



# Wigwam to Wigwam

YOUR "HOUSE TO HOUSE" NEWS

November 2003

Volume 5, Issue 11

## Groundbreaking News!

On October 7, 2003, nineteen months after Wigwamen Incorporated first submitted its proposal to the City of Toronto for the development of 20 Sewells Road, eight members of the Design and Development Committee gathered at Wigwamen's Board room to open tenders for the construction of our proposed 92-unit housing project.

Tension was high as Architect Charles Rosenberg opened the tender packages, with each one of us knowing that, if the bids were too high, it could mean the end of our dream.

Based on information from our cost consultants, we had budgeted \$10,685,000 for the cost of construction, but we knew that over the six weeks since our last estimate had been received, the cost of building materials had climbed

inexorably, threatening to price our project out of existence.

Methodically, each tender package was opened and examined by Charles, and the amount read out. Tenders from four pre-qualified contractors were received, ranging from a whopping \$14,000,000 on the high end, to \$11,585,000 on the low end, still a full \$900,000 more than we had budgeted.

There's no doubt that \$900,000 is a lot of money, but to have dreamt so much, to have worked so hard, to have come so close...none of us were going to let it go.

Since that evening, the Committee, our Architect, and our Development Consultant have been in discussions with the low bidder, Harbridge and Cross, with a view to fine-tuning their costs; Wigwamen has committed to increasing the size of its mortgage; and, perhaps most importantly, we've committed to raising, and contributing, over half a million dollars more.

On November 6<sup>th</sup>, a full five hundred and forty seven days from

(more on next page)

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WIGWAMEN INCORPORATED



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when we first submitted our proposal to the City, a letter of intent was issued to Harbridge and Cross stating in part that "...Wigwam Incorporated has accepted your bid and has authorized you to proceed with the work immediately..." As I write this article, earth-moving equipment is on the site, the ground's been broken, and in early 2005, ninety-two families will be moving into brand new, affordable homes.

It's been a team effort, and it's always risky to thank specific people but it seems appropriate at this time, as we move into the construction phase, to thank a variety of people and firms for their hard work and support of the project. They include:

- Board and staff members of the **Design and Development Committee** (**Valerie Kendall, Donna Niven, Alla Ponomarenko, Marie Rogers, and Brian Taheny**) who met on over twenty different occasions to provide a vision, and flesh out the design of the project;
- the **Government of Canada** for two million dollars in S.C.P.I. funding; the **City of Toronto** for a further two million dollars in grants and loans; and the **Province of Ontario** for a 20 year commitment to rent supplements;



The Design and Development Committee (clockwise from top left): Charles Rosenberg, Ed Starr, Brian Taheny, Angus Palmer, Steve Hilditch, Donna Niven, Alla Ponomarenko and Marie Rogers. Absent: Valerie Kendall.

- the hardworking staff in the "**Let's Build**" **Department of the City of Toronto**, including, but not limited to, **Liz Root, Simon Liston, and Mark Guslits** who have been there to provide advice and guidance every step of the way;
- **Hilditch Architects**, including **Charles Rosenberg, Steve Hilditch**, their staff, and their associates who have worked closely, co-operatively, and with great patience to design a project we'll all be proud of; **Enermodal Engineering**, who have worked to make this project as energy efficient as we possibly can; **Curran McCabe Ravindran Ross**, our cost consultants; and **Soil-Eng Limited** who did our soil tests;
- **The Starr Group**, and specifically our Development Consultant **Ed Starr**, and his staff, including **Glenda Quinn**, who at last count had attended over 70 meetings with our Board, the Design and Development Committee, the City of Toronto, and our Architects, and have helped us from day one with a multitude of planning and development tasks;
- our solicitor, **Ron Crane**, of **Coutts Crane Ingram**, who has reviewed countless legal agreements and provided us with clear, concise, and timely legal advice throughout the process;
- fundraiser, **Adene Kuchera**, who to date has raised over \$65,000 and counting towards the cost of the project; and each and every one of the **20 Sewells Road Building Development Fund Donors** whose financial support has been vital; and last, but not least
- **The Bank of Montreal**, project lender for 20 Sewells Road.

