

# Terrace Eco-Crusaders Get \$10,000 for Trees

Thumbs up to the tenants of Wigwamen Terrace, whose petitioning won \$10,000 toward the planting of new trees!

Last year, a number of concerned tenants signed a petition to save some rare trees that were slated to be demolished at a construction site next door to 14 Spadina Road.

The tenants, along with a few others, took their petition to City Hall, where they fought long and hard to save the trees. They managed to save two.

However, after the construction began, a number of the tenants noticed that the same two trees had been cut down. This was reported to City Hall. City Hall then levied a fine of \$10,000 for breaking the agreement.

In an interview with a local newspaper, tenants suggested that the money from the fine be used toward the planting of new trees, in nearby Ecology Park (Spadina Subway/Madison Ave.).

This idea was directed to City Councillor Olivia Chow (Trinity-Spadina), who approved of it, and confirmed that the park had indeed received all of the \$10,000 at a May 28th meeting at Trinity-St. Paul's United Church.

So when the planting is finished, take a walk to Ecology Park. Have a long look at the trees—they are thanks to the passion and caring of the Wigwamen Terrace tenants.

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# First Nations' Day & Pow-wow Listings

June 21 is First Nations' Day, which means that there'll be lots of celebrations happening all throughout the city. And since Summer's finally here, Pow-wow season is starting up again, soon to be in full swing! All through the summer, we'll be printing listings of upcoming Pow-wows and other events happening throughout the region so you don't have to miss out on any of the fun. So without further ado, here it is...now get out, and enjoy!

## First Nations' Day Celebrations

*June 17*

Toronto Aboriginal City Celebration  
Nathan Phillips Square, 11:00 a.m.—3:00 p.m.

*June 19*

Hydro One Aboriginal Day Celebration  
483 Bay Street, 11:00 a.m.—2:30 p.m.

*June 20*

Dodem Kenosha Celebration  
55 St. Clair Ave. E., 6th Floor, 10:00 a.m.—2:00 p.m.

*June 21*

Na-Me-Res—Pow-wow & celebration  
Riverdale Park, 11:00 a.m.—8:00 p.m.  
Grand Entry 1:00 p.m.  
Ball Tournament 8:00 a.m.—7:00 p.m.

Sunrise Ceremony  
Nathan Phillips Square, 5:30 a.m.

Native Canadian Centre  
Bus Tour & Open House  
Bus Tour 9:00 a.m.—12:00 p.m., starting from NCCT, \$20 members, \$25 non-members  
Open House 9:00 a.m.

*June 21-29*

Council Fire—Kanata Pavillion  
439 Dundas Street East



## Pow-wow Listings

**June 20-22**

*Noongam Traditional Pow-wow*  
Dow's Lake, Ottawa, ON

**June 21**

*Sault Ste. Marie Indian Friendship Centre*, Sault Ste. Marie, ON

**June 21-22**

*Chippewas of the Thames F. N.*,  
Muncey, ON

*Wikwemikong Traditional Pow-wow*,  
Wikwemikong, ON

**June 27-29**

*M'Wikwedong Native Cultural Resource Centre*, Owen Sound, ON

**June 28-29**

*Dokis First Nation*, Dokis, ON

*Aamjiwnaang F. N.*, Sarnia, ON

**July 5-6**

*Munsee-Delaware Nation*, Muncey, ON

**July 6-7**

*Sheguiandah F. N.*, Sheguiandah, ON

**July 11-13**

*Sagamok Anishnabek*, Massey, ON

**July 12-13**

*Kettle & Stony Point F.N.*, Forest, ON

Source: Pow-Wow Guide 2003



## Sewells Road Building Development Fund

### Donor Recognition

Slowly but steadily, contributions towards the construction of 20 Sewells Road are coming in from individuals, organizations and businesses in the community. This month, Wigwamen would like to thank:

**Bronze Donor *McLeod's Water Treatment* for its \$750 donation**

**Platinum Donor *TD Canada Trust* for its \$5,000 donation**

and

**Platinum Donor *RBC Foundation* for its \$5,000 donation**

As they donated \$750 or more, all three of this month's donors will be recognized on the Commemorative Donors' Wall to be built at the new housing project.

