



WIGWAMEN
INCORPORATED

Wigwam to Wigwam

Your "House to House" News

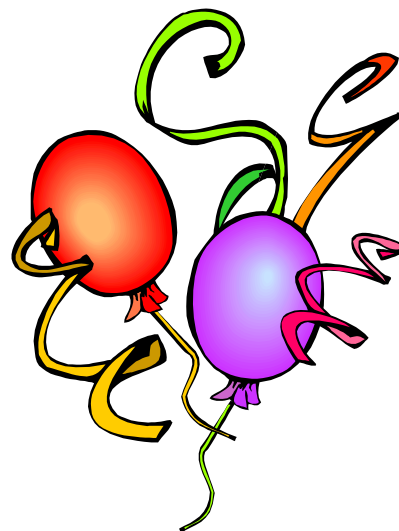
Wigwamen's 30th Anniversary Picnic

In celebration of 30 years of providing housing for Aboriginal families and individuals living in Toronto, Wigwamen Incorporated is hosting a birthday picnic!

Every one of our family housing and Terrace tenants (that's 317 households in total) will be invited. Also to be invited are all of Wigwamen's current staff and Board members, and as many former Board members as we can find.

The picnic will be held during the afternoon of Saturday, September 15th, 2001, at the north end of High Park, right near the Bloor-Danforth subway line. There will be lots of games and a scavenger hunt for the kids, as well as hot dogs, hamburgers and drinks for everyone. And of course, there will be a piece of the birthday cake for guests!

So, be sure to mark Saturday September 15th on your calendar and set aside the afternoon for a picnic in the park.



In the meantime, keep watch for your personal invitation to the picnic to arrive in the mail this month. It will give you more details on the exact time and location of the birthday picnic.

See you at the party!

Contest for Kids on Page 9!

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General Manager's Report

Water Conservation:

We live in a country blessed with what, at times, seems to be an unlimited supply of fresh water. And given the fact that all utilities are included in tenant rents (including heat, hydro, and water), there is sometimes a temptation to think that the water itself is free. The fact is that it's not free. *Every year, Wigwamen spends thousands, upon thousands of dollars for water supplied to its units.*

Ordinarily this is not a problem. Most tenants do what they can to use water responsibly, and water bills are reasonable. *The past two months, however, have seen some absolutely outrageous water bills*, arising in one case because a toilet was noticeably leaking, and in another case because the washer in a hot water tap was worn out, and there was a steady and obvious stream of water flowing out of the tap. In neither case was Wigwamen notified by a tenant...We only found out after getting a water bill of almost \$1,000 in a month.

Historically Wigwamen has supported the idea of having utilities included in the rents. That being said, *if all of our tenants do not use their utilities, including water, as carefully as possible, we will be forced to move to a system where tenants pay for their own utilities.*

With that in mind, I would strongly encourage all tenants to *contact our office immediately if a tap is leaking continuously, or if a toilet sounds as if it is running or leaking water all the time.* On our end, we'll do whatever we can to get a maintenance worker out as quickly as possible to solve the problem.

Your co-operation may make the difference between allowing us to continue to have utilities included in the rent, or moving to a system where tenants pay for their utilities directly.

New Maintenance Manager:

After a cross-country search, *Wigwamen has been successful in hiring Ryan Reynolds as its new Maintenance Manager*, replacing Mel Dokis. Watch "Who's who at Wigwamen" in the next edition of "Wigwam to Wigwam" for more information.

Terrace Happenings

The Terrace's chiropractic clinic is getting rave reviews! If you are interested in booking a session, please use the sign-up sheet located outside the nurse's office. The clinic is open every Thursday morning from 10:00 a.m. until 12:00 noon. Appointments are on a first come first serve basis and there are a limited number of spaces available—so sign up today!

Anishnawbe Health Nurse Vivian Recollet is on holidays for most of the month of August. Nurse Tarek will be covering a couple of clinics until Vivian is back on Tuesday, August 28th. The schedule for August will be as follows:

August 1 - Nurse Tarek

August 8 - No clinic

August 15 - Nurse Tarek

August 22 - No clinic

August 28 - Vivian Recollet returns

If you have any questions or concerns, please call Anishnawbe Health at 416-360-0486.

Just a reminder that Sugar Bear, Traditional Healer will be resuming his normal monthly schedule in the Turner Room beginning Wednesday, August 8th, 1:30 - 4:00 p.m.

