



WIGWAMEN  
INCORPORATED

# Wigwam to Wigwam

Your "House to House" News

## Na-Me-Res Opens New Youth Shelter

On Monday March 3<sup>rd</sup>, Na-Me-Res celebrated the opening of Tumivut, their new 52-bed youth shelter, with a blessing by Elder Lillian McGregor, a performance by the Red Spirit Singers of the Honour Song Drum, dancing by the Tall Pine Dancers, and of course the traditional ribbon cutting. Tumivut, which means "our footprints" in Inuktitut, is located at 26 Vaughan Road near Bathurst St. and St. Clair West, and is open to homeless Aboriginal and non-Aboriginal youth – both male and female – between the ages of 16 and 21.

Through a partnership between the Government of Canada's National Homelessness Initiative, the Province of Ontario, the City of Toronto, and Miziwe Biik, more than \$1.4 million was received by Na-Me-Res for the purchase, renovation and operation of the new youth shelter.



At Tumivut, the youth will be able to access daily individual counselling, group counselling, life skills sessions, and specialized counselling in health and sexuality, addictions, parenting skills, literacy, housing access, employment and training opportunities, and mental health issues. Traditional teachings will also be available, and a visiting Elders program will bring in members of the Aboriginal community once a week.

If you would like to find out more about Tumivut, call Na-Me-Res at 416-652-0334.

- Adene Kuchera

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# General Manager's Report—Sewells Road Approval

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Before coming to Wigwamen Incorporated in 1998, I had spent roughly 15 years of my life working to develop non-profit and co-operative housing projects, many of which, it is fair to say, were not always welcomed with open arms by the surrounding community when they were first proposed.

For that reason I've been quite favourably impressed by the reception given to Wigwamen Incorporated by residents in the area of 20 Sewells Road. As mentioned, for instance, in the January edition of "Wigwam to Wigwam," our presentation to our neighbours at a meeting on December 4<sup>th</sup> was warmly received.

Even with that reception, however, I was more than a little nervous when Wigwamen went before the Committee of Adjustment for consideration of a number of minor variances to the zoning by-law on February 12, 2003. In my experience, minor variances are often a trigger for people to voice their dissatisfaction with the whole idea of non-profit housing, and not simply a chance to comment on planning issues.

With that in mind, we came prepared. We had our Development Consultant, Ed Starr, our solicitor, Ron Crane, our Secretary-Treasurer, Valerie Kendall, both of our Architects, Steve Hilditch, and Charles Rosenberg, a representative from Marshall Macklin Monaghan who had completed our parking study, and myself. And we had a letter of support for the minor variances from local Councillor, Raymond Cho.

The meeting in the Council Chambers of the Scarborough Civic Centre started at 2:00 p.m., with Wigwamen's application number ten on a list of roughly 25 applicants. The first eight applications were approved with no dissent. I began to feel optimistic. When the Committee came to the ninth applicant, however, they set it aside for further consideration. My heart beat just a little bit faster...

The Chair of the Committee then moved onto our application, asking those in the audience whether anyone was prepared to speak to the application. Ron Crane rose to identify himself as being present on behalf of Wigwamen.

"Is there anyone else present," the Chair enquired, "...who wishes to speak to the application?" We all held our breaths. No one rose to speak. I let out a sigh of relief.

But wait...the Chair was not done with us yet. "If it's acceptable to the applicant" said the Chair "we would like to attach a condition to our approval." Now they really had our attention! "Would it be acceptable to you, if this variance was only valid as long the site is used for transitional/affordable housing and place of worship uses?" "Agreed" said Ron Crane, without missing a beat.

Down went the Chair's gavel, and we were done, our minor variance approved, subject only to the possibility of an appeal to the Ontario Municipal Board within twenty days.

The days between February 12, 2003 and March 4, 2003 passed quickly, but all of us, it is safe to say, stayed on edge, hoping against hope that there would not be an appeal of the decision. On March 5<sup>th</sup>, 2003, the Committee of Adjustment officially informed us there were no appeals.

We're on our way!

## Sewells Road Building Development Fund: Donor Recognition

To recognize the contributions received towards the development of our new 92-unit transitional and affordable housing project, Wigwamen has developed an official “Donor Recognition Program.”

