

Flower Power 2001 Winners!

The response to this year's Flower Power 2001 contest was excellent. A big thank you goes out to all who entered! One fine example of the hard work put forth by each and every participant is pictured below, and you can find several others on page 2!

A panel of judges consisting of Director Donna Niven, Financial Controller, Wayne Vincent and myself, took a day to inspect each of the gardens that were entered in the contest.

After careful consideration, we are happy to award the first prize to Carol Jeffries, second prize to Carol Rainville, and third prize to Yvonne Beaucage for the Community Terrace Garden.

**Congratulations to all the winners,
and to all of you who took the time to participate!**

Each year seems to inspire more and more entries. We look forward to a record breaking Flower Power 2002.

- Jodi Hetherington



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Special points of interest:

- Long Term Care Program
- Here to Help Program
- Back to School tips
- Wikwemikong Election
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- The Importance of Good Credit

General Manager's Report

Maybe it's the time of year, with summer winding down, and the all too fast approach of Fall, but as I sit here at my desk, reflecting on how I might fill the page which our Editorial team has set aside for me, I find myself convinced that it would be far more satisfying for people not to read more about Wigwamen, but to reflect instead on the beauty that summer affords us.

So...instead of black print on a white page I thought I would share with you below, more images of Flower Power 2001, our most successful Flower Power yet, both in terms of the beauty of the gardens, and in terms of the number of participants.

To all of you who participated, from all of us who enjoyed your efforts, a big thank-you! You made Toronto a more beautiful place, and we look forward to your continuing efforts next year. Congratulations to all of you!

More Images of Flower Power 2001



Celebrating Our Children

Native Child & Family Services of Toronto is hosting their 4th Annual “Celebrating Our Children” Pow Wow.

HONOURING OUR PAST AND PROTECTING OUR FUTURE

**In recognition of International FAS Day
(fetal alcohol spectrum disorder)**

Sunday, September 9, 2001

**At Dufferin Grove Park,
across from the Dufferin Mall**

Host Drum: Red Spirit

Co-host Drum: Biimskonodin

Admission is free and includes a family barbecue. All other drum groups who come to share their songs will have a Blanket Dance done for them.

For more information, please contact Alita Sauve, Special Events Co-ordinator at 416-969-8510.

Here to Help Program

Native Child and Family Services, in partnership with Anduhyaun Inc., is pleased to announce the Here To Help Program. A series of group sessions throughout the year are being run for mothers and their children who have been exposed to family violence.

Children who witness abuse are often left with many emotional, spiritual and behavioral difficulties that mothers have to deal

Long Term Care Program

The Metis Nation of Ontario’s Long Term Care Program provides information, services, and support to frail, vulnerable and at risk elderly adults. Individuals of all ages with physical disabilities are also assisted with care needs in their home. The goal of the Long Term Care Program is to help individuals remain in their homes for as long as possible, and to share in the responsibility of care with informal caregivers such as family and friends. The program includes a culturally specific component to ensure respect for all individuals with strong ties to their heritage.

The services include:

- transportation for emergencies (such as medical appointments);
- friendly visits for shut-ins or for those who would just like a short visit from someone;
- caregiver support;
- security checks; and
- Aboriginal support services.

For more information contact Bernie Robinson or Rosalie Shephard at 416-977-9881.

with in addition to their own healing. The goal of the Here to Help Program is to create a supportive environment for mothers and children so they can begin to deal with the effects of violence on their family. It aims to help families break the cycle of violence and abuse and to live healthier happier lives.

For more information, call Native Child and Family Services at 416-969-8510.

Terrace Community Kitchen

For Emergencies

Have you ever felt too tired or too ill to shop? Have you ever been snowed in during the winter months? Perhaps your electricity has gone off? In case this happens, it is a good idea to have an “emergency shelf” in your kitchen.

