



WIGWAMEN  
INCORPORATED

# Wigwam to Wigwam

Your "House to House" News

## The World is Coming to Us!

### Aanii, Tansi, Shekoli, Welalin

The largest gathering of people in Canadian history will take place in Toronto, Ontario from July 23 until July 28, 2002, in honour of World Youth Day. Toronto will be host to between 500,000 and 750,000 international youth visitors who will come to join in prayer and celebration with Pope John Paul II.

"How can we as Aboriginal peoples welcome the world to our land?" "What do we wish to offer or share with them?" "What might we learn from them?" These are the questions that the Native People's Faith community invite you to explore with them in conversation, celebration and pot-luck feasting on Saturday March 2nd, 2002, from 1:00 p.m. until 8:00 p.m.

The event will be held at St. Ann's Parish Hall at 120 First Avenue (corner of Gerrard & Degrassi). Elder Lillian McGregor will be offering an Opening Prayer and Smudge. Other special guests will be announced at this upcoming event.

For more information, please contact the Aboriginal Co-ordinator of World Youth Day, Eva Solomon, CSJ at (416) 913-2088 x 587 or fax @ 416-962-7505 or e-mail [esolomon@wyd2002.org](mailto:esolomon@wyd2002.org).

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## General Manager's Report—Wigwamen's Finances—Part 1

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Every year Wigwamen Incorporated has its financial records audited with a view to, among other things, setting out for the government how it spends its money. Although the audit is an important source of information for the government, and an important planning tool for the Board of Directors and staff, it seems to me that it might also be of interest to our tenants.

With that in mind, I wanted to devote the next several columns to detailing for all our tenants, where we get our money, and how we spend it. First, let's look at our income...

Between October 1<sup>st</sup>, 2000 and September 30<sup>th</sup>, 2001, our income equalled \$3,987,291.

The bulk of our income came from three principle government sources. Canada Mortgage and Housing Corporation contributed \$1,422,242 in subsidies, or roughly 35.67% of our total income. Another \$793,753 in subsidy assistance, or roughly 19.91%, was contributed by the Toronto Community Housing Corporation. Finally, the Ministry of Municipal Affairs and Housing contributed \$296,842, representing almost 7.45% of our total income. **In total then, 63.03% of our income is received from government funding agencies.**

The remaining 36.97% of our income, or \$1,474,181, was generated in rents from our 317 tenants. Another way of expressing this would be to say that, **on average, our tenants pay \$387.00 per month for the rental of their units.** Some pay more, and some pay less, because the rents are geared-to-income, but no matter how you slice it, an average rent of \$387.00 is quite reasonable in Toronto. And of course, **the rents don't pay for the full operating cost of the project.**

Alright then. If that's how our income is generated, how are our monies spent?

While we don't have room this month to examine all of our expenditures, it is possible to look at one important part of our budget—utilities.

In our last fiscal year, Wigwamen Incorporated spent \$290,478 on heat, or \$76.36 per month, per unit. Another \$184,968 was spent on hydro, or \$48.62 per month, per unit. Finally, \$76,830 was spent on water, or \$20.20 per month, per unit.

On average, then, **roughly \$145.18 per month, per unit, was spent on utilities.** If you consider that Wigwamen's rents include utilities, the average monthly rent that Wigwamen's tenants pay is truly a bargain!

Next month, we'll examine other ways Wigwamen spends its income...

# **Fire In Your Apartment Building**

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## **Fire safety begins with you**

Learn what to do if a fire happens in your building. This is the best way to protect yourself and those around you. This information contains general advice for tenants of buildings that are three storeys or higher.

## **If there is a fire in your apartment**

- Tell everyone in your apartment to leave.
- Close all doors behind you.
- Pull the fire alarm on your floor and yell “fire.”
- Leave the building using the nearest stairway.
- Call the fire department when you are safe.
- Meet the firefighters at the front entrance and tell them where the fire is.

## **When you hear the fire alarm**

Most of the time, the best thing to do in a fire is leave the building as soon as possible. But in some cases you may not be able to leave and you may have to stay in your apartment. In either case you must act quickly. No matter what your decision you must protect yourself from the smoke.

## **If you decide to leave the building**

Check the door to your apartment. If smoke is entering from around the door, do not open it. Protect yourself from smoke inside your apartment.

