


WIGWAM TO WIGWAM

YOUR HOUSE TO HOUSE NEWS

MARCH 2010



MARCH 17, 2010



March 14 - Daylight Savings Time
*TURN YOUR CLOCKS
 AHEAD 1 HOUR*



March 21 - Naw-Ruz



March 28 - Palm Sunday

March 30-31 - Passover



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IN THE NEWS

Championing Yukon Heritage

By Michael Crabb, *The Toronto Star*, February 6, 2010

It's a long way from Colombia to the Yukon, but for Bogota-born, Toronto-based dancer/choreographer/producer Alejandro Ronceria the spiritual distance is not so far.

Roncera, 50, is an Aboriginal Colombian. After several months working with Native artists in the Yukon he's been happily surprised to find how much they all draw from a common well of imaginative inspiration.

Roncera was hired last spring to be artistic director of an ambitious 45-minute performance showcase - comprising song, dance, music, spoken narration and video effects - titled "What The Land Remembers: Tales of Raven and Wolf." It's the public face of an initiative known as YFN 2010, which is leveraging a February 21st appearance at the Aboriginal Pavilion during the Vancouver Winter Olympics to gain maximum international visibility for Yukon First Nations culture.

Despite his Colombian roots, Ronceria was an obvious choice. He studied ballet in Colombia before training in New York and then the Soviet Union. Ronceria settled in Canada in his early twenties, dancing first with Vancouver's Karen Jamieson Dance Company.

Meanwhile, something important was stirring in Toronto. Rene Highway, a charismatic dancer/actor of Cree descent - the brother of playwright Tomson Highway - had quit Toronto Dance Theatre in 1979 to explore his Native heritage and find ways to give it contemporary theatrical expression. Inspired by Highway's pioneering efforts, Ronceria moved to Toronto to collaborate with him and Raoul Trujillo, an American dancer/actor and later co-founder/director of the American Indian Dance Theatre.

Highway died at age 36 in 1990. Trujillo was increasingly drawn away by a flourishing career.

Roncera was left to carry the torch for Native dance. In 1996 he co-founded Toronto's Earth in Motion World Indigenous Dance.

Since last May, he's been working with more than 40 performers to shape a vivid portrait of Yukon First Nations heritage and culture.

Michael Crabb, Special to the Star.



NGINDAASIN ACADEMIC UPGRADING PROGRAM

For adults that did not complete high school but want to upgrade

Ngindaasmin is an Academic Upgrading Program
and Miziwe Biik Employment & Training is offering this program

Tuesdays – Thursdays from 9:00 a.m. – 4:00 p.m. starting in February 2010.

Are you looking to:

- Obtain a Grade 12 education?
- Increase your prospects for employment opportunities or register for apprenticeship programs?

If your answer is yes, Ngindaasmin can assist you.

Our Academic Upgrading Program offers:

- Small teacher-student ratio
- Free entrance assessment and courses to qualifying students
- Flexibility – self paced learning environment with interactive classroom instruction

What courses are offered?

- Communications – English
- Math
- Self Management/Self Direction Program
- Native Studies

How do you apply?

- An intake interview and entrance assessment will identify qualified applicants.

For more information, contact:
Literacy Coordinator
Miziwe Biik Employment & Training
167 Gerrard Street East
Toronto, ON, M5A 2E4
416 591 2310 Ext. 2257
Email: carol.white@miziwebiik.com

YWCA Toronto is pleased to announce a new Pre-Apprenticeship Carpentry Training Program for Women

*This **free** program prepares women for paid general carpentry apprenticeships.*

The 32 week program includes:

- Academic upgrading
- Introductory training in general carpentry
- Job readiness training

A paid eight-week work placement after the formal training program is completed

What makes a skilled trade a good choice for women?

- Higher pay
- Better hours

George Brown College Casa Loma Campus - 146 Kendal Ave (Spadina Rd. and Dupont Ave.)

