy is even more important!" replies the trooper.

"Well WHO THE HECK is it! screams the chief.

"I don't know, Sir," replies the trooper, "but he's got the Pope as his chauffeur."

### The Perils of Public Speaking

Not too long ago a large seminar was held for ministers in training.

Among the speakers were many well known motivational speakers. One boldly approached the pulpit and, gathering the entire crowd's attention, said, "The best years of my life were spent in the arms of a woman that wasn't my wife!"

The crowd was shocked! He followed up by saying,

"And that woman was my mother!" the crowd burst into laughter and he gave speech which went over well.

About a week later one of the ministers who had attended the seminar decided to use that joke in his sermon. As he shyly approached the pulpit one sunny Sunday, he tried to rehearse the joke in his head. It seemed a bit foggy to him this morning.

Getting to the microphone he said loudly, "The greatest years of my life were spent

in the arms of another woman that was not my wife!"

His congregation sat shocked. After standing there for almost ten seconds trying to recall the second half of the joke, the pastor finally blurted out "...and I can't remember who she was!"

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Zero Balance Club Honor Roll

*All of the tenants listed below belong to the Zero Balance Club. They are all winners of the Zero Balance monthly draw and each 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 Neshkawa, Cindy Jacko, Daisy Hahnfeld, Paul Kornidesz, Samantha Cote, Judy Miller, Myrtle York, Ida Shaggi-Jawan, Evelyn Letourneau, Ken King, Colbertha Rosinson, Valerie Maracle, Sandra Neshkawa, Mary Howk, Elizabeth Wemigwans & Kathrena Green.*

## Anishnawbek History

### Creation of the Milky Way

Nanabush called together all the birds and animals he could find to give them duties. He told the beaver to build dams; bees to make honey; woodpeckers to play forest music; and so it went until all the animals had been given their duties—all except the turtle.

When Nanabush called all the animals together, the turtle was swimming far below the lake's surface. Finally when he heard what his duties would be, he sank beneath the surface of the

lake to sulk. As the days passed, Turtle grew angrier. One day upon seeing a passing canoe, he shot to the surface, upset the canoe and ate the surprised Ojibwa. The Ojibwa was very tasty and Turtle continued attacking canoes for many days. Nanabush, upon hearing of the strange events, suspected Turtle was angry at him, and decided to stop the strange behaviour by making Turtle do something useful. Nanabush took his bow and arrow and seeing turtle, fired at him. Turtle dove into the water and was

narrowly missed. When diving, Turtle flung his tail up in the air shooting a great spray of water high into the sky.

Nanabush, using his magic, turned the spray of water into thousands of little stars, thereby creating the Milky Way.

The Ojibway used the Milky Way to help them keep their direction in their travels, and Storytellers say birds use the pathway during their migrations.

*Source: Elderado*