



February 2003



WIGWAMEN
INCORPORATED

Wigwam to Wigwam

Your "House to House" News

Art in the Subway

Have you ever noticed the three totem poles in the Spadina subway station? Well, if you have, did you know that they were commissioned by Wigwamen Incorporated and donated to the TTC?

In 1979, Wigwamen commissioned three artists from the Gitszkan Tribe of Hazelton, British Columbia, to create the posts in commemoration of the building of Wigwamen Terrace at 14 Spadina Road. The Gitszkan are well known for the excellent craftsmanship of their totem poles.

Made of western red cedar, the posts depict an Owl, a Wolf and a Hawk. The carvers of these Totem Poles were Fedelia O'Brien, Murphy Green and Chuck Helt, respectively.

So next time you visit Wigwamen Terrace or the Native Canadian Centre, don't forget to check them out!



Totem Poles by British Columbia artists at the Spadina subway station.

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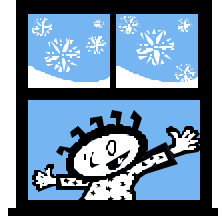
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Knowing Your Maintenance

Winter, Heat & Condensation: Part 1

With the full cold of winter upon us, it's a good time to reflect on how we can make our time indoors safe and healthy.

Heating is a large concern—our homes should be warm enough to be comfortable, but not so warm that it stifles our breathing air. During recent inspections, I have noticed that many of our rental units are kept very warm indeed, and that many residents are not aware of the need to allow some fresh air into the home. A common indicator of too much heat and humidity shows up as severe condensation on windows and frames. If at all possible, lower the temperatures on thermostats, open washroom windows for a short time after showers and baths and if necessary, leave a small window slightly open until the humidity levels in the home are more comfortable. Constant high heat in the home can result in many different problems: rotting of window frames; paint peeling, especially in washrooms; and black spots damaging drywall, flooring, etc.



Please refer to the article printed in September 2002 issue of *Wigwam to Wigwam* for more information on condensation. Here are some additional pointers:

What is condensation?

If only we could see the water vapour in our homes we would have a better chance of controlling it. However, while we can't see water vapour, we can see its effects. The most common is condensation on the inside surface of your new windows. The fog, or in severe cases, the frost that forms on the glass is a sure tell-tale sign that the humidity levels in your house are too high.

Condensation problems arise because air can only hold a limited amount of water vapour at any given temperature. Cold air can hold less water than warm air.

It should be pointed out that a little fogging at the lower corners of the insulating glass is nothing to be concerned about. Heavy fogging, or worse—ice formation on the glass surfaces—is a cause for concern. It is symptomatic of invisible moisture damage that could be happening in other parts of your home. Household humidity is a modern problem. More and more of us are living in “air tight” homes, meaning they are more economical to heat and cool and easier to keep clean. But we have created another problem, and that is lack of air exchange and moisture traps.



Next month, I will discuss some of the principal sources of moisture and list some of the things that you can do to reduce the overall level of condensation in your home.

- Brian Taheny

Sewells Road Bulding Fund: Donor Recognition

As you might imagine, Wigwamen's development of a 92-unit housing project at 20 Sewells Road is an enormous—and costly—undertaking. More than \$100,000 has already been spent on the design of the project, soil tests, a parking study and a multitude of other activities, with hundreds of thousands of dollars in expenses still to come.

Although Wigwamen is receiving the financial support of all three levels of government (the City of Toronto, the Province of Ontario and the Federal Government), we are required to raise an additional \$500,000.

To show our appreciation to the donors to the Sewells Road Building Development Fund, each and every contribution—no matter how big or small—will be acknowledged in *Wigwam to Wigwam*.

