



WIGWAMEN
INCORPORATED

Wigwam to Wigwam

Your "House to House" News

DreadfulWater Shows Up!

On the evening of Thursday April 11, fans of Canadian Aboriginal author Thomas King gathered at the University of Toronto for the launch of his new book, *DreadfulWater Shows Up*. King, who is best known for the popular literary novel *Green Grass, Running Water*, wrote this detective novel under the pseudonym "Hartley GoodWeather," presumably to separate his first attempt at genre fiction from his reputation as a serious literary writer.

The novel features Thumps DreadfulWater as hero, a Cherokee ex-cop and photographer who inadvertently finds himself caught up in a murder case when a dead body suddenly appears in the show room of a new luxury condo/casino being developed on a struggling reservation.

King, who is also an academic specializing in Native Studies, is known to express his concerns about Native issues through his fiction. In this particular book, the author addresses the issue of economic self-sufficiency on reservations, using the controversy over the condo/casino development to represent different sides of the issue.

King was born in California to a Cherokee father and a German-Greek mother, but has lived in Canada for over 20 years and is now a Canadian citizen. Holding a Ph.D in English literature, King supplements his career as an author by teaching Native literature and creative writing at the University of Guelph.

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General Manager's Report—Wigwamen's Finances— Part 3

Over the past two months we've examined how Wigwamen generates its income and what we spend on a variety of other expenses including mortgages, property taxes, utilities, replacement reserve; audit and accounting; insurance; and legal fees. This month we examine the remainder of our expenses...

To begin with, last year we spent \$8,744 on the collection of rental arrears from our tenants. Although we were successful in most cases in collecting what was due, at the end of the year we made allowance for \$23,178 in bad debts. Typically we put such debts in for collection with a collections agency, and simply add any rents collected in future years to our income.

An additional \$473,512 was spent on administration (employee salaries and benefits; rent and office maintenance; office supplies, postage, and stationery; office equipment rental and repairs; telephone; travel and parking; office equipment purchases; office insurance; and Directors' expenses), Terrace superintendent costs, and tenant counselling. **This expenditure is only 2.65% more than what we spent in 1998.**

Our largest single remaining expenditure, however, was the maintenance of our units. Last year we spent \$714,073 in all costs related to the maintenance of our units (excluding any replacement reserve expenditures), or an average of \$2,252 per unit. This is up from \$606,711 the previous year, which in turn was up again from 1999 when we spent \$493,177. **We're working hard at Wigwamen to ensure that our units are in excellent shape, and I believe that our maintenance expenditures bear that out.**

What then was the outcome of our spending? Those of you who have been paying close attention to the figures will know that **although our income totalled \$3,987,291, our expenditures totalled \$4,085,576, resulting in a deficit of \$98,285.** Clearly that can't continue...

Given that many of our costs are not within our control (taxes, mortgage, replacement reserve, etc.) and given that many other costs have risen little if at all over the past four years (administration, tenant counselling, Terrace superintendent, audit, etc.) what can be done?

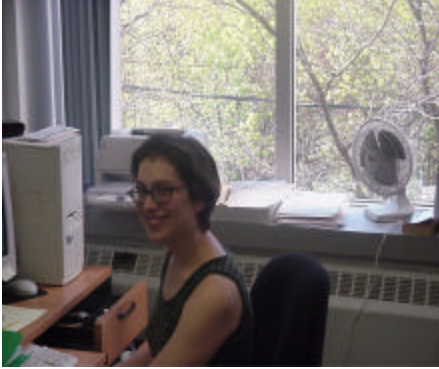
To begin with, certainly it's our hope that maintenance costs will begin to decline, given the very significant investment we've made in our units in recent years. That being said, **all of our tenants can help by doing their very best to look after their units as if it were their own.**

Beyond that, **there may be significant savings to be found in our utility expenditures.** We'd like to continue our practice of paying for utilities rather than having our tenants pay for them as is the case with many other non-profit housing projects. With that in mind, I would appeal to our tenants to do everything possible to use their utilities wisely and well. To keep water costs down, **please report leaky taps and running toilets to us immediately.** To keep hydro costs down, in the summer, **use air conditioners sparingly** and be certain to **turn off lights and other appliances whenever possible.** To keep heating costs down, please **keep your windows closed in the winter.**

Wigwamen is committed to ensuring that its tenants continue to be provided with decent, affordable housing, while at the same time keeping its costs down and staying within its budgets. It's my hope that by sharing this financial information with you, all of our tenants will work with us to make that happen.