Here’s how the Program works:

**EACH AND EVERY DONOR** will be *recognized here in “Wigwam to Wigwam”*.

**BRONZE DONORS**, who give between \$750 – \$1,249, will be *recognized on a permanent, Commemorative Donors’ Wall* at the new building at 20 Sewells Road.

**SILVER DONORS**, who give between \$1,250 – \$2,499, will be listed on the Donors’ Wall, and be *permanently recognized on our Company Website*.

**GOLD DONORS**, who give between \$2,500 – \$4,999, will be listed on the Donors’ Wall, be recognized on our Company Website, and will *receive a framed, personalized Certificate of Appreciation*.

**PLATINUM DONORS**, who give \$5,000 or more, will be listed on the Donors’ Wall, be recognized on our Company Website, will receive the Certificate of Appreciation, and will *be presented with a framed Architect’s Rendering of 20 Sewells Road*.

This month, Wigwamen Incorporated would like to thank  
our first **PLATINUM DONOR**:

***PRO-CON Construction***

for their generous donation of \$5,000!

Thank you for helping to make affordable housing in the city a reality!



# Knowing Your Maintenance

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## Winter, Heat & Condensation:

### - Part 2 -

Last month we learned about condensation and of the importance of letting a proper amount of air into the home. In this month's concluding article, we will discuss the sources of moisture in our homes and give you some tips on how to reduce it.

### Sources of Moisture:

While the principal sources of water vapour in today's homes will vary with lifestyle, the following is a small list of normal daily activities and the average amount of water vapour that they introduce per day.

Cooking (three meals per day): 3-4 lbs.

Dishwashing: 1-2 lbs.

Shower or Bath: 1-2 lbs.

Weekly Laundry: 30 lbs.

Occupancy (family of four): 12-15 lbs.

### How Much is Enough?



We need some humidity in our homes to be comfortable. A house that is too dry is just as bad as a house that is too humid. Symptoms of a dry house are sore throats, itchy eyes, nose-bleeds, and dry skin to name a few. Other, less obvious symptoms, are static electricity, cracked and dried out furniture and a constant feeling that the house is colder than it really is.

There are several excellent ways of checking the humidity levels in your home, ranging from simple, inexpensive hygrometers to more complicated "wet and dry" bulb hygrometers. There are even inexpensive digital units that will measure temperature and humidity levels, which you can find at most hardware stores.

### Practical Steps to Reduce Surface Condensation on Windows:

Following all, or even just a few, of the following steps will help you maintain a comfortable humidity level for your home.

1. Run kitchen and bathroom exhaust fans longer than you normally would.
2. Make sure your clothes dryer is vented to the outside.
3. Avoid hanging wet clothes inside to dry.
4. Leave a very small opening in a window that will not cause too great a draft.
5. The free circulation of air around windows is very important. Leave drapes and blinds open as much as possible.
6. Regularly 'air' out the house without the heat on for a short time.

- Brian Taheny

*Editor's Note—Happy St. Patty's Day, Brian!*

# Terrace Community Kitchen

## Spiced Carrot Salad

- 1 carrot
- 2 tbsp. vegetable oil
- 1 small onion, finely chopped
- 1/2 tsp. each ground cumin, coriander and ginger
- 1/4 tsp. each salt and pepper
- 2 tbsp. chopped fresh parsley



Peel carrots, then cut them into thick match-stick-size pieces or thin slices. Set aside.

In a skillet, heat oil over medium heat. Cook onion, cumin, coriander, ginger, salt and pepper for 3 minutes, or until softened. Add carrots and 2 tbsp. water; cover and simmer, stirring often, for 10 minutes or until tender. Transfer to bowl and sprinkle with parsley. Serve hot or let cool to room temperature.

Makes 6 servings.

## Cheesy Smoked Corn Quesadillas

- 1 can corn kernels, drained
- 1 1/2 cups shredded smoked Gouda processed cheese
- 1/2 cup diced sweet red or green pepper
- 1 tbsp. minced jalapeno pepper
- 6 small flour tortillas

In a bowl, combine corn, cheese, red/green pepper and jalapeno pepper. Spoon over bottom half of each tortilla. Fold over.

Heat a non-stick skillet over medium heat. Cook tortillas for about 3 minutes per side or until golden brown and cheese is melted. Let stand for 5 minutes before cutting into 3 wedges each.

Makes 18 pieces.

*Source: Canadian Living*

## Health & Nutrition: Fat

Fat is important in a balanced diet, but you should limit the intake of fat in your diet to less than 30% of your total calories.

