



Wigwam to Wigwam

YOUR "HOUSE TO HOUSE" NEWS

Book Drive Success Makes Little Readers out of Northern Kids

March 2004

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The Lieutenant Governor's Book Program ended on February 29, bringing in a total of over half a million books for First Nations' schools in Ontario's north.

James Bartleman, whose vision of a brighter future for Aboriginal children fueled the drive, said that the results far surpassed his expectations. As a result, many more communities than had originally been targeted will be receiving contributions to their school libraries.

The first communities to receive their books are remote Cree, Oji-Cree and Ojibway First Nations without permanent road access in the wintertime. The convey deliveries have already started and will

continue over the next few months.

During recent visits up north, Bartleman despaired to see row upon row of empty shelves in First Nation's schools. This is because most First Nations cannot afford to pay the high freight charges associated with importing books up north.

Fortunately, the Canadian Rangers, the largely Aboriginal reserve unit of the Canadian Armed Forces, along with the Nishnawbe-Aski Police and the OPP have stepped in to cover transportation.

Wigwamen conducted a mini book drive of its own, and with tenant and staff contributions, managed to collect a box-full of picture books and novels, which were delivered to Queen's Park at the end of February.

- Melanie Brown

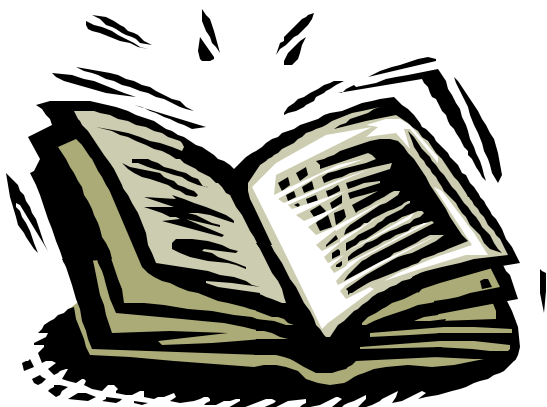
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Knowing Your Maintenance

If there is a fire in your apartment (part 2)



Learn what to do if a fire breaks out in your building. This information contains general advice for tenants of buildings that are three storeys or higher.

If the fire is in your apartment:

- Tell everyone in your apartment to leave
- Close all doors behind you
- Pull the alarm on your floor and yell 'fire'
- Leave the building using the nearest stairway
- Call the fire department when you are safe
- Meet the firefighters at the front entrance and tell them where to find the fire

When you hear the alarm

Most of the time, the best thing to do in a fire is leave the building as soon as possible. But in some cases you may not be able to leave and you may have to stay in your apartment. In either case you must act quickly. No matter what your decision, you must protect yourself from the smoke.

If you leave the building

Check the door to your apartment. If smoke is entering from around the door, do

not open it.

If there is no smoke, brace yourself and open the door a little. If you see smoke or feel heat, close the door quickly and protect yourself. If the corridor is clear, take your keys, lock your door, and go to the nearest stairway.

DO NOT USE THE ELEVATOR!

Open the nearest stairwell door carefully. If there is no smoke, use the stairway to leave the building. If there is smoke, close the door. Go to another stairway and try again. If there is no smoke there, use that stairway to leave the building.

If there is smoke, do not enter. If there are no other stairwells to try, return to your apartment and protect yourself from the smoke.

If you are already on your way down the stairs and you detect smoke, leave that stairway as soon as you can. Return to your apartment if you can, or go into any corridor and bang on another apartment door until you find a place to take shelter.

Never go to the roof. Smoke usually rises to the top of the stairway. Doors opening onto the roof are often locked and you could be trapped.

Remember, wherever you are, if there is smoke, crawl low under it. The air is cleaner near the floor.

If you stay inside

You must protect yourself from smoke. Stay in your apartment until you are rescued or until you are told to leave. This may take a long time. Do not try to leave your apartment for a long time after the alarm has sounded. The longer you wait, the more risk there is that heavy smoke will have spread into stairways and corridors. Your chances of survival are less.

