

WIGWAMEN
INCORPORATED

Wigwam to Wigwam

Your "House to House" News

School's Out!

(Or, What to do with the kids now that summer is here)

Ahh, it's finally summer! The sun is hot, the water is warm and the kids are out of school. If you are having trouble planning things to keep your kids busy past the second week of summer vacation, have no fear, you are not alone!

As a parent, I have found many free and fun things to do in the city with children of all ages.

So, make yourself a cup of coffee, put your feet up for a few moments, and read on!

Toronto Public Libraries:

All areas of the city have a public library. If you're not sure of the location of the one in your area, just check the Yellow Pages of the phone book.

The Library Summer Reading Program includes visits by authors and illustrators to various libraries. Celia Lottridge will be at the Gerrard/Ashdale branch on July 12th from 2 - 3 p.m. and will be reading from her book: "The Little Rooster and the Diamond Button."

One day a week, each library branch also has storytime circles for children of various ages: Babytime (0-18 months), Toddlertime (1 1/2-3 years), Preschool Storytime (3-5 years) and Family Preschool Storytime (1-5 years). For children aged 6-12 years, there are programs such as the Summer Sleuth Reading Games at the Albion Branch. The Jones Branch has the Mysterious Summer Activities Tuesdays at 2:30 p.m. from July 3rd til August 21st.

This is just a hint of what your Toronto Public Library has to offer you this summer. For more information about summer kids programs near you, contact your local public library branch, or visit the website at: www.tpl.toronto.on.ca.

And remember: on those hot summer days, air conditioned libraries can provide welcome relief — besides hours of entertainment and learning!

Continued on page 3...

Inside this issue:

General Manager's Report	2
Terrace Happenings	4
Terrace Community Kitchen	4
Anishnawbek History	5
Tenant Counsellor's Corner	6
Lease Excerpt	6
Zero Balance Club	8
Who's Who at Wigwamen	10

Special points of interest:

- "Did You Know" Water Facts
- Lawn Care Tips
- Summer Reading: Kids' Book Reviews
- Aboriginal Trivia Quiz

General Manager's Report

SCHOLARSHIPS AND BURSARIES:

Although Wigwamen Incorporated is, first and foremost, a non-profit housing corporation, we look for every chance to provide our tenants with other kinds of opportunities.

Recently, for example, we were informed by the Ministry of Municipal Affairs and Housing that the *Dr. Albert Rose Bursary Program*, which previously was limited to Local Housing Authority tenants, was being extended to tenants in all social housing projects, including Wigwamen. Unfortunately, we were only informed on June 22nd, and the deadline for applications was June 29th. We were successful in negotiating a two week extension and after some frantic phoning, our Tenant Relations Officer, Jodi Hetherington, contacted a number of our tenants with a view to encouraging them to apply. *I'm pleased to be able to report that two of our tenants have applied for the bursary, and we're all keeping our fingers crossed for them.*

In the same vein, you'll note that *we've enclosed with your newsletter, an application form for scholarships and bursaries provided by the CCAB's "Foundation for the Advancement of Aboriginal Youth."* We'd encourage each and every one of you to take a close look at the material, and if you think that there is even the smallest chance that you might qualify, to take the time to apply.

NEW WIGWAMEN WEB SITE GUEST BOOK:

Our web site, www.wigwamen.com continues to evolve...

The site, which already has a variety of information and features, including among other things, a history of Wigwamen, biographical sketches of our Board and staff, downloadable application forms for a variety of housing programs, and back issues of "Wigwam to Wigwam," now also includes an interactive *Guest Book which allows visitors to our site to post their comments, suggestions for improvement, etc.* Though we can't promise to post every single comment we receive, we are committed to reviewing each and every one, and posting as many as we are able.

Check out our web site today, and let us know what you think of it, and Wigwamen, through our visitor Guest Book!

