

WIGWAM TO WIGWAM

YOUR HOUSE TO HOUSE NEWS

APRIL 2010



April Fools Day!
April 1st



EARTH DAY
is April 22nd



April showers bring May flowers...



OFFICE CLOSURE:

Please be advised that the office will be closed for Easter holidays on:

Friday, April 2, 2010



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IN THE NEWS

Plex provides rare Aboriginal voice to hip hop

Brainstorm is the solo debut album from Alberta artist Plex.

Plex wants to live in a country that trades on multiculturalism to pay more attention to the plight of its Native communities.

The Edmonton-born, Toronto-based MC and founding member of hip-hop collective Won 18 (and brand new dad) delivers that message on his solo debut, *Brainstorm*. The collaborative, eclectic and always confident grassroots collection range from relaxed to raging, taking aim at the rough lives of Native peoples and a public that does not see it.

Call hip hop the perfect medium to give the voiceless a way to say something, argues Plex (a.k.a. Doug Beardard, the son of an Ojibwa mother and Ukrainian-Romanian father).

"A lot of aboriginal people, especially in Canada, grew up in low-income areas," says Plex. "A lot of hip hop was based on that, especially in the poorer areas of New York.

It's relatable for us. It's changed a lot over the years and become a lot more sugar-coated, but I think people are still looking for something that actually says something."

Well, somebody's got to, especially when discussing the impact of oilsands in northern Alberta on Native peoples, a subject near and dear to Plex's heart. As a former insulator on a rig, he says he saw first-hand the environmental and social devastation they brought. Not so easy to find people who will listen, however, when the province depends on the money flowing out of them.

"I don't think it serves the media any good to push it that much, especially in a province where the oil industry controls so much," he says. "But the devastation is across the board. People are getting sick. A place like Fort Chipweyan; people have been living there for generations and they're getting these weird cancers that only one in a million people get and you get several cases in one small region."

In the meantime, Plex will continue to foster grassroots rappers with his music label New Leaf Entertainment, and encourage aboriginal culture into mainstream circles with The Plex Show — an Aboriginal Voices Radio program profiling indigenous talent that airs across Canada on Friday nights. It's about breaking down the barriers between cultures, he argues, something Canadians need to do if we're going to call ourselves truly multicultural.

"Growing up, there was that separation. We were always pushed to one side," he says. "It always made me feel awkward and ashamed about it. But we shouldn't feel like that. What has been happening is good, but we're only beginning to fine-tune that stuff."

By Brian Towie

Printed by Metro Canada.

March 2, 2010

Native Canadian Centre of Toronto

THE BREAKFAST PROGRAM

**has now begun at the
Native Canadian Centre of Toronto**

Monday to Friday

8:00am to 9:00am

16 Spadina Rd. (416) 964-9087



Breakfast is available free for the community and homeless





FIRE SAFETY TIPS

1. Install and maintain smoke alarms

- ▼ Smoke alarms warn you of a fire in time to let you escape.
- ▼ Install smoke alarms on every level of your home, especially near each sleeping area.



- ▼ Test smoke alarms regularly and follow the manufacturer's instructions.
- ▼ Replace weak or dead batteries immediately with new ones.

4. Smoking is hazardous

- ▼ Use deep ashtrays and put water on cigarette butts before putting them in the trash.
- ▼ Never smoke when you are in bed, feel drowsy or while on medication.
- ▼ Check under and around sofa cushions for smouldering cigarettes before going to bed.



2. Plan and practice your escape

- ▼ Prepare and practice a fire escape plan with every member of your household.
- ▼ Look for two ways out of each room.
- ▼ Arrange an outside meeting place and a safe location to call 9-1-1.
- ▼ If you live in a multi-storey building, in the event of fire, don't use elevators.

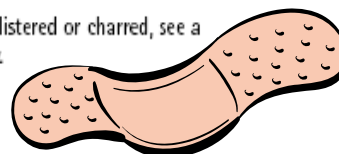
5. Be careful when cooking



- ▼ Be alert when you cook, and keep children out of the way.
- ▼ Don't wear loose fitting clothing and be careful not to reach over hot burners.
- ▼ Never leave cooking unattended.
- ▼ If a pot catches fire, cover it with a lid to smother the flames and turn off the burner.
- ▼ Keep pot handles turned inward.

8. Cool a burn

- ▼ If someone gets burned, immediately run cool water over the wound for 5 to 10 minutes to ease the pain.
- ▼ If the burn is blistered or charred, see a doctor immediately.



3. Space heaters need space



- ▼ Keep portable and space heaters at least 1 metre (3 feet) from anything that can burn.
- ▼ Never leave heaters on when you leave the house or go to bed.
- ▼ Keep children well away from heaters.

6. Matches and lighters are for adults

- ▼ Keep matches and lighters out of reach of children.
- ▼ Teach children that matches and lighters are for adults and are not toys for children.



7. Use electricity safely



- ▼ If an appliance smokes or smells like it is burning, unplug it immediately and have it repaired.
- ▼ Check all of your electrical cords and replace any that are cracked or frayed.
- ▼ Don't overload electrical outlets or run extension cords under rugs or carpets.
- ▼ Don't tamper with fuse boxes or use fuses of improper size.

9. Stop, drop and roll

- ▼ If your clothes catch fire, don't run.
- ▼ Stop where you are and drop to the ground.



- ▼ Cover your face with your hands and roll over and over until flames are smothered.



