



WIGWAMEN INCORPORATED

Wigwam to Wigwam

Your "House to House" News

Reflections of Wigwamen

Although it's still a year away, Wigwamen Incorporated is beginning to prepare for its 30th anniversary celebrations! Before getting into what that may entail, here's a little history lesson....

With the filing of Letters Patent, Wigwamen was officially incorporated as a non-profit housing company on February 25, 1972. Its founders were Clare Brant, Nona Bedwell, Thomas Charles and James Turner, and they were joined by Margaret Cozry, Bernard Jacobs, Verna Johnston, Peter Mishibinijima and Mildred Redmond, to form a 9-person volunteer Board of Directors. The company was set up to address the need of Native people living in Toronto for better housing. The high cost of living, unfamiliar surroundings, and discrimination were all factors that contributed to the difficulty in adjusting to living in the city.

In the early years, the general practice of Wigwamen was to purchase and renovate single or semi-detached houses in the inner city area, and then to rent them out to low-income families.

Migration of Native people to the city has slowed down since the early 1970's, but the need for adequate housing continues. With changes in government funding, Wigwamen is no longer able to purchase homes in the city and renovate them. Nevertheless, the commitment to its original mandate of providing affordable and decent housing for Native families and individuals continues and today, Wigwamen houses over 300 families and seniors in Toronto.

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Special points of interest:

- *Settling In*
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General Manager's Report

Tenant Contents and Liability Insurance:

Last month I reported to you on the results of a fire at one of our units and took the opportunity to speak with you all about fire safety. Whether it was the article itself, or the picture of the burned-out unit, clearly some of you took it to heart because, among other things, we actually received phone calls from tenants enquiring how to obtain tenant content insurance. Please keep those calls coming!

That being said, the fact is that under section 5.18 of your lease with Wigwamen, ***tenants are required to “..take out and maintain appropriate fire, theft, liability, and water damage insurance for the Tenant’s contents, including automobiles and upon request to deliver a copy of such policy to the Landlord.”***

With that in mind, in the months ahead, our Tenant Counsellor Jodi Hetherington will be contacting each and every one of our tenants with a view to obtaining copies of the insurance which they are required to carry, and offering assistance in obtaining insurance for those tenants who don't yet have it.

Replacement Reserve Study:

By now many of you in our family housing units will have been visited by representatives of Buchan Lawton Parent, a firm which Wigwamen Incorporated has retained to comment on the adequacy of its replacement reserves.

The very concept of a replacement reserve may be new to some of you. In effect, a Replacement Reserve fund is a “rainy day” fund for large capital items such as roof repairs, appliance replacement, retaining wall repair and replacement, etc. For every one of our units, the government provides Wigwamen with a certain number of dollars per unit per month to be put aside in a replacement reserve account. Over the years, the intention is to have the size of the fund grow so that, as our units age, funding is available to cover the cost of the large capital items which tend to fail over time. Replacement reserve funding is not intended to cover day-to-day, and more routine, maintenance expenses.

Wigwamen has commissioned this study because we are concerned that the government has not historically been funding the replacement reserve at a level sufficient to ensure that we'll be able to replace our large capital items.

If you're in family housing and have not yet been visited by a BLP representative, please make a point of ensuring that your home is as neat as possible when they visit. That will help them to be better able to assess the condition of the unit and make meaningful recommendations.

Remember... the success of BLP's study will help ensure that Wigwamen has sufficient funds to keep your unit in good shape in the years ahead.

When your BLP representatives visit, please do everything possible to assist them.

Reflections of Wigwamen

continued from pg. 1....

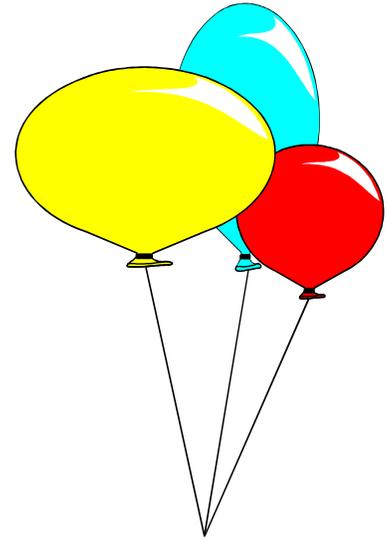
As part of the celebrations for its 30th anniversary, Wigwamen will be encouraging past and present tenants, staff and board members to embark on a trip down memory lane... Future editions of “Wigwam to Wigwam” will include a “Where are they now?” section featuring those who were involved with the company in the

past.