Here are some items you should keep on hand:

- A jug or bottle of water (change every two weeks)
- Tea bags or instant coffee
- Powdered milk
- Cereal
- Canned or dried fruit
- Crackers
- Low-fat, processed cheese spread
- Peanut butter
- Canned meat or fish
- Canned or dried vegetables
- Canned beans
- Candles and matches
- Flashlight and batteries
- Can opener
- Sugar, in case of insulin reaction.

Cholesterol

It's Not Just in the Egg

Too much cholesterol in the blood has been associated with hardening of the arteries. People with diabetes have a greater risk of this occurring.

But don't put all the blame on eggs and liver as they do provide valuable food nutrients!

Nevertheless, it is best to limit your intake of high cholesterol foods. It is not necessary to completely avoid them unless your physician tells you to do so.

Here are some suggestions for sensible amounts of high cholesterol foods:

- Liver — no more than once a week
- Eggs — no more than one a day

You can also cut down your intake of:

- Luncheon meats and sausages
- Cheddar and whole milk cheese — use 2% milk instead of whole milk and cream.

Cheesy Baked Omelet

Baked omelets should be cooked until the eggs are just set. The grated cheese melts on the hot omelet to add flavour.

- 1 tbsp. butter or margarine
- 1 tbsp. finely chopped green onion
- 1 tbsp. finely chopped green pepper
- 2 eggs
- Pinch of salt
- Pinch of pepper
- 2 tbsp. milk
- 1 tbsp. grated nippy cheese

In a small pan, melt butter. Add green onion and green pepper. Cook over low heat until tender; set aside. In a medium bowl lightly beat eggs with salt, pepper and milk. Stir in green onions and green pepper. Pour into a lightly oiled individual casserole dish. Bake in a 350 F oven for about 24 minutes until omelet is puffed and knife inserted in centre comes out clean. Do not over-cook. Remove from oven and sprinkle with grated cheese. Serve immediately.

Makes 1 serving.

Source: [Diabetes Over 60: Meals to Serve You Well](#)

Household Hints

Home Safety

Checklist

“Becoming a House Detective”

The culprit in many home injuries can be seemingly innocent things around your home — many of which are easily fixed. The checklist to the right will help you inspect your home for evidence of trouble that may be waiting to happen. Every “no” answer is a clue that your home may not be as safe as it could be. For every “no” answer, make a note as a reminder that change is needed.

Outside the Home Safety Checklist

- ◆ Are the front steps and walkway leading to your house or apartment in good repair?
- ◆ Does your front entrance have an outdoor light?
- ◆ Does the doorway to your balcony or deck have a low door sill or threshold that will not trip you?
- ◆ Do you have non-slip surfaces on the balcony, porch and patio?
- ◆ Are stairs or walkways kept free of snow, ice or leaves in the wintertime? Does the surface provide good traction?

Terrace Happenings

- The Terrace community would like to welcome back all those seniors who took a summer hiatus this year. It’s nice to see you back!
- Condolences go out to the family and friends of Louise Sheshewabic, who left for the spirit world on August 8, 2001.
- Wigwamen Terrace welcomes new resident Charlotte Stevens.
- If there are any tenants interested in sitting on this year’s Terrace Christmas Party Planning Committee, please speak with Janet Esquimaux in the Terrace Management Office. We welcome any new ideas for this annual festive event.
- Did you know that we have a 1960’s Indian Princess living in the building? (Guess who?)
- Finally, congratulations to the Garden Club for taking 3rd prize in Wigwamen’s annual Flower Power contest!

Wigwamen's Fun Page

Wind Chimes

Materials

- Scissors
- Clear plastic lids
- X-Acto knife
- Fishing line
- Stick
- Jingle Bells

Step 1: Cut off the rims of the plastic lids, then help

your children cut out seven (or as many as you like) leaf shapes from the clear plastic. If you want, you can create “veins” on the leaves by lightly scoring each one with an X-Acto blade.

Step 2: Punch a hole in the top and bottom of each leaf. Tie a 7-10 inch length of fishing line to the top of each leaf, then hang the leaves evenly spaced from a stick.

Step 3: Using short lengths of fishing line, hang a jingle bell from the bottom of each leaf.