Condolences go out to the family and friends of Terrace tenant Catherine Penasse who passed away August 6, 2001.

Deepest sympathy also goes out to the family and friends of Clara Carrier who passed away this summer. Mrs. Carrier was a former tenant of Wigwamen Terrace.

Wigwamen Terrace staff were very honoured and proud to receive Awards of Appreciation from the seniors at Wigwamen Terrace. These awards were presented on July 12, 2001 at the Native Canadian Intergenerational barbecue. Miigwetch!

These gardens are maintained by the residents of Wigwamen Terrace



Terrace Community Kitchen

As the summer editor of Wigwam to Wigwam, I'm going to grab the opportunity to showcase a couple of my own favourite recipes. Enjoy!

-Adene Kuchera

Broccoli Salad

First of all, it must be said that this salad is much more exciting than its name suggests! The recipe comes from my friend Mary Jane, who got it from her Aunt Susan. For me, it was love at first bite. Not only an extremely healthy dish (high in iron, low in fat), this salad is absolutely delicious. What's more, it's very easy to prepare and involves no cooking — a great dish for a hot summer day.

- 3 cups of raw broccoli florets
- 1/2 cup chopped red onion
- 1/4 cup fresh parsley, finely chopped
- 1/4 cup sunflower seeds
- 1/2 cup raisins
- 1/2 cup feta cheese, crumbled
- 4 slices cooked bacon, crumbled (optional)

Combine ingredients in salad bowl.

Dressing: 1/2 cup low fat yogurt

- 1/4 cup light mayonnaise
- 2 tbsp. sugar
- 1 tbsp. lemon juice

Combine dressing ingredients. Pour over broccoli mixture. Toss gently. Refrigerate for 2 hours and serve.



Cream Cheese Brownies

Have you ever heard of the café called “Death By Chocolate”? Well these brownies ought to be their specialty! My chocoholic mother introduced me to this recipe, but it actually comes from “150 Delicious Squares” by Jean Paré.

- 125 g. cream cheese
- 1 egg
- 1/2 cup sugar
- 2 tbsp. flour

Beat cream cheese and egg well. Blend in sugar and flour gradually, beating until well blended. Set aside.

- 2 eggs
- 1/2 cup butter or margarine
- 1 cup sugar
- 1/4 cup cocoa
- 3/4 cup flour

Beat eggs. Add next 4 ingredients until mixture is smooth. Spread 2/3 of mixture into a greased 8-inch pan. Spread cream cheese mixture over top. Cover with rest of brownie mixture. Cook in oven for 30-35 minutes at 350°

Icing (optional):

- 1 1/3 cup icing sugar
- 1/3 cup cocoa
- 3 tbsp. butter or margarine
- 5 tsp. hot water or coffee

Mix ingredients together until smooth. Add more water/coffee if needed.

Community Information Toronto

Although perhaps some of you may still not have heard about Community Information Toronto (C.I.T.) in 2001, it was actually established in 1952. Once you find out what this agency does, their phone number will be one that you will want to keep handy!

A community-based, non-profit agency, C.I.T. can offer you information on:

- Counselling programs
- Child care services
- Education, employment and training programs
- Government financial assistance programs
- Health services
- Housing options
- Legal services
- Services for seniors

They also publish the "Blue Book" which is a comprehensive directory of community services located in Toronto. The listings can also be found on their website at: www.communityinfotoronto.org where you will be able to browse and locate the service providers that may be able to help you. Perhaps most importantly, C.I.T. has a phone help-line that operates from 8:00 a.m. - 10:00 p.m., 7 days a week, 365 days a year. The number for this is 416-397-INFO. Of course, this is just a sampling of what C.I.T. offers and to find out more, you should give them a call at the number above. Ask any question, big or small, that's what they're there for!

- Ramona Toulouse

First Nations Skills Development & Training

First Nations Skills Development & Training is a pre-employment, computerized training program sponsored by the Toronto Council Fire Native Cultural Centre and funded by Miziwe Biik Aboriginal Employment & Training.

The program is designed to assist in the advancement of Aboriginal people living in Toronto to develop skills to help them enter into the labour force. During a 44-week training course, participants will learn the following: **typing, WordPerfect, Windows 95, Microsoft Word and Excel, data entry, literacy, numeracy, office procedures and job readiness**. An 8-week job placement will help them apply and further develop their skills. There is no training allowance

available for trainees - they commonly volunteer in the program because they want to gain marketable skills to work and get off social assistance or employment benefits.

