



Wigwam to Wigwam

YOUR "HOUSE TO HOUSE" NEWS

Construction Activity Steady in Face of Harsh Winter Weather

Despite often bitterly cold weather, and more snow storms than we would like to think about, construction of 20 Sewells Road, Wigwamen's largest project in a quarter of a century, has continued steadily throughout the winter.

Excavation for the underground garage is now 100% complete; 50% of the catch basins, storm and sanitary drains in the garage area have been laid; 95% of the wall footings have been poured and backfilled throughout the site;

75% of the foundation walls have been formed and poured; and 30% of the support pillars have now been erected in the garage area. Form work for the garage floors is expected to commence any day now.

Pictured below is a view of the site looking east, taken at our latest site meeting on Thursday February 12, 2004. Visit our website, www.wigwamen.com, often to see how Sewells Road progresses.



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Volume 6, Issue 2

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WIGWAMEN INCORPORATED

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Operation Read Heads North

Originally published in the *Toronto Star*, February 6, 2004

Bartleman organizes giant collection

Thousands of books for native children

He grew up poor, the son of a native woman and a white labourer, a family so destitute they lived in a tent beside a village dump in Ontario's North.

But the parents knew one thing might lead their son to a better life: Books. Read all you can, they said, advice James Bartleman says helped him grow up to become a Canadian ambassador, an adviser to former prime minister Jean Chrétien and now the Lieutenant-Governor of Ontario, the first of aboriginal descent.

Which is why Bartleman's heart ached whenever he trav-

elled through the vast wilderness of Northern Ontario in the last two years, visiting native communities so remote no roads connect them to the south.

Everywhere he looked, bookshelves were empty. Thousands of native children, already struggling for hope in places rife with gas-sniffing and suicides, didn't have any books.

"It is a tragedy," says Bartleman, who is part Chippewa and a member of the Mnjikaning First Nation, home to the Rama casino. "Children need books to dream. I'm hoping that I can shame the government into action."

That will begin today, at 9 a.m.

A convoy of nine army trucks and 25 Canadian Forces soldiers will leave CFB Borden to begin an arduous, six-day trek. The convoy will cover thousands of kilometres of frozen muskeg to the edge of James Bay, carrying tens of thousands of used books,



James Bartleman, Ontario's first Aboriginal Lieutenant-Governor, has taken his largely ceremonial role to amazing new heights.

donated from people across Ontario.

The soldiers, reservists on a winter survival mission called Operation Wawatay—Cree for Northern Lights—will need to camp along the way in tents. The final destination: Attawapiskat, a Cree community of 1,500 that is 1,000 kilometres north of Toronto.

But they will be guided through the sub-arctic landscape by aboriginal soldiers, the Canadian Rangers. "We've got 10 tonnes of books to deliver," says Maj. David Scandrett, the commanding officer of the 450 Canadian Rangers in Northern Ontario. "But it's a severe environment. The consequence of failure can be death."

...see **Book Drive** on page 10



Got a donation?

Gently used books for children and young adults can be dropped off at Wigwamen's head office or the Terrace management office until February 27th. We'll deliver them to Queen's Park ourselves!

Remember, every donation counts!

20 Sewells Road Building Development Fund Donor Recognition

A most heartfelt thanks to the following individuals for their donation last month towards Wigwamen's construction of 92 units of affordable housing:

PLATINUM DONOR

Adams, Masin & Tilley, LLP,

previously a Gold Donor, for their additional contribution of \$2,500

BRONZE DONORS

Arnold and Elizabeth May,

for their contribution of \$1,000

And:

Wiggins Paralegal Ltd. for a contribution of \$250



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.

And announcing our newest winners...**Stanley Anglin & Patrick Migwans!**

Knowing Your Maintenance

IF THERE IS A FIRE IN YOUR APARTMENT (PART 1)

This month, I would like to consider the risks of fire.

All residents have a role to play when safety is involved. This is especially true of those who live in apartment buildings, where tenants have a responsibility to other tenants and guests of the building.

Wigwamen has a large responsibility, too. Here at Wigwamen, your maintenance department holds quarterly smoke detector inspections. This is for your safety.

We would like to remind residents to not attempt to remove batteries or switch off smoke detectors—they are there to protect you and your family in the event of fire and are a legal requirement.

Door closers are also very important safety features; they ensure that fire is contained and does not escape to other units or areas of the building. **Never disconnect the arm from your door closer or attempt to keep it wedged open**; this poses a serious risk to you, your guests and fellow residents.

 If, for any reason, your door closer is not working properly, please contact us immediately and we will have it repaired promptly.