AHSC Update

The Aboriginal Housing Support Centre is happy to report that it's still going strong! A non-profit housing help centre sponsored by Wigwamen Incorporated and funded through the City of Toronto's Homelessness Initiatives Fund, we are continuing to provide services for Aboriginal families and individuals experiencing housing crises. Among other things, we offer information and referral to community services, assistance with applying for social housing in Toronto, and workshops for AHSC clients. In fact, the Aboriginal Housing Support Centre, in conjunction with Wigwamen, recently held a workshop on April 9th about the Ontario Works program, which was a great success. We hope to have many more.



The Centre has also been working hard to become better known throughout the Aboriginal community; you may have seen our ads in such publications as Anishnawbek News and the Metis Voyageur, or online on the Native Career Magazine website (www.nativecareermagazine.com). What's next, you ask? We are excited to announce that in the near future, the Aboriginal Housing Support Centre will have ads appearing on the Aboriginal Peoples Television Network! Keep your eyes peeled for our television debut!

- Sarah Howden

Continued from pg. 1

In addition to his literary talents, King has also made a name for himself in radio – as the creator, writer and co-star of the “Dead Dog Café.” This comedy show, formerly aired on CBC Radio, used an Aboriginal perspective to poke fun of politics and Native affairs.

The book-launch at U of T featured a reading by the author, followed by a question period and book-signing, during which “GoodWeather” chatted with fans and displayed his characteristic good humour and down-to-earth personality. When questioned about his future plans, King stated that he intends to make DreadfulWater a recurring hero in a series of detective novels, and also expressed an interest in holding a “Dead Dog Café” reunion in the near future.

It's Flower Power Time Again!

Summer's almost here and many of you will soon be out and about in your gardens. So why not put your talents to the test by entering the 2002 Flower Power Contest!?! See the enclosed flyer for details on how to enter!

Knowing Your Maintenance: Drains

Spring is in the air, the rains are coming and already we are having problems with blocked and clogged drains. This can be a very costly item to repair. However, with a little care and thought about what we put down our drains as well as some preventative maintenance, we can help reduce these occurrences.

Drains:

The ideal would be to prevent drain clogs entirely. Be alert to the warning signs of a slow drain because it's much easier to open a drain that's slowing down than one that's already stopped completely.

The drains in your unit are connected to the kitchen sink, the washroom sink, the toilet, and the tub/ shower.

A kitchen sink usually clogs because of a build-up of grease and food particles that get caught. To keep the problem to a minimum, do not pour grease down the drain. Another common problem is coffee grinds – throw them out, don't wash them down.



Hair and soap are usually at fault in bathroom drains. Clean out strainers and pop-ups regularly.

Keeping Drains Free:

- Kitchen sinks — Always use the strainers. Make sure that vegetable peelings and other large food particles are strained out and don't go down the drain. A dose of scalding water is often effective against grease build-ups.
- Tubs and showers — To help prevent clogs in tubs and showers, you can install a hair trap in your tub.
- Toilets — Don't flush any objects, such as disposable diapers, down the toilet as they could clog the drain.

Drain Cleaners:

There are many chemical drain cleaners available on the market which you can use preventively against clots (about once every 2 months). Read labels and match cleaners with the material you are trying to dissolve: alkalis cut grease, acids dissolve soap and hair. Great safety must be exercised when using chemical drain cleaners –

make sure the room is well-ventilated and wear rubber gloves and goggles. Don't mix chemicals – mixing an acid and an alkali cleaner can cause an explosion. Don't look down the drain after pouring in a chemical – the solution frequently boils up and can give off toxic fumes.

A much safer method is to use equal parts baking soda and vinegar against soap and hair, instead of a commercial cleaner. First pour the baking soda down the drain, then the vinegar. Let the mixture fizz, then flush the drain with boiling water.