If there is no smoke, brace yourself and open the door a little. If you see smoke or feel heat, close the door quickly and protect yourself. If the corridor is clear, take your keys, lock your door, and go to the nearest stairway.

- DO NOT USE THE ELEVATOR.
- Open the nearest stairway door carefully.
  - If there is no smoke, use the stairway to leave the building.
  - If there is smoke, do not enter. Close the door. Go to another stairway and open the door carefully.
  - If there is no smoke here, use this stairway to leave the building.
  - If there is smoke, do not enter. If there are other stairwells, try them. If there are not, return to your apartment and protect yourself from smoke.

## **When you are inside the stairwell**

If you find smoke on your way down the stairs, leave that stairway as soon as you can. In some buildings, some doors leading from the stairway to the corridor may be locked. But at least every five floors the doors will not be locked so you can leave the stairway.

- Use another stairway if clear of smoke.
- If you can't use any stairway, return to your apartment if you can, or go into any corridor and bang on apartment doors until you find a place to take shelter.
- Never go to the roof. Smoke usually rises to the top of the stairway. Doors opening onto the roof are locked and you could be trapped.

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- Remember, wherever you are, if there is smoke, crawl low under it. The air is cleaner near the floor.

### If you remain in your apartment

You must protect yourself from smoke. Stay in your apartment until you are rescued or until you are told to leave. This may take a long time. Do not try to leave your apartment a long time after the alarm has sounded. The longer you wait, the more risk there is that heavy smoke will have spread into stairways and corridors. Your chances of survival are less.

- Keep smoke from entering your apartment. Use duct tape to seal cracks around the door and place wet towels at the bottom. Seal vents or air ducts the same way.



### If smoke enters your apartment

- Telephone the fire department, tell them where you are and then move to the balcony. Close the door behind you.
  - If you don't have a balcony, go to the most smoke-free room, close the door and seal it with tape and towels. Open the windows for fresh air.
  - Show your rescuers where you are by hanging a sheet from the window or balcony.
- Keep low to the floor where the air is cleaner.
- Listen for instructions from authorities.

For more information to help you survive a fire, please call your local fire department.

- J. Hetherington

Source: *The Office of the Fire Marshal of Ontario*

### Honourees

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 Le-tourneau, Ken King, Col-bertha Robinson, Valerie Maracle, Sandra Neshkawa, Mary Howk, Elizabeth Wemigwans, Kathrena Green, Josephine Millette, Gail Thomas, Fred & Olive Wesley, Edith & Alex MacInnis, Hella Von Dehn, Sheila Wyldes, Norma Cote and Janet Bellefeuille.

## Terrace Happenings

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- The Seniors' Club welcomes a new face to their executive, Mrs. Charlotte Stevens. As the new Vice-President, Charlotte will be replacing Katie Pasquach. Congratulations Charlotte on your new post! They would also like to thank Katie for her hard work and endless contributions over the years, as she steps down to take a break and concentrate on new endeavours.
- We offer condolences to the family of Mr. Kornidesz, who passed away in January. Paul will be sadly missed by his friends at Wigwamen Terrace.
- If you have an opportunity to check out the craft room, the quilters are busy as bees working on a new quilt.
- There will be a cribbage tournament held at the Native Canadian Centre on March 4th, 2002. Please contact Phyliss Jones for more information.
- From all of us at the Terrace we extend Birthday Wishes out to Frances Folz who is celebrating her birthday in February!



## Terrace Community Kitchen Cooking Contest!

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The Terrace Community Kitchen will be having a cooking contest for all of you talented chefs to display your favorite recipe in the following categories.

1. The Finest Appetizing Soup
2. The Best Main Dish
3. The Most Delectable Dessert

Any tenants who are interested in participating in the contest must bring their favourite original (made

from scratch) dish to Wigwamen Terrace, Turner Room on Friday, April 5, 2002 at 1:00 p.m.

Your entry will be selected by a jury of four taste testers from Wigwamen Incorporated.

The winners will be awarded a \$50.00 gift certificate from Dominion Stores for each category.

In order to enter the contest you must submit your name, the name of your dish, and

the category you wish to enter on the attached entry form and submit it by April 1, 2002.

There will only be one entry per person.

Please call Janet at (416) 925-9165 at the Terrace Management office for more information.

