



"If the World was a Village"



There's a tendency of people to view the world through the lens of their own experience. In this season of reflection, after a year as dramatic and troubling as this past one has been, it seemed appropriate to share the article below, with thanks to Allan Fotheringham of the Globe and Mail:

"If you could shrink the Earth's population to a village of precisely 100 people, with all the existing human ratios remaining the same, it would look something like this:

There would be 57 Asians, 21 Europeans, 14 from the Western Hemisphere, both north and south, 8 Africans; 70 would be non-white, 30 would be white; 70 would be non-Christian, 30 would be Christian. Six people would possess 59 percent of the entire world's wealth and all 6 would be from the United States.

Eighty would live in substandard housing, 70 would be unable to read, 50 would suffer from malnutrition, 1 would have a university education, and 1 would own a computer.

If you woke up this morning with more health than illness, you are more blessed than the million who will not survive this week.

If you have never experienced the danger of battle, the loneliness of imprisonment, the agony of torture or the pangs of starvation, you are ahead of 500 million people in the world.

If you have food in the refrigerator, clothes on your back, a roof overhead, and a place to sleep, you are richer than 75 percent of this world. If you have money in the bank, in your wallet, and spare change in a dish some place, you are among the top 8 percent of the world's wealthy."

There is a housing crisis in Canada, children do go to school hungry, and wealth is not distributed fairly. Still and all, in light of the world at large, perhaps it is fair to say we have many blessings to be thankful for.

On behalf of the Board and Staff of Wigwamen Incorporated, please accept my best wishes for the holiday season and the new year!

- Angus Palmer

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Helping Children Discover New Trails of Hope

The primary focus of the Ohahaseh Children's Club is to reach out to First Nations children. In Toronto, the challenge for them is great, with 80% of Native families being single-parent led. They strive to reach children whose world is often shattered with broken dreams – children who are hurting and possibly suffering from lack of direction.

With the Native Newborn Welcoming Bundle, the Club focuses on outreach to First Nations mothers. The bundle is a beautiful fringed, Native-patterned blanket containing free gifts that are packed by caring hands. It contains baby moccasins, a knitted hat and sweater, a deerskin dressed angel, a baby's growth chart, and words and prayers from the creator.

The Ohahaseh Children's Club performs other outreach programs, including Camp Ohahaseh: "The Summer Happening Place to Be."

Camp Ohahaseh is located on the Tyendinage Mohawk Territory less than two hours away from Toronto. A full camping program includes swimming, canoeing, campfires, hiking, music, other sports such as road hockey, and awards, prizes and surprises.

To inquire about obtaining a Native Newborn Welcoming Bundle for your bundle of joy, or for information on Camp Ohahaseh, please contact the Ohahaseh Children's Club at (416) 245-1740 or email them at occ@spiritalive.org.

Recycling Reminders for Terrace Residents

Recycling is becoming increasingly important in Toronto as the City wrestles with what to do with the millions of tonnes of garbage its residents generate. Although recycling efforts have been well received in single family neighbourhoods, they have lagged behind in apartment buildings. With that in mind, we would encourage all of our tenants at the Terrace to do everything possible to reduce, reuse and recycle. Here are some tips:

- By now, Terrace residents should have received a small poster about recycling in apartment buildings. It is recommended that residents post it in their apartment where they can easily refer to it.
- There is also new signage located in the garbage chutes and common areas to remind everyone what can and cannot be recycled.
- The recycling bins are located at the front of the building. The grey bin is for paper and the blue bin is for bottles and cans. Please do not put plastic bags in either of the bins, as they are not recyclable at the Terrace.



Customary Care Program

The Customary Care Program, run by Native Child and Family Services, is looking for families who are interested in caring for Native children. Applicants must demonstrate a willingness to work within our diverse community.

They provide training, support, relief and compensation to care-givers.

The Customary Care Program encourages applications from those who have a fundamental respect for Aboriginal children and their culture.

DO YOU HAVE TIME, ENERGY AND SPACE IN YOUR LIFE TO CARE FOR ANOTHER CHILD? IF YOU DO PLEASE CONTACT A CUSTOMARY CARE WORKER AT (416)-969-8510.



Native Career Magazine

www.nativecareermagazine.com

Independent, Innovative, and Professional

The Native Career Magazine features employment opportunities as well as informative articles by professional journalists, including Ramona Kiyoshk.

The magazine has partnered with Equitek, who will regularly post employment opportunities from Fortune 500 companies.

There is also a new membership drive to bring MORE JOBS to the Native community in Ontario.

To subscribe to the Native Career Magazine and receive regular e-mail updates, you can fill out the membership form on their website:

www.nativecareermagazine.com/membership.htm

Or, you can also send an e-mail asking to be added to the subscriber list to:
info@nativecareermagazine.com.