 Blocked doorways, hallways, stairwells, etc. pose a dangerous risk. Should a fire occur, people need to get out quickly. Motorized carts, bikes, garbage bags, cardboard boxes, toys, etc., blocking doors, halls or stairways can have dire consequences. It is everyone's duty to remain vigilant at all times. **If you notice anything blocking an exit in your building, please notify us and we will have it removed.**

During our annual unit inspections, we frequently come upon broken door-closers or faulty smoke detectors. **Please contact our maintenance department and advise us of any safety concerns you may have, we will have them corrected immediately.**

Please keep vigilant for safety's sake, and remember these important items:

- **ALL SMOKE DETECTORS MUST WORK.**
- **DO NOT INTERFERE WITH DOOR CLOSERS.**
- **DO NOT BLOCK DOORS, HALLS OR STAIRS WITH GARBAGE OR CARTS.**

If you have any safety concerns please notify us immediately at (416) 481-4451.

Next month, we will continue with more important advice about fire safety.

- Brian Taheny, Maintenance Manager

Your Baby!

Part II



Teething:

Teething will usually start when your baby is between 3 and 7 months old, but don't worry if it doesn't start until later.

Babies are often cranky when they start to grow teeth. Here are a few things that you can do to help:



- Gently rub or massage your baby's gums with a clean finger or the back of a small, cool spoon. Frozen teething rings or a cold cloth may also help.
- If your baby is in pain, you can give an acetaminophen such as Tempra or Children's Tylenol. Always ask a health professional about the correct dosage.

Tooth Decay:

Babies who go to bed with a bottle may develop tooth decay. This is because they swallow less when they're asleep, and so the mouth cleans itself less. Decay can lead to sore teeth, infection and loss of teeth, which, in the long run, can cause eating problems, painful gums, speech problems and many visits to the dentist. Here are a few things that you can do to prevent tooth decay in your baby:

- Clean your baby's gums before the first tooth comes in with a soft cloth wrapped around your finger. When the first tooth comes in, clean it with a soft toothbrush and a tiny amount of toothpaste that does not contain fluoride.
- Hold your baby during bottle feeding.

- Use only water in a bedtime bottle.
- Do not add anything sweet to a soother.
- Try to teach your baby to use a cup before she is 1 year old. Babies as young as 6 months can hold a training cup.
- Do not give sweet foods or drinks to your baby, especially before bedtime.

Diaper Rash:

Most babies get diaper rash at some point; and while it's not serious, it can be uncomfortable.

The following tips will help reduce the incidences and severity of diaper rash:

- Change diapers as soon as you know they are wet or dirty.
- Apply unscented petroleum jelly to the skin of the diaper area to protect and lubricate the skin.
- Clean baby's bottom with water and a soft cloth. Use soap only if necessary, and avoid scented or irritating products.
- Avoid over cleansing with wipes that can dry out the skin. If you choose to use wipes, buy ones that are alcohol-free and unscented.



Call the doctor if the rash has blisters or puss-filled sores, does not go away in 48—72 hours, or gets progressively worse, instead of better, over time.

Now watch your little-one grow, and be proud!

Source: Shoppers Drug Mart

Terrace Community Kitchen



BROCOLLI & WILD RICE CASSEROLE

- 4 cups cooked wild rice
- 2 cups chopped broccoli, cooked
- 1 onion, finely chopped
- 6 oz. cream cheese, softened
- salt & pepper to taste

Stir all ingredients together in a buttered baking dish. Bake in a 350-degree oven for 20-30 minutes. Serves 5-10

Source: www.nativetech.org

CARNE ADOBADO (SPICED PORK)

- 2 cups red chilli puree or 12 tablespoons chilli powder
- 3 pounds fresh, lean pork
- 2 teaspoons salt
- 1 tablespoon oregano
- 2 cloves garlic, mashed

Cut pork into strips. Mix other ingredients, then add to pork strips and let stand in a cool place for 24 hours. Cut meat into cubes and brown in small amounts of

oil. Add chilli sauce and simmer for 1 hour or more. To serve, add more fresh chilli sauce and cook until tender.

Source: The Cooking Post

OJIBWAY MOOSE STEAKS

- 2 lb. moose steak
- Salt and black pepper to taste
- 1 cup bread crumbs
- 1 12 oz. (375 ml) can pasta sauce
- 1 cup grated mozzarella cheese



Season steaks with salt and pepper. Coat steaks with bread crumbs and bake at 350 F for 10 minutes, turning once. Add pasta sauce and cook for an additional 15 minutes. Add mozzarella cheese and cook until cheese is melted. Serves 4.

