

WIGWAMEN  
INCORPORATED

# Wigwam to Wigwam

Your "House to House" News

## Balloons, Bingo and Birthday Cake!

For the 170 tenants, staff, and Board members who gathered in High Park at Wigwamen's 30<sup>th</sup> anniversary celebrations, Saturday, September 15<sup>th</sup> proved to be a perfectly sunny and warm, late summer day. While some guests stopped in just for a visit, others stayed for the whole afternoon. For all however, it was an afternoon of fun and food – and what more would you want at a birthday party picnic?!

Hula hoops, helium balloons, and games such as the plank walk race and the egg-on-spoon race (a sometimes messy event!), kept the kids busy. They were also entertained by a magician and had the opportunity to have their face, arms or hands decorated by a body painting artist.



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### Special points of interest:

- *Wigwamen's 30th Anniversary — Balloons, Bingo & Birthday Cake*
- *Aboriginal History — The Rainbow Crow*
- *Halloween Costumes and Safety Tips*

# General Manager's Report

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## **STAFF CHANGES:**

In a Corporation the size of Wigwamen, staff changes are inevitable. This month sees four changes, each and every one positive for the employees:

***Ramona Toulouse***, who has served as the Aboriginal Housing Support Centre Counsellor for the past five months and was our Administrative Assistant before that, will be leaving Wigwamen at the end of September to take a job with a large communications management firm, where she'll be a media assistant. I know that I speak for all when I say that we wish her all the best!;

***Sarah Howden***, who has acted as one of our two Administrative Assistants for the past three months, and helped to organize the 30th anniversary picnic, has been promoted to the position of A.H.S.C. Counsellor. Congratulations Sarah!;

***Yvonne Katcheech***, will be our new Clerk/Receptionist at the front desk. Welcome Yvonne! Be sure to watch for a profile of Yvonne in a future edition of "Wigwam to Wigwam"; and

***Adene Kuchera***, who has been with us since 1998, first as an Administrative Assistant, and then as our Special Initiatives Officer, will be going on a leave of absence until January 2002, during which time she will act as a Teaching Assistant at Trent University and continue working on her Masters. She's been instrumental in many of our successes at Wigwamen, including but not limited to developing our web site, writing proposals, and helping to organize both "Toronto 2000" and our 30th Anniversary Picnic, and we'll miss her energy and enthusiasm. Good luck with your studies, Adene!

## **30th ANNIVERSARY PICNIC SUCCESS:**

Our 30th Anniversary picnic was a terrific success, made possible by the hard work of our staff, Board, and tenant volunteers. My thanks to each and every one of you!

We're so excited about how it went that we'll be taking a look at the possibility of having an annual event for our tenants. Watch future editions of "Wigwam to Wigwam" for more information.

## Balloons, etc. continued

For the adults, variety bingo was one of the afternoon's highlights. And everyone received a 30th anniversary souvenir pin to take home.

A constant and seemingly endless supply of drinks and barbecued hotdogs and hamburgers kept everyone fed. Before topping the meal off with some delicious birthday cake, there was a short speech by City Councillor and Chair of the Aboriginal Advisory Committee, Jane Pitfield. Next, a few words from long-standing Board member and President of Wigwamen, Bill Kinoshameg. Following this, four very happy door prize winners walked off with a new microwave, VCR, coffee maker and gift certificates from Swiss Chalet!

Several photo albums showing some of the highlights of Wigwamen's 30 years of providing non-profit housing for Aboriginal people in Toronto, were on display at the welcome table. Perusing the pages, tenants could get a sense of the construction of Wigwamen Terrace in 1979, as well as look through three years worth of beautiful Flower Power garden photos, mementos of the Toronto 2000 Urban Native Housing Conference, and pictures of a number of the family housing units.

As photographer of the event, I had the opportunity to wander about and capture some special moments on camera. I am sure that I speak for all in pronouncing the 30<sup>th</sup> anniversary picnic a terrific success. See for yourself, in the special photo insert of this month's edition of Wigwam to Wigwam!

- Adene Kuchera

## Tangram Puzzle Contest Winners!

Congratulations to the two first prize winners of the Tangram Puzzle Contest:



Nicole and Chantell Beaudry!

Nicole, who is 8 years old, used the shapes of the tangram puzzle to create a horse.

Ten-year-old Chantell rearranged them to make a swan.

Both winners received a \$50 gift certificate for Toys R Us.

## Terrace Community Kitchen

### Split Pea with Ham Soup

You may want to double this recipe and store the leftovers in the refrigerator. Be sure to eat them within four days.