For further information call Mitzi Brown at 416-260-0250.

Native Career Magazine is a sole proprietorship owned by Mitzi Brown.

- Mitzi Brown

Terrace Community Kitchen — Holiday Delights

Melt-Away Maple Crisps

1/2 cup butter
1/4 cup sugar
1 teaspoon maple flavoring
2 cups sifted cake flour
3/4 cup chopped pecans

Cream butter. Add sugar gradually. Add maple flavoring and beat until fluffy. Stir in flour and mix until dough forms. Fold in pecans and press into a ball. Pinch small pieces of dough and place on ungreased cookie sheet. Flatten cookies with a glass dipped in sugar. Bake at 350° for 7 minutes.

Holly Wreath Pie

2 envelopes unflavored gelatin
1/4 cup sugar
4 cups eggnog
1 cup whipping cream, whipped
1/2 cup maraschino cherries
1/2 cup chopped nuts
1 baked pastry shell
green citron
red maraschino cherries

Combine gelatin and sugar in the top of a double boiler. Stir

in 1 cup of the eggnog. Place over boiling water; stir until gelatin and sugar are dissolved. Remove from heat. Add remaining eggnog. Chill to consistency of un-beaten egg white. Whip until light and fluffy. Fold in the whipped cream, chopped cherries and nuts. Turn into baked pie shell. Chill until firm. To decorate, make small holly wreaths of citron: cut into quarter-moon shapes and place on top of filling to form rings. Place tiny pieces of red maraschino cherries in the centers.

Christmas Cake

Grease a 8 x 8 x 3 inch fruit cake pan. Line with brown paper and grease again.

Combine and let stand overnight:

2 cups raisins
1 cup currants
1 cup chopped dates
2 (8-ounce) package glace cherries
1 (8-ounce) package chopped mixed peel
1 (4-ounce) package chopped walnuts
1/2 cup brandy

The next day, preheat oven to 275 F.

Dredge fruit mixture in:

1/2 cup flour
Then, sift together:
2 cups all purpose flour
1/2 teaspoon salt
1/2 teaspoon baking soda
1 teaspoon cloves
1 teaspoon allspice
1 teaspoon cinnamon

Cream:

1 cup butter

Gradually, beat in:

2 cups lightly packed brown sugar

6 eggs

Mix together:

3/4 cup molasses

3/4 cup apple juice

Add sifted dry ingredients to creamed mixture alternately with liquid. Make 3 dry and 2 liquid additions, combining lightly after each. Fold in floured fruit.

Turn into prepared pan.

Bake in 275F oven for 3 to 3 1/2 hours.

Source: Ideals Christmas

Terrace Happenings

- Native People's Parish will be having their annual Christmas dinner at the Native People's Parish at St. Anne's on Sunday, December 16, 2001. They will be having Christmas mass at the Wigwamen Terrace Chapel on Monday, December 24, 2001 at 8:00 p.m.
- There will be an Elders Traditional Christmas Tea with appetizers in the Turner Room on Friday, December 14, 2001.
- Any residents who are interested in decorating the "Christmas Tree" in the lobby this year should come down on Tuesday, December 11, 2000, at 10:00 a.m. This event is hosted by the staff of Wigwamen Terrace.
- There will be an Income Securities Program Workshop in the Turner Room on Thursday, December 6, 2001, facilitated by Chandon Gei from Human Resources Development Canada. The workshop will give an overview on the Canada Pension Plan and Old Age Security. Assistance in filling out the necessary applications forms will be provided to seniors who qualify for these benefits.
- Please welcome new Terrace resident, Mr. Gary Mercier.
- In closing, Terrace staff would like to wish all the residents at the Terrace a very Merry Christmas!

Congratulations to the following new winner of the Zero Balance Club:

Janet Bellefeuille

The Honour Roll also includes: 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.



Miigwetch for being such responsible tenants!

Household Hints

Bathroom Basics

- To remove soap scum from the shower doors, wipe it with ordinary cooking oil on a damp sponge. The oil will also help prevent future soap scum buildup.
- Get rid of soap scum on your shower curtain the easy way. Place a few old bath towels in the washer along with the curtain. The towels will absorb

the soap scum while the entire load is cleaned.

- Here is a plumber's trade trick: Keep a few pieces of coal hidden in your bathroom to absorb moisture and odor.
- Leave a plastic colander in your bathtub to store your kids' bath toys. Air circulates through the holes in the colander, allowing the wet toys to drip-dry, which helps keep them free of mould

and mildew.

- Here is a quick and effective way to clean your shower head: Pour a cup of vinegar into a large plastic bag and then twist tie the bag to the shower head. Let the bag sit for two hours, remove, then rinse the showerhead clean.

Source: 1999 Family Circle calendar

Reader's Corner: A Tenant Review

Welcome to the reader's corner, which will introduce you to some children's books. They will be both enjoyable for you to read to your children or for them to read to you.