There will be contests for our tenants, special events, and souvenir items, and a Native recipe book is also in the works.

So, look out for all this and more in the coming months as we make plans for Wigwamen’s 30th anniversary!

Adene Kuchera



Lease Excerpts

This month we make reference to the section of your lease which advises tenants on Wigwamen’s policy concerning rent payments.

It states: ***Payment shall be made by cheque, payable to Wigwamen Incorporated. Any payment due the first of each month but not paid until the fifth day of each month or later shall be payable by certified cheque or money order.***

Basically, rent must be paid on the first of every month.

There are several payment methods that tenants may opt for.

These options include: post-dated cheques and money orders; pre-authorized payment; and payment by Interac at Wigwamen’s head office. All of these payment methods are in place for our tenants’ convenience.

If payment is not received in a timely manner, this may result in a Persistent Late Payment Order being issued by the Ontario Rental Housing Tribunal. The result may be the tenant’s

eviction.

To recognize tenants who pay on the first day of every month, Wigwamen created the “Zero Balance Club.”

Each and every tenant who has a zero balance at the beginning of a month is entered into a monthly draw. The winner receives a \$50.00 gift certificate from Dominion Stores.

As further recognition, all winners of the Zero Balance Club monthly draw are added to the Honour Roll every month in “Wigwam to Wigwam.”

In our Community

In the midst of Toronto's ever growing Native community is a long established centre specifically for women.

And if you haven't had the opportunity to visit this marvelous organization, what exactly are you waiting for? The Native Women's Resource Centre (NWRC) is located at 191 Gerrard St. East at the corner of Sherbourne. They offer a wide range of programs to help with any number of issues, including parenting, nutrition, budgeting, and most importantly when the time comes that you need a break (as I'm sure it will), the NWRC can also provide childcare services for a few hours.

The NWRC's latest addition to their ever-expanding roster of programs is the ***Rent Bank***.

More often than not when you contact the department you will be greeted by Ms. Gerri Laford. Gerri has been heading the struggle to keep the program running and has secured funding for another year.

To see if you are eligible for the services of the Rent Bank you simply have to go on down and speak with someone in the housing department. It can be useful if you are behind in your rent or if you are moving to a new house and need a little help with first and last month's rent. But wait! It does not end there. If you have friends or family who are searching for affordable housing, the NWRC can assist them in searching for a new place to live and can also help them in apply for social housing through "Toronto Housing Connections."

When you're feeling stressed and maybe even a little overwhelmed being a parent, you can take part in various classes that the NWRC has, such as beading, making moccasins, or any other crafty thing you can come up with. Child care is provided.

And it gives you and your child time to interact with others. They also offer nutrition classes if you are looking for low cost healthy alternatives to feed your family. Or perhaps you are a new parent and are a little unsure of how everything works. Classes are offered to help you adjust and also to give you a few pointers on how to manage the daily tasks of being a parent.

There are many other classes and events which happen monthly at the Native Women's Resource Centre. The calendar is constantly changing so your best bet is to call 416-963-9963 and ask what's happening for the month. I'm sure that they would be more than happy to help.

Ramona Toulouse

Terrace Happenings

On St. Patrick's Day on Saturday March 17, 2001 the Seniors' Club is planning a trip to Casino Rama. If you are interested, the sign up sheet is posted on the bulletin board in the Terrace lobby.

Also, the dinners for the Seniors' Club have been rescheduled to Saturdays at 5:00 p.m.

The foot clinic is back to its regular schedule on Fridays at 1:30 p.m.

There will be a workshop on elder abuse hosted by



the Aboriginal Peacekeeping Unit on Wednesday, March 21, 2001, from 1:00 p.m. to 3:00 p.m., in the Turner Room.

