



## Holiday Party Successful for 4th Year Running

Christmas came a little early to Wigwamen Terrace with the Annual Holiday Party, which was held in the Turner Room on Thursday, December 12.

All tenants in attendance enjoyed a sumptuous feast of Turkey and Ham with all the trimmings, which was prepared by our own resident Chef, Superintendent Frances Folz. As there were 4 hams and 4 turkeys, each weighing 30 lbs., this was no small feat. Vacant apartment ovens were put to use and the smell of cooking wafted throughout the Terrace hallways.

The Turner room was filled to capacity, as was the serving room that was set up to ladle out the wonderful food. There was lots of food to go around, so those who weren't able to eat seconds took theirs home for later.



Following dinner and desert, performer Jack Garson entertained the crowd with an interactive show that combined Christmas carols with a comedy routine. It was very enjoyable to hear the dulcet tones of our Elders as they joined in and sang along to the Christmas carols.

Afterwards, the door prizes were awarded. Marianne Shigwadja walked away with a beautiful Christmas wreath that was donated by Yvonne Beaucage, and Frances Campbell won a gift basket of assorted goodies.

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# General Manager's Report

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## **RICK BRATKOWSKI: 1937-2003**

It is with great regret that we announce that former Manager of Wigwamen Terrace, Mr. Rick Bratkowski, passed away on January 7, 2003 as a result of a snowmobile accident in the Parry Sound area.

Rick managed Wigwamen Terrace for almost twenty years, and contributed enormously to the growth of the Terrace specifically, and Wigwamen generally. He will be greatly missed by his family, and his many, many friends here at Wigwamen, and throughout the community.

## **SEWELLS ROAD UPDATE:**

Our 92 unit apartment project at 20 Sewells Road continues to move ahead...

On December 4<sup>th</sup>, 2002 we held a public meeting with our neighbours at Neilson Hall, a seniors residence behind the development to provide them with information on Wigwamen Incorporated, introduce our Board, staff, and architects, share with them our design and development vision, and listen to their suggestions.

It's always difficult to tell in advance how such presentations will be received at public meetings, but I am pleased to report that our project was extremely well-received, and we came away not only with a number of suggested improvements to our design which we expect to act on, but also received a number of enquiries from individuals who, after listening to our presentation, wanted to apply to move into the project. Our thanks go out to all those who took the time to attend and make us feel so welcome.

Following the public meeting, soil tests were completed on the site, and we were happy to see that the soil conditions should easily support the development of the building. We have also completed a parking study setting out how many parking spaces will likely be required by the residents, and will be submitting that in support of our request for some minor variances, including a reduction in the amount of parking to be provided on site.

Our proposal for minor variances is expected to be heard by the Committee of Adjustment in mid February, following which, assuming there are no appeals, we expect to move forward on the preparation of working drawings.

All other things being equal, we hope to have gone out to tender, and be able to start construction by September or October of this year. Construction will take up to a year which means that the building may be ready for occupancy by the Fall of 2004.

Watch this space, and visit our website at [www.wigwamen.com](http://www.wigwamen.com) for further updates in the months ahead.

# Terrace Holiday Party

Continued from Page 1...

Everyone in attendance also received a home-made soup mixture to take home with them.

Throughout the evening Wigwamen's very own Alla Ponomarenko was busy taking pictures. A photo album has been compiled and is available for viewing in the Terrace Management office.

This wonderful evening was made possible by the hard work of Frances Folz, along with a small team of dedicated volunteers. The Terrace Staff would like to express sincere thanks to Gladys and Ronald Fanjoy, along with Bev and Rick Fanjoy for all their help with the Christmas dinner. Thanks also to Alla, Lynne and Melanie from head office, and Director Eric Carlson, for all their help.

Thanks to everyone who came out, and we'll see you next year!

- Nick Mercredi



Jack Garson interacting with the audience in one of his more "interesting" costumes.



Mmmm...Cake...

Left: Dishing out the dinner.



Show us your teeth!



Frances Folz plays Santa with Nick Mercredi as her little (big) elf.

# Legal Help

Seeking legal services can be time consuming and expensive. The following article will list several options that you have when you need to consult a lawyer.