As the goal of the First Nations Skills Development & Training Program is to assist as many Aboriginal people as possible, a continuous intake process allows applicants to begin the course at any time of the year. In other words, ***applications for the program are accepted throughout the year.***

If you would like more information about the program or to apply, contact either Program Co-ordinator Shauna Lapatak or Program Instructor Eric Hill at 416-360-4350.

- Toronto Council Fire Native Cultural Centre

Tenant Counsellor's Corner

Non-Hazardous Cleaners for the Home

Generations ago, families relied on simple ingredients such as vinegar and pure soap to keep their homes clean. Today, cleaning can be just as simple. More and more, people are pushing aside their ready-made commercial cleaners and opting for safer, gentler and more affordable homemade cleaners.

To help get you started, the following are some recipes for safer, alternative cleaners. You can experiment with them by adjusting the strengths and proportions to suit your cleaning needs. The recipes and information are courtesy of City of Toronto's Household Hazardous Waste webpage. For more information about non-hazardous household cleaning products, log on to <http://www.city.toronto.on.ca/hhw/thehome.htm>

- Jodi Hetherington

Recipes

Air Freshener: Try simmering vinegar or a herb mixture in water. Odours can also be absorbed by placing baking soda at the source of the problem. Vinegar on the stove will help eliminate odours while cooking.

All-Purpose Abrasive Cleaners:

- 1) Use mixture of baking soda and water to clean any surface. Rinse well.
- 2) Mix together 2 parts borax with 1 part baking soda. Store in a container with holes punched in the top to create a shaker and label it accordingly. Sprinkle on surface. Scrub with a damp cloth and wipe dry.

Note: For toilet bowls, sprinkle either recipe around the bowl, dampen to make a paste and let stand. Scrub clean.

All-Purpose Liquid Cleaners:

- 1) Melt 15 ml soap flakes in 1L of warm/hot water. Make stronger by adding 30 ml borax and 5 ml lemon juice/white vinegar for tougher cleaning jobs. Apply to surface. Rinse.

- 2) Apply a solution of half water and half vinegar. Rinsing is not necessary.

Grease Spots: Pour salt on grease spot (on floors, counter or furniture) to prevent staining.

Oven Cleaners:

- 1) Dampen the inside of the oven with water. Sprinkle liberally with baking soda. Leave for 15 minutes or overnight for tougher stains. Scrub until clean. Repeat if necessary.

Continued on next page...



Non-Hazardous Cleaners for the Home — Recipes

2) Mix together 2 parts hot water with 1 part borax in a spray bottle. Spray on and leave overnight. Scrub in the morning.

Oven Spills: Sprinkle immediately with salt. Brush off and wipe down oven once it has cooled. Or use a drip pan or cookie sheet to catch any spills while cooking.

Note: For best results, use these oven cleaners on a regular basis. Do not use on self-cleaning or continuously-cleaning ovens.

Environmentally-Safe Ingredients

Baking Soda: An all-purpose, non-toxic cleaner. It cleans, deodorizes, scours, polishes and removes stains.

Borax: It deodorizes, removes stains, and boosts the cleaning power of soap. It also prevents mould and odours.

Cornstarch: Cleans and deodorizes carpets and rugs.

Lemon Juice: Cuts through grease and stains on aluminum and porcelain.

Pure Soap: Cleans everything.

Table Salt: A mild disinfectant. Also makes an abrasive, but gentle, scouring powder.

Vinegar: Removes mildew, stains, grease and wax build-up. A great glass cleaner.

Washing Soda: Cuts grease and disinfects. It will also increase the cleaning power of soap.

Aboriginal Place Names in Ontario

Atikokan: “Place of caribou bones” from the word atigokaning. (Anishinabe)

Kapuskasing: “The bending one” referring to a river. (Swampy Cree)

Keewatin: From the word kiiwaadin or “north.” It refers the north end of the Lake of the Woods. (Anishinabe)

Mattawa: “Meeting of rivers” from the word madaabijiwan. (Anishinabe)

Ontario: “Beautiful sparkling water.” (Huron)

Oshawa: “Crossing of a stream.” (Seneca)

Tyendinaga: “Two sticks tied together.” (Mohawk)

Wawa: The word waawaa for “Canada goose.” (Anishinabe)

Wikwemikong: “Bay of the beaver.” (Anishinabe)

Source: www.ainc-inac.gc.ca

Zero Balance Club

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 Wyldes

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

Anishnawbek History

How the Porcupine Got Its Quills

Did you know that long ago porcupines had no quills? One day when Porcupine was in the woods, Bear came along and wanted to eat him. Porcupine hid in a hawthorn tree. The thorns in the branches made this very uncomfortable, but it gave Porcupine an idea. He broke off some of the branches and put them on his back. Then he went into the woods and waited for Bear. When the Bear sprang on him, Porcupine just curled himself up in a ball. Bear had to go away, for the thorns pricked him very much.



