



WIGWAMEN  
INCORPORATED

# Wigwam to Wigwam

Your "House to House" News

## Native Theatre Presents...

A musical-theatrical performance of **Tomson Highway**'s children's book *Caribou Song* (see the February edition of *Wigwam to Wigwam* for a review of the book) will take place on April 30, May 2, 3 & 4 at the Isabel Bader Theatre. It was composed by Rick Sacks and acted by a talented cast from Red Sky Performance. This is a family oriented show, recommended for anyone aged 6 and up.

As an added bonus, Alanis Obomsawin will open the program with traditional storytelling.

The play is being presented as part of a festival entitled "MusiCools" in which plays from Canada, Finland and Iceland are being showcased. The performance costs \$13.00 for children and \$15.00 -18.00 for adults. To obtain a ticket please call (416) 366-7723, or visit [www.stlc.com](http://www.stlc.com). The Isabel Bader Theatre is located at 93 Charles St. W.

In addition, a public reading of **Drew Hayden Taylor**'s new play in progress, entitled "In a World Created by a Drunken God," will take place on Wednesday, April 23 at 8:00 p.m.

The work is being presented as part of the "Cross Currents" Festival which is showcasing the works of writers of colour, whose themes involve the intersection of different cultures.

The reading will take place at the Factory Studio Theatre, at 125 Bathurst St. Tickets can be obtained by calling (416) 504-9971. You can also go to the Factory Theatre's website, at [www.factorytheatre.com](http://www.factorytheatre.com).

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## General Manager's Report

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They say that “What goes around, comes around”, and although it’s a cliché, there really is a lot of truth in it...

In early October of last year, I was contacted by Christine Keeshig of the Maadookii Seniors Centre at Chippewas of Nawash First Nation. “We’re building a senior citizen’s project here” Christine said, “and we were wondering if Wigwamen could tell us how they choose their tenants at the Terrace.”

I was curious to know what had prompted her to call Wigwamen, as opposed to any number of other groups, and it turned out that over a decade ago, one of the members of the Maadookii Seniors Centre had once lived at Wigwamen Terrace, and suggested calling us. Christine and I chatted briefly, and later that day I sent her a copy of the application package that Wigwamen sends to all of its potential applicants.

In my letter to Christine, I mentioned that our sister company, Wigwamen Non-Profit Residential Corp., manages approximately 550 Rural and Native housing units outside of the City of Toronto, including several in the Warton area, and suggested that if she would like, I would be pleased to meet with her committee if they required any further assistance. Truth to tell, I thought she would be too busy to contact me again, but was satisfied that we had done what we could to help their project along.

To my amazement, almost two months later, I received a second call from Christine, this time inviting me up to meet with her committee in the middle of December. There were scheduling difficulties, and ultimately we agreed that I’d drive up on January 8<sup>th</sup> and meet with her committee to discuss tenant selection policies in more detail.

During that first meeting, it emerged that there were far bigger issues than simply how to pick tenants. The project was 40% built, but hadn’t received final commitment from C.M.H.C.; the operating budget still needed a fair bit of work; and there were a variety of challenges with respect to the capital budget. If progress wasn’t made quickly there was a chance that construction would have to be stopped. Given Wigwamen’s experience, the Committee members indicated that they would be grateful if it might be able to assist them in addressing those issues.

Wigwamen’s fortunate to have a Board of Directors which sees the big picture, and truly believes in the development of decent, affordable housing for the Aboriginal community, on or off reserve, and they agreed that, as long as it was possible to cover our costs, Wigwamen would be happy to assist.

Continued on Next Page...

## General Manager's Report –Continued from Page 2

There were at least three more meetings in January, and others still in February and March. Since that first meeting in early January the staff of Wigwamen have been honoured to be allowed to work with wonderful group of people, including, but not limited to Pat Chegahno, Walter Chegahno, Edith Johnston, Joyce Johnston, Ross Johnston, Stella Johnston, Christine Keeshig, Isabelle Millette, Marie Morgan, Ernest Nadjiwan, and Lillian Nadjiwan.