## Legal Line

Legal Line is a free service that provides legal information and a lawyer's directory to the general public. There are 4 methods through which information can be accessed:



- 24 hour touch-tone telephone service;
- 24 hour fax-back line;
- Comprehensive website;
- Live Lawyer Referral Program (LRP).

Legal Line does not exist to offer legal advice, but to provide sufficient information to know when the assistance of a lawyer is advisable, and to direct the public to lawyers and other valuable information.

Their number is (416) 929-8400. Their e-mail address is [info@legalline.ca](mailto:info@legalline.ca), and the website is [www.legalline.ca](http://www.legalline.ca).

## Legal Aid

Legal Aid Ontario receives funding from the provincial government to provide legal services to people with low incomes. Legal aid has two

main components: the community legal clinic system and the legal aid certificate program.

### *Community Legal Clinics*

Community legal clinics are staffed by lawyers, community legal workers and sometimes law students. All help is private and confidential, which means that staff cannot discuss your case with anyone outside the clinic without your consent.

To receive services from a clinic, you must live in the area that it serves, your problem must be one of the kinds that the clinic handles, and your income and assets must be within a certain level.

Most clinics, however, will provide brief "summary" advice without asking about your financial situation.

### *Aboriginal Legal Services of Toronto (ALST)*

In addition to general service clinics, there are many specialty clinics which serve a particular community or focus on a specific area of law. Aboriginal Legal Services of Toronto is an example of a specialty clinic, providing legal assistance to Native people living in Toronto. ALST is staffed by lawyers, a community legal worker, and youth and family court workers.

Some of the issues that they assist with include: Housing problems and tenant rights; Ontario Works and Ontario Disability Support Plan; Indian Act matters; Canada Pension Disability applications; Employment Insurance and Employment Standards; Police Complaints; Criminal Injuries Compensation; Human Rights; Referrals to lawyers on other matters including criminal and family law.

ALST can be contacted at (416) 408-3967.

### *Legal Aid Certificate*

If you want a private lawyer but cannot afford one, you may be able to get a legal aid certificate from Legal Aid Ontario.

You can get a certificate for some legal problems, but not all. If you do get a certificate, you may have to sign a payment agreement, which means that you agree to pay Legal Aid back for some or all of your legal fees and expenses.

You must take your legal aid certificate to a lawyer who accepts them. To obtain a list of lawyers who accept certificates, you can contact the Legal Aid Office, or call Legal Line.



*Source: Community Legal Education Ontario*



# Knowing Your Maintenance

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## The Complete Toilet Guide

### Unclogging a Toilet

Most toilet clogs are caused by accumulations of paper products in the bowl's narrow trap or by miscellaneous items that accidentally fall into the toilet and get stuck in the trap. A complete blockage can cause a toilet to overflow; a partial clog can result in sluggish flushing. Whatever the cause, toilet blockages are more than frustrating. The following guide will teach you how to unclog your toilet in the event that it happens to you.

#### *Step 1:*

To unclog a toilet with a plunger, bail out excess water, leaving just enough to cover the plunger cup. If possible, use a flanged plunger. Place the plunger cup snugly over the drain opening. Standing directly over the plunger, pump up and down vigorously 10 times. On the last stroke, yank up on the plunger with a strong pull. Repeat if necessary.

#### *Step 2:*

Use a closet auger if the plunger fails to unclog the toilet. Place the auger bend in the bottom of the toilet drain opening and push the auger cable into the trap. Crank the auger handle clockwise to get the cable past the trap. If the auger becomes hard to turn, pull it back a little and try again. When the auger tip hits

the clog, move it from side to side to break up the clog.

#### *Step 3:*

To find out if the rim flush holes are fully open, hold a mirror under the toilet bowl rim at an angle that allows you to see the holes.

#### *Step 4:*

To unblock the rim flush holes, cut a short section of wire from a coat hanger. Insert the wire into each hole, with care to protect the porcelain. Turn the wire to loosen built-up mineral deposits.



### Making a Toilet Bowl Cleaner

You can clean and sanitize your toilet bowl without harmful chlorine by using this simple home made recipe.

You will need:

- 1 Cup borax
- 1/2 Cup white vinegar

#### *Step 1:*

Flush the toilet to wet the sides of the bowl.