Source: www.turtleisland.org

GREEN BEANS AND PEPPERS

Ingredients:

- 1 cup low-sodium chicken broth
- 4 cups fresh whole green

- beans or 16 oz. package frozen green beans
- 1 tablespoon margarine
- 1 medium red pepper cut into strips
- ¼ teaspoon garlic powder (optional)
- salt and pepper to taste (optional)
- 2 tablespoons chopped parsley

If using fresh green beans, wash in cold water and snip off the ends. In a medium saucepan bring broth to a boil; add beans and cover. Cook over medium heat for 8-12 minutes. If using frozen beans, time according to package directions.

Melt margarine in a small skillet and add the pepper strips. Sprinkle in the garlic powder. Stir and cook until crisp-tender, about 6 minutes. Drain the green beans.

In a serving bowl, add the cooked beans and pepper mixture; toss. Season with salt and pepper to taste. Sprinkle chopped parsley over the top. Serves 8.

Source: The Three Sisters Cookbook

Health & Nutrition: The Carbohydrate Question



Many of today's popular diets are promoting a low-carb lifestyle as the key to keeping thin and trim. Many dietitians are doubtful of these diets, however, stressing that carbohydrates are an essential element of any healthy diet. And in light of many new research findings, this issue is even more controversial for people of Aboriginal heritage.

Generally, speaking, nutritionists say that 55% of your daily food intake should come from carbohydrates. People who eat foods high in carbohydrates are healthier, with less risk of acquiring of heart disease, digestion problems and certain forms of cancer.

Most experts also say that the best way to control weight is to focus on eating foods that are high in complex carbohydrates and fibre, and low in fat. Weight for weight, carbohydrates offer less calories than fats. The real calorie culprits, they say, are the toppings, spreads and sauces we usually eat with carbohydrates.

However, these beliefs are not held unanimously, particularly when it comes to Aboriginal people. Some experts in Aboriginal health promote a very low-carb diet for Aboriginal people who are at risk for diabetes. Their reasoning is this: North America's Aboriginal people have been subsisting on a high protein diet for thousands of years. Within the last 200 years this diet has changed drastically; high protein content has been replaced by high carbohydrate content. In evolutionary terms, 200 years is a very short period of time. Native people's bodies have not fully developed the ability to metabolize these high levels of carbohydrates—which are composed of various sugar molecules—resulting in high incidences of diabetes.

These experts believe that the key to health for Aboriginal people is to return to natural, low-carb food choices similar to their traditional diets.

Obviously, there is still much more research to be done before there is a clear-cut answer to this question. For now, we must be satisfied

with making up our own minds on which theories we believe, and which work for us. It's a good idea to ask a health professional—preferably one with a solid understanding of Aboriginal peoples' health—for their opinion. To read up on the issue further, you can consult the following resources:

Dietitians of Canada

www.dietitians.ca
(416) 596-0857

Centre for Indigenous Peoples' Nutrition & Environment

www.cine.mcgill.ca
(514) 398-7544

Anisnawbe Health

(416) 360-0486

The CBC's news show, *The National*, did a segment on this topic. To view the online version of the story, visit www.cbc.ca/news/background/food/foodstories.html.

- Melanie Brown

Aboriginal History

The Bear's Tail

In the beginning, when the Great Spirit created the animals, he gave them all long tails...

...and all the animals lived in the woods throughout the winter, and there was plenty of food for all. The fox and the bear were good friends, and the fox was always able to find lots of food, even if the bear occasionally could not.

One cold winter day, the fox saw a young man come to the river, break holes in the ice, and set sinews with bone hooks to catch fish. Then the fisherman took out several large pickerel and placed them on the ice while he left to examine his other tipups. The sly fox quickly dashed down the bank, took the two largest fish in his mouth, and darted back to his den. He thought of his friend the bear who dearly loved fish, and invited him to share the feast. The bear enjoyed the meal. In fact, he ate most of it.

The fox pulled his stunt many more times, and the boy could not understand why his fish were disappearing. The bear asked the fox how he

was able to catch fish so often, but the fox refused to tell. The bear came every day to the fox's den, just in time for a nice meal. Tiring of this, the fox then decided to trick him.

The fox said, "Friend bear, I will tell you how to catch your own fish so that you can enjoy as much of it as often as you like." The bear was overjoyed and asked the fox to tell him at once.

"Well," said the fox, "every afternoon I go down to the river, find a hole in the ice, put my tail in the water, and wait for the fish to bite it. Then I quickly flip my tail out of the water, and the fish flies out onto the ice. I do this until I get all the fish I want."