Keep smoke from entering your apartment. Use duct tape to seal cracks around the door and place wet towels at the bottom. Seal vents or air ducts the same way.

If smoke enters your apartment, telephone the fire department, tell them where

Continued on back page...

20 Sewells Road Building Development Fund Donor Recognition

This month, we thank the following donors for their contributions towards our new affordable housing project at 20 Sewells Road:

GOLD DONOR

Dupont Plumbing & Heating,
for their contribution of \$3,000

BRONZE DONOR

Appliance Canada,
for their contribution of \$750

And:

Lynne Vallis, for her contribution of \$200



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, Stanley Anglin & Patrick Migwans!

A boriginal History

First Nations' Dolls

Many people do not realise that the First Nations have been making dolls for generations upon generations. This is because very few examples of early dolls have survived, because they were usually made from natural materials which decomposed over time in our temperate climate.



There is great variation among the styles of dolls, varying according to region and available material.

The Six Nations people from the Lake Ontario region commonly made dolls from corn cobs and husks, because they cultivated corn. As early as the eighteenth century, the Algonquin people created dolls with the head and hands made out of beeswax. And the Plains tribes made leather dolls decorated with porcupine quillwork.

When European beads became available after 1840, these replaced quills. Similarly, when China head dolls were made available through trade, these were sometimes dressed in Native clothing. This shows how Native handiwork re-

flected outside influences.

This tradition was practiced by the Inuit as well. In fact, the oldest dolls found in Canada were made by Inuit living at Brooman Point, on Bathurst Island, about a thousand years ago.

Young Inuit and many First Nations girls were given dolls and encouraged to make clothes for them to develop their sewing skills. Sewing, especially for the Inuit, was a vital skill, where the making of weather-proof clothing was essential to survival.



Dolls were often used as charms or amulets. Inuit hunters sometimes mounted a small doll on their boats to bring them luck.

Today, the tradition continues.

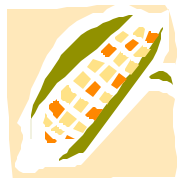
Source: www.civilization.ca

Terrace Happenings

- Catholic mass is now being held every Friday, from 10:30 a.m.—11:30 a.m. in the chapel. Everyone is welcome.
- Smoke and carbon monoxide detector inspections will now be taking place on a quarterly basis. We thank tenants for their cooperation.
- Security is getting better and better! We have installed a total of 4 new cameras, inside and outside the building, and there are more to come.

Terrace Community Kitchen

CONFETTI CORNBREAD



- canola cooking spray
- 1 1/2 cups unbleached all-purpose flour
- 1 1/2 tbsp. baking powder
- 1/2 tsp. chilli powder
- 1 small red bell pepper, seeded and minced
- 1 jalapeno chilli pepper, seeded and minced
- 1 3/4 cups plus 2 tbsp. non-fat milk
- 3 tbsp. canola oil
- 2 large egg whites
- 1 11 oz. can no-salt-added, no sugar added corn kernels, drained.

Preheat oven to 400 degrees F. Lightly coat a 13x9 inch metal baking pan with cooking spray.

In a large bowl, combine cornmeal, flour, baking powder and chilli powder. Add the bell pepper and chilli pepper. Toss to combine.

In a medium bowl, beat together milk, oil and egg whites. Stir into dry ingredients. Then fold in corn. Do not over mix.

Spoon mixture into prepared pan and smooth the top with the back of a spoon. Bake until golden, about 30 minutes, until a tester inserted in the middle comes out clean. Cool in pan on a rack.

Source: www.diabetic-recipes.com

BANANA FINGERS

- 1/2 ripe banana
- 1 tbsp. fresh orange juice
- 1/4 tsp. ground cinnamon
- 1 slice whole wheat or oatmeal bread, toasted

Preheat broiler. With a fork, mash bananas with orange juice and cinnamon. Spread on one side of toasted bread.

Place under broiler until bubbling and lightly browned.

Cut into small fingers and serve.