What to do with the kids now that summer is here

...Continued from page 1:

Riverdale Farm:

Located in the heart of Toronto, the Riverdale Farm allows city children to experience and imagine life on a farm. Admission to the farm is free, and in summer it is open every day of the week from 9:00 a.m. - 6:00 p.m. Farm animals include horses, cows, pigs, goats and chickens. Informal demonstrations show visitors sheep shearing, wool spinning and dying, milking, cream separating, butter-making, egg collecting, and floral and herb gardening. Riverdale Farm is located at 201 Winchester St., which runs east off Parliament St., one block north of Carlton St. If you're using the TTC, take the College/Carlton streetcar and get off at Parliament St.

Toronto Kids' Tuesdays:

Four kids' programmes will be held on Tuesdays throughout July and August at the Nathan Phillips Square from 11:00 a.m. - 1:00 p.m.

Below are the events planned for the 4 Tuesdays, each programme featuring an interactive theme with amazing activities and children's entertainers:

July 24th — Wild for Sports: Music and comedy with Markus and some of Toronto's professional and amateur athletes.

July 31st — Just Add Bubbles: Dickie Bird and his amazing bubble machine.

August 7th — Super Heroes' Day: Come in costume or bring your favourite "hero gear."

August 14th — Backyard Circus: Participate in a juggling workshop, try on a costume and get into character!

Other activities at Toronto Kids' Tuesdays include button-making, inflatable fun, face painting, t-shirt designing, a Wrap n' Roll colouring contest, and the FIDO chalk yard.

Harbourfront Centre:

Last, but not least, the Harbourkids Creative Workshops run every Sunday year round. The creative craft program is for children aged 3 - 12 and their families, at a small cost of \$2.00 per child. The workshops include projects gathered from a wide range of cultures, art forms and materials, with a special emphasis on re-usable materials. Activities include such projects as blow painting, puzzle-making, wind-socks, peek-boxes, paper strip art, pin-wheels, and wire sculptures. In the summer, the workshops take place in a tent in Ann Tindal Park, just west of York Quay Centre, 235 Queens Quay West.

You are now armed with more than a few ideas for ensuring that your kids enjoy their summer vacation — at a price you can afford. If you have ideas that you think other parents might benefit from, write a short description and then mail it to:

"Wigwam to Wigwam," 25 Imperial St., Suite 310

Toronto, ON M5P 1B9

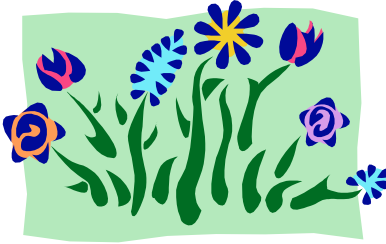
Or e-mail it to: info@wigwamen.com

We will try to include them in the August edition of the newsletter.

- Ramona Toulouse

Terrace Happenings

- Miigwetch to the members of the Garden Club for planting and maintaining the beautiful gardens on the rooftop terrace. The flowers are in full bloom these days and the Terrace management office has been hearing much praise and many compliments from visitors to the building.
- A chiropractic clinic will begin in July and take place in the nurse's clinic room in the basement of the Terrace. A schedule will be posted in the lobby and in the nurse's office.



All residents are encouraged to drop by and take advantage of these services.

- Just a reminder that Father Vaughn of the Native Peoples' Parish is taking summer holidays. Mass will resume in the chapel in September.
- Finally, congratulations go out to Terrace resident Lillian McGregor! She was selected to receive an honorary doctorate from the University of Toronto.

Terrace Community Kitchen

Bran Pancakes

This recipe was taken from the May 2, 2000 edition of Wawatay News. Created by two registered dietitians, it is designed for people with diabetes. The inclusion of fibre from the bran flakes cereal makes it even more healthy (and delicious!)



- | | |
|----------|--------------------|
| 1 cup | whole wheat flour |
| 1/2 cup | bran flakes cereal |
| 2 tsp. | baking powder |
| 1/4 tsp. | salt |
| 1 cup | milk |
| 1 | egg |
| 1 tsp. | vegetable oil |

Combine all dry ingredients. Mix well. Add all wet ingredients and mix sparingly until no lumps remain.