Since fat is measured in grams, rather than calories, you need to know how to make the calculations. Here goes!

Each gram of fat contains 9 calories. Only 30% of the calories that you consume should come from fat. So, let's say you consume 2,000 calories per day.  
 $2,000/30\% = 600$

Therefore, you should consume no more than 600 calories of fat per day.  
 $600 \text{ calories} / 9 = 67 \text{ grams of fat.}$

*- Source: Aramark*

Daily Intake of Calories	Maximum Grams of Fat
1200	40
1600	53
2000	67
2400	80
2800	93

# Alzheimer Disease

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## Introduction

In Canada, an estimated 364,000 people suffer from dementia, a general word for problems with memory and other thinking functions. Of these people, approximately 64% have Alzheimer Disease. Alzheimer Disease is called a ‘progressive’ disease because the symptoms worsen over time. The disease causes memory loss and impaired mental ability. It can also result in confusion, mood swings, difficulties in keeping track of time and staying oriented to one’s surroundings.

## Characteristics

Alzheimer Disease is characterized by a progressive decline in both cognitive function and the activities of daily living. Initially, symptoms like minor memory loss and impaired mental ability may be so subtle that they go unnoticed by both the patient and by the people around them. As the disease progresses, the symptoms become more noticeable and are evident in routine tasks and social activities. Gradually, practical problems with everyday tasks become so pronounced that the person eventually becomes more and more dependent on others.

Some of the symptoms to watch out for include:

- Memory loss (such as forgetting people’s names, the date or where they are)
- Difficulty communicating (such as recalling familiar words)
- Difficulty comprehending new ideas/

information

- Misplacing things
- Decreased co-ordination
- Changes in behaviour (such as restlessness, agitation or withdrawal)

Although there is no cure for Alzheimer Disease, various treatment options are available to help manage and delay the progression of the disease. Treatment plans often include regular visits to a doctor, taking prescribed medications and finding support from family and community Alzheimer support groups.



## The Wandering Registry

Wandering is one of the more common and frightening behaviours exhibited by people with Alzheimer Disease. To give you peace of mind, you can register yourself or your loved one on the nationwide Alzheimer Wandering Registry, developed in partnership between the Alzheimer Society of Canada and the RCMP. For a fee of \$25, the person receives an identification bracelet and is registered in a national database that can help return them home safely if they are found wandering.

For more information about Alzheimer Disease or to register for the Wandering Registry, call the local Alzheimer Society at (416) 322-6560, or the National Society at (416) 488-8772.

*Sources: The Alzheimer Society  
& Ontario Pharmacists Association*



# Aboriginal History in Toronto

Before Toronto took on the urban landscape that we know today, it was the site of many activities for Aboriginal nations.

Archaeologists have dated the original inhabitants of the Toronto area to the period between 9,000 B.C. and 5,000 B.C., and called them the “Clovis” people.

Originally, the Toronto area was rich in wildlife, which supported a healthy Aboriginal economy of hunting, fishing and trapping. Toronto also had a climate that was favourable to horticulture because it was moderated by the Great Lakes. In addition, the waterways provided natural travel routes, and there were many ideal areas in which shelter could be set up.

## The Toronto Islands

The Toronto Islands were important stopping places for Native fishers and were described as places of healing and spiritual renewal. Toronto’s very first inhabitants included the Mississaugas of the New Credit.



According to the diary of Elizabeth Simcoe, the Islands were used by the Mississaugas for birthing, burial and various subsistence pursuits.

At the time of the Toronto purchase, the Mississaugas were inhabitants of the land. In fact, in the negotiations with the government officials, the Islands were never ceded (given up) and this is still an issue of debate between the Government of Canada and the Mississaugas of the New Credit.

## Tabor Hill Ossuary

The Ossuary, which is located in Memorial Park, north of Lawrence and between Markham Road and McCowan Ave., is the location of an ancient Aboriginal burial site.

In 1956, two burial sites were excavated which together contained the remains of 475 people. According to the archeologists, these pits were built in the style of the Iroquoian Ossuary. In 1638, one missionary had observed a ritual known



as “The Feast of the Dead,” which occurred every time the community left their village to relocate elsewhere. During this ritual, the bodies of all those who had died during the village’s lifespan would be placed in the furlined pits, along with all the appropriate artifacts to help them along to the next world.