Many thanks to all of you for helping to make this project a reality!

- Angus Palmer

# 20 Sewells Road Building Development Fund Donor Recognition

Wigwamen Incorporated is pleased to announce the latest donations towards the construction of 92 units of affordable housing at 20 Sewells Road:

## ***BRONZE DONORS***

***Jodi Hetherington***

for her donation of \$750

***Angus Palmer***

for his donation of \$750

as well as:

***Mary Beth Menzies***

for her donation of \$321.<sup>23</sup>

and

***First Evangelical Lutheran Church***

for its donation of \$202



## **Zero Balance Club**

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, Dorothy Stewart, Lee Harper, Beverly Cote, Mary Chakasim, Maryanne Morningstar, George Toth, Linda Wilson, Agnes Sagetcheway, Brenda Folz, Simone Keshinro, Sarah Recollet, Janet Bellefeuille, Thelma Elliott, David Wiszniowski & Marlene Henry.



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# Christmas Assistance Resource List



While the holiday season is supposed to be a time of goodwill and cheer, it's not always that way for some of us. Gift giving can get expensive, especially when you have a large family. For this reason, there are a number of agencies that offer assistance to families at this time of year.

## Native Women's Resource Centre

191 Gerrard St. E.

- Hampers, toys
- Apply in person as soon as possible

## Native Canadian Centre of Toronto

16 Spadina Rd.

- Hampers, toys, vouchers for Seniors
- Apply in person or by calling (416) 964-9087 ext. 308 as soon as possible
- Must be a member of the Centre

## Miziwe Biik

415 Yonge St., Ste. 1100

- No plans revealed yet, but call (416) 591-9911 for updates.

Other agencies/programs are registered with the City of Toronto's Christmas Bureau. The City recommends that people seeking assistance call the Bureau directly, because it has the most up-to-date information on which agencies are still accepting applications and can assess which agency will best be able to serve your specific needs. It also has a more complete list of all the resources available. Be prepared to have your income information available when you make the call. The Bureau's number is **(416) 392-3601**.

If you so choose, you can apply directly through the various agencies. Here are a few of the larger ones and what they offer.

## Toronto Star Santa Claus Fund

One Yonge Street

- Gift boxes for children up to 12 years old, delivered directly to your home.
- Families receiving OW or ODSP should automatically be on the list to receive a box (unless your address or family size has changed in the last 3 months). To ensure that your name is on the list call (416) 521-9691.
- A limited number of boxes are available to families where the parents are working but still need assistance. To apply for a box call (416) 521-9691.
- Applications also available at various agencies.

## Salvation Army

Various Locations

- Apply between Nov 15-Dec 22
- Vouchers, toys (0-10 years)
- Oriented towards working families
- Call (416) 285-0091 to make an appointment. You must have all your income information available when you make the call.

## The Scott Mission

502 Spadina Ave.

- Hampers, toys (0-12 years)
- Oriented towards working families
- Apply Oct 14—Dec 10
- Phone (416) 923-3916

Please note that there are many other agencies out there that offer help. Call the Christmas Bureau if you require more assistance.

# Knowing Your Maintenance

## Remember the Blackout *and* the Hurricane?!?

### KNOW WHAT TO DO AFTER A DISASTER

Right after an emergency, you may feel confused or disoriented. Stay calm and remember the following procedures:

#### HELP THE INJURED

Help anyone who is injured. Get your emergency survival kit (a stocked first-aid kit should be stored with it).

#### LISTEN TO THE RADIO

Listen to your battery-operated radio for instructions.

#### DON'T USE THE TELEPHONE

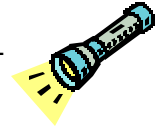
Don't use the telephone unless it is absolutely necessary. Emergency crews will need all available lines.