#### *Step 2:*

Sprinkle the borax around the toilet bowl, then drizzle with the vinegar.

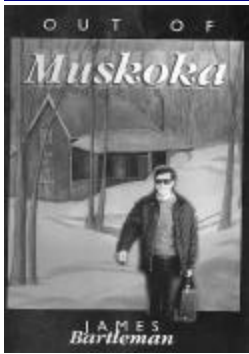
#### *Step 3:*

Leave for several hours before scrubbing with a toilet brush. Or, for no-scrub convenience, simply pour in and leave overnight.

Source: [www.ivillage.com/home/howtoguide](http://www.ivillage.com/home/howtoguide)

## Book Review

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### Out of Muskoka

By James Bartleman

*Out of Muskoka* is the newly released memoir by Canada's first Aboriginal Lieutenant Governor, the Honourable

James Bartleman.

This book provides Bartleman's account of growing up poor and Native in a village that was mostly white. He writes not only of the racism that he regularly encountered, but also of the difficulties associated with being one of the few families living without such basic facilities as electricity or running water. When Bartleman's parents first moved the family to the small town of Part Carling immediately following World War 2, they inhabited a tent near the village dump, eventually moving to an abandoned shack that they turned into their home.

Fortunately, the young Bartleman was able to avoid the despondency that caused the suicides of many other locals at that time. Like many other small town boys, Bartleman recounts stories of his youthful mischief and adventures that very nearly resulted in trouble with the law. Then, the reader learns how through sheer determination and hard work, the teenaged Bartleman was sponsored by a wealthy benefactor to attend university in London, Ontario, where he developed the interest in international affairs that eventually led to a distinguished career in the foreign service.

In addition to its biographical content, the book offers a historical account of Port Carling and the Muskoka region. Bartleman, who is half Native, tells his family's history, including how members of the Mnjikaning band came to live in the Indian Camp just outside of Port Carling.

Bartleman's story of his rise through the ranks of government as a diplomat and foreign policy advisor is inspiring to those who believe that anybody with ambitions and a strong will can succeed in whichever field they choose. He was appointed Lieutenant-Governor in January, 2002.

## Terrace Happenings

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- Do you love to read? Any residents interested in starting a book club are invited to make themselves known at the Terrace office. The group will meet once a month to discuss a selected reading. All of the books will be chosen by you.



- A nice backgammon set was found in the lobby area. To claim it, please drop by the Terrace Office.
- If you have any announcements, want to acknowledge someone, or pass along helpful hints, please feel free to

contact me and we will do our best to get your comments in print.

- I trust that everyone has enjoyed a wonderful festive year end and we look forward to working with you in the new year.

- Nick Mercredi

## Household Hints

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There are many everyday household uses for baking soda that you may not yet know about. For instance, you can use baking soda to:

- Clean chrome. Rub chrome with dry baking soda and a dry cloth;
- Remove the odour of a spraying cat. Make a paste of baking soda and water, then cover the area. Leave for at least three hours but preferably overnight, then vacuum when the powder has dried;
- Remove scuffs from vi-



nyl flooring. A little baking soda and a damp sponge will make them disappear right away;

- Prevent mildew in bathing suits. On a beach outing, bring along a large zippered plastic bag containing 1/4 cup of baking soda. Put wet suits in, then shake the bag well. The soda absorbs moisture and sour musty odours until the suits can be rinsed or washed;
- Remove the sour milk smell from baby's plastic bottle. Fill it with warm water, add a teaspoon of baking soda, shake well and



leave overnight;

- Get rid of a musty scent. If your clothes aren't completely dry when the dryer shuts off and smell musty, sprinkle baking soda on them, then put them back in and turn the dryer on.
- Make a "fishy" taste disappear. Soak your catch of the day in a quart of water to which you've added a couple of tablespoons of baking soda. Leave for an hour, then was off and pat the fish dry.

*Source: [www.ivillage.com/home](http://www.ivillage.com/home)*

## Tenant Counsellor's Corner

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### Vacating Your Unit

Here are a few things to keep in mind if and when you consider moving out of your unit:

- Should you wish to terminate your tenancy, you are required to give sixty days written notice to Wigwamen Incorporated.
- The termination date can be no earlier than the last day of any given month.
- In the event that you vacate your unit without giving the proper notice, you will still be responsible for paying your rent



for the complete sixty days.