In the end, because of everyone's hard work, construction wasn't stopped. Instead, an operating budget was finalized, capital costs were cut, and a Ministerial Guarantee was obtained. Much has been accomplished, much remains to be done, but there is no doubt that, sometime this summer, sixteen seniors will be moving into brand new, fully adapted units.

And who knows - maybe in the future, another group will come knocking on the door of the Maadookii Centre, and the cycle will continue...

### Sewells Road Building Development Fund: Donor Recognition

This month, Wigwamen Incorporated extends its deepest thanks to our two most recent donors:

*St. Barnabas  
Catholic Church*  
for their donation of \$250.00

and

*Adams, Masin & Tilley, LLP*  
our first **GOLD DONOR**,  
for their contribution of \$2,500.00

Like all **GOLD DONORS** (those who contribute between \$2,500 – \$4,999)

*Adams, Masin & Tilley*  
will be listed on a donors' wall at the new building at 20 Sewells Road,  
will be recognized on our company website, and  
will receive a framed, personalized certificate of appreciation.

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



## Aboriginal History: Coyote Places

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One time there were five wolves, all brothers, who traveled together. Whatever meat they got when they were hunting they would share with Coyote.

One evening Coyote saw the wolves looking up at the sky and asked them what they were looking at.

"Oh, nothing," said the oldest wolf.

The next evening Coyote saw them all looking up in the sky at something. He asked the next oldest wolf what they were looking at, but he would not say. It went on like this for three or four nights. No one wanted to tell Coyote what they were looking at because they thought he would want to interfere.

One night Coyote asked the youngest wolf brother to tell him, and the younger wolf told him. "We see two animals up there. Way up there, where we can't get to them."

"Let's go up and see them," said Coyote. "I can show you how to get up there without any trouble at all."

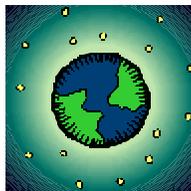
Coyote gathered a great number of arrows and then began shooting them into the sky. The first arrow struck the sky and the second arrow struck the first. Each arrow stuck in the end of the one before it until there was a ladder reaching down to the Earth.

"We can climb up now," said Coyote. The oldest wolf took his dog with him and then the other four wolf brothers came, and then Coyote. They climbed all day and all night and for many more days and nights, until finally they reached the sky. They stood there and looked over at the two animals they had seen from down below. They were two grizzly bears.

"Don't go near them," said Coyote, "they will tear you apart." But four of the wolves headed over anyways. Only the oldest wolf held back. When the wolves got near the grizzlies, nothing happened. The wolves sat down and looked at the bears, and the bears sat looking at the wolves. The oldest wolf, when he saw it was safe, came over with his dog and sat down with them.

But Coyote wouldn't come over. He didn't trust the bears. "That makes a nice picture, though," thought Coyote. "They all look pretty good sitting there like that. I think I'll leave it that way for everyone to see. Then when people look at them in the sky they will say, 'there is a story about that picture,' and they will tell a story about me."

So Coyote left it that way. He took out the arrows as he descended so there was no way for anyone to get back. From down on earth Coyote admired the arrangement he had left up there. Today they still look the same.



They call those stars The Big Dipper now. If you look up there, you'll see that three wolves make up the handle and that the oldest wolf—the one in the middle—still has his dog with him. The two youngest wolves make up the part of the bowl under the handle, and the two grizzlies make up the other side, the one that points toward the North Star.

When Coyote saw how they looked, he wanted to put up a lot of stars. He arranged stars all over the sky in pictures and then made the Big Road across the sky with the stars he had left over.

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

## Knowing Your Maintenance

Using electricity wisely is important for saving money and reducing our impact on the environment. The following is a list of useful tips that you can use to cut down on unnecessary electricity use:

- Run washing machines with a full load whenever possible. They use the same amount of energy, whether they are full or not.
- Clean the condenser coils of your refrigerator at least annually. Make sure to unplug the unit before cleaning.
- Check the manufacturer's recommendation for the setting of your refrigerator and freezer, and make sure that the door seals properly.
- Take advantage of passive solar heat by keeping your windows clean.
- Turn off unnecessary outdoor lights at night.
- When cooking, use a stove element that is the same size as your pot.
- Turn off all lights, TVs, stereos and radios if no one will be in the room.
- Set your computer to go into "sleep" mode when not in use.



