



Toronto: A Truly Global Village

With the recent visit of the International Olympic Committee (IOC), the talk of the town lately has been of Toronto as the site of the 2008 Olympics. If Toronto was chosen for this event, we would play host not only to athletes, trainers and Olympic officials from every corner of the globe, but to tens, and possibly hundreds, of thousands of international spectators and fans as well. Needless to say, for two weeks our city would be a virtual cornucopia of different nationalities, cultures and languages.

But do you realize just how multicultural Toronto is already, even without hosting the Olympics?

Within the past forty years, Toronto has gone from approximately 3% of the population being a visible minority to more than 50%. In fact, there are more visible minorities in Toronto than there are people in Saskatchewan, Manitoba, or any of the Atlantic provinces!

Every year, more than 70,000 new immigrants and refugees arrive in the city and this accounts for more than 92% of the city's total growth.

In 1999, the most common countries of origin for new immigrants to Toronto included: China, India, Pakistan, Sri Lanka, Iran, South Korea, Philippines, Russia and Jamaica. With citizens originating from 169 countries around the globe, more than 100 languages are spoken by residents

Inside this issue:

Household Hints	2
Terrace Community kitchen	4
Terrace Happenings	5
Lease Excerpts	6
History Dates to Know	7

Special points of interest:

- *Elder Abuse*
- *Who's Who at Wigwamen*
- *Zero Balance Club*
- *Anishnawbek History*
- *Wigwamen's Fun Page*

Toronto: A Truly Global Village continued from pg. 1.

of Toronto. The top three foreign languages spoken in the city are Chinese, Italian and Portuguese.

Although it is still only a small portion of the city's ever-increasing population, the number of Aboriginal people in Toronto is also increasing.

While Census Canada estimates that there are approximately 17,000 Aboriginal people in Toronto, social service agencies which work directly with the Aboriginal

population of the city claim the number is actually closer to 85,000.

The number of Aboriginal people in other urban centres in Canada is also on the rise. In fact, based on current population trends, Aboriginal people may be heading to majority status in places like Winnipeg, Saskatoon, Regina and Edmonton within the next 25 to 50 years. What this means is that in those cities, Aboriginal people will form *more than half* the total population. This will

certainly have an impact in terms of pressuring governments to address various social and political issues.

Needless to say, interesting times are ahead...



Adene Kuchera

Household Hints

Mirror Cleaner

Most window cleaners are for windows, not mirrors. They contain ammonia and/or vinegar, both of which will harm silver in the mirror, especially at the edges. When this occurs it is called "black edge."

As well, Windex and other window cleaners contain wax which makes the surface slick so that dirt

won't stick. This is a fine for windows, but the wax has a tendency to build up and since mirrors are reflective, it is more easily seen on them than on clear glass.

The recommended home-made formula for cleaning mirrors is 50% rubbing alcohol and 50% water.

This works great and you won't get the filmy build-up

from using regular window cleaners.



Elder Abuse

Elder abuse has many definitions. It is most often defined as an action by a person in a position of trust which will cause harm to an elderly person. Harmful actions by strangers are also considered to be elder abuse.

The incidence of elder abuse is unknown. One estimate for the United States places the number of seniors abused or mistreated at 1.5 million a year. The figure may be much higher since elder abuse is often not reported. In any event, with a rapidly growing elderly population, the incidence can be expected to increase.

Who are the victims of elder abuse?

Although elders who have mental and physical disabilities are at the greatest risk, elder abuse can happen to anyone. More women than men live to be elders, but both sexes are equally at risk for abuse. Some older adults are abused by their spouses or by their children, others by caregivers in institutions. As with other types of abuse, those who abuse elders usually keep the victim isolated.

What types of elder abuse occur?

There are two categories of elder abuse:

1. Domestic elder abuse: maltreatment of an older person by someone who has a special relationship with the elder (spouse, sibling, child, friend, caregiver).
2. Institutional elder abuse: maltreatment of an older person that occurs in residential facilities for older persons (nursing homes, group homes, board and care facilities).