Moreover, as *Platinum Donors*, both TD Canada Trust and RBC Foundation are recognized on our company website, will receive a framed, personalized Certificate of Appreciation, and will be presented with a framed Architect's Rendering of 20 Sewells Road.



## Zero Balance Club

When you pay, you can win—just like these people did:

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, Agnes Sagetcheway & Brenda Folz.

## SARS Tips

Toronto Public Health recommends taking these precautions to help protect yourself against SARS:

- Wash hands frequently throughout the day.
- Exercise good hygiene by wiping door handles, faucets, toilet bowl levers, public telephones, tabletops, counters and other fixtures that people handle all the time, with a mild solution of water and bleach (1 tsp. of bleach in 2 cups water) or other disinfectants.
- Don't share eating and drinking utensils or towels with others.
- For general information about SARS call Health Infoline at 1-888-668-4636, or if you are showing symptoms call Public Health at (416) 338-7600.

## Tenant Counsellor's Corner

### MOS & IC3 Computer Programs

The First Nation Skills Development & Training Program is offering computer classes starting this June to help Aboriginal people in Toronto gain skills to enter the labour force.

The **IC3 Program** (Internet Computing Core Certificate Program) provides an introduction to computers and the Internet. The certification program consists of three modules:

- Computer fundamentals
- Key applications
- Living online



The **MOS Program** (Microsoft Office Specialist Program) is a more advanced program that provides training in the following:

- Microsoft Word
- Microsoft Excel
- Microsoft PowerPoint
- Microsoft Outlook
- Microsoft Access.

There are three levels ranging from Core to Master in which one can be certified.

The cost of the IC3 Program is \$450.00 and the MOS program costs \$250.00 (assistance can be obtained through Miziwe Biik).

Successful completion of either of these programs plus the accreditation exams lead to certification that is recognized worldwide.

Both programs are full time, 6 months in length.

For more information contact First Nation Skills Development & Training at (416) 360-4350 ext. 248 or 247.

- Jodi Hetherington

# Knowing Your Maintenance

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## Removing Allergens From Your Home

As allergy season comes upon us, many of us will feel those itchy and sneezy symptoms of allergies, but may not necessarily know what's causing them. You may be surprised to find out that many of your allergens could be coming from the furniture inside your own home! It has been estimated that 75-80% of allergies are aggravated by dust mites, which can reside and breed quite comfortably in your home. Here are a few ways to reduce their numbers.



- Try to get rid of carpet. Instead, use washable rugs.
- Go for leather, vinyl or plain wooden furniture. Dust mites thrive in upholstery.
- Remove heavy drapes. Try to use window shades instead of blinds, as they collect less dust.
- Keep pets out of the bedroom.
- Avoid down or wool bedding.
- Keep rooms arid. Use a dehumidifier.
- Get a houseplant that can reduce the amount of toxins in the air, such as a Spider Plant, Peace Lily, Chinese Evergreen or Ficus Plant.
- After cleaning, close the bedroom door for one hour to let dust and allergens settle.
- Open the windows.

*Brian Taheny, with files from [www.ivillage.com](http://www.ivillage.com)*

## Terrace Happenings

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- Tenants are advised not to let anybody claiming to be a contractor for Wigwam do any work on their units unless they are accompanied by Norm Mitchell or Frances Folz. Also be aware that no legitimate contractor will charge you directly for work done on your unit. Please report any suspicious individuals to the Terrace staff.

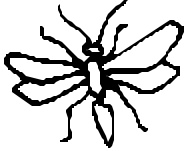


- The Native Canadian Centre's Seniors' Program will be holding a barbecue atop the Terrace on Friday, June 27, from 11:00 a.m.—2:00 p.m. Whether you're coming for the food or the company, everyone is welcome!
- A very happy birthday to Norm Mitchell, who celebrates his big day on Monday, June 16th!

# Health: The West Nile Virus

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Many of us may feel that the West Nile Virus has been over-hyped in the media of late; though in reality this is a serious threat that we should all be very careful to prevent.