Source: Petro Partners

## Tenant Counsellor's Corner

### Microcomputer Clerk Trainee Program

The Native Skills Centre has been running the Microcomputer Clerk Trainee Program since 1989. The program currently offers the following computer training: Windows '98, Internet, Microsoft Office 2000, Excel, Word, Access, Power Point. They also offer training in Life Skills.

They are currently accepting applications for the upcoming program. If you fill out an application they will invite you to an information session which is tentatively to be held in May.

For applications or questions, contact Janice King at (416) 581-1392 or e-mail [nscinc@hotmail.com](mailto:nscinc@hotmail.com).

- Jodi Hetherington

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**Please Note:**

Now that the snow is finally starting to melt, all tenants who have a dog are reminded to clean up their doggy's doo-doo. For tenants who live in a multi-dwelling building, I would ask that you show your neighbours respect by scooping each time your dog poops. I would also ask that your dog be kept leashed at all times for the safety of your neighbours.



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# Health & Nutrition: Food Allergies

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## What is an Allergy?

Food allergies affect about 1%-2% of adults and up to 5% of children. Many people believe that they have a food allergy but in fact do not, because other food reactions such as lactose intolerance are often confused with food allergies.

Any food can trigger an allergic reaction. However, there are eight foods that cause 90% of all reactions: shellfish, peanuts, tree nuts (such as walnuts), milk, soy, fish, wheat and eggs.

Symptoms of food allergy vary widely from person to person, but common symptoms include vomiting, stomach pain and diarrhea. As the reaction spreads from the digestive system to other parts of the body, the person may develop hives, swelling, sneezing, a runny nose or difficulty breathing. For people with asthma, a food allergy can bring on an asthma attack.

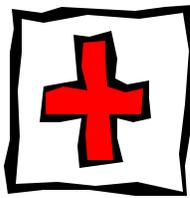
Most reactions begin within minutes of eating the food, but in some cases the reaction can be delayed by as much as an hour, which may make it difficult to identify the food that caused the reaction.

## Anaphylaxis

Anaphylaxis is a sudden, very severe allergic reaction that can be life threatening. It can be caused by an allergy to food, an insect sting or medication. Symptoms may include hives, swelling, difficulty breathing, vomiting, diarrhea, cramping and a fall in blood pressure.

Someone who has an anaphylactic reaction requires immediate medical attention. Everyone who has severe allergies should carry an Epi-Pen or Anakit at all times. These kits contain a dose of epinephrine that must be injected at the first sign of trouble. Even after receiving the injection, the person should go to the emergency room immediately.

People who know that they are prone to these serious reactions should wear medical information bracelets and children with anaphylactic reactions should have this noted in the medical portion of their school records.



## Diagnosing & Managing Food Allergies

Diagnosing food allergies should begin with a thorough medical history and a complete physical exam to rule out other causes of the symptoms. The next step is to keep a food diary and a record of symptoms. Over time, links between certain foods and symptoms will become apparent.

There is no treatment for food allergies, so the only way to manage the allergy is to identify the foods that trigger the reaction and avoid them. Allergy shots, which often work for respiratory allergies, aren't effective in preventing food allergies.

Since children rarely think about what they eat, it is very important that children with food allergies be cautioned never to share lunches or snacks with other students. It is also important that teachers and school administrators are aware of how serious this problem can be, and are familiar with emergency procedures.

*Source: Shoppers Drug Mart HealthWatch*

# Terrace Community Kitchen

## Zucchini Cake

### Ingredients:

2 cups all purpose flour  
3 tsp. cinnamon  
1/2 tsp. allspice  
2 tsp. baking soda  
1 tsp. baking powder  
3 eggs  
1 1/2 cups sugar  
2 cups zucchini, grated  
1 cup vegetable oil  
2 tsp. vanilla  
1 cup raisins or dates  
1 cup chopped nuts

### Directions:

Preheat the oven to 350 degrees F.

Sift together flour, cinnamon, allspice, baking soda and baking powder.



