

## Professional Aboriginal Women's Society (PAWS) - A new Initiative

The Professional Aboriginal Women's Society of Toronto (PAWS) is a local of the Ontario Native Women's Association. PAWS is committed to empowering, encouraging and celebrating the gifts of professional Aboriginal women in the Greater Toronto Area. Their mission includes, among other things, providing support, mentorship and networking opportunities through social events, professional development and educational opportunities.

A new initiative, PAWS was launched the evening of October 3rd, 2001, at the Oliveto Restaurant in Toronto. Fifty Aboriginal women employed with both Aboriginal and non-Aboriginal organizations in Toronto came out to mingle, socialize and dine on mini pizzas, Armenian flat breads, salad, and pasta, as well as cake for dessert. There were door prizes, a silent auction, and a 50/50 draw. The night was truly a wonderful time!

PAWS is working towards fulfilling their aims and objectives in different ways, including the creation of a forum through which Aboriginal women can become actively involved in solving their problems and in the promotion of their interests. This is also to encourage Aboriginal women to assume a more positive and active part in developing skills to support Aboriginal people in achieving their rightful place in society.

For further information, or if you are interested in becoming a member of the PAWS committee, visit their website at: <http://members.home.net/paws-toronto>, or e-mail them at: [paws-toronto@home.com](mailto:paws-toronto@home.com)

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## Tenant Counsellor's Corner

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### UNIVERSITY OF TORONTO TRANSITIONAL YEAR PROGRAMME

The Transitional Year Programme (TYP) at the University of Toronto is a special access programme for adults who do not have the formal educational background to qualify for university admission. Most students who are accepted into TYP have grown up in communities in which few people have access to higher education.

Since its inception in 1970, the programme has aimed to attract those who have not had the opportunity to finish high school because of financial problems, family difficulties, streaming, social inequality or other circumstances beyond their control.

The programme, because of its history and mandate, actively encourages applications from members of Aboriginal and African Canadian/Black communities, sole-support parents, and people from working class families of all racial and ethnic backgrounds.

#### **What does the Transitional Year Programme offer?**

- An intensive, 8-month, full-time course of study to those who would like to enter university.
- A series of courses which provide students with the knowledge, attitudes and skills they need to succeed at their university studies.
- An opportunity to earn credits towards a University of Toronto Bachelor of Arts degree.

- A multi-racial, multi-cultural environment that promotes equality of race, ethnicity, religion, physical ability, culture, gender and sexual orientation.
- Full access to all the resources and facilities available on the University of Toronto campuses.
- Financial assistance is available to students enrolled in the programme.

#### **Who is eligible?**

- Applicants to the Transitional Year Programme must be at least 19 years of age on September 30 of the year of admission, and must have been away from regular high school for at least one year.
- Applicants normally must be Canadian citizens or permanent residents of Canada.
- Applicants must have left school early for reasons connected with social or economic difficulties, illness or some other personal problems beyond their control.
- The Programme must be the only feasible way that an applicant can have access to a university education.

For more information on the Transitional Year Program at U of T, you can visit their website at:  
[www.library.utoronto.ca/typ](http://www.library.utoronto.ca/typ)

If you think you may be interested in applying to TYP, contact the office at 416-978-6832 to arrange for an interview between December 1st and mid-April. The Registrar will discuss your academic history and educational goals with you.

- Jodi Hetherington

## Furnace Care

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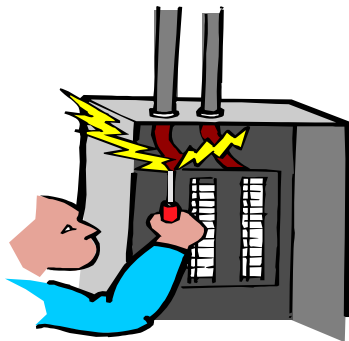
It can be very frustrating when your heating system fails, however, there is often a simple explanation as to why things are not working the way they should be. Below is a list of things to guide you in performing some simple checks yourself before you call Wigwamen's emergency service. Even if you can't determine the source of the trouble, what you may find out as you do these checks can help the Maintenance Department make a more efficient diagnosis of the problem, and thus a speedy repair.

### **PART 1: THERMOSTAT CHECKS**

- 1) Is the system selector switch in the "heat" position?
- 2) Is the temperature set at least 3 degrees above current room temperature?

Some forced air furnaces have a switch on the thermostat that allows you to turn the fan on. The switch will usually be located at the bottom of the thermostat, closer to the left side and will be marked "ON" and "AUTO."

Does your thermostat have such a switch? If the answer is "yes," turn it to "ON" and then listen to hear if the furnace fan comes on. (If you cannot hear the fan, go to one of the supply registers and see if you can feel any air coming up).