Where Did You Get Your Moccasins

By: Bernelda Wheeler

A young boy tells his classmates how his Kookum makes his moccasins.

I Can't have Bannock But the Beaver Has a Dam

By: Bernelda Wheeler

The power is off because the beaver is making a home for the winter.

Maiden of the Mist

By: Veronika Martenova
Charles

A legend of Niagara Falls, a young Seneca girl named Lelawala goes over the falls to see the Thunder God for help to save the village from the illness that is killing them.

How Raven Stole the Sun

By: Maria Williams

Long time ago, before there were stars, a moon, and a sun, the people of the earth lived in darkness. Raven transforms himself and sets out to steal the sun for the people.

You can get these books by joining the library or having your children join. It is fun to read all about the legends and knowledge of First Nations People.

-The Bookworm!

Did you know?...

The Native Canadian Centre of Toronto is the oldest organization in the contemporary Toronto Native Community.

Davenport Road runs along an old Native trail which was used as far back as 12,000 years ago.

In the 17th century, Seneca villages were established where Bloor and Jane streets now meet.

What is now Ontario Place was the site of the first Council on Indian Land, and a battle of the War of 1812 in which a few hundred Native warriors held off the American invasion army of 1,700.

Tabor Hill in Scarborough marks the site of two 700-year-old ossuaries, a Wendat burial pit that was associated with a 13th century village located one mile up Highland Creek.

The first murders in the City of Toronto's history were of the Mississauga Chief Wabakinine and his wife in 1776. The British

soldier who allegedly committed the crimes was acquitted.

Dr. Orohyatekha was a Mohawk born at Six Nations in 1841, who attended Oxford University, earned a medical degree from the University of Toronto in 1864, and delivered the Mohawk address to the Prince of Wales. His funeral in 1907 was one of the largest in Toronto's history and his body lay in state at Massey Hall, while thousands paid their respects.

Yonge and Bloor is the site of a Native burial ground that was used by Natives and non-Natives until 1855 when it was closed; 6,685 people were disinterred and moved to other cemeteries. The ancient unmarked graves of Native ancestors on this site were not properly removed.

Source: The Gathering Place:
Toronto Native Community
History Project

'Tis The Season to Celebrate...

All Wigwamen tenants are invited to attend the following events:

1) Native Child and Family Services of Toronto and The Native Canadian Centre of Toronto invite you to their Children's Christmas Celebration.

This event will take place on Saturday, December 8, 2001 at the Native Canadian Centre of Toronto, 16

Spadina Road, between the hours of 12:00 noon and

3:00 p.m. Some of the attractions include children's entertainment, drumming, crafts, turkey dinner and much more!

Stocking will also be given to each child attending.



2) Native Women's Resource Centre will be hosting a Winter Solstice Celebration at St. Luke's United Church (basement) located at the corner of Sherbourne and Charlton Streets. This event will take place on Sunday, December 16, 2001, from 12:00 noon to 4:00 p.m.

Have a happy and safe holiday!

- Jodi Hetherington

The Winter Blues

The shortest days of the year are not always the happiest days for some people. If you feel depressed, fatigued or have an increased or decreased appetite between October and March, you may suffer from Seasonal Affective Disorder (SAD). Here are some tips from Dr. Anthony Levitt of the Mood Disorders Program.

GET AS MUCH LIGHT AS YOU CAN:

Lower levels of light in the winter affect the balance of brain chemicals that are released, which may affect mood, sleep, and appetite.

EAT LOTS OF PASTA:

The absorption of the nutrient L-tryptophan may have a positive effect on SAD.

BE SOCIAL:

SAD sufferers tend to fixate on their condition. Going to a movie, joining a sport, or otherwise staying busy may help.

TALK ABOUT IT:

Don't keep your condition to yourself. Talk to your friends and family.

TAKE A TRIP:

SAD is a great excuse to take a winter vacation to a sunny destination.

BUNDLE UP:

SAD sufferers feel better when they are warm.



Source: Dr. Anthony Levitt in [The Messenger](#)

Being Happy!

Waiting For Things

Have you ever noticed that when you are just sitting waiting for a taxi, it never seems to arrive? The same seems to be true for other things that we wait for. Hence the old saying, "a watched pot never boils." Similarly, you may have found yourself waiting too long for a phone call. After waiting for what seemed like hours, you decided to busy yourself with something else, and bingo, the call came through.



Whenever we sit and wait for letters, people, the right job, the perfect partner, some wonderful adventure, our entrée in a restaurant, Christmas or anything else we want, it seems to take a long time arriving. Sometimes it never comes.

There is a principle operating here which is telling us: "Get on and live your life in the present moment and don't hold your breath waiting for things to happen."