1/2 cup dried split peas

2 1/2 cups cold water

1 small onion, chopped

1/3 cup celery, chopped

2 tbsp. carrot, chopped

1/4 tsp. salt

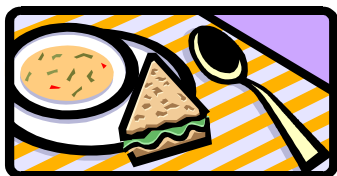
Pinch of pepper

Pinch of thyme

1/2 bay leaf

1/3 cup finely chopped, cooked ham

Rinse peas and place in a small saucepan. Add water and allow to sit about 4 hours. Add onion, celery, carrot, salt, pepper, thyme and bay leaf. Bring to a boil, cover and simmer gently for about 1 - 1 1/4 hours until peas are tender. Add ham and allow to cook 5 minutes longer. Ladle into warm soup bowls.



### Banana Nut Bread

Preheat oven to 350° F

Grease a 9 x 5 x 3 -inch loaf pan.

Sift together:

2 cups flour

1/2 cup sugar

3 teaspoons baking powder

1/2 teaspoon baking soda

1/2 teaspoon salt

Stir in:

1/2 cup finely chopped nuts

In a separate bowl, beat together:

1 egg

3/4 cup milk

1/4 cup vegetable oil or melted shortening

1 1/2 cups mashed ripe bananas

Add liquid to dry ingredients and mix lightly for about half a minute. Batter will be lumpy. Turn batter into prepared pan. Bake in preheated 350° oven for 65 to 70 minutes or until toothpick can be inserted in centre and comes out clean.

### Enjoyable Meals

If you are now living alone or cooking only for two, your eating habits may have changed. Perhaps you have run out of menu ideas or you have put aside those favorite recipes because they make more than you can use. You may have found your energy has decreased, and it's becoming a bit of an effort to prepare meals. But remember the need for food is still there. The requirement for nutrients and a balanced diabetic meal plan remains for life.

To keep your meal time from becoming boring and dull, go to a bit of trouble for yourself.

Wherever you decide to eat - whether it's at a table in front of the television or at the kitchen table — make it an attractive spot. You might also want to vary your eating spot from time to time.



Source: Diabetes Over 60: Meals to Serve You Well

## Household Hints

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### *Laundry Hints & Tips*

- ◆ Put rubber bathtub appliques under your washing machine to keep it from rocking out of place when in use.
- ◆ If you use more than one machine at the laundromat, bring some magnets to place on each machine. This way you can avoid embarrassing mix ups.
- ◆ When you hang dry dark-coloured clothes, hang them inside out so they don't attract lint.
- ◆ To stop cotton clothes from getting wrinkled in the dryer, spray a little bit of starch on them while they're still wet and then put them in the dryer. They will come out virtually wrinkle-free.
- ◆ If you run out of liquid fabric softener or dryer sheets, put a drop or two of hair conditioner on a washcloth and throw it in the wash with the laundry. Your clothes will come out smelling fresh and clean.
- ◆ When washing new towels for the first time, add a cup of salt to the water. It will set the colour so the towels won't fade as quickly.
- ◆ To keep your iron moving smoothly over any type of fabric, set it to medium and run it over waxed paper a few times before you begin ironing.



Source: 1999 Family Circle calendar.

## Terrace Happenings

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- Wigwamen Terrace Seniors Club has just elected a new executive: Gerri Martin is now their President and fearless leader; Katie Pasquach is the new Vice-President; and Aparecida Zwillinger is Secretary/Treasurer. Congratulations to all!
- The Terrace Management is now accepting donations for their Loonie Auction which will be held on October 30, 2001 at 1:00 p.m. in the Turner room. Proceeds of this event will go towards funding raising for the Terrace Residents Annual Christmas Party. Please call Janet at 416-925-9165 for more information.
- With flu season soon upon us, there are a few clinics planned at the Terrace for the month of October. First, there will be two flu shot clinics conducted by Anishnawbe Health. The dates of these clinics will be posted soon. In addition, there will be a naturopathic clinic focusing on "immune system building for the flu season" from 1:30 - 3:30 on October 16, 2001 in the Turner Room.
- In closing, miigwetch to all those seniors who came out to the fund-raising pancake breakfast!

## Zero Balance Club Honour Roll

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### 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, Norma Cote.**

*Congratulations to all of you!*

## Tenant Counsellor's Corner

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The Aboriginal Head Start Program For Preschoolers is available for children between the ages of 2 1/2 to 6 years. The program strives to provide a healthy, safe and relaxed atmosphere for children and their families. Healthy snacks and bus transportation are provided.