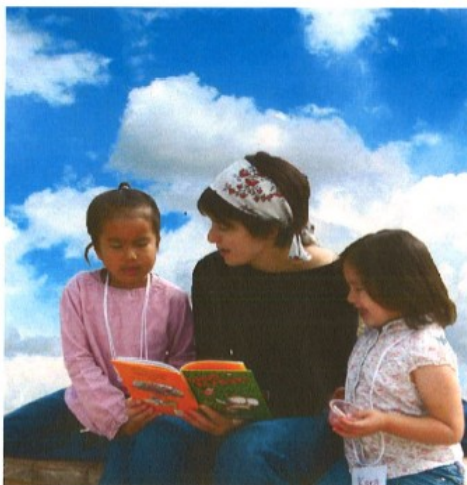
Program begins March 15th, 2010 - *Picture yourself in a new career!*

For more information or to register please contact Maisie or Pamela at 416-964-3883.

This Pre-Apprenticeship program is funded by the Government of Ontario.

Presented in conjunction with George Brown College trainers.

New Reading Program for Kids!



A new Reading Circle program for children between the ages of 5 to 12 is being offered at the Native Canadian Centre starting February 22! The program offers children a supportive and fun environment where they can learn to read and/or improve their reading as well as writing skills with the support and encouragement of trained adult volunteers. Other activities will include storytelling, writing stories, fun learning games and much more.

Days/Times: Every Mondays, 5.30pm to 7pm
(starting February 22 to April 26, 2010)

Location: Talking Room, Native Canadian Centre

Space is limited so register your child today!

For more information, please do not hesitate to contact:

- Bonnie Matthews, Tel: (416) 964-9087, NCCT
- Casey Sabawi, Tel: (416) 617-9176, Frontier College.

Canada's Food Guide

Eating Well with
Canada's Food Guide
First Nations, Inuit and Métis

Did you know that Canada's Food Guide has a special *First Nations, Inuit and Métis* edition?



Respect your body... Your choices matter

Following Canada's Food Guide and limiting foods and drinks which contain a lot of calories, fat, sugar or salt are important ways to respect your body. Examples of foods and drinks to limit are:

- pop
- fruit flavoured drinks
- sweet drinks made from crystals
- sports and energy drinks
- candy and chocolate
- cakes, pastries, doughnuts and muffins
- granola bars and cookies
- ice cream and frozen desserts
- potato chips
- nachos and other salty snacks
- french fries
- alcohol

People who do not eat or drink milk products must plan carefully to make sure they get enough nutrients.

The traditional foods pictured here are examples of how people got, and continue to get, nutrients found in milk products. Since traditional foods are not eaten as much as in the past, people may not get these nutrients in the amounts needed for health.

People who do not eat or drink milk products need more individual advice from a health care provider.



Wild plants, seaweed



Bannock (made with baking powder)



Fish with bones, shellfish, nuts, beans

Women of childbearing age

All women who could become pregnant, and pregnant and breastfeeding women, need a multivitamin with **folic acid** every day. Pregnant women should make sure that their multivitamin also contains **iron**. A health care provider can help you find the multivitamin that is right for you.

When pregnant and breastfeeding, women need to eat a little more. They should include an extra 2 to 3 Food Guide Servings each day.

For example:

- have dry meat or fish and a small piece of bannock for a snack, or
- have an extra slice of toast at breakfast and an extra piece of cheese at lunch.

Women and men over the age of 50

The need for **vitamin D** increases after the age of 50.

In addition to following Canada's Food Guide, men and women over the age of 50 should take a daily **vitamin D** supplement of 10 µg (400 IU).

For strong body, mind and spirit, be active every day.



This guide is based on *Eating Well with Canada's Food Guide*.

For more information, interactive tools or additional copies visit Canada's Food Guide at: www.healthcanada.gc.ca/foodguide

or contact: Publications • Health Canada • Ottawa, Ontario K1A 0K9 • E-Mail: publications@hc-sc.gc.ca • Tel.: 1-866-225-0709 • TTY: 1-800-267-1245 • Fax: (613) 941-5366

Également disponible en français sous le titre : Bien manger avec le Guide alimentaire canadien - Premières Nations, Inuit et Métis

This publication can be made available on request on diskette, large print, audio-cassette and braille.

Anishnawbe Health Toronto



Community Kitchen

Open to the Aboriginal
families in our
community.



For more information contact
AHT 416-360-0486 x233 (Queen St)
416-920-2605 x270 (Gerrard St)



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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