- When vacating your unit, please ensure that you have made arrangements to have all garbage, unwanted furniture and personal possessions removed from the property, before vacating the unit. In the event that belongings are left behind, you will be charged back for the cost of removal, and this will be kept on your file.
- Please ensure that your fridge and stove are clean and in good condition.

*- Jodi Hetherington*

## Aboriginal History—Big Bear

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Big Bear, renowned Chief of a Plains Cree tribe, was born around 1825 on Jackfish Lake, Saskatchewan. His father was Chief of his tribe, which hunted buffalo in the summers and spent winters in the woodlands where they hunted and trapped.

Big Bear became Chief of his tribe at the age of forty when his father passed away. Although he was a small and plain looking man, he was admired by his people as an experienced warrior and visionary. He was reputed to be kind and generous with a good sense of humour. During the ten years after Big Bear took over his tribe, their population grew from 100 to about 520 people.

Unfortunately, during his Chieftom, the Cree underwent some very hard times. Many of the buffalo from which they obtained their sustenance were dying off, and as a result, the Native people were starving. Some believed that they had little choice but to sign treaties with the Europeans in which they were promised food, treaty money, reserves and help with farming in exchange for their land.

Big Bear did not want to sign a treaty, however, and petitioned other tribes to join him in his resistance. From 1878-1880, he travelled throughout western Canada and the United States in an attempt to unite with other bands. Unfortunately, the situation worsened and eventually Big Bear was forced to sign.

However, signing the treaty did not improve the situation for Big Bear and his people, as the government failed to provide the band with adequate famine relief and there was still no Big Bear reserve. The people lost patience and erected a warrior's lodge. This was done against the wishes of Big Bear, but by this point he had lost his influence and had been replaced by the War Chief, Wandering Spirit.

The tribe joined the North-West Rebellion, and on April 2, 1885, Wandering Spirit and his warriors went to Frog Lake and demanded food from the Indian Agent. When the agent refused, the warriors killed him and nine other people.

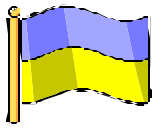
Big Bear was held responsible for the incident, even though he had been opposed to the mission. Three months later, he surrendered, was tried in a Canadian court and found guilty. He received a sentence of three years hard labour, but was released in half that time owing to poor health. He died on the Poundmaker's Reserve the following year.

Today, Big Bear is hailed as one of the great Native leaders of his day.

*Sources: [www.historytelevision.ca](http://www.historytelevision.ca), [www.alittlehistory.com](http://www.alittlehistory.com)*



# Terrace Community Kitchen



## *Olivier Salad (Eastern European)*

Ingredients:

5 Medium sizes potatoes  
5 Eggs  
4-5 Pickles  
2 Chicken's legs or sausages  
1/2 Cup green peas  
1 Cup mayonnaise  
Salt to taste

Separately boil the eggs, unpeeled potatoes and chicken or sausages.

Remove from heat and chill. Peel the potatoes and remove shells from eggs.

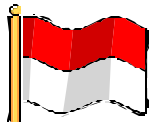
Cut potatoes, eggs, pickles and meat into small cubes. Mix together.

Add peas, mayonnaise and salt to the mixture.

Serves 5

- Alla Ponomarenko

## *Indonesian Fragrant Coconut and Spice Rice (South-East Asia)*



Ingredients:

1 Tbsp. oil  
1/2 Cup unsalted peanuts, shelled and roughly

chopped  
1 Tbsp. shredded coconut  
1 Cup coconut milk  
2 Cups water  
1 Stem of lemon grass, 4 inches long  
8 Curry leaves  
2 Green onions, cut in 1/8 inch slices  
1 Tsp. ground cumin  
1/2 Tsp. ground cardamom  
12 Tsp. ground turmeric  
2 1/2 Cups long grain rice

Heat oil in pan. Add nuts and stir until golden. Stir in coconut.

Add coconut milk and water to pan. Stir in lemon grass, curry leaves and green onions. Bring to a boil.