#### CHECK YOUR HOME

Check for damage to your home. Remember the following points:

- Use a flashlight – don't light matches or

turn on the electrical switches if you suspect damage or smell gas.



- Check for fires, fire hazards or other household hazards.
- Sniff for gas leaks, starting at the water heater. If you smell gas, turn off the main gas valve, open windows and get everyone outside quickly.

**Note: If you turn off the gas, it should only be turned back on by a professional from the gas company.**

- Shut off any other damaged utilities.
- Clean up spilled medicines, bleaches, gasoline and other flammable liquids immediately. Wear protective clothing. For major spills or leaks, call in professional help.
- Confine or secure your pets.
- Check on your neighbours, especially the elderly or people with disabilities.

- Brian Taheny,  
Maintenance Manager

## Terrace Happenings

### From the desk of Milroy Hoosein

- We are sad to report the passing of Emily Hadden, a longtime resident of the Terrace. Condolences go out to her family and many friends here at the Terrace.
- Elder Connections is sponsoring free computer classes for Seniors aged 60+. Students learn Internet, e-mail and MS Word. Some of our tenants attend these classes and greatly enjoy them. For more information contact one of the instructors at (416) 760-0744.
- The Terrace Christmas party will be held on December 12. Your invitations will be arriving soon!
- Welcome to our newest resident, Wayne Logan.



# Terrace Community Kitchen

## Lemon Chicken

### Ingredients:

- 1 cup low-fat sour cream
- 1 tbsp. minced fresh dill
- 1 tsp. lemon pepper seasoning
- 1 tsp. lemon zest
- 4 boneless, skinless chicken breast halves

Preheat oven to 425 degrees F.

Combine sour cream, dill, lemon pepper and lemon zest in a small bowl.

Spray a medium casserole dish with non-stick spray. Spoon 1/4 of the lemon-dill sauce over the bottom. Arrange the chicken breasts on top in a single layer. Pour remaining sauce over chicken. Spread evenly.

Bake uncovered for 30-35 minutes, until chicken is tender and no longer pink.

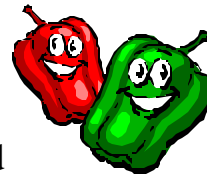
Makes 4 servings.



## Rotini Salad

### Ingredients:

- 12 ounces uncooked tri-colour rotini (4 cups dry)
- 1 cup broccoli florets
- 1/2 cup carrots, cut into matchsticks
- 1/2 cup each chopped sweet red and green pepper
- 1/2 cup thinly sliced mushrooms



### Dressing:

- 1/4 cup plus 1 tbsp. of red wine vinegar
- 1/4 cup apple juice
- 3 tsp. olive oil
- 1 tbsp. each lemon juice and sugar
- 2 tsp. Dijon mustard
- 1 large garlic clove, minced
- 1 tsp. each dried basil and dried oregano
- 1/4 tsp. each crushed red pepper flakes, salt and black pepper
- 2 tsp. Parmesan cheese

Cook pasta according to package directions. Drain. Rinse well with cold water and drain again. Transfer pasta to a large bowl.

Place broccoli and carrots in a small microwave-safe dish with 1/4 cup water. Microwave on high power for 1 1/2 minutes. Drain.

Add pasta along with red and green peppers and mushrooms.

Combine all dressing ingredients in a small bowl. Stir well using a whisk. Pour dressing over pasta and vegetables. Stir well to coat pasta with dressing. Cover and refrigerate for 4 hours before serving.

Makes 8 servings.

Source: [Looneyspoons](#)

### Nutrition Tip

To boost flavour and nutrition in salads, consider parsley. Just one ounce provides 43% of the recommended dietary allowance for vitamin C, 18% of the recommended iron for men (12% for women), plus 1 mg of beta-carotene. Yum!