In a separate bowl, mix together the eggs, sugar, zucchini, vegetable oil

and vanilla. Combine with the flour mixture. Add the raisins or dates and the chopped nuts.

After combining all ingredients, pour the mixture into two loaf pans and bake for 50 minutes.

Source: Petro Partners

## Diabetic Carrot Cake

### Ingredients:

1/2 cup grated carrot  
1 1/4 cups chopped dates  
1 cup raisins  
1 1/3 cups water  
1/4 cup applesauce—  
unsweetened  
1 tsp. cinnamon  
1 tsp. ground  
cloves  
1 tsp. nutmeg  
2 cup whole wheat flour  
1 tsp. baking powder  
1 tsp. baking soda



### Directions:

Preheat the oven to 350 degrees F.

Place the carrots, dates, raisins, water, applesauce, cinnamon, cloves and nutmeg in a saucepan. Bring to a boil, reduce the heat, and simmer for 5 minutes. Cool.

Stir the dry ingredients together. Combine the wet and dry mixtures and stir until well blended.

Pour into a cake pan and bake for 45 to 50 minutes.

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

## Cornbread

### Ingredients:

2/3 cup white sugar  
1 tsp. salt  
1/3 cup butter, softened  
1 tsp. vanilla extract  
2 eggs  
2 cups all-purpose flour  
1 tbsp. baking powder  
3/4 cup cornmeal  
1 1/3 cups milk

### Directions:

Preheat the oven to 400 degrees F. Lightly grease an 8 inch skillet.

In a large bowl, beat together sugar, salt, butter and vanilla, until creamy.



Stir in eggs one at a time, beating well after each addition.

In a separate bowl, mix together flour, baking powder and cornmeal. Stir flour mixture into egg mixture alternately with the milk. Beat well until blended.

Bake in preheated oven for 20 minutes, or until golden brown. Serve warm.

Source: [www.bread.allrecipes.com](http://www.bread.allrecipes.com)

## Terrace Happenings

- On Sunday, March 23, Wigwam Terrace was honoured with a plaque from The Gathering Place for its service to First Nations Elders. On hand to receive the plaque were Superintendent Frances Folz and Tenant Counsellor Jodi Hetherington.
- Due to the recent outbreak of SARS, the Diabetes Support Group and Friday Bingo at the Native Canadian Centre have been cancelled until further notice.
- For your protection, the usual lunch at the Native Canadian Centre is now being served in the lobby of the Terrace at 12:00 p.m. daily, until the SARS alert is over and further notice is given.
- The Garden Club is planning a meeting for the near future. Look for posters announcing the date and time. All are welcome, bring your ideas and comments. For more information call (416) 920-8567.
- Jodi Hetherington continues to split her time between the head office and the Terrace office, and will continue to do so until a new manager has been hired and trained. She enjoys seeing the friendly faces of the Terrace residents, and appreciates the warmth that she has received from all. If something important arises and you need to reach Jodi when she is not at the Terrace, you may call her at the head office at (416) 481-4451, ext. 22.



- Terrace Staff

## Neighbourhood Crime: Some Facts

The first step in protecting yourself against crime is being educated. Here are a few facts about crime to keep you informed:

- Burglars take advantage of improperly secured entrance points.
- Approximately 60% of burglaries occur during the day.
- Most nighttime burglars rob homes on weekends, usually between 8:00 p.m.—10:00 p.m.
- Most burglars like to work during windy, rainy nights to cover up tracks and noise.
- Burglaries increase during the holiday season, with New Year's Eve being the most popular.
- French doors, unlocked windows and garages are the most common entry points for burglars. Second floor windows are also considered excellent entry points.



Source: Holman Insurance Brokers Ltd.

# Collection Agencies: What You Need to Know

There are many reasons people don't pay their debts—financial setback, poor repayment habits, overspending or sometimes they're just not happy with a product they bought.

Whatever the reason, it's important to communicate with the person who's owed money. When creditors understand the problem, chances are they will work out a reasonable, manageable way for consumers to repay debts.



On the other hand, consumers who don't cooperate with their creditors may find their accounts turned over to collection agencies.