There are at least five types of elder abuse:

1. Financial or material exploitation: the illegal or improper use of elderly person's funds, property, assets.
2. Emotional/psychological: the infliction of anguish, pain or distress through verbal or non-verbal acts.
3. Neglect: the refusal or failure to fulfill any part of a person's obligations or duties to an elderly person; failure to provide necessary care.
4. Physical: use of physical force that may result in bodily injury, physical pain or impairment.
5. Sexual: nonconsensual sexual contact of any kind with an elderly person.

If you suspect elder abuse of someone you know who lives in Toronto, report it immediately to Marcie Birgeneau, Elder Abuse Coordinator, Toronto Police Service, at 416-808-7040.

As well as being abusive, many of these actions are also crimes.

Source: www.cyberbeach.net/~seac/eldabuse

Terrace Community Kitchen

Cranberry Bread

Grease an 8 1/2 x 4 1/2 x 3 - inch loaf pan.

In a blender or chopper, coarsely chop:

1 cup cranberries

In a bowl, sift together:

1 3/4 cups all purpose flour

1 cup granulated sugar

1 1/2 teaspoons baking powder

1/2 teaspoon baking soda

1/2 teaspoon salt

Stir in cranberries.

Beat together:

1 egg

3/4 cup orange juice

1/4 cup vegetable oil or melted shortening

Add the liquid ingredients to the dry ingredients and mix for about half a minute (batter will be lumpy).

Turn mixture into prepared pan. Bake in preheated 350° oven for 60 to 65 minutes or until toothpick inserted in centre comes out clean.



Coffee Cake

Grease a 9-inch square cake pan.

Cream together:

1/3 cup shortening

1 cup granulated sugar

Add:

1 egg

1 teaspoon vanilla

Beat until light & fluffy.

Sift together:

1 1/2 cups all purpose flour

2 teaspoons baking powder

1/2 teaspoon salt

Add sifted dry ingredients to creamed mixture while slowly adding:

1 cup milk

Turn into prepared pan.

Mix together:

1/2 cup lightly packed brown sugar

2 tablespoons flour

1 teaspoon cinnamon

1/2 cup chopped walnuts

3 tablespoons melted butter or margarine

Sprinkle over batter:

Bake in preheated 350° oven for 45 to 50 minutes or until golden brown.

Source: Robin Hood Cookbook

Terrace Happenings

There are a number of planned activities for the **Terrace Seniors' Club** this month.

From 4:00 - 6:00 p.m. on Saturday, April 14, 2001, the annual Easter egg colouring contest and Easter Dinner (potluck) will take place in the Turner Room.

There will also be a Seniors' Club meeting on Monday, April 23, 2001, to discuss upcoming events.

There will be a bingo on Friday, April 27, 2001 in the Turner Room.

Winding down the month of April, there will be a Loonie



Auction at the NCCT cafeteria on Monday, April 30, 2001.

The **Native People's Parish** will be having Holy Thursday mass on April 12, 2001 at 7:00 p.m. in the chapel. A celebration meal will follow in the Turner Room.

The **Garden Club** is gearing up for their first meeting of the year in April. Look for meeting dates to be posted in the Terrace lobby. Any tenants interested in participating should contact Yvonne Beaucage, through the tenant directory in the main foyer.

Our deepest sympathy goes out to the family and friends of Mr. Wallace May who left for the Spirit World on March 22, 2001. He will be truly missed.

Finally, the Terrace staff would like to wish all the tenants a very safe and happy Easter!

Who's Who at Wigwamen

Known for her contributions to the Aboriginal community in Toronto, is Wigwamen Director, Delma Cooper. She has been with the Wigwamen Board for a quarter century.

Delma is retired from a life-long career with the Victorian Order of Nurses.

In the past, she has also served as the Executive Secretary for the Friendship Centre and as a Director for Anduyhaun, a Native Women's Shelter.