Half-day programs are available from Monday – Thursday and space is now available on a first-come, first-served basis. If you are interested in enrolling your child or children, the following programs are available this fall:

Epnigishmok Aboriginal Head Start Program – Location: 611 St. Clair Avenue West (St. Michael's & All Angels Church). Contact: Melissa McNeil @ 416-969-8510 ext. 279.

First Nations School Head Start Program – Location: 935 Dundas Street East, Room 214. Contact: Michelle Meawasige @ 416-469-8417

Waabanong Aboriginal Head Start Program – Location: 20 Waldock Street, Room 107. Contact: Michelle Meawasige @ 416-283-7082

- Jodi Hetherington

## Wigwamen's Fun Page

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### **Halloween Costume Ideas**

Here is a list of easy-to-make costumes. It's likely you will already have most of the supplies in your home but if not, they can be bought at very inexpensive prices.

**Sherlock Homes:** Get a brown cape, a vest, white slacks, a magnifying glass and a sleuth hat.

**Fortune Teller:** Get a scarf for your hair, a shawl and a puffy blouse with a flowing long flower print skirt.



**Tacky Man/Woman:** Just put on mismatched clothes. Polyester and patterns are a plus.

**Mummy:** Take white sheets, tear up into long strips and wrap them around the body.

**Nerd:** High water pants (floods), white shirt, bow tie, white socks, black shoes and dark-frame glasses with masking tape around the nose piece. For an extra touch, use a pocket protector.

Source: [www.kron.com](http://www.kron.com)

## Halloween Safety Tips

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Parents should review these safety recommendations with their children to assure that children have both a fun and safe Halloween.

### **Children Should:**

- Cross street only at corners.
- Never cross between parked cars.
- Walk facing the oncoming traffic if there is no sidewalk.
- Always remove masks before crossing streets.
- Be aware of cars that may be turning into or backing

out of driveways.

- Never go inside a stranger's house.

### **Parents Should:**

- Make sure children are accompanied by an adult.
- Know the route children are taking.
- Set a time for children to return home.
- Know what other activities a child may be attending, such as parties.
- Explain to children the difference between tricks and vandalism.

- Instruct children NOT to eat treats until they return home and you have had a chance to inspect those treats.



Source: [www.kron.com](http://www.kron.com)

## Aboriginal History

### Rainbow Crow

Long, long ago, before our Lenape ancestors walked the Earth, the weather was always warm and the animals lived in happiness.

Then one day, the Earth suddenly became cold and white as sparkling flakes fell from the sky and covered the Earth with its white softness. The animals, seeing snow for the first time, were not afraid.

Soon, the snow grew deeper and Axpo'kwes, the Mouse, disappeared. All that could be seen was the tip of his tail, and the other animals began to get worried.

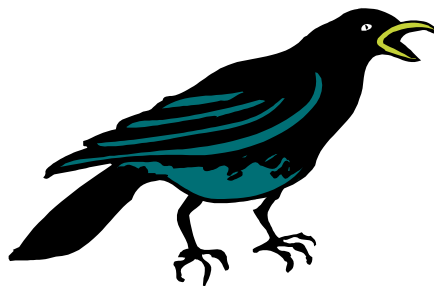
Then Chema mes, the Rabbit, disappeared. All that could be seen were the tips of his ears, and by now the animals were really worried. They met in Council to further discuss the situation and decided that what was needed was for a messenger to travel up to the home of Kishelamakank the Creator, and ask him to stop the snow. They asked among themselves: "Who is willing to make the journey, to the twelfth heaven, that distant dwelling place of the Creator?"

Wapink, the Opossum, said, "Kukhus, the Owl is the wisest.

Perhaps he should be the one to go." "But no," the animals whispered. "He might get lost in the light of day. So Owl shouldn't go!"

Then Tamakwa, the Beaver, said, "Perhaps Naxanum, the raccoon, should go." "No," the animals argued. "He might follow his tail instead of his nose. So raccoon should not go."

Then Shikak, the skunk, said, "Perhaps Tametut, the Coyote,



should go." "No!" the animals shouted. "Coyote is clever and loves to play tricks. He might chase the clouds or swallow the wind. So Coyote should not go."

Then the animals made all kinds of noise. They screeched and howled, hooted and growled, because they couldn't decide who should make the journey to the dwelling place of the Creator and ask him to stop the snow.

In the meantime, the snow got deeper and deeper. The small animals climbed on top of the

taller animals so that they wouldn't disappear.