**Summary:** If everything seems fine with the thermostat, the next step is to make sure there is power going to the furnace.

### **PART 2: ELECTRICAL CHECKS**

#### **(A) Items to check at the furnace:**

Your heating system may be equipped with an emergency shut-off switch for the furnace. If so, make sure it is turned on. In most homes, the emergency shut-off switch looks just like a regular light switch and has a red face-plate which says furnace. It is located close to the furnace. It is quite common for this switch to get turned off accidentally. If the switch is in the ON position but the fan still doesn't operate, proceed to the section below titled: "(B) Items to check at the electrical panel."

Some heating systems also have emergency cut-out switches that are activated when a door or service panel is removed. Often the furnace door is not replaced properly after a filter cleaning and the cut-out switch will prevent the furnace from coming on. Check to make sure all access doors are properly secured and fitted.

#### **(B) Items to check at the electrical panel:**

At the electric panel, the breaker for the furnace should be in the "ON" position. If the breaker has been tripped, it will be in a position that is between ON and OFF.

**Continued on page 4...**

## Furnace Care Continued

To reset the breaker, turn it all the way off and then back on. (If you have a fuse panel, make sure the fuse for the furnace hasn't blown. If it has, replace it with the same-sized fuse.)

*Warning: If a breaker keeps tripping or a fuse keeps blowing, contact Wigwamen so that somebody can inspect your system to determine why you are having this problem.*

Summary: If you have determined that there is power to the furnace but you are still not getting any heat, select your heating fuel type from the list below and continue with the checks. If you have discovered that the furnace is not getting any power, call Wigwamen.

### **PART 3: FURNACE CHECKS BY FUEL TYPE**

#### **Natural Gas Furnaces**

First of all, your furnace pilot light should be lit, unless it is electronic. Is there fuel? It is rare that you would have a natural gas supply interruption, but check with your neighbours to see whether your area has been affected.

#### **Oil Furnaces**

Is there oil in the oil tank? Water and other debris can collect at the very bottom of the tank and if it is pulled into the furnace, it can cause a lot of problems.

**If you have performed all these checks and your furnace problem is not solved, it is time to give Wigwamen a call.**

- Janet Esquimaux (with files from [http://www.climatecare.com/TroubleshootingGuides/Heating\\_Troubleshooting.htm](http://www.climatecare.com/TroubleshootingGuides/Heating_Troubleshooting.htm) and help from Wigwamen's Maintenance Department).

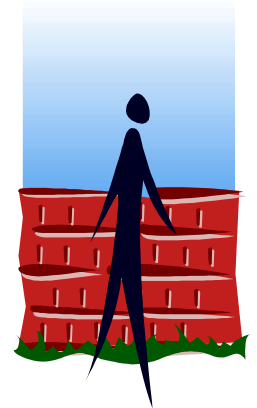
## Income Security Programs

The Guaranteed Income Supplement (GIS) is a monthly benefit paid to residents of Canada who already receive a basic full or partial Old Age Security pension (OAS) but who have little or no other income. GIS payments may begin the same month as OAS pension payments.

**Eligibility Conditions:** To receive the GIS benefit, a person must be receiving an OAS pension. The yearly income of the applicant or, in the case of a couple the combined income of the applicant and their spouse or common-law partner, cannot exceed a certain limit.

**Amount of Benefits:** The amount of the GIS to which a person is entitled depends on his or her marital status and income.

Recipients must renew their GIS benefit annually. Most do this automatically through the income tax system. The amount of monthly payments may increase or decrease according to reported changes in a recipient's yearly income. Unlike the basic OAS pension however, GIS benefits are not subject to income tax.



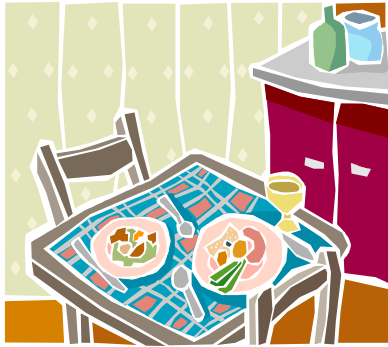
Should you have any questions or require further information, please contact the Human Resources Development Canada free of charge at: 1-800-277-9941.

## Household Hints

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### Various Can-Do Kitchen Cleaning hints and tips

- ◆ If you are hand-washing dishes, fill the sink with water and a tablespoon of baking soda. It will soften your hands, cut through grease and eliminate odors.
- ◆ For a spot-free shine on dishes and glasses, mix a solution of equal parts water, vinegar and lemon. Pour mixture into a spray bottle and spray on dishes before you wash them.
- ◆ Try this simple method to clean your electric can opener. Soak an old toothbrush in vinegar, hold it under the blade/wheel and then turn on the opener for 30 seconds.