Today, Delma spends her time with the Kateri Prayer group which she began at the Native People's Parish

at St. Ann's Church on Gerrard St. East, near Broadview.

She also attends American and Canadian Kateri conferences periodically throughout the year.

Lease Excerpts

Abandoned Premises

The course of action that takes place when a Wigwamen tenant abandons their unit is stated in general provisions (section “g”) of your lease agreement as follows:

“If the rented premises are vacant on the rental due-date and payment of rent has not been received by the

Landlord, it shall be presumed the Tenant has abandoned the rented premises and the Landlord shall be entitled to, and may take, immediate possession of the rented premises”.

This is pretty straightforward, however, the consequences for someone who abandons their unit (as with any

tenant who moves out) can include a charge-back cost for such things as damages to the unit.

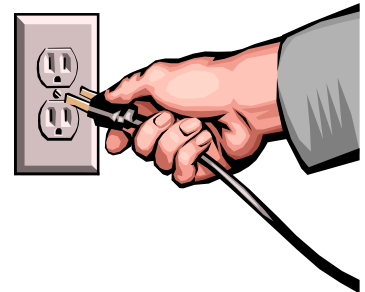
In addition, the former occupant may acquire a poor credit rating. This may cause problems later for the individual when they apply for housing with another housing corporation.

Utility Charges

Utility charges have increased this year for some of Wigwamen’s tenants for the first time since 1997. The increase for “general hydro” costs will mean an additional \$4.00 for all Terrace residents and \$6.00 for *some* of the family housing tenants (depending on what housing program your unit falls under).

All of Wigwamen’s houses are fully serviced units which means that the rent includes the costs associated with the provision of heat, hot water, stove and refrigerator. Utility charges for such things as general hydro are added to the geared-to-income rent.

Please note that the increase will be implemented at the



time of your next renewal after February 1, 2001.

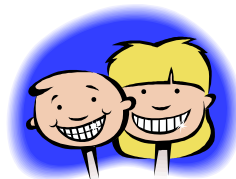
-Jodi Hetherington

Cures for the Winter Blahs

1. Re-arrange a room. Seeing things in new places may brighten your day and rid you of old doldrums.
2. Think how lucky you are not to live in an area that is completely dominated

by darkness during the winter months.

3. When it’s really miserable outdoors, stay inside and look at photographs from the past.



Share a smile with someone who wears theirs upside down

4. Get active! Winter is not an excuse to become a couch potato. Engage in outdoor winter activities like skating and skiing.

History Dates to Know

Dates in History after 1995

1996 - March: Canada, Newfoundland, Labrador and the Innu Nation sign a major land claims agreement. Negotiations on this land claim started five years earlier.

1996: The Nisga'a of British Columbia are successful in striking an Agreement in Principle with the Federal Government over land claims. The proposed comprehensive claim includes title to an area of 1,930 square kilometers and \$190 million in compensation.

1996 - November: The final report of the Royal Commission on Aboriginal People (RCAP) is tabled in Parliament. The Commission's report culminated five years of public hearings and research.

1996: With the hope of counteracting severe health and social problems in the community. The Mushuau Innu sign an agreement with Newfoundland and Labrador and the Federal Government to move the Davis Inlet community to Natuashish (Little Sango Pond) on the Labrador mainland.

1996 - April: The Department of Indian Affairs and Northern Development agrees to give administrative responsibility for the Cultural Educational Centres Program to the First Nations Confederacy of Cultural Education Centres.

1996 - June: June 21 of each year is declared National Aboriginal Day. This special day is set aside to celebrate the cultures of the Aboriginal peoples of Canada and their numerous contributions to Canadian society.

1997 - July: The Saskatchewan Indian Summer Games (July 6-10) are hosted by the Whitecap Dakota/Sioux First Nation near Saskatoon.