## Book Review: Moose Meat and Wild Rice

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*Moose Meat & Wild Rice: Rollicking tales about life on a modern day Indian reserve.*

**By Basil Johnston.**

For anyone who is interested in Native culture, past and present, *Moose Meat & Wild Rice*, a collection of short stories by Ojibway author Basil Johnston, is a great read. This book contains amusing and sometimes hilarious accounts of the clash between two cultures, while at the same time illustrating the often disastrous effects of cultural imperialism. While Johnston's stories are written as fiction, they are based on actual events that occurred on the Parry Island Indian Reserve, the author's childhood home.

The book is divided into four sections, each devoted to a particular issue. In his section on Christianity and religion, Johnston shows us how the imposition of one belief system over another can create an environment of disillusionment in which many lose their ability to believe in anything. This is pronounced most strongly in "Yellow Cloud's Battle with the Spirits," a story about a man whose traditional religious beliefs have been stolen from him - discounted by the Christian missionaries as "superstition" - and replaced by a belief system that is entirely foreign to him.

Similarly, the section on housing, education and business shows us how well-intentioned government officials and policy makers often misunderstand Native culture and way of life, and end up creating more problems rather than fixing the existing ones. And an autobiographical account of the author's own forays into the city illustrates how easily miscommunications between two cultures can occur.

In today's society it is easy to observe the effects that European cultural domination have had on Native culture. What makes this particular book so poignant however, is that the author delivers his message within the context of his own culture, employing what he refers to as a unique Ojibway sense of humour. In this way, Johnston is able to preserve one of his own cultural traditions, while at the same time showing how some other traditions have been corrupted.

While it contains many important insights, this book can also be read solely for its humour, and is suitable for almost all ages. Published originally in 1978, this book has been re-issued under the title *Ojibway Tales*.

- Melanie Brown

## Household Hints: Sick Home Syndrome

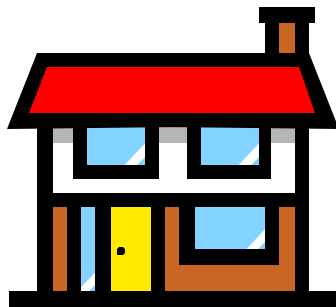
The catch phrase “Sick Homes” described homes with poor, even hazardous, living environments. There are several sources which can make homes uncomfortable and unhealthy to live in. To begin with, poor air quality is often caused by too little ventilation.

Inadequate ventilation may be a combination of things. New houses are insulated and sealed so well that no fresh air can enter in. Moisture builds up but can't escape and that makes a perfect breeding ground for mould.

### **Summary of Problems:**

“Sick House” symptoms develop because the house literally can't breathe. As a result, it gets congested with internal pollutants.

Especially in winter, pollutants can be more abundant when air flow is reduced. Common sources of pollutants in the home are carpets, furnace, fireplace, particle board cabinets and excessive moisture.



Volatile Organic Compounds (VOC's) consist of a range of chemicals that are released into the air over time. Often described as that pleasant “new smell,” VOC's can be harmful. Short term exposure to VOC's can cause headaches and nausea, and can irritate the eyes, throat and nose.

Can you smell if there's trouble? Yes, and no. Even the pros must rely on sophisticated equipment. But to a degree, the nose knows.

Pollutant	Where Found
VOC's	Carpets, Paint, Fabric
Mould & Mildew	AC/Humidifier, Heating Ducts
Nitrogen Dioxide	Wood Burning Stove, Fireplace Smoke
Formaldehyde	Resin-based Particle Board, Cabinets, Carpet, Fabric

Newly introduced VOC's, especially in carpet, can easily be detected by the odour they give off. They smell “new.” Open up a cupboard door and smell. If it smells “funny,” formaldehyde may be present. If you see discoloured walls, it may be mould.

### **Summary of Solutions**

All those creepy dust mites, moulds and VOC's can make a house unfit to live in. Thankfully, there are some simple cost-effective solutions to reduce and/or eliminate many pollutants.

- Change furnace filter once a month. The regular standard is quarterly. (Wigwamen currently maintains this for the forced-air furnaces).
- Run bathroom vent fan when showering to discourage mould growth.
- Have a “no smoking” rule in the house and enforce it.
- Let new carpets, drapes, and furniture “air out” before bringing inside.