KITCHEN FIRE SAFETY



Be alert about cooking habits

- ▼ Keep pot handles turned toward the back of the stove.
- ▼ Avoid loose sleeves while cooking; loose clothing could catch fire.
- ▼ Never leave food that is cooking unattended on the stove.
- ▼ Avoid storing frequently used items above the stove where you may be burned reaching for them.

In case of a grease or pan fire

- ▼ Turn off the stove. Smother flames with a pot lid or larger pan, if possible. Protect your hand with an oven mitt or wrapped dish towel.
- ▼ Use an approved portable fire extinguisher only if you are familiar with its safe operation.
- ▼ Never throw water or flour on a grease fire.
- ▼ In case of an oven fire, close the oven door and turn off the oven.
- ▼ Never touch or attempt to carry a flaming pot. The contents may spill, spread or burn you.
- ▼ If the fire is not brought under control immediately, get you and your family out and call 9-1-1.



What if I accidentally make contact with a flame or hot surface?

- ▼ If your clothing catches fire, stop where you are. Drop to the ground. Roll back and forth to put out the fire.
- ▼ Immediately apply cool running water to a burn for 5 to 10 minutes to reduce pain and to avoid further skin damage. Seek immediate medical attention if blisters appear or skin is charred.

How safe is my microwave oven?

- ▼ Microwave ovens are safe appliances, but if you accidentally place a twist-tie or other piece of metal inside, electrical arcing may occur and pose a danger.
- ▼ In case of fire, unplug the microwave and don't open the appliance door until the flames are completely out.

Too hot to handle: Putting a lid on kitchen fires

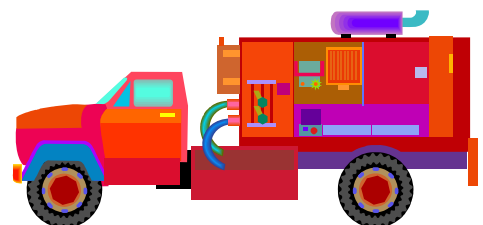
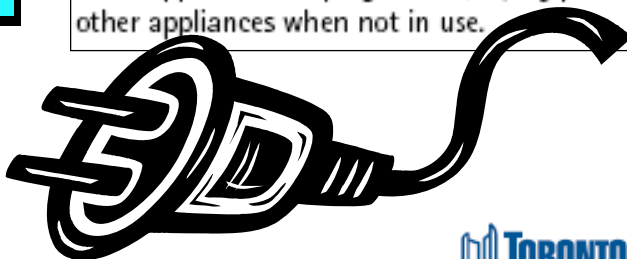
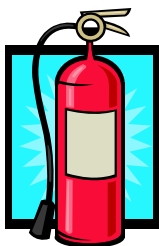
More fires start in the kitchen than any other room in the home. In fact, careless cooking is one of the leading causes of fire-related deaths. The majority of kitchen fires begin with cooking equipment such as stoves and microwave ovens.

What other steps can I take to prevent kitchen fires?

- ▼ Make stove controls easy to read from a distance. Mark the "off" position with a bright red dot.
- ▼ Examine cords and plugs on stoves, ovens, toasters, coffee makers and other cooking devices, for signs of cracking or fraying.

Prevent kitchen fires

Keep your stove and oven clean. Built-up grease and food particles are easily ignited. Keep combustibles such as curtains, dish towels and newspapers away from the stove, oven and all other appliances. Unplug kettles, frying pans and other appliances when not in use.



Wigwamen Program Updates from Carla

Book of the Month Program

I wanted to let all the families know that Owlkids generously donated 50 copies of one of their books to the program. The book is called "*Animals At The Edge*"

by John Baillie and Marilyn Baillie.

The book covers many facts on the rarest creatures in the world. Many of our children, from ages 7 to 9 years old, will be receiving it for the month of March.



New Mother Program

Congratulations to Robin Jacko for her new bundle of joy. She recently received a basket of baby supplies from the New Mother Program. Wigwamen Incorporated would like to wish you all the best for you and your baby.



“I Am” By Jessie Dostert



★★
**Here is a
wonderful
submission
from one of
our talented
tenants!**

**I am an Aboriginal
Simple and original
My roots in this land
Our proud Native band
Canadian through and through
From Ojibwa to Sioux**

**I am the east and the west
The song in your chest
The early morning dew
The drift of a canoe
For this I feel blessed
And I welcome you as my guest**

**Our struggle is profound
But our culture is strongly bound
Any challenge I can endure
Because my blood runs pure
So young and so free
From the great nation of Cree**

**I am the mountains great and tall
The longing in a lone wolf’s call
So long we waited
Tired and frustrated
Now a new nation rises
People of all shapes and sizes**

**We are Canadians, and proud to be
Everyone from sea to sea
Come together and make amends
If everyone knew how to be friends
We could make the World a better place**

**If you would
like to see your
work here...
please see page 8
for more details!**

Calling all young artists...

Each month we would like to include a piece of artwork or writing (including poems, short stories, etc.) in our newsletter to highlight talent amongst our youngest tenants!

If you are between the ages 5 and 13 and would like to contribute your work to our monthly newsletter please contact Danielle Powell at (416) 481-4451.

PLEASE NOTE: Submissions must be no bigger than 5 1/4" x 4 1/4" (approximately half a piece of paper) and should include your name, address and age on the back of your work.



We look forward to seeing all of your wonderful submissions!

Check back each month to see if your artwork or writing is printed in the newsletter!



YOUR "HOUSE TO HOUSE" NEWS

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