1997 - August: The village of Oka and the Canadian government agree about buying land to enlarge the Mohawk cemetery at Oka. Disagreement over ownership of this land started an armed stand-off in 1990.

Source: www.inac.gc.ca

Zero Balance Club

Honour Roll

All of the tenants listed below belong to the Zero Balance Club. They are all winners of the Zero Balance monthly draw and each have received a \$50.00 gift certificate!

Nicole Young, Gary & Theresa McKay, Ines Alvis & Isa Askarizadeh, Suzette Darby, Tina Neshkawa, Cindy Jacko, Daisy Hahnfeld, Paul Kornidesz, Samantha Cote, Judy Miller, Myrtle York, Ida Shaggi-Jawan, Evelyn Letourneau, Ken King, Colbertha Rosinson, Valerie Maracle, Sandra Neshkawa, Mary Howk, Elizabeth Wemigwans, Kathrena Green, Josephine Millette, Gail Thomas, Fred & Olive Wesley, Edith & Alex MacInnis.

We salute all participants for being such

responsible Wigwamen tenants!

Anishnawbek History

The First Butterflies

Long ago, when human twins were born to Spirit Woman, she relied on the animals to take care of them. All the animals loved the first human babies and did everything they could to help them. The dog watched over them, the bear gave fur to keep them warm, the wolf hunted for them, the doe provided milk for them, the birds sang lullabies to them, and the muskrat bathed them. The dog was an excellent guardian. The twins had only to cry and the dog jumped to his feet, his tail wagging. When he found out what was troubling the children, he set it right, or called somebody else who could help. When the babies wanted to be amused, the dog did the best tricks he could for them. He tickled the babies into delighted laughter by licking their noses.

After a long time however, it became clear that something was wrong with the children. This worried the animals, who had been summoned by the bear and were gathered around the



twins. “Brothers,” the bear said, “the children cannot walk. They do not run and play like our children do. What can we do to help them?”

When Nanabush came to play with the children, the animals told him of their concern. Nanabush thought awhile and then he said. “You have cared for the children very well, in fact they never need to do anything for themselves. All little ones need to reach out for what they want, instead of always having everything handed to them. I shall find out what we can do to help the babies learn to walk.”

Nanabush journeyed far to the west. He called to the great spirit who was the creator of the children and had been watching over them. The great spirit would know what should be done to teach the children to

walk.

In reply to Nanabush’s call, the great spirit told him to search along the slopes of the mountains. There he would find thousands of tiny sparkling stones. Nanabush did as the great spirit had said, he collected hundreds of stones, blue, green, red, and yellow ones. Soon he had a huge pile that gleamed through the clouds. Then he tossed a handful down into his stretched out hands. Nanabush looked up and to his astonishment, he saw the pebbles changing their shapes and becoming butterflies.

The butterflies followed Nanabush back to the twins, who crowed with pleasure and waved their legs and stretched out their arms to the beautiful creatures. But the butterflies always fluttered just beyond the grasp of the small out-stretched hands. Soon the twins began to crawl and then slowly started to walk, and even running in efforts to catch the butterflies. And these were the first butterflies.

*Tales the Elders Told - Ojibway
Legends by: Basil H. Johnston*



Colouring Easter Eggs with Tissue Paper

WIGWAMEN INCORPORATED

25 Imperial Street,
Toronto, Ontario,
M5P 1B9

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

A Housing Project for Native
People

You will need:

- 1) Clean hard boiled eggs
- 2) Tissue paper (three or more different colours)
- 3) Water
- 4) Bowl
- 5) Egg cups

Instructions: Tear the tissue paper into small pieces. Put some water in a bowl and one at a time soak pieces of tissue paper in the water. Stick them to an egg until it is completely covered. You may want to overlap the tissue pieces a little to cover the entire egg. When the entire egg is covered, place it in an egg cup to dry. When the tissue is dry, peel it off of the egg. The colour of the tissue paper is transferred to the egg.

WWW.WIGWAMEN.COM