In closing, we would like to extend our condolences to the family of Esther Parsons who passed away on January 26. She will be sadly missed.

Settling In

The following are some tips to help adjust to your new home.

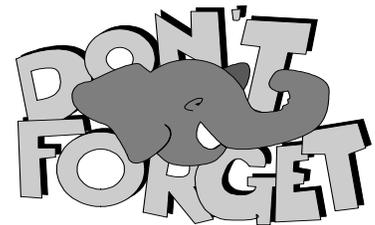
Set up essentials first, then spend a few days enjoying your new home. And while you're settling in, remember to:

- Locate the closest police and fire stations; a conveniently located doctor, dentist, and pharmacist; as well as the nearest hospitals and walk-in clinics.
- Update your health card and other identification.

- Provide your new doctor, dentist and pharmacist with your medical and health information.
- Transfer your prescriptions to your new pharmacy.
- Locate the nearest postal outlet.
- Notify senders of your new address when you receive mail that has been forwarded to you by Canada Post.
- Call the local municipality to find out your garbage and recycling days
- Scout your neighbourhood for shopping areas, banks,

cleaners, a vet, etc. Discover local restaurants.

- Take walks. Meet the neighbours. Make friends by getting involved in the community groups or service clubs.

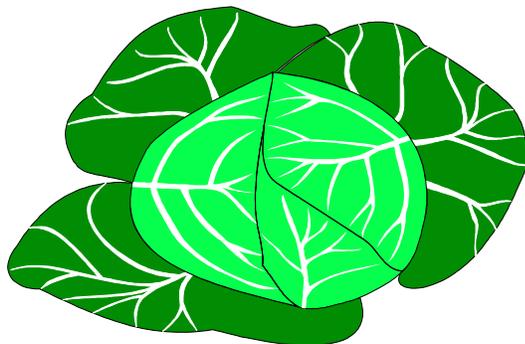


Terrace Community Kitchen

Cabbage Roll Casserole

1 lb regular ground beef
1 onion, chopped
1 tsp. salt
pepper to taste
garlic powder to taste
1 tsp. Worcestershire sauce
10 ounce can of tomato juice
10 ounce can of tomato soup
1 cup water
3 tbsp. rice
3 cups coarsely shredded cabbage
grated cheddar cheese

Brown ground beef. Add onions, salt, pepper, garlic powder and Worcestershire sauce and cook until golden. Drain off excess fat. Stir in soup, water and rice. Place cabbage in a casserole dish. Pour meat mixture over cabbage. Cover and bake 1 1/2 hours at 325°. Add grated cheese for last 5 minutes of cooking. Makes 4 servings.



Shepherds Pie

Grease a 1 1/2-quart casserole dish.
In a frying pan, heat until foamy:
1/4 cup butter or margarine
Add and cook until transparent:
2 large onions, finely chopped
Then stir in and cook until lightly browned:
1 lb. ground beef
Season with:
1 tsp. salt
1 tsp. thyme
1/4 tsp. pepper
Blend in:
1/2 cup undiluted consommé
Turn into prepared casserole.
Spoon over top:
2 cups mashed potatoes
Bake in preheated 350° oven for thirty minutes or until potatoes begin to brown.
Makes 4 servings.

Source: Robin Hood Cookbook

Household Hints



Alternate Uses for Dryer Sheets



Here is a list of some alternate uses for fabric softener dryer sheets that you might find handy...



1. A sheet will repel mosquitoes on your patio. Hang a sheet when outdoors during the mosquito season.



2. A sheet can eliminate static electricity from your televisions and computer screens. Fabric softener sheets are designed to help eliminate static cling. Wipe your television and computer screen with used sheet to prevent dust from resettling.



3. A sheet can be used to dissolve soap scum from shower doors and the tile walls. Clean the surfaces with a sheet.



4. A fragranced sheet can be used to freshen the air in your home. Place an individual sheet in a drawer. Hang one in the closet, the locker at the health club, the locker at work or under the seat of your car or truck.



5. A sewing needle run through a sheet prior to sewing, can prevent the thread from tangling.



6. A sheet left inside suitcase luggage or travel baggage can prevent musty odours. Place a single sheet inside luggage before storing it.