*Source: Institute of Housing Management*

## Aboriginal History

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### A Cree Tale: Why the Mouse is so Silky

One day, on his wanderings in the land of the Swampy Cree, Wesukechak, known as the Bitter Spirit, saw a big, round stone lying beside the rocky path. Because Bitter Spirit could talk and understand the language of nature, he always spoke to the birds and beasts and many other things. Now he spoke to the stone. "Can you run fast?" he asked. "Oh yes," answered the stone. "Once I get started, I can run very fast."



"Good!" Bitter Spirit cried, "Then you must race me." "I will," answered the stone, "if you can push me to where I can start." With great difficulty, the maker of magic did so, and without waiting, the stone started to roll downhill, going faster and faster. Wesukechak caught up with it almost at ground level and mocked it as it ran past. "You are a turtle," he laughed. "You cannot travel fast." The stone was very angry but did not reply. Bitter Spirit ran and ran until he was so tired that he fell down on his face and slept soundly. The stone caught up with him at last and rolled up his legs and then onto his back, where it was stopped by his shoulders. It could roll no further. Being a big and very heavy stone, it held Bitter Spirit on the ground so that he could not move. The maker of magic had awakened in pain when the stone rolled onto his legs but he could not escape in time. "Roll off my back, stone," he shouted angrily. "You are heavy; I hurt, and I cannot move." "You mocked me when you passed me," said the stone, "but you see I

have caught up with you. Now that I have stopped, I cannot move until someone sets me rolling again. I must stay here." For many, many moons, the stone rested on the back of Bitter Spirit and the maker of magic could not help himself to get free. At last, Thunder decided to send some of his bolts of lightning to smash the stone and set Bitter Spirit free.

"And so, O stone, you are punished for holding me here so long," cried the wondermaker as he continued on his way. His clothes had been torn and worn, so Bitter Spirit threw them into the bark lodge which he saw nearby, ordering that they be mended. They were thrown outside so quickly and had been so well repaired the Bitter Spirit cried out in surprise. "Who are you in that lodge? Come out, so that I may see and reward you."

The maker of magic was much surprised when he saw a little mouse creep out of the lodge. It was an ugly, fat, rough-haired little creature in those days, with a short, stubby nose.

Bitter Spirit picked the mouse up very gently and stroked its little blunt nose until it became pointed. "Now you will be able to smell out your food better," he said.

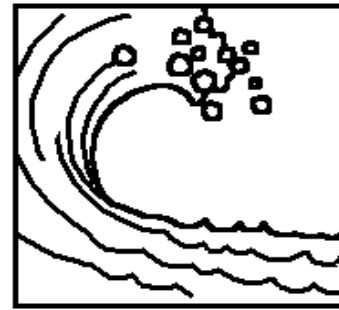
Next he brushed and combed its rough hair with his fingers until the hairs of the little creature became soft as down and smooth as the fur of an otter. "Now you will be able to run more easily into little holes in tree trunks when your enemies come," Wesukechak said, and so it was. To this day, the mouse is soft and furry and it sniffs daintily with its long nose. *Source: <http://www.zicahota.com/tales.html>*



# Kids' Stuff : Animal Habitats

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**Animal Habitats:** Draw a line to help each character find its habitat.



## First Nations City Celebration - Toronto

### ATTENTION VISUAL ARTISTS: CALL FOR SUBMISSIONS

The organizing committee of the First Nations City Celebration is requesting art submissions by artists of Canadian Aboriginal ancestry.

From the work submitted the committee will select and purchase some of the original artwork. The artwork will become the sole property of the committee for use on its advertising poster and t-shirts for the 8th annual First Nations Celebration. This event, which is held annually on or near National Aboriginal Day, June 21st, at Nathan Phillips Square, celebrates Aboriginal culture in an urban setting.

The committee is interested in artwork that celebrates Aboriginal culture. The artwork must translate well into poster format and onto t-shirts. Please submit slides or photographs of your artwork, a description of your artwork and a short biography. The deadline for submissions is **March 15, 2002**. Please send your submissions to: Mae Maracle, Access and Equity Consultant, 10th Floor, E. Tower, City Hall, 100 Queen St. W. Toronto, Ontario, M5H 2N3.

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*A Housing Project for  
Native People*

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### Terrace Residents

Please do not feed the  
pigeons or squirrels on the  
property as it creates other  
problems such as nesting on  
balconies, foul odour, and an  
unwanted population.

Thank-You, Janet