Step 4: To make a hanger, tie the ends of a 6-8 inch piece of fishing line to each end of the stick.

Step 5: Hang your wind chime on the porch or anywhere it may catch a breeze!

Source: www.family.com

Back-To-School Tips

It's that time of year again... bell starts to ring.

To help you get ready for sending the kids back to school, here are some helpful tips.

Get your kids talking and excited: Start a discussion by talking about what you enjoyed at school when you were a kid.

Phase in a routine: Start to slowly phase in a routine schedule. Whether it's bed-times, meals, or getting up in the morning, if you start a routine now it will help enormously when the school

Simplify back to school shopping: Since it may be summer weather for awhile yet, have your kids get one or two new outfits for the start of the year. Plan your “big shopping” for October so you avoid the crowds.

Go along on the first day: Ask for time off work now and plan on taking your child to school the first day. Do something special together to let them know you're excited about their new beginning.



Celebrate the end of summer: Host a party at your house for you and your kids.

Source: www.family.com

Opening a Bank Account

Below are a few facts and some information to keep in mind if you are thinking about opening a new bank account.

First of all:

- A minimum deposit *is not* required to open an account.
- Being unemployed does not prevent you from getting an account. No proof of employment is required.

When you open a new account, you will be asked for personal information. This is true no matter which bank you use or which type of account you open. Identification is needed to meet federal regulations and it helps protect you and your bank from possible losses due to fraud. You will be asked for information such as:

- Your full name
- Your date of birth
- Your home address and telephone number
- Your Social Insurance Number (SIN)
- If employed, the name, address and telephone number of your employer

- A previous bank reference (if applicable)
- A sample of your signature to check when handling your money. It is a good idea to sign your name on the signature card the same way you will sign your name on other bank forms – like cheques.

You will need to show two pieces of identification with your signature on them. If possible, try to provide one piece of identification that has your photograph on it, although this is not mandatory. You may be asked for other pieces of identification if the bank's staff have reason to question your identity. Examples of acceptable identification include:

- A credit card with your signature issued by a well-known, reputable financial institution
- A valid Canadian passport
- Senior citizen's (OAS)

card issued by the federal government

- Canadian citizenship card
- Employer identity card from a well-known company with photo/security pass
- Indian Status certificate
- Personal reference by an individual known to the bank;
- Social Insurance Number (SIN) card
- Valid driver's license issued in Canada



The bank will ask you to sign an account agreement, or they will ask you to sign a signature card to say that you have read the account agreement. The agreement lists the rules for using the account.

When you sign, you are saying that you understand and agree to follow these rules. You will be given a copy of the agreement to take away with you.

Continued on next page...

Opening a Bank Account, continued from page 7

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If you experience any problems opening an account or when doing banking, try contacting the following representatives:

- 1) Your bank branch customer service representative or branch manager.
- 2) Your bank's regional manager.

3) Your bank's ombudsman:

Bank of Montreal:

Donald F. Willis
1-800-371-2541

Bank of Nova Scotia:

Bill Bailey
416-933-3299

CIBC:

Lachlan MacLachlan
416-861-3313

Royal Bank of Canada:

Denice Leahey
416-974-4591

TD Canada Trust:

David Fisher
1-888-361-0319

Source: Canadian Bankers Association
www.cba.ca

Zero Balance Club Honour Roll

Zero Balance Club Members

**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.**

Welcome to our latest Zero Balance Club member Norma Cote!

Wikwemikong Unceded Indian Reserve Election

An election will be held to elect five members and the chief for the Wikwemikong Band Council on Saturday, September 15, 2001. The poll station will be open from 9:00 a.m. until 8:00 p.m. at the Wikwemikong Memorial Civic Complex.

Immediately after the polls close, and prior to the counting of the votes, verification of declarations of the mail-in ballots will be conducted.

The results of the election will be declared after the vote count, also at the Wikwemikong Memorial Civic Complex.

Off-reserve electors can cast their ballots for both Chief and Councilor positions by using the mail-in process or in person on election day. If you are an off-reserve member of the Wikwemikong Unceded Indian Reserve and were not sent a ballot, or if you have any questions about the by-election, please call the Electoral Officer at 1-888-613-0588.