Last summer, two of the birds infected with West Nile were discovered in First Nations. As a result, this year Health Canada will be working closely with First Nations to help prevent the disease from striking Native communities. The health of the community requires that everybody takes the necessary precautions.

## What is West Nile Virus?

The West Nile Virus is an illness that is contracted by being bitten by an infected mosquito. Mosquitoes become infected when they come in contact with an infected bird. The virus cannot be spread by person-to-person contact.

Approximately 4 out of 5 people bitten by an infected mosquito will not show any symptoms. Others will develop a mild illness. But for some—especially those with weakened immune systems—it can be extremely serious, and even fatal.

Some of the symptoms may include: fever, muscle weakness, stiff neck, confusion, severe headache, sudden sensitivity to light and extreme swelling or infection at the site of a mosquito bite. It is essential to remember that these symptoms could be caused by many other illnesses; but if you are in doubt, you should see a doctor.

There is no cure or vaccine for the virus.

Therefore, the best way to control West Nile is to prevent it. By following a few precautionary measures and being aware of the symptoms, you can significantly decrease your chances of being infected.

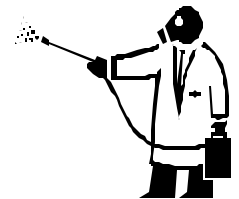
## How to Protect Yourself

### **Wear Insect Repellent:**

- Use insect repellent that contains DEET.
- Children over 2 years of age should wear insect repellent. The DEET concentration should be no higher than 10%. It should only be applied once a day, avoiding the face and hands.
- Children under 2 years of age should have mosquito netting placed around their stroller.

### **Cover-Up**

- Cover up, preferably with light colours.



### **Clean-Up**

Mosquitoes breed in standing pools of water. You can remove many of their breeding grounds with some basic clean-up.

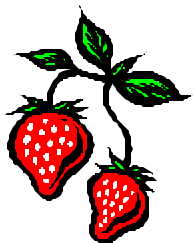
- Clean up and empty containers of standing water such as old tires or flower pots.
- Change water in bird baths every other day.
- Immediately remove water that collects on the cover of a wading pool, and turn it over when not in use.
- Clean eavestroughs and drains.
- Turn over compost frequently.
- Clear out dense shrubbery.

*Sources: Province of Ontario & Windspeaker*



## Terrace Community Kitchen

*The Anishnawbe calendar is determined by the cycles of the moon. The changes in the season that accompany each moon correspond to different times of the year for planting, harvesting, hunting and gathering. Originally the calendar was 13 months, but it became Christianized and was shortened into 12. According to the Ojibway calendar, the month of June is Strawberry Moon, so named because June is the time of year for strawberry harvesting.*



### Strawberry Spring Salad

Ingredients:

3 tbsp. white wine vinegar  
3 tbsp. water  
1 tbsp. honey  
2 tbsp. extra-virgin olive oil  
1/8 tsp. salt  
1/8 tsp. pepper

3 cups strawberries, quartered  
10 oz. Italian Blend salad greens  
4 tsp. pine nuts, roasted.

Combine the first 6 ingredients and stir well with a whisk. Combine strawberries and greens. Add the vinegar mix; toss to coat. Sprinkle with nuts.

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

### Glazed Strawberry Yogurt Squares

Ingredients:

2 cups Bisquick  
3/4 cup sugar, divided  
2 tbsp. butter or margarine  
1 cup strawberry yogurt  
2 large eggs  
1/2 tsp. vanilla  
3 "Fruit Corners" fruit roll-ups  
strawberry fruit snacks

Preheat oven to 375 degrees. Mix Bisquick, 1/4 cup sugar and butter with fork till crumbly.

Put aside 1/4 crumb mixture; press the other 3/4 in the bottom of an un-greased 8 x 8 x 2 inch pan. Bake 10 to 15 minutes, or until light brown.

Mix 1/2 cup sugar and the remaining ingredients except fruit roll-ups; pour over baked layer.

Completely cover top of yogurt mixture with opened fruit roll-ups, cutting to fit if necessary. Sprinkle with the rest of the crumb mixture. Return to oven; bake about 20 minutes longer, or until wooden pick stuck in the center comes out clean. Cool 15 minutes. Cut into squares.