Here's another low-cost, non-toxic homemade drain cleaner recipe:

- Combine in a mixing bowl 1 cup baking soda; 1 cup table salt & ¼ cup cream of tartar.
- Pour ¼ cup in the drain and add 1 cup of hot water.
- When the bubbling action has stopped, run hot water through the drain for several minutes.

- Brian Taheny
Wigwamen Maintenance Inspector

Terrace Community Kitchen

Healthy Banana Cookies

Preparation time: approx. 15 minutes.

Cook time: approx. 20 minutes

Makes 3 dozen

Ingredients:

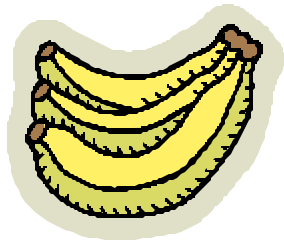
3 ripe bananas

2 cups rolled oats

1 cup dates, pitted and chopped

1/3 cup vegetable oil

1 teaspoon vanilla extract



Directions:

- Preheat oven to 350 degrees F (175 C).
- In a large bowl, mash the bananas. Stir in oats, dates, oil and vanilla. Mix well, and allow to sit for 15 minutes. Drop by teaspoonfuls onto an ungreased cookie sheet.
- Bake for 20 minutes or until lightly browned.

Source: <http://cookie.allrecipes.com>

Best Burritos for One

Ingredients:

1 (10 inch) flour tortilla

1/4 cup vegetarian refried beans

1/4 cup grated cheddar cheese

1 pinch ground black pepper

1 teaspoon low-fat sour cream

1 dash hot pepper sauce

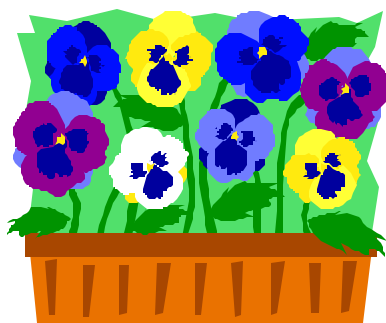
Directions:

- In a small pot warm the refried beans over a low heat, approximately 5 minutes.
- Warm the tortilla in a dry frying pan over medium-high heat
- Lay the burrito on a flat surface. Place the refried beans in the centre of the burrito, layer the cheese, pepper, sour cream and hot sauce over the beans. Roll the tortilla so that the mixture is wrapped in the centre. Serve warm.

Source: <http://vegetarian.allrecipes.com>

Terrace Happenings

- Spring greetings from the Terrace Garden Club! Many thanks to Wigwamen for holding the Flower Power Contest, where the Garden Club took third prize last year. We are looking forward to another good summer. There is a meeting planned for the month of May, so watch out for



posters detailing the time and place.

- If any new tenants are interested in having a space

in the garden, please call Yvonne Beaucage at 416-920-8567.

- Please welcome Mrs. Frances Brown, who recently moved back into Wigwamen Terrace.
- In closing, the staff would like to wish all of the tenants a very wonderful Mother's Day.

Book Review

Stolen Life: The Journey of a Cree Woman

By Rudy Weibe and Yvonne Johnson



Stolen Life: The Journey of a Cree Woman, recounts the life of Yvonne Johnson, a Saskatchewan Cree woman whose already troubled life was turned upside down when she was convicted of first-degree murder and sentenced to life in prison in 1991. This book is a collection of Yvonne's own journals, compiled and edited by the prominent Canadian writer Rudy Weibe, who punctuates Yvonne's entries with his own accounts of interviews with Yvonne, her friends and family, and the findings of his research.

As the reader gets to know Yvonne, they learn about a woman who was born with a double-cleft palate and thereafter experienced a childhood of physical, emotional and sexual abuse. One aspect of the book that particularly stands out is the way that Yvonne and her siblings, as Natives, were treated by the townspeople when they were children, an exceptionally tragic example being the suspicious death of her brother Earl in the local prison. The reader then discovers how the events of her youth led to a troubled marriage and an alcohol dependency in adulthood. The book also goes into great detail about the incident that took Yvonne, along with her husband, cousin and neighbour, to prison.