This month, Wigwamen Incorporated extends its deepest thanks to:

Trinity-St. Paul's United Church

for their Advent donation of \$765.00

*Thank you for your help in making affordable
housing in our city a reality!*



Zero Balance Club Update

Nicole Young, Gary & Teresa McKay, Ines Alvis & Isa Askarizadeh, Suzette Darby, Tina Neshkawa, Cindy Jacko, Daisy Hahnfeld, Paul Kornidesz, Samantha Cote, Judy Miller, Evelyn Letourneau, Ken King, Colbertha Robinson, Valerie Garrison, Sandra Neshkawa, Mary Howk, Elizabeth Wemigwans, Kathrena Green, Josephine Millette, Gail Thomas, Fred & Olive Wesley, Alex MacInnis, Hella Von Dehn, Sheila Wyldes, Norma Cote, Janet Bellefeuille, Dorothy Stewart, Lee Harper, Beverly Cote, Mary Chakasim, Maryanne Morningstar, George Toth, Linda Wilson, and the latest winners ...

Agnes Sagetcheway & Brenda Folz

Congratulations on winning a \$50.00 gift certificate for Dominion Stores!

Poison Prevention for Children

Many children are poisoned every day. Most poisonings, however, can be prevented.

The average house has about 250 products that can poison people. Even some popular houseplants can be harmful if eaten. Some names of poisonous plants are dieffenbachia, mistletoe and Jerusalem cherry.

How to Poison Proof Your Home:

- * Keep all medications, household cleaning products and cosmetics in locked cabinets. Do not leave them out for even a short time.
- * Keep all products in their original containers.
- * Read labels before using a product and follow directions carefully.
- * Don't keep unnecessary medication.
- * Never mix household cleaning products together. You may create toxic fumes that could harm you and your family.
- * If you have children, make sure that strong chemicals such as bleach, furniture polish or drain cleaners are properly closed before answering the phone or door.
- * If someone is poisoned, bring the container with you to the hospital.
- * Keep all emergency numbers near every phone. Make sure that the number of the Poison Information Centre is on every list.



What To Do if Poisoning Occurs:

Syrup of Ipecac is the name of a product that was once used to remove poison from the stomach. It is not used as often now because it can delay other medical treatment. You can keep Syrup of Ipecac in your home, but do not use it unless told to do so by the Poison Information Centre or doctor.



In certain situations, causing a person to vomit may be dangerous. Some products such as toilet bowl cleaner, dishwasher detergent and drain cleaner are very strong and can burn the throat, and vomiting them will cause even more harm.

What to do for Swallowed Poisons

If the child is conscious, give sips of water. Then call the Poison Information Centre.

If the child is unconscious, convulsing or having trouble swallowing, call 911.

What to do for Inhaled Poisons

Move the child to fresh air. If the child is not breathing and if you are able, start artificial respiration and call 911.

What to do for Poison in the Eye

Flush your child's eye by holding the eyelid and pouring a steady stream of lukewarm water in the inner corner of the eye. Keep putting water in the eye for 15 minutes and then call the Poison Information Centre for more help.

Poison Information Centre:
(416) 813-5900

Source: Shoppers Drug Mart Health Watch

Aboriginal History

Return of Ice Man

Once during the autumn in the Great Smoky Mountains, some dry leaves in the woods caught fire, and before the people could beat out the flames, the fire spread to a big poplar tree. The tree blazed fiercely until it turned to ashes, and then the fire went down into the roots and burned a great hole in the ground. It burned and burned, and the hole grew constantly larger, until the people became frightened and were afraid it would burn the whole world. Time after time they tried to extinguish the fire, but it had gone too deep, and they did not know what to do.

At last, a chief said that Ice Man was the only one who could put out the fire, and that he lived in a house of ice far away to the north. The chief called the people together for a council to choose two messengers to journey northward in search of Ice Man.

After traveling a long distance, the messengers found Ice Man.

He was a very old person with long hair hanging down to the ground in two plaits. The messengers told him why they had come to ask his help.

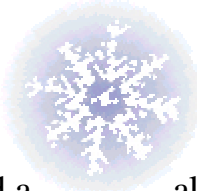
"Oh, yes," replied Ice Man, "I can help you put out that fire." He began to unplait his long hair. When it was all un-braided, he took a thatch of it in one hand and struck it across his other hand, and the messengers felt a chilly wind blow against their faces. A second time he struck his hair across his hand, and a light rain began to fall. The third time he struck his hair across his open hand, sleet rattled upon the ground, and when he struck the fourth time a heavy snow began to fall, as if it had come from the ends of his hair.