DIABETES FACT BOX

- ♦ over two and a quarter million Canadians are estimated to have diabetes
- ♦ about a third of adults with diabetes are unaware that they have it
- ♦ the two population groups at highest risk of diabetes are:
 - Seniors—10% of Canadians aged 65+ have diabetes, compared to 3% of those aged 35 to 64
 - Aboriginal people—type 2 diabetes rates are 3 to 5 times higher in Aboriginal communities than in the general population
- ♦ if present trends continue, type 2 diabetes will increase in Canada due to the aging of our population and rising obesity rates
- ♦ diabetes is controllable

Tenant Counsellor's Corner

By Jodi Hetherington

It is extremely important that all tenants be aware of Wigwamen's guest policy. The number of people living in your household affects the amount you receive for your rent subsidy. Therefore, having unauthorized people living in your home could cause you to lose your subsidy or even be evicted.

Here is a summary of the guest policy:

Tenants are allowed to have guests stay at their unit for up to 2 weeks without gaining the permission of Wigwamen. If a tenant would like to have a guest stay longer than 2 weeks, they must write to the Tenant Relations Officer/Terrace Manager, stating the length of time they wish their guest to stay.



ager agrees to the stay, they will respond in writing, stating the agreed-upon length of stay that is permitted. At the end of the specified time frame, the Tenant Relations Officer/Terrace Manager will check to ensure that the guest has left. If the guest wishes to stay beyond that time frame, they may apply to become tenants. At that time they would be required to fill out an application and provide proof of their income. If it is determined that they are not eligible for RGI subsidy, their application will be refused.

If a guest continues to stay without the permission of Wigwamen, that tenant's subsidy will be cut off with 90 days' notice.

The Tenant Relations Officer/Terrace Manager may refuse a request if:

- it appears as if the guest has no intention of moving out at the end of the agreed upon stay; or
- staff or other tenants have complained about the guests' behaviour, and those complaints have been found valid.

If the Tenant Relations Officer/Terrace Man-

The tenant is responsible for their guests' behaviour at all times.

If the tenant moves out, the guest must move-out, too. Any guests remaining in the unit after the lease-holding tenant moves out, will be removed.

Failure to adhere to the guest policy could result in tenants losing their rent subsidy.

LEASE EXERPT:

“[The tenant agrees] not to allow any other person to occupy the leased premises without the prior written consent of the Landlord.”

20 Sewells Road Building Development Fund Donors

Platinum Donors:

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& Tilley, LLP

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*Together, we're
building 92 units
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Household Hints

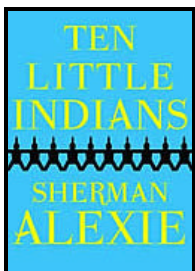
Making the Most of Your Living Space

Have a small living room? You can make it seem bigger by following a few of these helpful hints.

- Paint the walls and ceilings a ‘cool’ colour (blue/green shades). If you use a lighter colour on the ceiling than on the walls, the room will appear larger. Using a combination of matte and glossy finishes is ultra chic. Use matte for walls and glossy for the doors, windows and wall mouldings. Be sure to stick to the same colour family, and remember, you have to get written permission from Wigwamen before you paint your unit *any* colour.
- If you have window treatments, try moving them up to the ceiling to give the impression of height in the room. Letting a small amount of fabric puddle on the floor is most elegant—just like you, dahhling!
- Using over-scaled objects such as dividing screens, picture frames and patterns can make a room appear larger and more modern.
- When arranging your furniture, always place the entertainment centre first, as this is usually the largest item. Then group the rest of the furniture around it.
- Place the sofa across from the television, and place a chair next to the sofa. You can angle it toward the television when watching TV, or toward the couch for conversation. If you have room for another chair on the other side of the sofa, it would help provide a nice balance.