Cook batter in frying pan, in whatever shape and size you enjoy. For healthier pancakes, remember to use as little oil or butter as possible when frying.

Garnish pancakes with fruit. Try unsweetened peaches, unsweetened apple sauce, or cut strawberries.

The word breakfast comes from "break the fast" because after going for about 12 hours without food (while resting) its time to replenish the body's fuel. Your body is at its best when it gets a balanced breakfast everyday.

Anishnawbek History: Waynabozho and the Wild Rice

One day, when Waynabozho was out walking around, his grandmother said to him: “Grandson, it is time for you to go to some distant place in the forest and fast. Then a dream may come to you to help the people yet to come.”

But Waynabozho did not like the idea of walking so far. “I will go in my canoe,” he said. He had not gone far when he saw tall grasses growing from the shallow waters at the edge of the fourth lake. He liked the way that tall grass looked. There were many seeds on the tall grass and Waynabozho used a stick to knock off many of those seeds into a birch bark container. When he was done, he took the seeds back to his grandmother.

“Look what I have found,” he said. “The tall grass that held these seeds is very fine to look at. Let’s plant these seeds along the shores of our own lake so we will have those grasses to look at from our lodge.”

Nokomis did as Waynabozho asked. She helped him scatter the seeds along the edge of the lake. “Now Grandson,” she said, “you must continue on your way. You must go out and fast and hope that something good will come to you.”

So Waynabozho set out again in his canoe. He went from lake to lake and then he just leaned back in his canoe and let the boat drift. “I can wait here for a dream,” he said. “Why should I trouble myself to walk?” He went without food all the rest of that day. “This fasting is easy,” Waynabozho said. “I will surely have a strong dream come to me soon.” But no dream came and he fell asleep as he drifted along in his canoe.

The next day came and when Waynabozho woke up he was very hungry and was unable to think of anything but food. As the canoe drifted along he saw some plants growing along the shore. “Boozhoo, Waynabozho,” the plants said. “Hello! Are you hungry? You can dig up one of

us and eat the root. Then you will no longer be hungry.” “Ah,” Waynabozho said, paddling his canoe quickly to the shore. “This must be the vision I was waiting for. I have fasted a very long time. I must do as these plants tell me to do.” Then he began to dig up the plants. But he did not just dig up one, he dug them all and ate their roots.

As soon as Waynabozho finished eating, he began to feel very sick. Just as the plants had said, he was no longer hungry. However, he became so sick that he could not move. He lay there for three days and three nights. Finally, on the fourth day, he found enough strength to drag himself back into his canoe and paddle weakly toward home.

When he was within sight of his lodge, he noticed new plants growing from the shallow water of the lake. “Waynabozho,” these new plants said, “sometimes we can be eaten.” Carefully, Waynabozho picked some of the seedheads of those plants. He sprinkled some of the seeds back into the water before he ate. Those plants tasted good and he no longer felt weak and sick after eating them. “What are you called?” he said. “We are manomin,” said the wild rice plants. “You are the one who planted us here. Do you not remember?”

Then Waynabozho collected many of the seedheads of the wild rice, leaning the plants over and scraping them gently with a stick as he had done before. He made sure to let some of the seeds go into the water as he did this.

That is how wild rice is gathered to this day by the Anishinabe. And as Waynabozho paddled home he knew that he would have much to tell his grandmother. He had succeeded in his quest. He had found something good for the people yet to come.

Abridged from: The Native Stories From Keepers of Life,
as told by Joseph Burchac to Michael J. Caduto

Tenant Counsellor's Corner

If you have been out of the workforce for a few years and are just starting your job search, the *Times Change Women's Employment Service* may be of assistance to you.

Times Change is a non-profit community agency that has been serving women in the Toronto area since 1974. They offer group workshops and individual counselling. Registered clients have access to their job board, resource centre, faxes and phones. Computers are also available by appointment for typing resumes and cover letters, for access to the internet or for typing and computer skills practice.