But the story goes deeper than a mere recounting of events by containing Yvonne's own insights into her life: thoughts on why she made the choices that she did, and how her history has influenced her. Yvonne's

journals also reflect her spiritual and emotional development, revealing how Yvonne became involved in researching her lineage and healing herself through Native spiritual paths.

Yvonne spares few details in her journals, making this an emotionally difficult book to read. It should be stated, therefore, that this book is not for everyone.

Today, Yvonne Johnson is an inmate at the Okimaw Ohci Healing Lodge for Native Women in Saskatchewan.

- Melanie Brown

Ontario Problem Gambling Helpline

The Ontario Problem Gambling Helpline is a province-wide service to help problem gamblers, their families, friends, and others who may be adversely affected by gambling. This free, confidential and anonymous service is sponsored by the Drug and Alcohol Registry Treatment (DART) and is funded by the Ontario Substance Bureau of the Ministry of Health and Long-Term Care.

The Ontario Problem Gambling Helpline is open 24 hours a day, 7 days a week.

They can be reached at:

1-888-230-3505

Water Wise Tips in the Bathroom

You're only a flush away!
The next time you flush your toilet, think about how much water this uses.

On average, each of us uses well over 100 litres of water a day, just by flushing the toilet!

Toilets account for 45% of your total indoor water use. Combined with showers and baths, the bathroom represents about 75% of your total indoor water use.

Your toilet is not an ashtray:

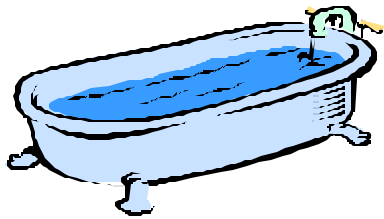
Never flush garbage of any sort down the toilet. Household cleaners, paints, solvents, pesticides and other chemicals can be very harmful to the environment. Disposable diapers, dental floss and plastic tampon holders all create problems at wastewater treatment plants.

Take "Sailor Showers"

Take short showers whenever possible. If your shower is equipped with a shut-off valve, turn off the water while you are soaping and shampooing, then rinse off quickly – this is called sailor showering.

Be a leak seeker!

To check for leaks in your toilet tank, put a small



amount of food colouring in the tank. If, without flushing, the colour begins to appear in the

bowl, you have a leak that should be repaired immediately. Regularly check faucets, pipes, and the base of your toilet for leaks.

Don't let your water run away on you

When washing, brushing your teeth or shaving, never let the tap run continuously. Instead, fill a glass with water for mouth rinsing while brushing your teeth, and fill the bottom of the sink with a few centimeters of warm water to rinse your razor.

REMEMBER: The wise use of water will help improve our environment.

For more information call the City of Toronto's Waste and Water Information Line at 416-392-4546.

Source: <http://www.on.ec.gc.ca/glimr/data/water-wise-pamphlets/bathroom-e.html>

Aboriginal History

The First White Water Lily

Long ago, many Native people believed that the stars were the homes of good people who had been taken away by the Great Spirit. According to one legend, a star maiden fell in love with the Native People and decided to leave her sisters and come down to live on earth. Floating toward the earth she said, "I shall choose water as my place to live because I can see canoes as they float by, children as they play beside the river, the babies as they sleep in their cradles on the shore." The next morning, the people awoke to find thousands of white flowers covering the lake's surface. These were the first white water lilies.

Historically, water lilies have been used by Natives as a source of food during the summer months. The seeds could be fried like popcorn or ground into flour. Native women would use their toes to free root stocks from the mud, and collect them as they floated to the surface.

Source: *Carin Z*

Money Saving Solutions

Before you can save money, you need to figure out what you're spending. So, for one whole month, keep a diary to determine your family's spending habits. Keep track of everything, including those items for which you use cash (i.e.: coffee, newspapers, video rentals, etc.) Then, try setting specific money goals, both short term and long.

Without goals, you'll have no reason to save. Follow the suggestions below and you will be well on your way to developing a strong working budget for your family.

How to Save at the Grocery Store:

- Plan your meals a week ahead.
- Prepare a grocery list and stick with it.
- Avoid purchasing things like pop, candy, expensive cereals, frozen food dinners, chips, etc. Purchase them only as an occasional treat.
- Compare prices.
- Buy store or generic brands.