## What is a Collection Agency?

A collection agency is an organization that obtains or arranges for payment of money owed to a third party; this could be a person or a company.

## What Should I Do?

- If possible, pay the money you owe. You won't have to deal with the agency once the account has been cleared.
- If it's impossible for you to pay the full amount at

once, contact the agency, explaining why. Offer some alternative methods of repayment, either in a lump-sum or a series of monthly payments. Follow up in writing and, if possible, enclose a good-faith payment.

- Never send cash. Always make payments in such a way that you have a receipt—either a cancelled cheque from your own bank or a receipt from the agency.
  - Don't contact the original creditor—this just creates confusion—unless there's an error in the account. If that's the case, advise both the creditor and the collection agency.

Remember:

- Your attitude toward paying the debt has a lot to do with how cooperative the agency will be. For example, when making payments to the agency, be sure not to bounce cheques and miss payments.
- Debts should not be treated lightly. They can result in court action, which could lead to money being taken from your paycheck (garnishee) or seizure of your assets.

## But I'm Being Treated Unfairly!

Collection agencies must follow certain regulations that prohibit them from doing any of the following:

- Demanding payment of a debt without giving the name and authority of the creditor, the collector and the amount of money owed.
- Making telephone or personal calls of such a nature or frequency as to constitute harassment of the debtor or the debtor's family.
- Implying or giving false or misleading information to anyone that could damage the debtor or his/her family.
- Calling to collect a debt on a Sunday, statutory holiday, or before 7:00 a.m. and after 9:00 p.m.



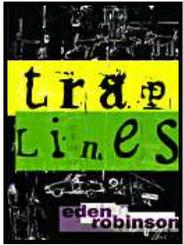
If you believe any of the above regulations have been breached, contact the head of the agency. If you're still not satisfied, contact the Ministry at (416) 326-8555.

*Source: Ontario Ministry of Consumer and Commercial Relations*

## Book Review

### Traplines

By Eden Robinson



*Traplines* is a book of short stories taking place in British Columbia by Canadian author Eden Robinson. Robinson is a young First Nations writer of Haisla descent, and *Traplines* is her first book. The book consists of four short stories, each from 30 to 100 pages long.

Each story deals with a different theme, but there is a commonality to all of the stories that stands out: namely, all of Robinson's characters are young adults dealing with complicated issues in their lives. For instance Karaoke, the main character of "Queen of the North," is only 16 years old, but has lived a life of abuse and alcoholism. And Lisa, from "Dogs in Winter" grows up in foster care while her mother is incarcerated for murder.

Robinson's writing withstands the challenge of balancing the fine line between revealing the reality of the everyday life for many young people—particularly First Nations teens—and embellishing on others' suffering for the sake of writing a good book.

Since the release of *Traplines* in 1998, Robinson has been lauded as one of the country's premier new talents. Her second book, a novel called *Monkey Beach* which follows up with Jimmy and Karaoke from "Queen of the North," was received with equal praise.

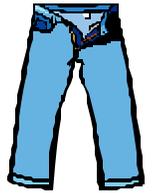
- Melanie Brown

## Household Hints

### Laundry Secrets

Here are a few tricks of the trade that can help you improve your laundry results:

- To soften new blue jeans, wash them several times or soak them for 12 hours in a small tub filled with cold water and fabric softener, then wash as usual. To prevent jeans from streaking, turn them inside out before washing.



- To wash nylons or tights, place them in a mesh bag and wash with other delicate items without hooks, eyes, or other metal parts that could snag the stockings.
- To get baby clothes their cleanest, treat in a pre-soak product, then launder as usual. Soak items as soon after staining as possible and keep them wet until laundering.
- To remove rings around shirt collars, rub liquid laundry detergent into the stain or collect soap bits in a mesh bag and rub into the affected area. Wash as usual.



- To whiten dingy handkerchiefs, soak in a solution of cold water and 1 teaspoon of cream of tartar before hand washing with mild soap.

Source: Reader's Digest Canada

## Kids' Stuff

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### Easter Jokes

Is it true that bunnies have good eye sight?

*Well, you never see a bunny wearing glasses, do you?*

Do you know how bunnies stay in shape?