# Stalking...

## What You Do and Don't Know

### What is stalking?

Stalking occurs when an individual develops an emotional obsession with someone and then targets them with unwanted actions or contact. The majority of stalkers are men and the majority of targets are women. Stalking is used to control, scare or threaten a victim.

Stalking is not a single event but a pattern of actions that makes the person being targeted feel frightened and controlled. Over time, these actions may become more aggressive and dangerous—sometimes even life threatening.



### Actions may include:

- repeated telephone calls, letters or e-mails
- sending unwanted gifts
- showing up uninvited at places the target frequents (i.e. home, work)
- stealing mail
- following, watching, tracking
- threatening harm to the target or their family or friends
- harassing the target's employer and/or colleagues.

- vandalizing the target's car or home
- threatening or harming pets
- physical and/or sexual assault
- kidnapping, holding hostage

### To try to gain control over someone, a stalker might:

- act angry or hostile
- appear caring or, alternatively, jealous
- seem unable to cope with rejection
- feel romantically obsessed
- be vindictive
- threaten suicide
- be preoccupied with power

If you have been, or are being stalked, it's important to remember that it's not your fault. You did nothing to deserve it.

### What you can do:

*Communicate*—if practical, you can communicate with the stalker that you don't want anything to do with them. It's best to do this in writing or by email rather than in person. Once you have done this, avoid any further communication with them.

*Call the police*—contact the police as soon as possible. Ask the police to conduct a risk assessment of your situation.

*Keep records*—keep track of all stalking events and anything the stalker gives you such as letters, emails or gifts.

*Be safe*—develop a personal safety plan.

*Tell people*—tell your family and friends about what is happening to you. Breaking the silence is essential to your safety.

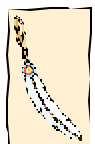
*Know the law*—learn about the law prohibiting criminal harassment and how it can help you. You can get this information from the Ontario Women's Justice Network or the Department of Justice.

### Where to go for help:

The first people to call are the police. But there are also agencies that can help you deal with this problem. The Native Women's Resource Centre is one of them.

The most important thing to remember is to keep yourself safe at all times. Also remember to keep your self-esteem—nobody has the right to make you feel uncomfortable or scared.

Source: "Stalking: Criminal Harassment" by Ryerson University



# Aboriginal History

## How the Dog came to the Indians



Two Ojibwa Indians in a canoe had been blown far from shore by a great wind. They had strayed far and were very hungry. They had little strength left to paddle, so they drifted before the wind.

After a while their canoe was blown onto a beach. At first they were glad, but then they saw some huge footprints, which they knew must be those of a giant. They were afraid and hid in the bushes.

As they crouched low, a big arrow thudded into the ground close beside them. Then a huge giant came toward them. A caribou hung from his belt, but the man was so big that it looked like a rabbit.



Fortunately, the giant told them that he did not hurt people and would like to be their friend. He asked the two lost Indians to come home with him, and since they had no food and their weapons had been lost in the storm, they agreed to go with him.

While the two men were resting at the giant's lodge, an evil Windigo spirit arrived. He told the two men that the giant had other men hidden away in the forest because he like to eat

them. The Windigo pretended to be a friend, but in fact, he was the real one who ate people.

When the giant returned, he would not allow the Windigo to take the two men. The Windigo became very angry, so the giant picked up a big stick and used it to turn over a big bowl.

A strange animal which the Indians had never seen before lay on the floor, looking up at them. It looked like a wolf to them, but the giant called the animal 'Dog.' The giant told Dog to kill the evil Windigo.

The beast sprang to its feet, shook himself, and started to grow, and grow, and grow. The more he shook himself, the more he grew and the fiercer he became.

He sprang at the Windigo and killed him. Then the dog grew smaller and smaller and crept under the bowl.

The giant saw that the Indians were surprised and pleased with Dog. He said that he would give it to them, even though it was his pet. He told the men that he would command Dog to take them home.