"Go back to your village," Ice Man said, "and I shall be there in a few days." The messengers speedily returned to their people, who were still helplessly gathered around the great burning pit. A few days later, while they were all fearfully watching the fire, a strong wind blew

from the north, and they knew it came from the Ice Man. But the wind only made the fire blaze brighter. Then a light rain began to fall, but the drops seemed only to make the fire hotter with the scalding steam. Then the shower turned into a heavy sleet storm that smothered the blaze but made clouds of smoke rise from the red coals.

While the people fled to their houses for shelter, the storm rose to a whirlwind that drove countless flakes of snow into every burning crevice and covered the embers with a white blanket until the fire was dead. Not even a wisp of smoke could be seen in the deep hole. When at last the storm ended, the people returned and found a lake where the pit had been. Today some people in the Great Smokies say that below the waters of that lake they can hear the sound of coals still crackling.

Source: www.councilfire.com



Lifestyle: Managing Stress

We each have a particular way of responding to stress. Some of us have physical signs such as muscle tension and difficulty sleeping. Others may have more emotional reactions, such as outbursts of crying or anger. Understanding your response to stressful situations is one of the first steps in developing your ability to lower your stress levels.

To cope with stress, you need to know when it's happening. The next time you feel that you're getting stressed, take time to check your body, your emotions and your behaviour. If you recognize some of your usual signs of stress, then you have a clue that you need to do something to cope.

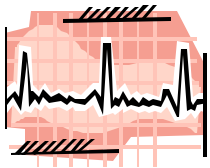
Stages of Stress

Stage 1: Mobilization of Energy

All bodily activity is increased in response to a stressor that is frightening, such as a near car accident. This starts the body's "fight-flight" reaction, causing the release of adrenaline. This is called primary stress. This reaction can also be the result of a situation where you choose to put yourself under stress (e.g. before a job interview). This is called secondary stress.

Symptoms:

- Increased heart rate and blood pressure
- Rapid breathing
- Sweating
- Decreased digestion rate that feels like butterflies and indigestion.



Stage 2: Exhaustion or Consuming Energy

If there is no escape from Stage 1, the body will begin to release stored sugars and fats, using up its bodily resources.

Symptoms:

- Feeling driven
- Feeling pressured
- Tiredness and fatigue
- Increase in smoking, coffee drinking and/or alcohol consumption

- Anxiety
- Memory loss
- Acute illnesses such as colds or flu

Stage 3: Draining Energy Stores

If the stressful situation is not resolved, you may become chronically stressed. The body's need for energy resources exceeds its ability to produce them.

Symptoms:

- Serious illnesses such as heart disease or mental illness
- Insomnia
- Errors in judgement
- Personality changes



Easy Ways to Take Pressure Off Yourself

There are five types of coping skills: physical, mental, social, diversional and spiritual. You will notice as you go through the list that some skills overlap.

Physical Skills

These are things you can do for and with your body. This includes making sure that you take good care of your body as well as using physical techniques to help get rid of stress.

Breathing Exercises

You can calm yourself by consciously controlling your breathing. Try this exercise:

1. Lie on your back with your arms at your sides.
2. As you begin to breathe in, raise your arms towards the ceiling (elbows bent), then over your head and to the floor.
3. Breathe out slowly and smoothly as you return your arms to your sides.
4. After you have done this several times,

Stress Continued...

slowly inhale and exhale without moving your arms.

Progressive Relaxation

This is a technique to help relax tense muscles.

1. Sit or lie down on your back in a comfortable, quiet room. Close your eyes.
2. Make tight fists, hold for 5 seconds, then relax your hands. Do this three times. Pay attention to the different sensations of tension and relaxation.
3. Repeat step 2 with all of your muscle groups: arms, shoulders, chest, abdomen, back, hips, thighs, lower legs and feet.

Stretching Exercises

Here's a stretch to relieve stiff muscles:

1. Sit up straight and inhale.
2. Exhale as you let your head move down to your chest. You'll feel a gentle stretch on the back of your neck and your shoulders.
3. Roll your right ear toward your right shoulder while inhaling. Drop your chin to your chest again while exhaling. Repeat to the left.
4. Drop your arms to your sides and push both shoulders forward. Slowly raise them towards your ears and circle them back and downward to the starting point. After 2 or 3 rotations, change directions.