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

## Anishnawbe Calendar

**January**—Spirit Moon  
**February**—Bear Moon  
**March**—Sugar Moon  
**April**—Sucker Moon  
**May**—Flower Moon  
**June**—Strawberry Moon

**July**—Raspberry Moon  
**August**—Thimbleberry Moon  
**September**—Corn Moon  
**October**—Falling Leaves Moon  
**November**—Freezing Moon  
**December**—Little Spirit Moon

## Aboriginal History: Raccoon and the Bee-Tree

Raccoon had been asleep all day in the hollow of a tree, so it was dusk by the time he awoke, stretched himself over, and jumped down to look for his supper.

In the middle of the woods there was a lake, and all along the lakeshore there rang out cries of alarm as Raccoon ran by. First the Swan gave a scream of warning. The Crane repeated the cry, and Loon echoed it over the still water.

Raccoon sped merrily on. A little further on, as he was leaping through the long, tangled meadow grass, he landed with all four feet on a family of Skunks, who were curled up sound asleep in a soft bed of broken dry grass.

“Huh!” exclaimed the father Skunk. “What do you mean by this, eh?” And he stood looking at him defiantly.

“Oh, excuse me, excuse me,” begged the Raccoon. I was just running along and I didn’t see you at all.”

“Better be careful where you step next time,” grumbled the Skunk, and the Raccoon was glad to hurry on.

Running up a tall tree he came

upon two Red Squirrels, but before he could get his paws upon them, they were scolding him angrily from the top branch.

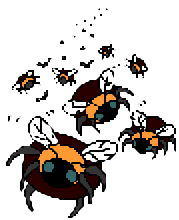
“Come down friends!” called the Raccoon. “I won’t harm you!”

“Ugh, you can’t fool us,” chatted the Squirrels, and the Raccoon went on.



Deep in the woods, at last, he found a great hollow tree which attracted him by its particularly sweet smell. He sniffed around the tree till he saw something trickling down a narrow crevice. He tasted it and it was deliciously sweet.

He ran up the tree and down again, and at last found an opening into which he could thrust his paw. He brought it out covered with honey! Now the Raccoon was happy. He scooped and ate the golden honey until his pointed face was covered all over.



Just then, something hurt him terribly. The next minute his sensitive nose was frightfully stung. He rubbed his face with both sticky paws. The sharp stings came faster and thicker, and he clawed wildly at the air. At last he forgot to hold onto the branch and tumbled to the ground.

There he rolled on the dead

leaves till he was covered from head to foot—for they stuck to his fur. Mad with fright and pain, he dashed through the forest calling to some of his own kind to come help him.

A second Raccoon heard his call and went to meet it. But when he saw the frightful object plastered with dry leaves running toward him, he got scared and ran for his life.

Raccoon ran after him as fast as he could, hoping to overtake and beg the other to help him get rid of the leaves.

And so they ran. Eventually, along came a Bear, who took one look at the object covered with leaves, and ran up a tree to get out of the way.

By this time poor Raccoon was frantic. He ran up the tree after the Bear and grabbed hold of his tail.

“Woo, woo!” snarled the Bear, and Raccoon let go. He was tired out and dreadfully ashamed. He did now what he ought to have done at the very beginning—he jumped into the lake and washed off the leaves. Then he got back into his hollow tree, curled himself up and licked his soft fur until he was clean, and then he went to sleep.

Source: [www.ilhawaaii.net](http://www.ilhawaaii.net)



# 20 Sewells Road Building Development Fund Donors

## Platinum Donors:

M. Dimauro  
Construction Ltd.

Pro-Con  
Construction

## Gold Donor:

Adams, Masin &  
Tilley, LLP

## Thanks also to:

Ojibways of Sucker  
Creek First Nation

St. Barnabas Catholic  
Church

Serpent River  
First Nation

Trinity-St. Paul's  
United Church

## Bicycle Safety & Security

### Injury Prevention Tips:

- Be a responsible cyclist.
- Wear a helmet for your own safety. Also be aware that Ontario law requires all cyclists under the age of 18 to wear a helmet when operating a bicycle.
- Night riders should have a white light on the front of their bike and a red light or reflector on the rear.
- Dress brightly to be seen.
- When turning at intersections, be careful; most collisions occur at intersections.
- Ride about 1 m. from the curb in a straight line; look well ahead and avoid hazards such as potholes, sewer grates and debris.
- Check and signal before turning or changing lanes.