The giant took the men and Dog to the seashore and gave Dog a command. At once it began to

grow bigger and bigger, until it was nearly as big as a horse. The giant put the two men onto the back of Dog, and told them to hold on very tightly.

As Dog ran into the sea, he grew even bigger, and when the water was deep enough he swam away from the shore.

After a very long time, the two Ojibwa saw a part of the seacoast which they knew, and the dog headed for shore.

As he neared the beach, he became smaller and smaller, so the Indians had to swim for the last part of their journey. Dog left them by their lodges and disappeared into the forest.

When the men told their tribe of their adventure, the people thought the men were lying. "Show us the dog and we shall believe you," a chief said.

A few moons came and went and then, one morning while the tribe slept, Dog returned to the two men. It allowed them to pet it and took food from their hands. The tribe was very much surprised to see this new creature. It stayed with the tribe.

That, as the Indians tell, was how the first dog came to earth.

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



## 20 Sewells Road Building Development Fund Donors

### *Platinum Donors:*

Bank of Montreal

M. Dimauro  
Construction Ltd.

Pro-Con Construction

RBC Financial Group

TD Bank Financial Group

The Rockport Group

Thermal Edge Vinyl  
Window Installations

### *Bronze Donors:*

Baagwating Community  
Association

Beth Tzedec Synagogue

Valerie Kendall

McLeod's Water Treatment

Mohawks of the Bay  
of Quinte

Ontario Federation of  
Indian Friendship Centres

Trinity St. Paul's  
United Church

Vector Management  
Limited

### *Gold Donors:*

Adams, Masin & Tilley, LLP

Milborne Real Estate Inc.

National Bank of Canada

National Bank Financial

### *Silver Donors:*

RSR Tax Consulting Limited

### *Thanks also to:*

Access Computer  
Solutions Inc.

Church of the Master  
Glen Ayr United Church

Hanuhl Korean  
United Church

Margaret Hefferon

Jim Packard Mechanical-  
Electrical Inc.

John Newman Contracting  
Arnold Minors

Michipicoten First Nation

Ojibways of Sucker Creek

Marion Rethoret

St. Barnabas Catholic  
Church

Serpent River First Nation

## So Long, Kristen!

**(we'll miss you)**

This month Wigwamen bids a fond farewell to Kristen Harder, who has been working with us for the past 8 months as an Administrative Assistant.

During her term here, Kristen served as Wigwamen's front-line woman, handling the telephones and front desk responsibilities.

Although we are sad to see her go, we are happy to report that Kristen has moved on to an exciting new chapter in her life. As of this November, she is a full-time student at Anishnawbe Health and George Brown College, where she is enrolled in the Community Worker Diploma Program.

We know that she will excel at this as she does in every other aspect of her life.

Congratulations, and good luck, Kristen!

# Health Tips

Protect yourself and others from viruses



## Household Hints

What should you do when you feel the first tickle of a cold or flu virus? The following guidelines will help protect others from catching your bug:

- Avoid the workplace and public spaces from the time your symptoms first appear until they have disappeared.
- When you sneeze or cough into a tissue, throw it away afterward and wash your hands thoroughly.
- Stay away from the very young, the very old and anyone with a chronic ailment such as asthma or lung disease.
- Use a sanitizing cleaner on household doorknobs and phones.
- Designate a hand towel in the bathroom for your use only.
- Limit affectionate touches with healthy loved ones until your symptoms have eased up.



Someone around you is sick?  
You can take these precautions to help protect yourself:

- If you have been in contact with someone suffering from a virus, don't touch your nose or eyes until you have washed your hands thoroughly.
- Consider getting a flu shot, now available from your doctor or Anishnawbe Health.

### KITCHEN USES FOR BAKING SODA:

Did you burn your favorite pan? Put 1/2 cup of baking soda in the pan and fill it 1/2 full with water. Set the pan on the stove and let it boil on low until the burnt particles float to the top. Now *that's* a self cleaning pan!