Mental Skills

These are things that you can do in your mind to help you cope with a situation.

Meditation

Meditation puts you in control of your thoughts by forcing you to be present in the moment and to observe your thought process. There is no point in starting to meditate unless you intend to

make it a habit; you won't reap its benefits unless you practice on a regular basis. In the early stages, meditate for 10 to 15 minutes once or twice a day. Then increase this to 20 minutes no more than twice a day. Avoid meditating just before going to bed or you'll be too energized to sleep. Here is one meditation technique that you should practice in a quiet room:

1. Take time to relax; don't rush into it.
2. When you're thoroughly relaxed and breathing slowly and evenly, close your eyes. Slowly repeat a pleasant sounding word (your mantra) over and over in your mind as you breathe in and out. Continue in this state for 10-20 minutes.
3. To come back: begin saying your word out loud, deliberately and slowly. Be aware of your breathing, your body and your posture. Open your eyes and look around the room. After a minute or so, stand up and stretch.



Social, Diversional and Spiritual Skills

Social skills involve relationships. People and pets are an important source of comfort; spend more time with them.

Diversional skills are distractions. These don't require dealing with the problem directly, but are a way of taking your mind off what's happening.

Spiritual skills involve getting in touch with yourself to find meaning in your life. Tending to your spiritual life is an important way of dealing with stress, particularly if you experience a sense of loss in direction or meaning. Spirituality is not limited to religion. Take some time to connect with yourself and with nature.

Source: Heart and Stroke Foundation

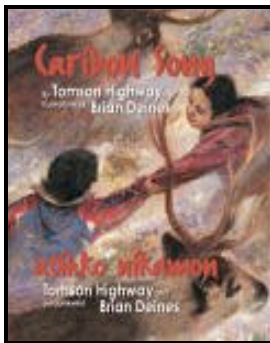
Book Review

Caribou Song & Dragonfly Kites

By Tomson Highway
Illustrated by Brian Deines

Caribou Song and *Dragonfly Kites* are Tomson Highway's first children's books. Written in both English and Cree, they are the first two in a trilogy of stories by this author featuring the Cree brothers, Joe and Cody.

In the first book, *Caribou Song*, Highway introduces Joe and Cody as two boys who live far in the north with their mother, father, and little dog Ootsie. Joe is a very talented musician – he plays the accordion – and Cody likes to dance. One

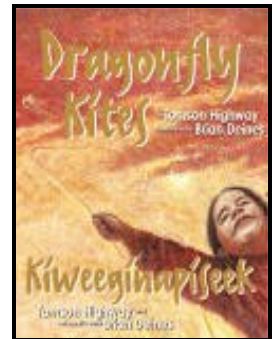


day they decide to make a song and dance to attract some caribou, because their Dad makes his living as a caribou hunter. Joe and Cody are better than they ever thought they could be,

but the only problem is that they get so caught up in their music, they don't hear the pounding sound of the hundreds of caribou hooves that are coming their way. Their mother and father are scared, but luckily the brothers are swift thinkers, and they climb to safety on top of a nearby rock.

Dragonfly Kites is the second book about Joe and Cody. Like *Caribou Song*, this book is illustrated by the incredibly talented Brian Deines.

Dragonfly Kites begins by re-introducing the brothers and their magical life. Joe and Cody live in the far north of Manitoba, far away from all other people. But as the book explains, the imaginative Joe and Cody are never lonely – they make friends with animals, birds, and even sticks. But their favourite friends are the dragonflies. By day, the Joe and Cody catch dragonflies and attach strings to them, running far and wide with the dragonflies as living kites. And at night, the boys dream of soaring through the clouds, hopping from rock to rock, led by their dragonfly friends.




These magical stories, combined with Deines' detailed and colourful oil-paint illustrations, make these books wonderful—excellent for children who are just learning how to read, but also enjoyable for the adults who read with them!