- ◆ For a simple way to clean your blender, fill the jar to less than half with hot, soapy water. Put the lid on and turn the machine on at the lowest speed for a minute or two. Rinse the blender jar thoroughly, and towel-dry it.
- ◆ Before placing an opened bottle of pancake syrup or honey on a shelf, put a paper cupcake-baking cup under the bottle to catch the drippings.
- ◆ Need to clean your oven? Put ammonia in an aluminum pie pan and place it in the oven overnight. In the morning, remove the pan and wipe the oven clean with a sponge.

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

## Terrace Happenings

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- The Wigwamen Terrace Seniors' Club is having their Christmas Bazaar on Friday, November 30, from 10:00 a.m. until 5:00 p.m. at the NCCT. There will be arts and crafts, a penny sale, a bake sale, a white elephant sale, and delicious corn soup and coffee. Come on out to support them!
- Just a little reminder that there is a "Lost and Found" in the Terrace Management Office. Please check with Janet Esquimaux at the office if you have lost something in the common areas of the Terrace.
- Miigwetch to all the seniors who donated items for the Loonie Auction which was held on October 30, 2001. It was a huge success!
- We welcome new tenant and local artist, Richard Petawayash to the Terrace.
- In closing, we remember Theresa Vachon, who left for the Spirit World on October 13, 2001. She will be sadly missed by her close friends and the many people she helped at the Terrace.



## Terrace Community Kitchen

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### Dried Cranberries

Wash and sort berries. Lay them on a towel to dry. Next, put the berries on a cookie sheet and bake them at your oven's lowest temperature (or 250° F). Roast cranberries for eight hours, turning them once or twice during baking. Store in jars. Do not freeze.

### Sunflower Seed Gorp

2 cups raw sunflower seeds  
1 cup pine nuts  
1 cup raw pumpkin seeds  
1 cup raisins  
1 cup sweetened, dried cranberries



Measure the ingredients into a paper bag, fold over the top of the bag and shake to mix. Store the mixture in an airtight plastic container. Makes 6 cups.

Source: Yvonne Beaucage, Terrace Tenant

## 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.**

## Potato Houseplant!

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Believe it or not you can actually grow a lovely houseplant from a common sweet potato from the grocery store!

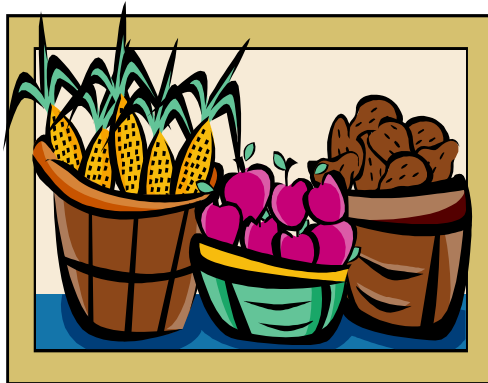
It's true! We're talking the very same vegetable that you usually boil and mash, or perhaps bake with butter and brown sugar.

If you plant one and care for it properly, purplish-green leaves will emerge and grow into vines. With a little luck, the plant will even produce lilac-coloured blossoms that look a lot like small morning glory flowers. This blossom shape should come as no surprise however, as sweet potatoes and morning glories are members of the same plant family: *Ipomea batatas*.

Sweet potatoes are native to Central America. When planted outside, they grow best in climates where summers are fairly long and warm.

Planted indoors however, they will grow in any sunny spot.

Years ago, sweet potatoes were common houseplants grown on kitchen windowsills. Perhaps your parents or grandparents remember beautiful vines that trained up and around window frames when they were kids.



### **How to grow your own vine:**

To grow your own lovely, trailing houseplant, choose a firm sweet potato. It doesn't matter whether you choose a white or yellow sweet potato or an orange yam. They're all storage roots and members of the same family.

Although some are treated with heat to keep them from sprouting on grocery store shelves, most will grow roots in a matter of days after being placed in water.

Using four toothpicks, suspend

your sweet potato on the rim of a jar or mug filled with water. Make sure at least half of the potato is under water.

Place potato and jar in a sunny spot, and be sure to change or add more water as needed.

In a few days, roots will emerge from the potato below the waterline.

Two to three weeks later, leaves on several stems will begin to sprout from the top.

After a month or so, pot the rooted sweet potato in any houseplant potting mix. Keep the soil moist. As the stems may be weak, tie them to strings or to a stake. Feed potato once a month with a complete water-soluble fertilizer (i.e.: 20-20-20).

As the vine grows, cut it back a few inches to force the plant to grow bushy.

Source: [Stories by Tine Forrester](#)

### Legend of the White Buffalo

One summer a long time ago, the Seven Sacred Council Fires of the Lakota Sioux came together and camped. The sun was strong but the people were starving for there was no game.