Do you have coffee, tea or cigarette burns on your china and ceramic ware? Just rub the stained sections with a damp cloth that has been dipped in baking soda.

Do you have food stuck on your casserole dishes? Just fill them up with boiling water and add 3 tablespoons of baking soda or salt and let it sit for an hour.

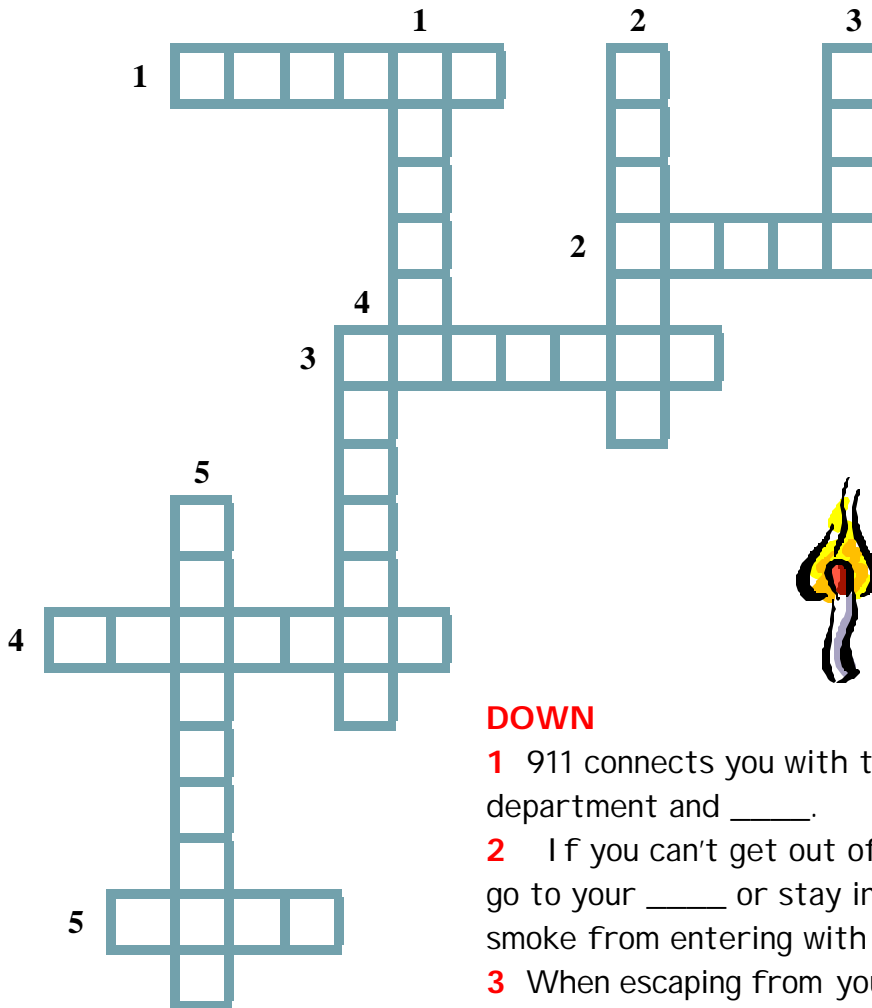
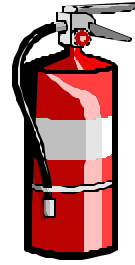
Do you have a clogged drain? Pour 1/2 cup of baking soda over the drain, and then pour a cup of vinegar over it. Let it set for a minute until it foams, then run the hot water or pour boiling water down the drain. You may need to repeat the process. This works in most simple clogs.

Do your counters or stove have stuck on grease splatters or dried food? Sprinkle baking soda on the affected areas, then rub with a wet sponge. Rinse with clean sponge. Repeat if necessary. This also works for countertops that have grape juice or other fruit stains.