Here is a sampling of some of the workshops that you can attend:

- Getting Started Workshop
- Career Planning Workshop
- Job Search Workshop

Participants in the workshops will learn:

- Where to look for work
- How to get information about employers
- Ways of dealing with the stress of unemployment
- How to create a telephone/voice-mail script
- How to write effective resumes and covering letters

- Interview techniques (participants practice interviews, which are videotaped and played back for discussion).

Educational counselling is available by appointment for women who know the type of training they want and would like help finding the right program.

The Times Change office is located a 1/2 block west of the Sherbourne subway station, at 365 Bloor St. East, Suite 1704. For more information, call 416-927-1900 or visit their website at: www.timeschange.org

- Jodi Hetherington

Lease Excerpt

Under the "Uses of Services" section of Schedule A of your lease with Wigwam Incorporated, there are a couple of short, but important points about water use at your unit.

First of all:

- 1) Water shall not be left running unless in actual use.

And secondly:

- 2) The Tenant is responsible for damage to the premises, the building, and property of other tenants resulting from overflow of water in the premises.

These two points are fairly straightforward — don't run the water more than is

needed and be sure to shut the taps off after use.



Did You Know?

- There is the same amount of water on earth as there was when the earth was formed.
- Nearly 97% of the world's water is salty. Another 2% is locked in ice caps and glaciers. That leaves just 1% for all of humanity's needs — its agricultural, residential, manufactur-



ing, community and personal needs.

- Water is part of a deeply interconnected system.

What we pour on the ground ends up in our water and what we deposit into the sky ends up in the water.

- A person can live without food for about a month, but only about a week without water.

Source: www.city.toronto.on.ca/water

Lawn Care Tips

It's shaping up to be a hot summer in the city of Toronto! This means that your lawn, flowers and other garden plants are going to be especially thirsty and will be needing a little extra attention. Of course, this applies to everyone in Toronto and could put a strain on the city's water resources. Here are a few tips taken from the City of Toronto's website (www.city.toronto.on.ca/water/grass) to help you take care

of your lawn, and conserve water at the same time.

- 1) For healthy roots, water your lawn just once a week. Daily watering will result in a weak unmanageable lawn.
- 2) Try to water the lawn for a couple of hours between 10:00 p.m. and 8:00 a.m. This protects your lawn from the scorching effects of the sun. More importantly, it takes the stress of the city's taps during the peak hours.

- 3) Leave the grass clippings on the lawn. Valuable nutrients like potassium, phosphorus and nitrogen will be returned to the soil, and that also helps develop a healthy root system.
- 4) Leaving the grass clippings on the lawn also provides your lawn with moisture — which means you have to water even less. This can make your yard work 90% easier!

**Please note: Wigwamen Incorporated will be closed
Monday, August 6th, for the Civic Holiday.**

Have a great long weekend!

Zero Balance Club Honour Roll

The tenants listed below belong to the Zero Balance Club.

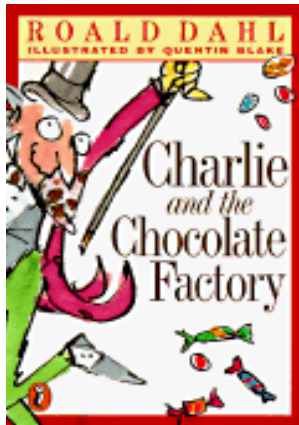
They are all winners of the Zero Balance Monthly Draw and have each received a \$50.00 gift certificate!

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 Robinson, Valerie Maracle, Sandra Neshkawa, Mary Howk, Elizabeth Wemigwans, Kathrena Green, Josephine Millette, Gail Thomas, Fred & Olive Wesley, Edith & Alex MacInnis, Hella Von Dehn, Sheila Wildes

Once again, we salute all of the Zero Balance Club participants for being such responsible Wigwamen tenants!