*Hareobics.*

How can you tell which rabbits are the oldest in a group?

*Just look for the gray hares.*

What do you call a rabbit who tells jokes?

*A funny bunny.*

Where do Easter Bunnies go for new tails?

*To the re-tail store.*

What do you call a rabbit with fleas?

*Bugs Bunny.*

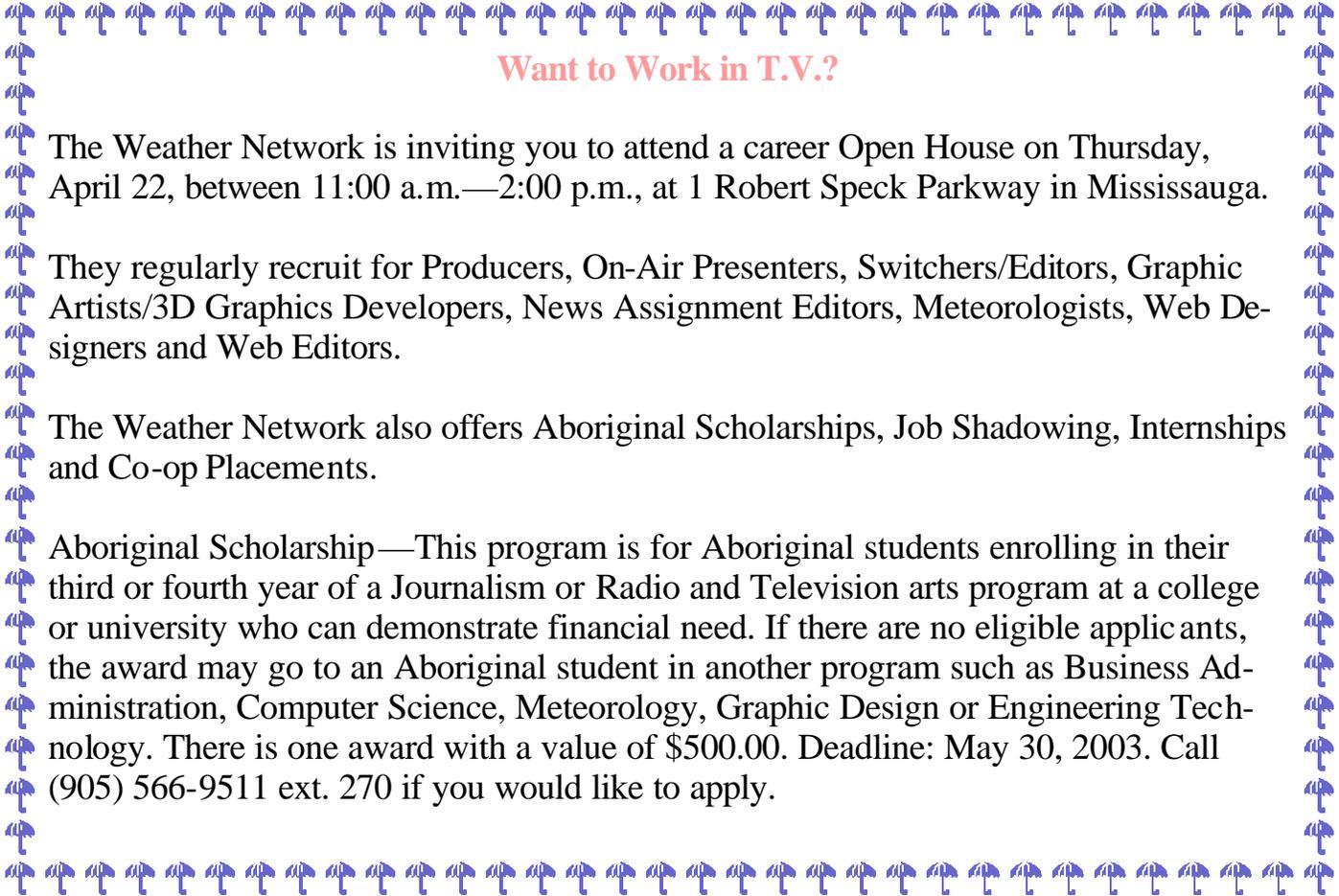


### Word Hunt

C	H	I	C	K	L	I	L	Y	D	H
N	C	J	N	E	G	G	S	L	Y	R
F	G	H	E	F	W	V	U	Z	E	R
B	R	I	S	P	R	I	N	G	F	A
U	A	D	T	A	L	C	D	R	L	B
N	S	E	A	R	C	H	A	W	O	B
N	S	W	P	A	L	M	Y	Q	W	I
Y	F	I	N	D	B	A	S	K	E	T
L	A	M	B	E	A	S	T	E	R	S
D	H	U	N	T	U	L	I	P	S	I

PALM  
PARADE  
RABBIT  
SEARCH  
SPRING  
SUNDAY  
FLOWERS  
GRASS  
HIDE  
HUNT  
LAMB

LILY  
EASTER  
EGGS  
FIND  
NEST  
TULIPS  
BASKET  
BUNNY  
CHICK  
DYE



## Want to Work in T.V.?

The Weather Network is inviting you to attend a career Open House on Thursday, April 22, between 11:00 a.m.—2:00 p.m., at 1 Robert Speck Parkway in Mississauga.

They regularly recruit for Producers, On-Air Presenters, Switchers/Editors, Graphic Artists/3D Graphics Developers, News Assignment Editors, Meteorologists, Web Designers and Web Editors.