Based on all the evidence, the archeologists who studied the Tabor Hill Ossuary concluded that these pits were created by a 15th century Iroquoian community.

Late in the 20th century, the bones were re-interred in a special ceremony by the City of Scarborough under the direction of First Nation representatives.

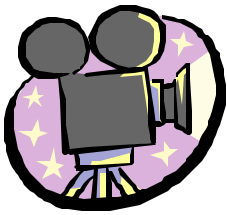
Inevitably, there will be new discoveries of lost Aboriginal sites in the years to come. One can only hope that these sites will be treated with the respect and reverence that they deserve.

*- Melanie Brown (with sources from the City of Toronto and “The Meeting Place: Aboriginal Life in Toronto”)*

## Terrace Happenings

- The Seniors Club has been quite active of late, hosting Bingo games followed by dinner in the Turner Room. This will continue until the month of June. We will keep you posted on future events planned by the committee.

- We would like to extend a warm welcome to new tenants Cecilia Levesque, Lawrence Pootosh and Cecilia Kneebone.



- Tuesday night is Elder movie night from 5:15 to 7:15 at the Native Canadian Centre.

Many classics films are being showcased for your viewing pleasure.

- A luncheon fundraiser will be held sometime toward the end of the month. Look for postings in the Terrace common areas in the upcoming weeks.
- For people who are interested there are many exercise machines in the pool room area including stationary bikes, treadmills and ski machines.
- Our thoughts go out to Allan Mann, who is recovering in the hospital after suffering a stroke.

## “All Things Are Connected”

A City-Wide Celebration of Aboriginal Perspectives

at the Art Gallery of Ontario  
February 23 – March 14, 2003

The De-Ba-Jeh-Mu-Jig Theatre Group is in-residence at the Art Gallery of Ontario! As part of the celebration of Aboriginal visual art at the AGO, there will be daily performances until March 14<sup>th</sup> of their hilarious improvisational show. “Audge’s Place,” with a set based on the home of troupe member Audrey Debassige Wemigwans, presents vignettes of everyday life on the Wikwemikong Unceded Reserve on Manitoulin Island to connect the history of the region to contemporary cultural life.

Although you can catch the De-Ba-Jeh-Mu-Jig performance on most days at 2 p.m., you might want to try to attend on Wednesday at 6 p.m. because admission to the AGO is \*FREE\* on that day from 6 p.m. until closing time at 8:30 p.m.

- Adene Kuchera



# Credit Counselling

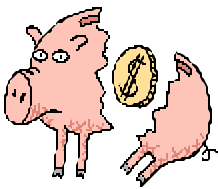
Take a moment to answer each of the following questions:

Do you have problems paying your bills?

Are your creditors insisting on payment?

Do you need help setting up a budget?

Do you need to know which services are available in your community?



If you answered yes to any of these questions, you may benefit from the services of Coping in Tough Times (C.I.T.T.).

C.I.T.T. is a non-profit agency whose goal is to assist families and individuals living on or below the poverty line to:

- manage their money;
- take control of their finances with a view to eventually eliminating debt; and
- establish criteria for themselves for future disbursements of cash resources.

They offer the following services:

- debt counselling;
- help solving financial problems;
- budget preparation and planning;
- proper use of credit;
- debt repayment program
- how to deal with creditors;
- emergency planning;
- referrals to other agencies, organizations and government;
- economical home management and consumer tips; and
- how to communicate effectively;

The C.I.T.T. works by first setting up an appointment with a counsellor.

The counsellor will then interview the client(s) on a personal and confidential basis.

Information on the person or family's personal situation and complete financial affairs—including income, living expenses, debts, etc.—are obtained.

The situation is discussed, the problems analysed and alternatives suggested to assist the client in achieving immediate and/or long-range monetary related goals according to mutually agreeable guidelines.

C.I.T.T. can help people or families find solutions to their financial problems and, in the long term, make spending decisions that match their financial needs and goals.

To make an appointment with a counsellor call (416) 266-4596

*Source: Coping in Tough Times*



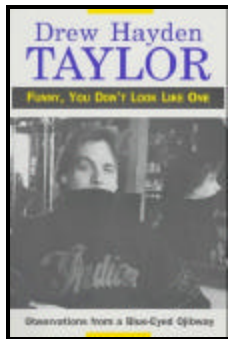
## Tips for Using Credit

- Pay your bills on time every month to maintain a good credit rating.
- Limit your total debt to no more than 15% of your net income.
- Avoid borrowing from one creditor to pay another
- If you can't pay your bills on time, contact a credit counselling service.