Summer Reading: Kids' Book Reviews

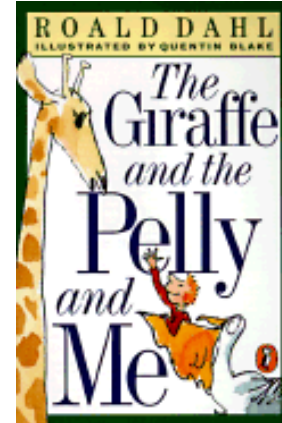
A true classic, Roald Dahl's Charlie and the Chocolate Factory is loved by children and adults alike. In fact, it is an excellent choice for reading aloud to kids at bedtime (or any other time of the day!)



This book tells the story of a boy named Charlie who gets the opportunity to take a tour of candy tycoon Willy Wonka's chocolate

factory. With promises of a lifetime of supplies from the factory, this is a very special opportunity for Charlie and his family. And so he joins a handful of kids, each with their own setbacks, for the biggest, most exciting day of his life!

Another fun book by Roald Dahl, The Giraffe & the Pelly & Me is about a small boy with a desire to own a candy shop. He soon meets a window-washing team composed of a giraffe, a pelican and a monkey, and together they go to work for the wealthy Duke of Hampshire, who makes all their dreams come true. This book is great for kids aged 7 to 11 years.



If you have read a great book and would like to see it reviewed in "Wigwam to Wigwam," write a short description of the book and tell us why you liked it, and then mail it to:

"Wigwam to Wigwam"

25 Imperial St., Suite 310

Toronto, ON M5P 1B9

Or e-mail it to:

info@wigwamen.com

Aboriginal Trivia Quiz

1. Who is the Assembly of First Nation Grand Chief?
2. This famous sled dog race is held annually in Alaska.
3. This famous architect designed the Canadian Museum of Civilization in Ottawa.
4. In 1959, Canadian Indians won this right, that when exercised, wouldn't compromise their Indian status.
5. Milton Born With A Tooth and the Lonefighters Society protested the construction of a dam on this southern Alberta river.
6. This hydro-electric project in northern Quebec was successfully blocked in 1992.
7. This Bill repeals a section of the Indian Act that stripped women of their Indian status if they married non-Natives.
8. These four sacred plants are used in traditional Native ceremonies.

See page 10 for answers.

Who's Who At Wigwamen

As mentioned in last month's General Manager's Report, Wigwamen Incorporated is pleased to announce the addition of two new staff people at our head office. This month, "Who's Who at Wigwamen" introduces: Sarah Howden.

As Administrative Assistant Sarah's duties include typing, dictaphone transcription, letter writing, filing and various other office-related tasks — such as ensuring that this monthly newsletter gets delivered to your home!

Having grown up in the Niagara Region of Southwestern Ontario, Sarah moved to Toronto 4 years ago to attend the University of Toronto. This June, she graduated with an Honour Bachelor of Arts degree in English and Anthropology. She hopes to go on to graduate studies in socio-cultural anthropology and to work in the area of social services.

During her four years at U of T, Sarah developed a strong interest in Aboriginal issues which led her to pursue several courses in that field of study — including an introductory course in the Ojibway language. Now, she is excited to be a new member of the team at Wigwamen Incorporated.

While her many and various duties as Administrative Assistant keep her busy from 9 to 5, in her spare time Sarah indulges in one of her main vices — reading. Although she is hard-pressed to name her favourite book, her top choice authors include J.D. Salinger, Virginia Woolf and Roald Dahl. And that said, check out page 9 of this newsletter for reviews on two of Dahl's best loved children's books!

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*A Housing Project for
Native People*

www.wigwamen.com

Last Words:

Here are the answers to the Aboriginal Trivia Quiz on page 9:

- 1) Matthew Coon Come
- 2) Ididerod
- 3) Douglas Cardinal
- 4) The right to vote
- 5) The Oldman River
- 6) The Great Whale Project
- 7) Bill C-31
- 8) Tobacco, sweetgrass, sage and cedar.