7. Fabric softener sheets are claimed to be able to clean baked-on foods from cooking pots and pans. Place a sheet in a pan, fill with water, let sit overnight. Next morning sponge it clean. The antistatic agent apparently weakens the bond between the stuck-on food between the pot and pan surface. The fabric softening agents helps to soften the baked- on food.



Source: doityourself.com



History Dates To Know

Dates in History after 1990, continued...

1990: Donald Marshall Jr., a Mi'kmaq from Nova Scotia, receives an apology from the Nova Scotia government after spending 11 years in prison for a crime he did not commit. He is exonerated of the 1971 murder charge by a Royal Commission and is awarded \$270,000 in compensation from the province.

1990: The Supreme court of Canada rules on a case now referred to as Regina v. Sparrow. The case reaffirms First Nations' constitutional rights to fish for food for social and ceremonial purposes, restricted only by conservation regulations. The case is considered a landmark decision. The case originated when Ronald Sparrow, a member of the Musqueam First Nation in British Columbia, was charged while fishing in the lower Fraser River.

1991: Prime Minister Brian Mulroney calls for the Royal Commission on Aboriginal Peoples (RCAP) with the objective of settling all Aboriginal land claims by the year 2000.

1993 - In May, the Council of Yukon Indians and the Canadian government sign the Umbrella Final Agreement for land claims and other issues.

1994: The 15,000 members of the Sahtu Dene and Metis of the Mackenzie Valley and the federal government sign a final agreement on land claims, providing the Nations with \$500 million in cash over 20 years, surface title to 181,230 square kilometers of land and mineral rights to 10,000 square kilometers.

1995 - In November, Elijah Harper, a Cree member of Canada's Parliament from Manitoba, organizes the First Sacred Assembly. This is a gathering for Aboriginal and non-Aboriginal spiritual leaders in Canada.

Source: www.inac.gc.ca

Anishnawbek History

Legend of Indian Summer

Long ago, Nanabush and his brother, Pee-Pauk-A-Wis, decided to run a great race. As always from the start, Nanabush was easily outdistancing his brother. All summer long he ran northward. Wherever Nanabush's moccasins touched, flowers sprang up and the land was at peace with the sky.

Pee-Pauk-A-Wis dashed by his brother, followed by winds of fury. Nanabush, realizing he had been tricked, jumped

to his feet and at once overtook his brother, bringing him sunny, warm weather, which has become known as Indian Summer. It is said that whenever the weather changes quickly, Nanabush and his brother are again running their race.



Predicting weather was important to the Ojibway because of dependence on the environment for food. A wolf howling near the wigwam, lighting in the southeast, or a dream of a thunderbird meant a storm was approaching. To avert

storms, parents warned their children not to do certain activities; for example, not to whistle by blowing on grass. Geese migrating and squirrels storing nuts were indicators to Natives of a season change.

Who's Who at Wigwamen

While some Board members have come and gone, Wigwamen Director Eric Carlson has remained committed and true to Wigwamen, having served as a volunteer Director since September 1974.

Eric is a retired employee from the Department of Indian Affairs and Northern Development where he worked for thirty years. Prior to that he taught French and Latin at a variety of Ontario high schools, and worked with the South Saskatchewan River Development Commission. Eric was born and raised in Saskatchewan, and attended the Onion Lake Saskatchewan Residential School.

He continues his commitment to housing by volunteering with as a Director of the "Frontiers Foundation" an organization which, among other things, recently held a sod-turning for the 86 unit complex for Aboriginal people which it is developing. Finally, Eric lends a helping hand to the St. Clair West Seniors' Services, assisting them with the Meals-on-Wheels program and driving cancer patients to their appointments.

Being Happy!

“Most people are about as happy as they make up their mind to be.” So said Abraham Lincoln. It is not what happens to us in life that determines our happiness so much as the way we react to what happens.

Fred might, on just having lost his job, decide that he now has the opportunity to have a new work experience, to explore new possibilities and to exercise his independence in the workplace. His brother Bill might, under the same circumstances, decide to jump off a twenty storey building and end it all. Given the same situation, one man rejoices while the other man sees the opportunity.