### Theft Prevention Tips:

- Register your bike at your local police station.

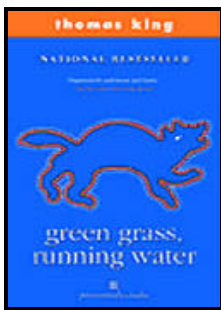
- Always lock your bike when it's not in use.
- Lock your bike by placing a chain or cable through both wheels and the frame, and attach it around a stationary object.
- Use a good quality locking device such as a hardened steel 'U' shaped lock, or a hardened steel chain and padlock.
- Remove any accessories such as lights and bags when you lock up your bicycle.
- If your bike is stolen, report the loss to the police immediately.

There are three ways to register your bike. You can do it online, at [www.torontopolice.on.ca](http://www.torontopolice.on.ca), at the cash register where you purchase your bike, or by filling out a registration form at your nearest police station. You will be asked for the serial number, make, model and colour of your bike. The information will be kept on police records, and if your bike is ever stolen you will have a much better chance of getting it back.

*Source: Toronto Police Service*

## Book Review

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### Green Grass, Running Water

By Thomas King

*Green Grass, Running Water* is Thomas King's second novel, and the work that made him a household name in the Canadian literary scene for both Aboriginal and non-Aboriginal audiences alike.

This novel features the interplay of several characters from a reserve in Alberta. Some have stayed on the reserve and others have moved to the cities, but all are brought back home eventually. Take Eli, for example, who moved to Toronto as a young man and led a successful career as a university professor, then returned after retirement in order to save his mother's house from becoming a casualty of a new hydro development. His nephew Lionel, on the other hand, reaches his 40<sup>th</sup> birthday realising that his dreams of attending university and establishing a career have gone unfulfilled because of his own reluctance about commitment.

Life on the reserve is as usual as usual gets. But suddenly, from the midst of this quiet community, strange things begin to happen. Peoples' cars start mysteriously disappearing. Rain starts to fall and does not stop. History, as documented by John Wayne's Western films, suddenly changes before peoples' very eyes. And with these strange occurrences come four old Indians who call themselves Hawkeye, Robinson Crusoe, the Lone Ranger and Ishmael.

Throughout the novel, this very talented author uses humour to lighten up a book that is heavily loaded with political, social and religious messages. King uses literary devices creatively, and the novel reads with a poetic flow. *Green Grass, Running Water* can be read solely for its literary qualities or for its underlying lessons, or even for both. It is definitely a must-read for anyone who wants to explore the creative talent of First Nations writers.