Two young men went out to hunt. Along the way, they met a beautiful woman dressed in white who floated as she walked. One man had bad desire for the woman and tried to touch her, but was consumed by a cloud and turned into a pile of bones. The woman spoke to the second man and said: "Return to your people and tell them I am coming."

This holy woman brought a wrapped bundle to the people. She unwrapped the bundle and gave to the people a sacred pipe. Then she taught them how to use it to pray. "With this holy pipe, you will walk like a living prayer," she said.

The holy woman told the Sioux about the value of the buffalo, the women and the children. She told the women, "What you are doing is as great as what the warriors do."

Before she left, she told the people she would return. As she walked away, she rolled over four times, turning into a white female buffalo calf. It is said after that day the Lakota honoured their pipe, and buffalo were plentiful.



**Many believe that the white buffalo calf, Miracle, born August 20, 1994 symbolized the coming together of humanity into a oneness of heart, mind and spirit.**

From: John Lame Deer, 1967 ([www.rolandm.com/white.htm](http://www.rolandm.com/white.htm))

If you are interested in employment opportunities, then consider Pelmorex. Canada's leading private sector weather information provider, they are actively seeking people within the Aboriginal Community and are committed to equity in the workplace.

Pelmorex owns and operates the Weather Network, as well as the following websites: [www.theweathernetwork.com](http://www.theweathernetwork.com) and [www.meteomedio.com](http://www.meteomedio.com).

There are job opportunities available with Pelmorex, such as graphic artists, meteorologists, news writers, on-air presenters, and producers. They are also interested in collecting resumes within their organization for positions in accounting, administration, sales, I.T., and marketing.

For more information, please contact Michelle Grech at 905-566-9511 ext. 270, or Jerry Evers in the Human Resources Department at 905-566-9511 ext. 226.



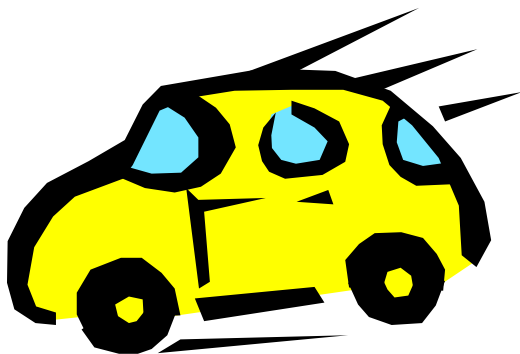
### Joke of the Day!

#### The Taxi Driver

A man in a taxi wanted to speak to the driver so he leaned forward and tapped him on the shoulder. The driver screamed and jumped up in the air and yanked at the wheel. The car mounted the curb, demolished a lamp post and came to a stop inches from a shop window.

The startled passenger said, "I didn't mean to frighten you, I just wanted to ask you something."

The taxi driver replied, "Not your fault sir. It's my first day as a cab driver. I've been driving a hearse for the past 25 years."



### And...

#### Great Little Truths Children Have Learned

1. No matter how hard you try, you can't baptize a cat.
2. When your mom is mad at your dad, don't let her brush your hair.
3. If your sister hits you, don't hit her back. They always catch the one who hits last.
4. Never ask your 3-year-old brother to hold a tomato.
5. You can't trust dogs to watch your food.
6. Don't sneeze when someone is cutting your hair.
7. Never hold a Dust-Buster and a cat at the same time.
8. You can't hide a piece of broccoli in a glass of milk.
9. Don't wear polka dot underwear under white shorts.



## Who's Who at Wigwamen

Yvonne Kacheech, who recently moved to Toronto from out west with her two teenaged children, is a recent graduate of the Native Skills Center, an affiliate of George Brown College. Originally on a placement with Wigwamen, she has recently been hired as its Administrative Assistant.

Along with employing her newly acquired computer skills, Yvonne runs the front desk, including processing rental payments, directing telephone calls, and performing other administrative tasks.

While Yvonne was living in Vancouver, she worked for several Aboriginal organizations, doing frontline work.

In such a short time at Wigwamen, Yvonne has already accomplished a lot. She is truly an inspiration to people who would like to make a career change. Her advice to others is to keep moving ahead and advancing. She is also enjoying living in Toronto and meeting new people.

WIGWAMEN  
INCORPORATED

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*A Housing Project for  
Native People*

[www.wigwamen.com](http://www.wigwamen.com)

### Modern Day Murphy's Work Laws

*A pat on the back is only a few inches away from  
a kick in the pants.*

*You can go anywhere you want if you  
look serious and carry a clipboard.*

*Eat a live toad as soon as you get to work  
and nothing worse will happen for the whole day.*

*The more pretentious the corporate name,  
the smaller the company.*

*No one gets sick on Wednesdays.*

*If it wasn't for the last minute,  
nothing would ever get done.*