I may have simplified things a little here but the fact remains that we decide how we react in life. (And even if we lose control, that is a decision that we make. We perhaps decide: “Things are getting a little too difficult for me. I think I will lose my mind for a while!”)

Being happy is not always easy though. It can be the greatest challenge that we

face and can sometimes take all the determination, persistence and self-discipline that we can muster. Maturity means taking responsibility for our own happiness and choosing to concentrate on what we have got rather than on what we haven't.

We are necessarily in control of our own happiness as we decide the thoughts we think. No-one else puts thoughts in our mind. To be happy, we need to concentrate on happy thoughts. How often though, do we do the opposite? How often do we ignore the compliments that are paid to us yet dwell on unkind words for weeks after words? If you allow a bad experience or nasty remark to occupy your mind, your will suffer the consequences. Remember, you are in control of your own mind.

Most people remember compliments for a few minutes and insults for years. They become garbage collectors, carrying around trash that was thrown at them twenty years ago. Mary may be heard to say, “I still remember how

he said that I was fat and stupid back in 1963!” Any compliments Mary received even yesterday will probably have been forgotten but she is still carting around the 1963 trash.

I remember, aged twentyfive, waking up one day and deciding that I had had enough of being miserable. I thought to myself, “If you are going to be a really happy person someday, why don't you start now?” That day I decided to be a whole lot happier than I had ever been before. I was stunned. It actually worked!

In a Nutshell

Being happy can be hard work sometimes. It is like maintaining a nice home—you've got to hang onto your treasures and throw out the garbage. Being happy requires looking for good things. One person sees the beautiful view and the other sees the dirty window. You choose what you see and you choose what you think.

Source: “Being Happy” by Andrew Matthews

Wigwamen's Fun Page

Quick Intelligence Test

1. If you went to bed at 8 o'clock at night and wound up your alarm clock to get you up at 9 o'clock the next morning, how many hours sleep would you get?
2. Do they have a 4th of July in England?
3. How many birthdays does the average man have?
4. If you had only one match and entered a room in which there was a kerosene lamp, an oil heater, and a wood burning stove, which would you light first?
5. Some months have 30 days, some have 31; how many months have 28 days?
6. If a doctor gave you 3 pills and told you to take one every half hour, how long would they last you?
7. A man builds a house and all four sides have a southern exposure. A bear wanders by—what colour is the bear?
8. How far can a dog run into the woods?
9. In baseball, how many outs in an inning?
10. A farmer has 17 sheep. All but 9 died. How many did he have left?
11. Divide 30 by $\frac{1}{2}$ and add ten. What is the answer?
12. Two men were playing checkers. Each played five games and each man won the same number of games. No draws. How can this be?
13. Take two apples from three apples and what do you have?

Answers: (1) 1 hour of sleep. Wind up clocks don't have a.m. or p.m. settings. (2) Yes, and a 5th, 6th, (3) 1 (4) Light the match first (5) All 12 have 28 days (6) 1 hour (7) White. The North Pole is the only place where all four sides face south. (8) Halfway, then he would be running out of the woods (9) 6 outs per inning (10) 9 sheep (11) 70 (12) They weren't playing against each other (13) 2 apples

Changes in Family Income & Composition

A reminder to all tenants that you must inform the office immediately of any changes in your family income such as: increased/decreased salaries; changes to the number of hours worked; moving from one job another; and changes from one income source to another (i.e.: Ontario Works to employment).

Over the past year there have been several instances where tenants have not reported to me that their income has changed and I have had to back date the increase as much as eight months. This can leave the tenant in arrears, unable to pay the money owing to Wigwamen Incorporated.

Changes to your household composition may also need to be authorized. Changes where authorization is required includes the addition or subtraction of a non-dependent household member, such as a spouse, kin or non-related persons.

Changes to your household composition where no authorization is required include the birth or adoption of a new baby. However, this does require proper verification, such as a birth certificate listing parents or adoption papers.

Jodi Hetherington

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*A Housing Project for Native
People*

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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 each has 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.