As candidates can withdraw up to the close of the poll their names can not be published as part of this article.

Walk Historic Paths

Free Guided
Weekend Walking
Tours:
Every Sunday until
October 14, 2001

Did you know there are 8,200 kilometers of sidewalk in Toronto?

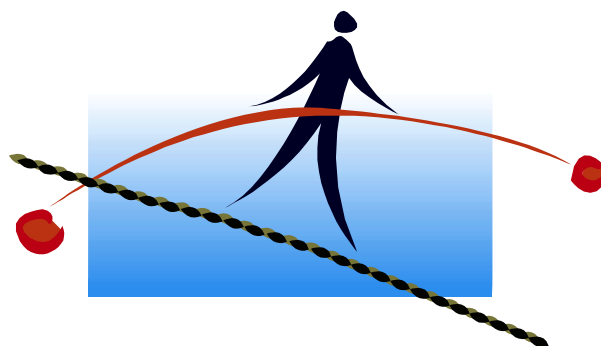
Join Heritage Toronto's free guided weekend walking tours and discover some fascinating facts to be found underfoot on over 40 different sidewalks, as well as on

roads less travelled, in all corners of the city.

From bricklaying patterns and Aboriginal medicinal plants, to corporate art seen through Sunday morning windows and the "ghosts" at the legislature, you will see it all. Join Heritage Toronto in celebrating the

natural, archaeological, architectural, and cultural heritage that begins right outside your front door!

For more information call 416-392-6827 and press *700, or visit the Heritage Toronto website at www.heritagetoronto.org.



Anishnawbek History

The Legend of the Sleeping Giant

If you stand on the shores of Thunder Bay at the head of Lake Superior and look out across the waters, you can see a great land formation situated directly in the mouth of the Bay.

It requires no imagination whatever to see that this form resembles the sleeping body of a giant, arms folded across his massive chest as in the majesty of death.

Mystery and legend surround the origin of this strange phenomenon of nature and down through the ages the following story has survived.

On an island just outside Thunder Bay, now known as "Isle Royale," there lived a great tribe of Ojibway Natives. Because of their loyalty to their gods, and their peaceful and industrious mode of living, Nanabozho, the Spirit of the Deep Sea Water, decided to reward them by telling them a secret.

One day he called their chief to his great Thunder Temple on the mountain and warned him that if he in turn told the secret to the white man, Nanabozho would be turned to stone and the

Ojibway tribe would perish.

The chief gave his promise to keep the secret and Nanabozho proceeded to tell him about the rich silver mine now known as "Silver Islet." He told the chief to go to the highest point on Thunder Cape and here he would find the entrance to a tunnel that would lead him to the centre of the mine.

Apparently the chief and his people found the mine, for the Ojibway became famous for their beautiful silver ornaments. In fact, these were so beautiful Sioux warriors, on seeing them upon their wounded enemies, strove to wrest the secret of the origin of the silver from the Ojibway.

But torture and even death failed to make the gallant Ojibway divulge their secret and the Sioux chieftains had to devise another scheme to find the source of the Ojibway silver.

One day the Sioux warriors summoned their most cunning scout and a plan was formed. The scout was to enter the Ojibway camp disguised as one of them. This he did and in a few days succeeded in learning the secret of the island of silver.

The scout however never returned to his camp for on his way back he stopped at a white traders post to purchase some food. Having no furs or money with which to pay for the goods, he used a piece of the silver.

Upon seeing such a large piece of the gleaming metal, two white men sought to find out where it originated in order to make themselves fabulously rich.

After filling the Sioux scout with liquor they persuaded him to show them the way to the mine.

When they were almost in sight of "Silver Islet," a terrific storm broke over the Cape. The white men drowned and the Sioux scout was found in a crazed condition floating aimlessly in his canoe. The most extraordinary thing however, was what had happened to the land during the storm. Where there was once a wide opening to the bay, now lay what appeared to be a great sleeping figure of a man. Nanabozho's warning had been fulfilled and he had been turned into stone.