- Melanie Brown

## First Nations Trivia Challenge

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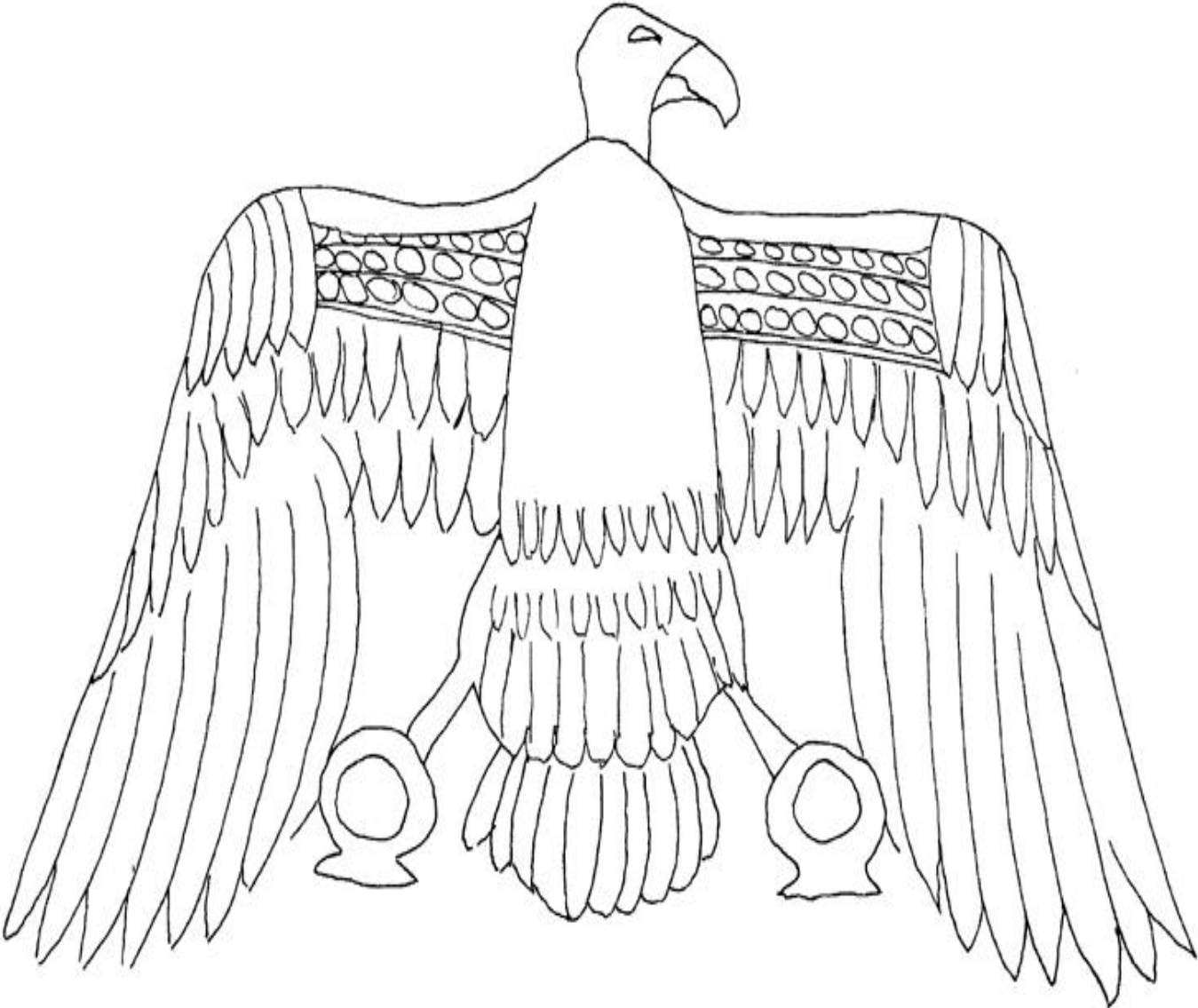
1. What is the name of the famous First Nations marathon runner?
2. On what First Nation was an unarmed Native protestor killed by the police in 1995?
3. What is the name of Tomson Highway's first children's book?
4. What is the form of dancing that features brightly coloured regalia and twin bustles worn on the back?
5. What is the name of the herb that many people take nowadays to prevent colds and flu that was first discovered by Native people?
6. Who was the chief who settled his tribe in the Grand River area of Ontario?
7. Who won the Best Group award at the 2002 Canadian Aboriginal Music Awards?



Answers are on Back Page

# Kids' Stuff: Colour-Me-In

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Source: [www.touregypt.net](http://www.touregypt.net)

## **Important Notice!**

### **Non-Insured Health Benefits Program**

**By September 1, 2003, all First Nations and Inuit people must submit a consent form to Health Canada in order to continue receiving benefits under the Non-Insured Health Benefits Program.**

**You can have a consent form along with an informational booklet sent to you by calling 1-888-751-5011.**

**A limited number are also available for pick-up at the Wigwamen head office and Terrace office.**

**WIGWAMEN  
INCORPORATED**

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

*A Housing Project for  
Native People*

**[** www.wigwamen.com **]**

## **Answers to Aboriginal Trivia Challenge**

- 1. Tom Longboat**
- 2. Kettle & Stony Point**
- 3. "Caribou Song"**
- 4. Fancy Feather**
- 5. Echinacea**
- 6. Joseph Brant**
- 7. Pappy Johns Band**