- Buy in bulk.
- Plan a budget for expenditures on lunch and other meals regularly eaten away from home.
- Bring your lunch to work.
- Never charge food on your credit card.
- Be careful about spending money on take-out dinners. Cut down on eating out. This will save you a substantial amount of money.

How to Save on Your Phone Bill:

- Cut your phone bill by switching to a long distance provider that best suits your calling needs. Discontinue unnecessary service (i.e.: Caller ID, Call Waiting).

- Never call during prime time.
- Set a timer for 20 minutes before making a long distance call and get off the phone when your time is up.

Other Ways to Save on Your Monthly Expenses:

- Cut up all credit cards except for the one with the lowest monthly interest rate. Transfer all the balance to this card. Make as large a payment as possible each month.
- Cut cable bills by eliminating unnecessary premium channels, such as pay-per-view programming.
- Tape movies throughout the week instead of renting them.
- Use public transportation.
- Shop around for used CDs or used books instead of paying full price.

Source: <http://family.go.com/yourtime/money>

Safety Tips for Women

Toronto is still a relatively safe place to live yet many people, particularly women, fear for their safety.

Listed below are some preventative actions that you, as an individual, can take in order to feel safer and be safer. But remember that if you are attacked, it is not your fault.

Most violence against women occurs in private, and is committed by a person in a position of trust and power. If you are being threatened or hurt in any way by a boyfriend, husband, family member, landlord, doctor or anyone else that you know, tell a trusted friend. You can also call the Assaulted Women's Help Line at 416-863-0511.

IN A RELATIONSHIP:

Trust your instincts. If something feels wrong to you, it probably is wrong. Don't be afraid to speak up and tell the person that their behaviour makes you feel unsafe. Don't be afraid to call for help. It is the person who is hurting you who is wrong – not you.

OUT AND ABOUT: GENERAL

Again, trust your instincts. If you sense that someone is following you, turn around and look directly at them. If you feel unsafe, remove yourself from the area, or seek help. Always avoid areas or people that feel unsafe to you.

Don't be afraid to call for help. Call the police if something disturbing happens to you while you are out. If a person has harassed you from a car, get the license plate number and report the incident.

If something makes you feel unsafe, you have the right to report it!

WHEN TRAVELLING AFTER DARK

Be aware of your surroundings. Note nearby houses, stores open late, and other places you might seek help. Be especially aware in areas that seem deserted, unlit, or where you might be trapped (i.e.: parking lots, parks, etc.)

Consider using a "buddy system." Arrange to go with a trusted person to your car or bike, or to the nearest bus stop or subway station. Or, tell someone when you will be home and have them call you to check.

Know your rights and resources. If you are being harassed in a TTC vehicle, you can ask for help from a driver, conductor, or fare collector. Late at night, you can ask to be dropped off between bus stops. If a taxi driver harasses you, note his or her number and report the incident to the company.

Since 1989, the Safe City Committee has worked with the City of Toronto to prevent violence against women and other vulnerable communities in our homes, workplaces and in our streets.

For more information call the City of Toronto Resource and Publication Centre at 416-392-7410, or write to:

**Resource and Publication Centre
1st Floor, City Hall
100 Queen Street West
Toronto, Ontario.
M5H 2N2**

Zero Balance Club Winners

The Zero Balance Club has awarded the following two members with a \$50.00 gift certificate for Dominion Stores, compliments of Wigwamen Incorporated.

Dorothy Stewart

Lee Harper

Congratulations to both of you and mii-gwetch for being such responsible tenants!

WIGWAMEN
INCORPORATED

**310 - 25 Imperial Street,
Toronto, Ontario,
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Phone: 416-481-4451
Fax: 416-481-5002
Email: info@wigwamen.com

*A Housing Project for
Native People*

www.wigwamen.com

Summer Student

Employment Opportunities:

Native Child and Family Services is seeking nine people to be employed under the "Summer Career Placement Program" as Camp Counsellors. All candidates must be registered to return to school in the fall of 2002.

Submit your Resume by May 17 to:

**Native Child and Family Services
of Toronto**

**464 Yonge Street, Suite 201
Toronto, Ontario
M4Y 1W9**