"That sounds easy," said the credulous bear. "Do you think that I could do that, too?"

"Of course," replied the fox. "Only you must have patience. It takes a little practice."

The next afternoon the bear went to the river, saw the holes in the ice, and lowered his beautiful bushy tail into the cold water. He sat there for many hours, but no fish tugged at or bit onto his tail. He

remembered what the fox said about being patient, so he stayed there the whole night waiting for a bite.

The following morning the boy came with his dogs to check his tipups. He was very surprised to see a huge bear sitting over one of the holes.

The frightened bear saw the boy and the dogs and started to run away. To his horror, he found that his tail was frozen to the ice and was trapped there. The dogs were coming towards him, snapping and snarling, and the boy was fitting an arrow to his bow. The bear's life depended upon his escape, so he strained with all his might and gave a powerful jerk. A searing pain went through his whole body, but he was free. He dashed away through the trees to his den. Unfortunately, he had left most of his beautiful tail still frozen in the ice, and was left with only a stump.

Ever since then, bears have had short tails. Now they fish only when the streams are clear of ice, and use their huge paws to scoop out the fish.



Source: [Tyendinaga Tales](#)

20 Sewells Road Building Development Fund Donors

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The Rockport Group
The Starr Group

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your support!*

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Serpent River First Nation
Brian Taheny
Wayne Vincent

Book Drive... Continued from page 2

This is the first part of Bartleman's dream of sending up to 200,000 books to 10,000 children in 32 aboriginal communities, places only reachable by temporary roads in the depths of winter, when the muskeg and rivers freeze.

The book drive began on Jan. 12, when the Lieutenant-Governor put out a statement describing the plight of the northern children and asked for people to send their old books to him at Queen's Park. Within days, it became obvious Queen's Park would be buried in books. Bartleman asked the Ontario Provincial Police for help. The force set up bins in all its detachments.

It's expected that 200,000 will be collected by the time the drive ends Feb. 29. The Toronto Fire Department collected 75

boxes of books. Whitby's Cheryl Wallace organized a drive and collected 23,000.

But it was children from the south who were particularly touched by their counterparts in the North.

From Kitchener, Hunter Le Truong-Nguyen, 8, donated 500 of her own books. In London, Tim Ebbs and Brent Greenway, Grade 6 students from Westmount public school, organized a book drive that netted 7,000. "I don't know how you can live without reading," Ebbs, 12, told the London Free Press. "When we heard so many people up north don't have any books, we just thought we should do something."

The book drive isn't costing taxpayers a dime, other than the cost of the Lieutenant-Governor's plane on his northern visits. The army convoy is part of an annual mission to resupply the Canadian Rangers patrols, spread out across the

North. The OPP and the aboriginal Nishnawbe—Aski Police Service is donating their time and will fly in the books to communities only when they have cargo space that wouldn't otherwise be used. The Lieutenant-Governor is donating the royalties from his own biography to pay the few thousands dollars spent on boxes and tape.

Why did it take a man holding a largely ceremonial office to fix what should have been the job of the provincial and federal bureaucracies that oversee the welfare of natives?

Bartleman says he's not interested in blaming people. Nor is North. "This is really amazing," says Mike Metatawabin, Chief of the Fort Albany First Nation. "A big thanks to everyone down south for opening up their book shelves like this."

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Torstar Syndication Service

Did You Know?

Bingo Builds Better Brains...