Just as the animals were in their greatest despair, from top of a tall tree, Manaka'has, the Rainbow Crow, flew down among them. In the sweetest voice they had ever heard from a bird, Rainbow Crow said, "I will go, I will go!"

The animals were so happy to have a messenger that they sang many songs of praise to him.

Then Rainbow Crow flew high up into the sky, above the snow and the winds, beyond the clouds, the moon, the stars.

For three days he flew, until at last he arrived at the twelfth heaven, the dwelling place of the creator. The creator, however, was too busy to notice him. So Manaka'has, the Rainbow Crow, began to sing. Upon hearing the singing, the Creator stopped to listen. Never before had he heard such a sweet voice or such a beautiful song. Upon seeing Manaka'has, the Creator said, "Such a gift of song as you have given to me, I will now give a gift to you. Tell me what you would choose to have."



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Rainbow Crow knew that far below on the Earth, the snow was getting so deep that soon all the animals would disappear. So he asked Kishelamakank, to stop the snow. The Creator replied, "No Manaka'has, I cannot stop the snow, for the snow has a Spirit of its own. When the Snow Spirit leaves the clouds to visit with his friend the Wind Spirit, the snow will stop, but the Earth will still be cold."

So Manaka'has asked the Creator to stop the cold, but the Creator said, "No Manaka'has, I cannot stop the cold. All I can do is give you the gift of fire. Fire will keep you warm and will melt the snow so that your friends will be content until warm weather returns."

The Creator picked up a stick, and set it on fire by sticking it into the Sun. Then he handed it to Manaka'has, saying, "I will give you this gift only once. Now hurry! Fly back to the Earth before the fire goes out!" Off flew Rainbow Crow.

On the first day, as he was flying down to the Earth, sparks from the fire burned and darkened his tail feathers. On the second day, the fire burned brighter and the stick grew shorter, and all of Rainbow

Crow's feathers became blackened with soot. On the third day, the stick of fire was so short and the fire so hot that smoke and ash blew into his mouth and his voice became cracked and hoarse. "Caw, caw," he croaked.

Upon returning to the clearing in the forest where he had left the other animals, Manaka'has found they were nowhere to be seen. Only the tops of the tallest trees were still above the snow. Around and around he flew until the fire had melted the snow and his animal friends were safe.

The stick of fire that Rainbow Crow had brought to Earth as a gift from the Creator, became the grandfather of all fires and all the animals gave thanks to him. They danced and sang songs praising Rainbow Crow.

But Manaka'has flew alone to a distant tree, where he wept. For now he was no longer beautiful, and he could no longer sing sweet songs. His rainbow-coloured feathers were gone forever.

When the Snow Spirit emptied the clouds and joined the Wind Spirit, the snow stopped. Crow was still weeping. No longer was he Rainbow Crow, but just a plain black crow. Alas, "Crow" is what he has been

called ever since.

Now Kishelamakank, the Creator, heard Crow in his despair and came down from the sky. When he saw Crow, he said, "Soon man will appear on the Earth. He will take the fire and be master of all but you. For being so brave and unselfish, I now give you the gift of freedom. Man will never hurt you, for your meat tastes like fire and smoke. Man will never capture you, for your beautiful voice is now crackly and hoarse. Man will never value your feathers, because your rainbow colours are now black. But your black feathers will shine and reflect all the colors of the rainbow. If you look closely you will see."

Crow looked and saw many tiny rainbows shining in his black feathers, and so he was satisfied.

The creator returned to his dwelling far above the sky, and Crow returned to his friends in the forest, happy and proud that he was now just a black crow, with shining feathers full of tiny rainbows.

Source: [The Grandfathers Speak](#)  
Collected and written by  
Hitakonanu'laxk (Tree Beard)

## Who's Who at Wigwamen

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Donna Niven, Vice-President on the Board of Directors, has served on the Wigwamen Board since April 1976.

Donna has given her volunteer time to the community in many areas. She served as a Director on the Board at the Native Canadian Centre of Toronto for five years, served as the Secretary-Treasurer of the North American Indian Club for twelve years, and was once voted Native Big Sister of the year.

Donna enjoys theatre, music and creating native crafts. She enjoys selling her crafts at community powwows and meeting and talking to the people attending.

With years of volunteering in the community, Donna brings significantly diverse experience to the Wigwamen Board.

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*A Housing Project for  
Native People*

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### Reminder:

**Wigwamen's main office  
and the office at the  
Terrace will be closed  
Monday, October 8, 2001  
for the Thanksgiving  
holiday.**