## Book Review

### Funny, You Don't Look Like One: Observations From a Blue-Eyed Ojibway

By Drew Hayden Taylor



Drew Hayden Taylor is one of Canada's leading Aboriginal playwrights. Born on the Curve Lake Reserve in Central

Ontario to an Ojibway mother and a white father who was absent from his life, Taylor is extremely outspoken about issues that face the Native community.

His book, *Funny, You Don't Look Like One*, is a collection of essays, each just a few pages long and originally appearing in such publications as *The Globe and Mail* and *Anishinawbek News*. Sometimes serious but usually funny, these essays contain many of Taylor's observations and opinions about contemporary Native culture and community.

As the title suggests, Taylor's book offers the unique perspective of a fair haired, blue-eyed Ojibway; a situa-

tion which apparently once caused him to have such a severe identity crisis that he actually dyed his hair black in an attempt to appear more Native looking. This, and Taylor's other accounts of mistaken identity are hilarious, but by no means do they make up the substance of the book.

For Taylor, there is no such thing as an untouchable issue. His topics are limitless, ranging all the way from dating ("Aboriginal Love in the '90s"), to the government's mistreatment of the Innu people in Labrador ("The Fish/Indian Wars").

Taylor makes many poignant observations while still keeping this book light-hearted and humorous. Furthermore, for non-Native readers this book gives an excellent introduction to many of the issues affecting Native people in Canada. It's easy to read, and highly enjoyable.

- Melanie Brown

## Household Hints

### Desert in a Box

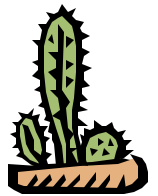
This project is a great idea for tenants who live in apartments and would like to have some greenery in their living space.

#### Materials:

- Plastic drawer organizer
- 50/50 mixture of potting soil and builder's sand
- Variety of miniature cacti
- Gravel
- Desert decorations

#### Instructions:

Fill the plastic drawer organizer with the mixture of potting soil and builder's sand (or, you can use pre-mixed cactus soil). Transplant the miniature cacti into the soil mix using salad tongs, and lightly water them in.



Add a thin layer of gravel (from the pots the cacti come in), along with some desert decorations (i.e. a plastic lizard, steer skull or road signs).

Water your cacti once a month until the soil is damp to the touch but not too soggy.

## Wisdom...From Around the World

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*"First weigh your words,  
Then speak openly."*

- Native proverb

*"A wise companion  
is half the journey."*

- Russian proverb

**"In times of test, family is best."**

- Burmese proverb

*"A good beginning makes a good  
ending."*

- English proverb

**"Truths are not uttered  
from behind masks."**

- Greek proverb

*"Today is, tomorrow is not."*



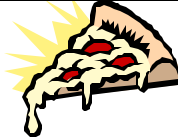








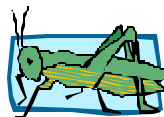
- Hindu proverb

## Kids' Stuff

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### PICTURE WORDS

Create a phrase by writing the first letter of each object beside its picture

## Who's Who at Wigwamen

Alla Ponomarenko has been with Wigwamen since March 2002. Her responsibilities as Administrative Assistant include letter writing, filing, and various research projects. She is also Wigwamen's official photographer!

Alla graduated from Donetsk's Building Engineering Academy in Ukraine with an Honours Bachelor Degree in Civil Engineering. In 1999, she successfully completed a Property Management Career Preparation Course, gaining a thorough knowledge of the Tenant Protection Act. Alla continues to update her education, having most recently taken computer and other courses at the George Brown College.

Born and raised in Ukraine, Alla immigrated to Canada with her family in 1999. She has been an avid traveller since her adolescence, and very much enjoys sightseeing. Creating a warm and comfortable home for her family in Canada is a priority for Alla.

### WIGWAMEN INCORPORATED

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*A Housing Project for  
Native People*

[www.wigwamen.com](http://www.wigwamen.com)

### Note to Tenants:

**You will need a rent receipt from Wigwamen if you are planning on filing your income taxes. Wigwamen sends these out only at the tenant's request.**

**Please call the office before your appointment to ensure that you receive it on time.**