Reduce heat and simmer uncovered for 2 minutes. Add cumin, cardamom and turmeric, then bring to a boil. Remove lemon grass and add rice, cooking uncovered until steam holes appear in the surface.

Cover pan with a tight fitting lid, reduce heat to very low and cook for 10 minutes. Lift lid and check to see if rice is cooked. Continue cooking if required.

Source: [www.simpleinternet.com](http://www.simpleinternet.com)



## *Chick Peas a la Caribe (Caribbean)*

Ingredients:

1 Pound chick peas  
2 1/2 Quarts water  
1/4 Pound cabbage  
1 Clove garlic, mashed  
1/2 Pound pumpkin, pared  
1 Small onion, peeled  
1/2 Tomato  
1/2 Green pepper, seeded  
2 Tsp. salt  
1/4 Cup tomato sauce  
1 Tbsp. olive oil  
1 Tsp. vinegar

Soak chickpeas overnight in water and salt (or, use canned chick peas).

After washing and draining, combine with the water and heat until boiling. Add cabbage and garlic.

Cover and cook over medium low heat for 1 hour and 40 minutes, or until almost done. Add salt, tomato sauce, olive oil and vinegar.

Heat to boiling and cook for 10 mins. Cover and cook 15 minutes longer.

Source: *The Art of  
Caribbean Cookery*

## Did You Know?

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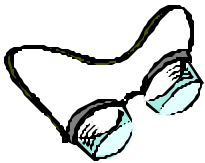
Many of the items that we use in everyday life are Aboriginal inventions or developments. These are just a few of the many contributions that Native people are responsible for:

**Willow Bark**—This active ingredient in pain relievers such as Aspirin has been known to Aboriginal people for centuries.

**Blackberry Plant**—A tea made with the whole blackberry plant was used to treat sicknesses such as dysentery, cholera and upset stomach.



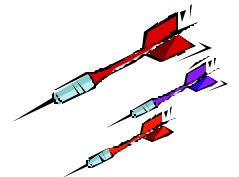
**Pine Tree Tea**—Pine trees were used to make a tea that helped relieve coughs. Many cough syrups today use the same ingredient.



**Goggles**—Northern Aboriginal people developed bone, antler and ivory goggles to prevent blinding snow glare while they hunted.

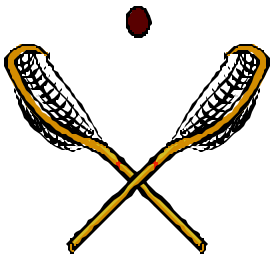
**Tree Bark and Needles**—Aboriginal people shared their cure for scurvy with European newcomers. The bark and needles of the hemlock or pine tree are boiled to make a vitamin C tonic.

**Lawn Darts**—Some Aboriginal people created the game of lawn darts using shucked new green corn with its kernels removed. Feathers were attached to the darts.



**Petroleum Jelly**—Aboriginal people used olefin hydrocarbons and methane to make petroleum jelly, and used it to hydrate and protect animal and human skin.

**Spruce Gum**—Aboriginal people discovered the first chewing gum, which was collected from spruce trees.



**Lacrosse**—Lacrosse is a team sport invented by Aboriginal people. Many believe that it was the forerunner to hockey.

**Wild Rice**—Wild Rice is actually a cereal grain that was misnamed by European newcomers. Wild rice was sometimes presented as a treasured gift to fur traders as a symbol of friendship.

**Snowshoes**—Many kinds of snowshoes were developed by Aboriginal people. A very common style was made from spruce and rawhide thongs.

*Source: Indian and Northern Affairs Canada*

## ANIMAL WORDSEARCH

A	T	O	O	R	A	G	N	A	K
N	H	U	P	E	S	R	O	H	G
T	T	E	R	E	S	U	A	E	I
A	T	E	K	T	R	E	L	R	P
X	O	E	S	A	L	E	S	T	H
C	R	R	U	O	N	E	H	I	E
K	R	M	U	L	E	S	E	M	E
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W	O	M	B	A	T	O	S	X	L

**TURTLE**  
**SHEEP**  
**PARROT**  
**GOAT**  
**WOMBAT**  
**KITTEN**  
**MULE**  
**PIG**  
**KANGAROO**  
**SNAKE**  
**HORSE**

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