- Melanie Brown

Terrace Community Kitchen

Make-Your-Own-Tacos

Ingredients:

12 oz. lean ground beef
1 onion, chopped
 1 tbsp. chili powder
1 tsp. dried oregano
1 can red kidney beans, drained and rinsed
1 3/4 cups mild salsa
12 taco shells or small flour tortillas
1 cup shredded lettuce
1 cup chopped tomatoes
1 cup shredded cheese

In a large nonstick skillet, cook beef over medium-high heat, breaking up with spoon for about 5 minutes or until no longer pink. With slotted spoon, transfer to bowl. Drain off fat in the skillet.

Add onion, chili powder and oregano to skillet; cook over medium heat, stirring occasionally for 5 minutes or until softened.

Add beef, beans and salsa; simmer for 5 minutes. Divide among taco shells. Top with lettuce, tomatoes and cheese.

Makes 4 servings.

Scalloped Sweet Potatoes

Ingredients:

3 large sweet potatoes, peeled and halved crosswise
2 tbsp. butter
3/4 cup thinly sliced leek
4 tsp. all-purpose flour
1/4 tsp. each salt and pepper
1 1/4 cups milk

Topping:

1/2 cup fine fresh bread crumbs
2 tbsp. grated parmesan cheese
1 tbsp. butter, melted

In large covered pot of boiling salted water, cook sweet potatoes until almost tender, about 15 minutes. Drain and let cool. Slice crosswise into 1/4 inch thick slices.

In a large saucepan, melt butter over medium heat. Cook leek, covered, stirring occasionally until tender, about 7 minutes. Stir in flour, salt and pepper. Stirring, cook for 1 minute. Slowly stir in milk; cook, stirring, until evenly thickened, about 5 minutes. Remove sauce from heat. Gently stir in sweet potatoes to coat.

Arrange sweet potatoes in rows in an 8 inch square glass baking dish. Spoon any remaining sauce on top.



Topping:

In a small bowl, stir together bread crumbs, cheese and butter until crumbly; sprinkle over sweet potatoes. Bake, uncovered, at 425 degrees F, until heated through, about 20 minutes. Broil until golden, about 3 minutes.

Source: Canadian Living

Did you know that 55% of your daily food intake should come from carbohydrates? Carbohydrates come from breads, crackers, rice, pasta, potatoes, bagels, cereals and vegetables such as dried peas, lentils and beans.

Nutrition Tips

- Consider a variety of bread products, especially whole grains such as whole wheat, cracked wheat, rye, oatmeal and pumpernickel.

- Try breakfast cereals, especially whole grain, oatmeal or bran cereals.
- Add lots of veggies to your spaghetti sauce.
- Add a variety of dried beans to soups.

Source: Aramark

Terrace Happenings

- A friendly reminder that the Turner Room has been in increasing demand lately for tenant activities, study groups and parties. Please book early and advise me of your planned activities so we can schedule properly and avoid any disappointments or double-bookings.
- We are finding at times that there are other demands on the Foot Doctor or Nurse which make it difficult for them to adhere to their scheduled

visits. When this happens they usually call me and I post notices in the elevators, on the bulletin board in the lobby, and on the board just outside the nurses office. Be sure to check them frequently.

- The Terrace residents and staff would like to extend a warm welcome to our two newest tenants, Ms. Ruth Thomas and Mr. Edward Jagrinec.
- Due to the cold snap the city has been under, the



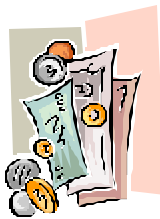
maintenance department has been very busy responding to calls regarding heating concerns. Luckily, our calls are responded to quite quickly; but tenants must bear in mind that Wigwamen also handles over 200 rental units throughout the city and sometimes it's difficult to get a response as quickly as we would like. We ask you to please exercise patience and we apologize for any inconvenience that you might incur.

- Nick Mercredi

Tenant Councillor's Corner

Want to Pay your Rent on Time?

This month I would like to remind you of our pre-authorized rental payment option, wherein your payment is made automatically on the first day of each month and you don't even have to sign a cheque.



and you will reduce your bank bill payment costs.

- Save Time—No more writing cheques or making trips to our office every month.
- Save Worry—Forget about cheques or money orders that get lost or delayed in the mail, or about remembering your rental payment due date.