Source: <http://tourism.city.thunder-bay.on.ca/legend.html>

The Importance of Good Credit

**Do you have credit or department store cards such as Zellers, the Bay, Visa or MasterCard?
Have you ever been more than 30 days late on a payment?
Do your monthly bills and expenses often exceed your monthly income?
Have you had trouble obtaining credit?**

If you have answered yes to any of the above questions then you may find the following information useful.

Understandably, life and circumstances are sometimes chaotic and it is possible to forget to pay the minimum monthly payment on one or more of your bills. You promise yourself to double up the following month. While this pattern may seem harmless, it can affect your credit rating. Furthermore, it may also affect your ability to obtain a loan for a large item such as a car. So if you find yourself unable to make the payment one month, call the creditor immediately to request making a double payment the following month. This may help to protect your credit rating. Often creditors are willing to work out a special payment arrangement.

If at the end of the month rent is due and the stack of bills on the table is growing, don't avoid the problem and creditors, try to work it out! Sit down and write a monthly mini budget. Most credit counselling agencies can provide you with a booklet to assist with this exercise. In one column record your income, and in the other column record your living costs and the money you owe. Use this to work out how much you can pay to each creditor. If you don't feel confident doing this yourself, you can make an appointment to see a credit counsellor to go over your finances. This is often a free service and the counsellors can even work on your behalf with the creditors.

Lastly, if you have always paid your bills on time and have had a loan or credit application turned down, it may be that you just don't yet have a credit history which is usually necessary to obtain a major credit card or loan. You start a good credit history by applying for a charge card at a department store or an automobile gas company, and then making sure to make at least the minimum monthly payments on the card! If you already have a charge card but still do not seem to be able to obtain a major credit card, try applying to other lending agencies. If all else fails, request your credit report from the local credit bureau and examine it. If you think it to be inaccurate and you can prove it, the credit bureau is required to make the correction. You can also call Trans Union at 1-800-663-9980 or Equifax at 1-800-465-7166 to request your credit report.

These are only a few ideas about how to deal with credit problems. To get more detailed information, look in your Yellow Pages under "Credit & Debt Counselling Services." Or, call Coping In Tough Times at 416-266-4596. To obtain a free credit report you can download the forms from the internet at both www.equifax.com and www.tuc.ca.

- Ramona Toulouse

Who's Who At Wigwamen

Ryan Reynolds was recently hired to replace Mel Dokis as the Maintenance Manager for Wigwamen. He has over ten years experience in the maintenance and property management field. His previous work experience includes maintenance management for such large non-profit housing portfolios as M.T.H.A.'s Lawrence Heights which has over 1100 housing units. The portfolio consisted of nineteen three-story walk-ups, apartment buildings, and several hundred scattered units and townhouses.

Just prior to starting at Wigwamen, Ryan was the Facility Manager for Woodbine Racetrack during its transition phase from racetrack to casino/racetrack in 2000.

In 1999, Ryan went back to school to upgrade his computer and software skills. During this time he received a Network and Internet Support Professional diploma and was among the few in the class to simultaneously study for and receive a Microsoft Certified Systems Engineer Certification.

Ryan's career also includes having spent ten years in the Canadian Military where he traveled to places like Egypt, Israel and Germany. He currently lives in Brampton.


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*A Housing Project for
Native People*

www.wigwamen.com



Have you remembered to sign up for
Wigwamen's 30th anniversary picnic
celebration in High Park?

What are you waiting for???

Saturday, September 15th, 2001
12:00—5:00 p.m.

- Barbeque Lunch • Birthday Cake and Balloons • Games for the Kids • Variety Bingo • Door Prizes!

Get your picnic invitation reply card to
Wigwamen by Friday, September 7th, for
a chance to win a picnic door prize:
VCR, microwave oven, or coffee maker!

If you have not yet received your invitation
and reply card in the mail, call Sarah
at 416-481-4451, extension 24.