The Weather Network also offers Aboriginal Scholarships, Job Shadowing, Internships and Co-op Placements.

**Aboriginal Scholarship**—This program is for Aboriginal students enrolling in their third or fourth year of a Journalism or Radio and Television arts program at a college or university who can demonstrate financial need. If there are no eligible applicants, the award may go to an Aboriginal student in another program such as Business Administration, Computer Science, Meteorology, Graphic Design or Engineering Technology. There is one award with a value of \$500.00. Deadline: May 30, 2003. Call (905) 566-9511 ext. 270 if you would like to apply.

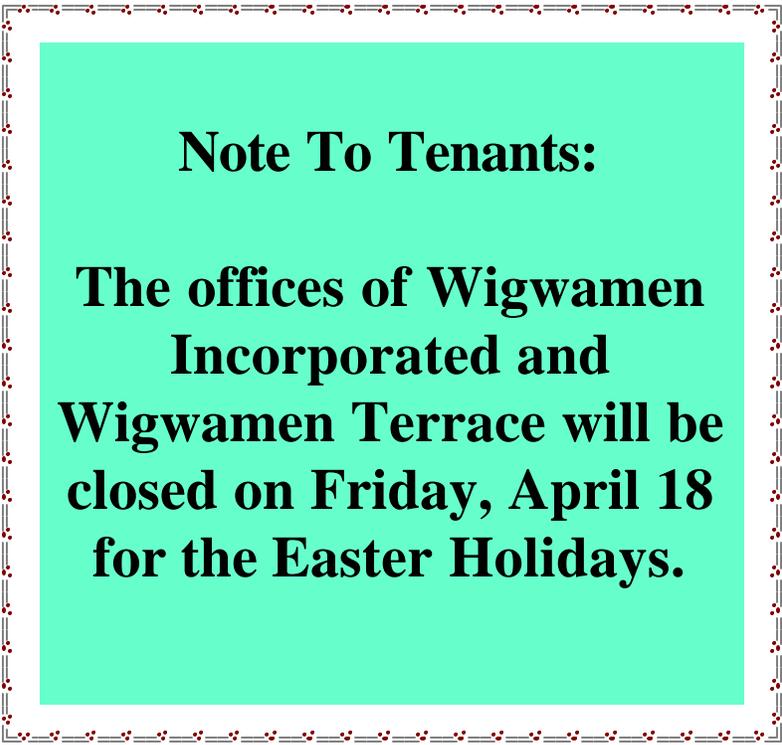
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*A Housing Project for  
Native People*

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



### Note To Tenants:

**The offices of Wigwamen  
Incorporated and  
Wigwamen Terrace will be  
closed on Friday, April 18  
for the Easter Holidays.**