By going on PAC (Pre-Authorized Chequing) you will:

- Save Money—You will not have to buy stamps

You will find an enrollment/authorization form enclosed with this edition of Wigwam to Wigwam.

Simply complete and sign the

form, attach your personal cheque marked 'void' and mail them to our office.

If you do not have a chequing account but have a savings account instead, you must go to your bank and ask them to stamp the enrollment/authorization form with your account number, bank ID and Transit ID.

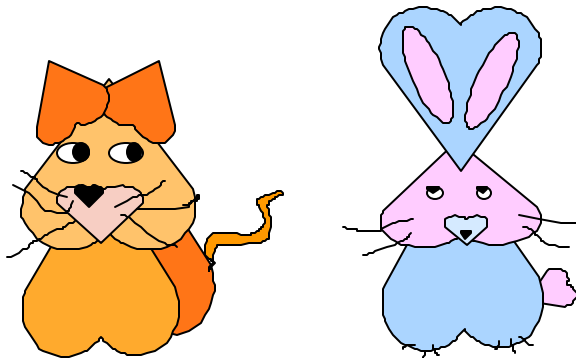
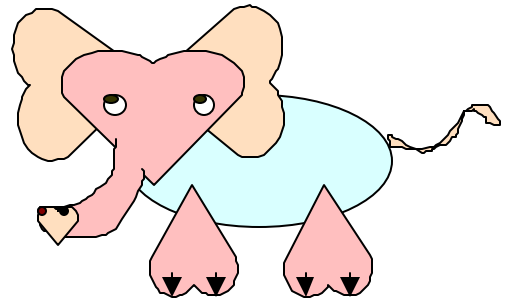
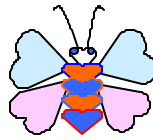
If you have any questions, please feel free to call me.

- Jodi Hetherington

More Kids' Stuff: Valentine's Day Crafts

What You Need:

- Construction paper
- Scissors
- Markers
- Fabric to cut into heart shapes (optional)
- Yarn, buttons or other trims (optional)
- Pre-cut hearts (optional—recommended for younger kids)



Instructions:

You can let the children draw their own hearts on paper and then add the details to make animals, let them cut hearts out of paper or cloth, or have an assortment of pre-cut hearts. You can also use simple heart shaped stickers for some of the smaller hearts.

Source: www.kidsdomain.com

Household Hints

Quick Stain Fixes



Berry Stains on Clothing—Drape the stained article over a pot or a heatproof bowl. Then hold a kettle of boiling water at least 12 inches above the stain and pour the hot water through the stain.

Grease on Washable Clothing—Dab on some Crisco or butter, then launder as usual. Or, sprinkle talcum powder on the spot while it's still wet, let it dry and then brush it off.

Makeup on Clothing—Non-oily makeup remover on a cotton swab eliminates lipstick, foundation and eye shadow from

many types of garments, including cotton and silk.

Food Stains—If you catch them right away, you may be able to remove all kinds of stains—even blood, salad dressing, grape juice, ink, pizza sauce, Kool-Aid—with a moist towelette or baby wipe.

Bubble Gum on Upholstery—Make a loop of duct tape, press it against the spot and jerk it away quickly. Repeat until the gum is gone.

Tomato Sauce Stain on Tupperware—Leave it in the sun.



Source: www.ivillage.com

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 artwork submitted, the committee will select and purchase the original artwork. The artwork will become the sole property of the committee for use on its advertising poster and T-shirt for the 9th annual First Nations Day City Celebration.

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 to Mae Maracle, Diversity Management Consultant, 10th Floor, East Tower, City Hall, 100 Queen St. W., Toronto, ON, M5H 2N2. The deadline for submissions is March 24, 2003. If you have any questions you can reach her at (416) 392-5583.

WIGWAMEN
INCORPORATED

**310-25 Imperial Street,
Toronto, Ontario,
M5P 1B9**

Phone: 416-481-4451
Fax: 416-481-5002
Email: info@wigwamen.com

*A Housing Project for
Native People*

www.wigwamen.com

“There are admirable potentialities in every human being. Believe in your strength and your youth. Learn to repeat endlessly to yourself, ‘It all depends on me’.”

- Andre Gide (1869-1951)