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

# Kids' Stuff!

## Fire Safety Crossword



### ACROSS

- 1 Make sure that your family has a home \_\_\_\_ plan .
- 2 If there is smoke in your room, get low and \_\_\_\_ under it.
- 3 Choose a \_\_\_\_ place outside of your home to go in case of fire.
- 4 Never leave the \_\_\_\_ with something cooking on the stove.
- 5 If your clothes catch on fire, stop, \_\_\_\_ and roll.

### DOWN

- 1 911 connects you with the ambulance, fire department and \_\_\_\_.
- 2 If you can't get out of your apartment because of smoke, go to your \_\_\_\_ or stay in your apartment and prevent smoke from entering with wide tape or towels.
- 3 When escaping from your home, \_\_\_\_ all doors before opening them.
- 4 Make sure \_\_\_\_ and lighters are kept out of reach of children.
- 5 Make sure you have a working smoke alarm and carbon monoxide \_\_\_\_ by every sleeping area.

(Answers on back page)

**Answer this riddle!** (Hint: it's a little corny)

You throw away the outside and cook the inside, then you eat the outside and throw away the inside.

(Answer on back page)

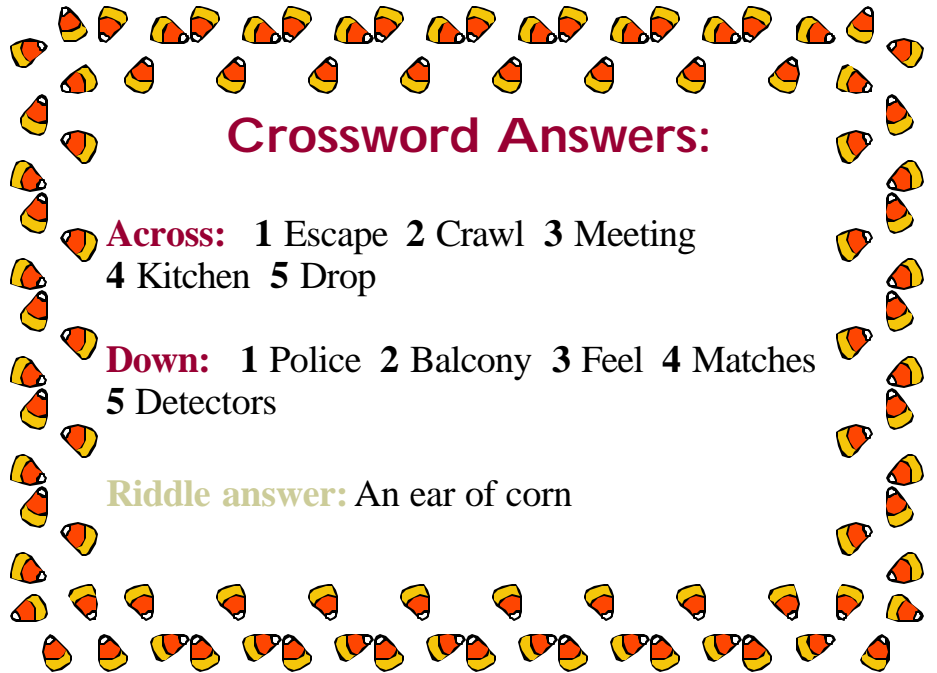
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A Housing Project  
for Native People

www.wigwamen.com



**Crossword Answers:**

**Across:** 1 Escape 2 Crawl 3 Meeting  
4 Kitchen 5 Drop

**Down:** 1 Police 2 Balcony 3 Feel 4 Matches  
5 Detectors

**Riddle answer:** An ear of corn

## Canadian Aboriginal Festival

**10th Anniversary Celebration**  
**November 28-30, 2003**  
**SkyDome**

1,000 international Aboriginal dancers!

Grand Entries will honour the Peacekeeping Units

Saturday: 1 pm and 7 pm

Sunday: Noon



Canadian Aboriginal Music Awards

Friday, November 28, 8 pm.

John Bassett Theatre

255 Front St. W.