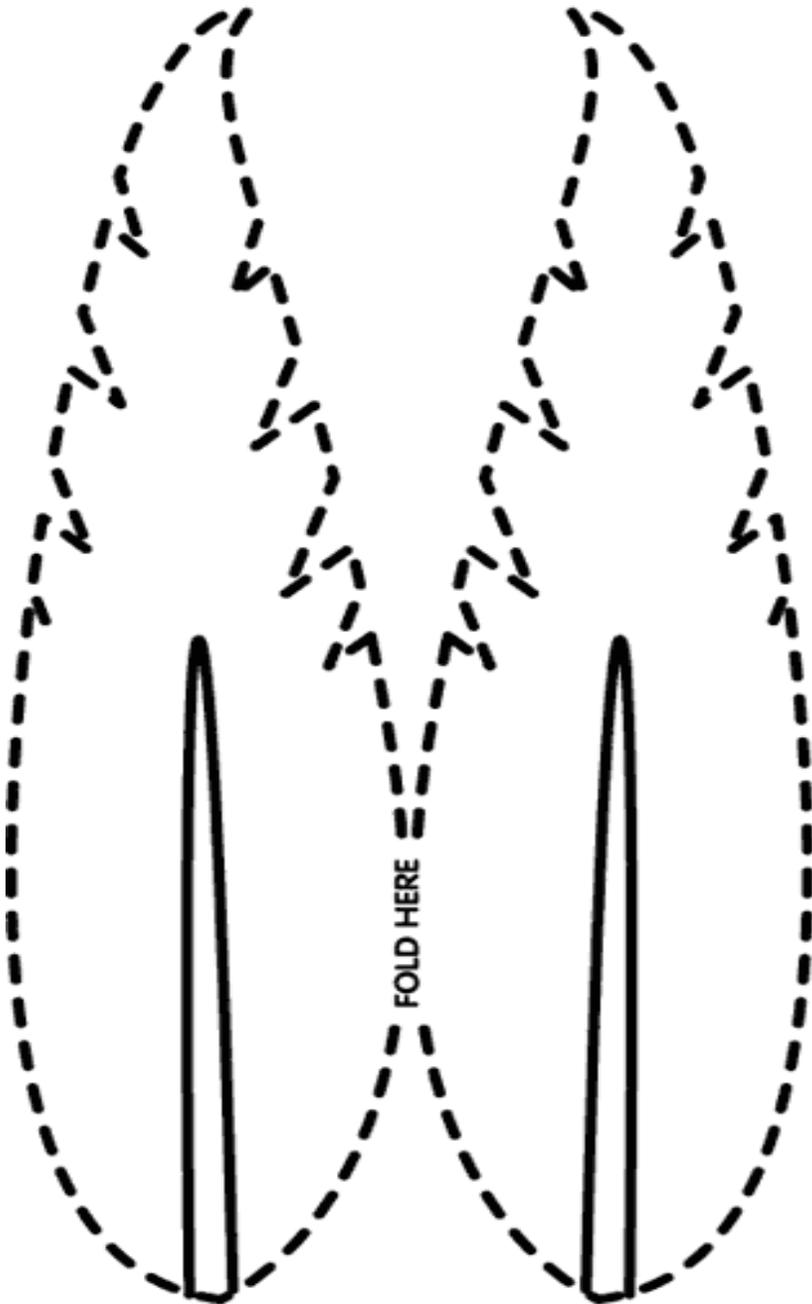
Studies conducted by a scientist at an English university show that Bingo players score higher than non-players on tests of mental agility. Bingo players were faster and more accurate on tests measuring mental speed, the ability to scan one's environment for information and memory for previously seen items. Older players did better than younger ones in the accuracy department.

Source: *Today's Health and Wellness*

Kids' Stuff!

According to First Nation's mythology, the Eagle is the trusty messenger of the High Spirit.

Create your own eagle's quill pencil to send your wishes to the High Spirit!



1. *Colour the feather.*
2. *Cut it out and fold it around a crayon or pencil.*
3. *Tape into place.*

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A Housing Project for Native People

www.wigwamen.com

A Prayer for Middle Age

Now I lay me
Down to sleep.
I pray the Lord
My shape to keep.

Please no wrinkles
Please no bags
Please lift my butt
Before it sags.

Please no age spots
Please no gray
As for my belly,
Take it away.

Keep me healthy
Keep me young,
And thank you Dear Lord
For all you've done.

Submitted by Bill Kinoshameg

FREE INCOME TAX CLINICS

The following agencies offer free income-tax clinics for people living on low incomes. Usually the clinics are held on specific evenings, and you may require an appointment. It's always best to call ahead. This list is not comprehensive; for a complete list contact 211 Toronto, by dialing 2-1-1, or log onto their website at www.211toronto.ca.

Central

The Lighthouse Community Centre
1008 Bathurst Street (Bathurst-Dupont)
416-535-6262

Native Canadian Centre—Senior's Program
16 Spadina Rd.
416-964-9087, ext. 341 (seniors only)

West

Community Information Centre for the City of York
2696 Eglinton Ave. W. (Eglinton-Keele)
416-652-2273

York Community Services
1651 Keele St. (Keele-Rogers)
416-653-5400

East

Central Neighbourhood House
349 Ontario St. (Parliament-Gerrard)
416-925-4363

Neighbourhood Centre
91 Barrington Ave. (Main-Danforth)
416-698-1626

Coping in Tough Times
81 Gilder Dr. (Midland-Eglinton)
416-266-4596

North

North York Women's Centre
201 Caribou Rd. (Bathurst-Lawrence)
416-781-0479