Source: www.ivillage.com

Book Review



Ten Little Indians

By Sherman Alexie

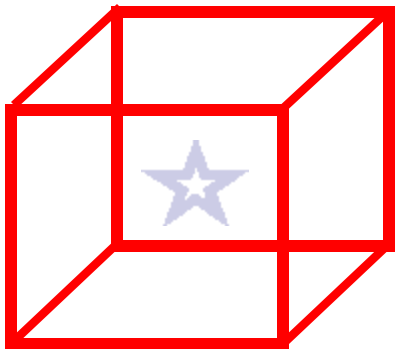
This collection of short stories offers a glimpse into the lives of nine individuals, each different in personality and station, but sharing the same experience of being Native in “white” North American society.

The stories in share the characteristic of be-

ing both funny and sad at the same time, as demonstrated by “What You Pawn I will Redeem,” in which a homeless man tries to come up with \$1,000 in 24-hours to buy back his grandmother’s stolen regalia, which he discovers on display in a pawn shop.

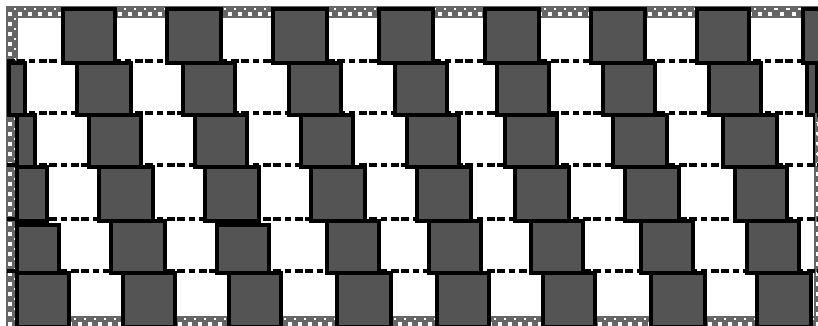
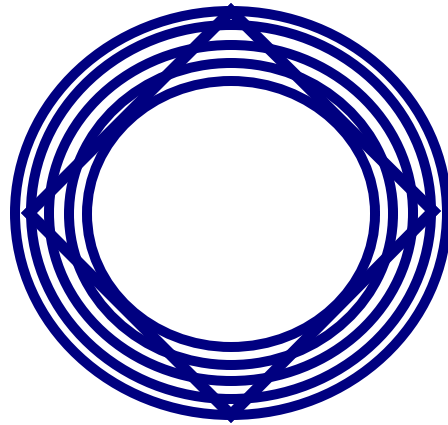
One might wonder why, given its title, the book contains only nine stories. Perhaps, given how personal the stories seem, the tenth ‘little Indian’ is Alexie himself.

EYE ILLUSIONS



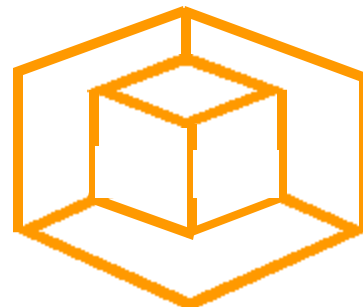
Which side of the box is the star on?
Is it in the front or on the back of the box?
Is it suspended in the middle?

Is the square bent?



Are the
dashed
lines
straight?

Is there a corner missing or
is there a small box in front
of a large box?



Wigwamen Incorporated

25 Imperial St., Ste. 310
Toronto, Ontario
M5P 1B9

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

A Housing Project
for Native People

www.wigwamen.com



Quite Quotable

“A positive attitude may not solve all your problems, but it will annoy enough people to make it worth the effort.”

- Herm Albright (1876 - 1944)

“Live in such a way that you would not be ashamed to sell your parrot to the town gossip.”

- Will Rogers (1879 - 1935)



Fire Safety...Continued from Page 2

you are and then move to the balcony and close the door behind you.

If you don't have a balcony, go to the most smoke-free room, close the door and seal it with tape and towels. Open the windows for fresh air.

Show your rescuers where you are by hanging a sheet from the window or balcony.

Keep low to the floor where the air is cleaner. Listen for instructions from authorities.

For more information to help you survive a fire, please call your local fire department.

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, a 24-hour service.

Brian Taheny, Maintenance Manager
Source: The Office of the Fire Marshal of Ontario