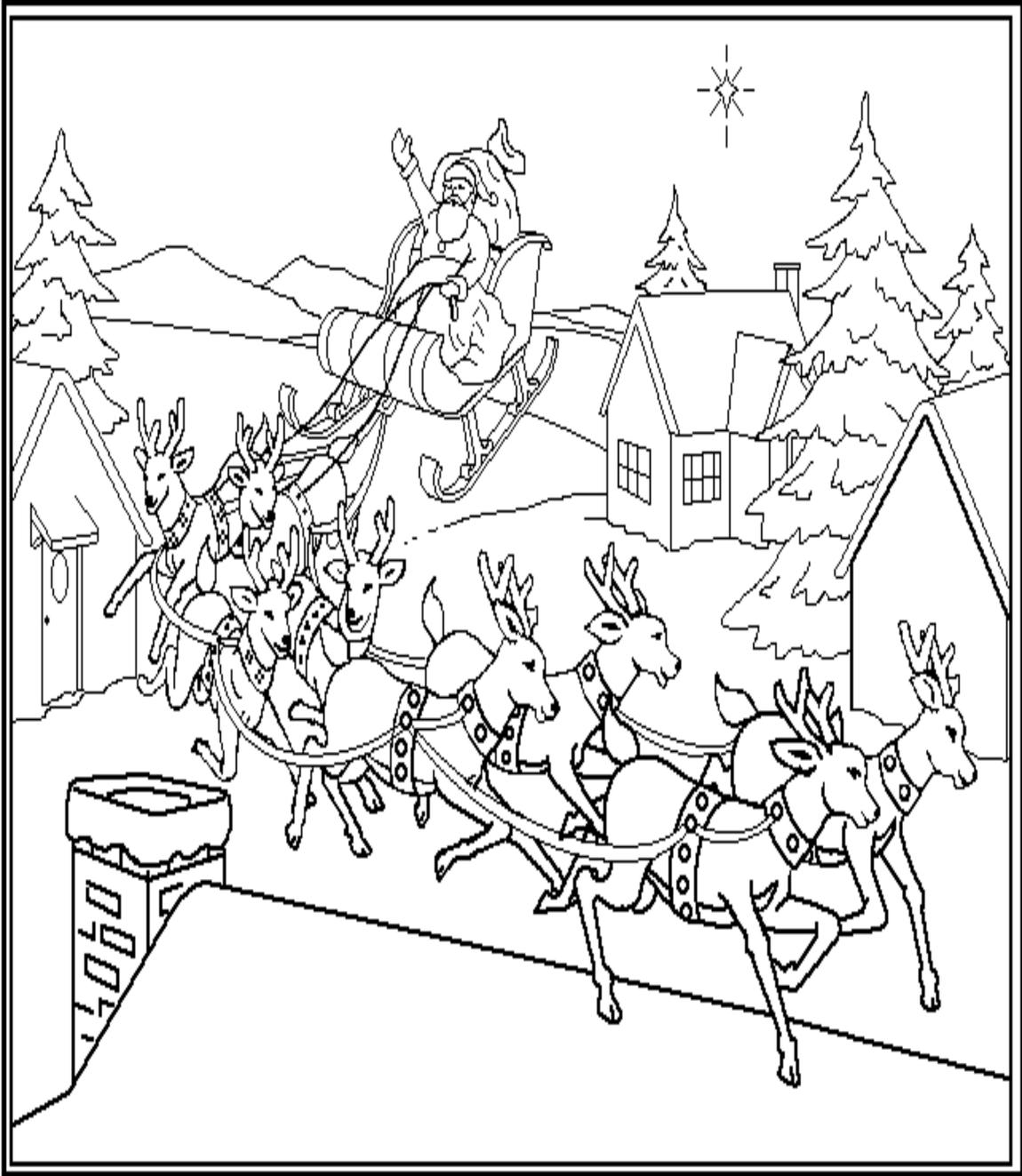
In a Nutshell...

Jump into life at every opportunity. Live here and now. While you are waiting for one thing to happen, do something else. If you are waiting for Hollywood to discover your prodigious talents, go take a class in basket weaving in the meantime! If your boyfriend is late picking you up for the ball, read, or organize your photo album, or bake a cake until he arrives.

"Letting go" of the situation accelerates results!

Source: [Being Happy, A handbook to Greater Confidence and Security](#) by Andrew Matthews

Wigwamen's Fun Page: Colour-Me-In





SEASONS GREETINGS
From the Board of Directors and Staff of
Wigwamen Incorporated

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*A Housing Project for
Native People*

www.wigwamen.com

IMPORTANT NOTICE

**Please be advised that
Wigwamen's main office and
the office at the Terrace
will be closed
December 24, 25 & 26, 2001.**

**The offices will also be
closing at 12:00 p.m. on
December 31, 2001.**