Nanabozho, who had seen what had happened, had a better idea. He took some branches from the hawthorn tree and peeled off the bark until they were white. He called Porcupine to come over. He put some clay on his back, stuck the thorns from the hawthorn tree in it, and then made the whole thing a part of Porcupine's skin. "Now go into the woods and we will see how this works," Nanabozho told Porcupine.

Porcupine obeyed and soon enough, there came Bear. Bear did not even try to get near Porcupine, he was afraid of those thorns. Later Wolf also came along. He tried to spring on Porcupine but ran away howling.

- Story abridged from: *Indian Legends of Canada*

And that is why all porcupines have quills today.

By Ella Elizabeth Clark.

Tangram Puzzle Contest for Kids!

In China, the tangram puzzle is called “chi chao ban” or “the seven boards of cunning.” Below are instructions for making your own tangram puzzle and an invitation to submit your best design in the Wigwamen Fun Page Contest!

Materials Needed:

• Paper • Scissors • Glue • Cardboard (i.e. cereal box)

Step 1: Start with a square piece of paper, any size. Fold it into a triangle, unfold, and cut along the fold line.

Step 2: Fold one of the triangles in half. Cut along the fold line to create pieces 1 and 2.

Step 3: Fold the other half of the original square widthwise so that the top point touches at the middle of the base of the triangle. Unfold and cut along the line to create piece 3.

Step 4: Cut the remaining quadrangle in half along the fold line.

Step 5: Take one of these pieces and fold. Cut along the line to create a triangle and square, pieces 4 and 5.

Step 6: Fold the remaining piece. Cut along the fold line, creating pieces 6 and 7.

Step 7: To make the pieces more rigid, paste onto cardboard and cut.



Contest Rules:

Kids up to the age of 12 are invited to enter the Wigwamen Fun Page Tangram Contest!

Using all the pieces of the tangram, see what kinds of objects you can create. Try making animals, boats, people, houses, plants, geometric and other shapes.

Submit your best design for a chance to win a \$50 gift certificate at your choice of one of the following stores:

Toys R Us

Indigo/Chapters

Mastermind Educational Games

Second prize is a gift certificate for \$25, third prize is for \$15.

Enter the contest by taping or gluing the pieces onto a separate piece of paper.

Write down your name, address, phone number and age.

Drop off your entry at our head office, or mail your entry to:

Wigwamen Incorporated, 310 - 25 Imperial Street, Toronto, Ontario, M5P 1B9.

All entries must be received by Wigwamen by **4:30 p.m. on Friday, August 31, 2001.**

Winners will be showcased in the September edition of Wigwam to Wigwam.

Who's Who At Wigwamen

Wigwamen's most recent recruit is none other than... **JANICE BEBONANG!**

Joining the rest of the gang at Wigwamen in June of this year, Janice is one of our new Administrative Assistants. She will be the person you meet at the front desk when you come to pay your rent, and the friendly voice at the other end of the phone when you call in. Her other responsibilities include letter writing, typ-

ing, and processing the applications for Toronto Social Housing Connections received by Wigwamen.

Janice comes to Wigwamen as a graduate of the Medical Office Administration program at George Brown College. Her previous secretarial experience includes working at St. Michael's Hospital, with the Department of Indian and Northern Affairs, and with the Ontario Federation of

Indian Friendship Centres.

Originally from the Wausausing First Nation near Parry Sound, Janice has lived in Toronto for a number of years.

While her work keeps her busy much of the time, she continues to volunteers with Meals-On-Wheels and at Toronto General Hospital. Besides that, her hobbies and interests are reading, cycling, and skiing.

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*A Housing Project
For Native People*

[www.wigwamen.com]

Reminder:

Wigwamen's main office and the office at the Terrace will be closed Monday, September 3rd, 2001 for the Labour Day holiday.

To all those who have been enjoying a long summer break, welcome back to school and work!