



3rd Annual Christmas Gathering

In true spirit of the season, residents of Wigwamen Terrace gathered together for their Annual Christmas Celebration held on December 20, 2001, in the Turner Room, hosted by the staff of Wigwamen Terrace.

Tenants and their guests feasted on turkey dinner with all the trimmings followed with a scrumptious desert.

Tenants then enjoyed the entertainment of Mr. Adam Timoon, a talented entertainer, who is renowned in Toronto for his fun and festive Christmas show. One tenant describes the atmosphere during his performance: "I never heard so many seniors laughing so hard and so much!"

The Party wrapped up with the announcement of the winners of the door prizes. Mrs. Madeline Brooks, Mrs. Barbara Gajic and Mrs. Mary Jane Trudeau walked away with beautiful fruit baskets.

Everyone in attendance also received a photo album as a memento of the occasion.

The seniors were truly in fine spirits and had such a great time!

Please see the next page for highlights of this time honoured event.

- Janet Esquimaux

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Special points of interest:

- *Legend of the Northern Lights*
- *A few new things about Chocolate*
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Christmas Gathering 2001



Adam Timoon wows Terrace fans.



Janet "Santa" Esquimaux



Maybe I could just put my name in a few extra times. . .



We had our cake and ate it, too!



"Is he allowed to say that?"
Terrace residents watch Adam Timoon perform.

FYI: Making A Consumer Complaint

Consumer Groups

Consumers sometimes form consumer groups—non-profit volunteer organizations that provide consumer assistance and protection and conduct consumer advocacy and education activities.

Making your Complaint

If you are not satisfied with your purchase or the service provided to you, you should complain. In fact, it is your responsibility as a consumer to complain about poor services or products. An effective complaint will benefit you and others, as well as encourage the company to be more conscientious.

You have a valid complaint if:

- The product or service failed to perform its intended function, and
- You have taken the proper care and maintenance and complied with the conditions of the warranty.

Your first step would usually be a phone call to the company. Before making the call write down specific details (time, date, names and titles of the people you spoke to) and collect written materials (warranties, guarantees, receipts, bills etc.).

When making the initial phone call, try to speak to the sales/service person you dealt with.

State the specific problem, supply details concerning the purchase, delivery and service calls.

Try to negotiate a satisfactory solution and obtain a specific promise and a specific completion date. If the problem is not resolved, ask for someone who has more authority to make decisions. Do not hang up until you feel you have accomplished all you can over the telephone.

If the problem is not resolved to your satisfaction, write a letter to the company.

Your letter should include three sections:

1. State the problem and supply all necessary details— service provided; make, brand name and serial number of a product; price; date; place of purchase; name of sales person; date the problem was discovered ; conditions of warranty; etc.
2. Make your request—describe a settlement that would be acceptable to rectify the problem (refund, exchange, repair) and specify a date by which the company should comply with your request (2-3 weeks is reasonable).
3. State your intentions—explain any further action you intend to take should the company not satisfy your request.

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Terrace Community Kitchen

Chunky Homestyle Tomato and Potato Soup

- 2 Tbsp. Butter
- 2 onions chopped
- 4 cups peeled cubed potatoes
- 1 1/2 cups chopped celery
- 1 1/2 cups chopped carrots
- 2 cloves garlic, minced
- 1 tbsp Italian Seasoning
- 1 tbsp cornstarch
- 2 cups milk
- 1 can (19oz/540 ml) tomatoes
- 1 1/4 cups chicken broth, double strength
- 2 tbsp tomato paste
- Salt and pepper to taste.



2. Stir in cornstarch. Add milk, cook and stir until mixture comes to a boil and thickens. Add tomatoes, broth and paste. Return to boil and sim-

mer for twenty min. or until vegetables are cooked. Season to taste.

For the adventurous: Add either 1/2 cup chopped fresh basil or 1/4 cup

fresh marjoram or thyme.

Preparation time: 15 to 20 min.

Cooking time: 20 min.

Yield: 10 cups.

Coffee Cake

Preheat oven to 350°F

Grease 9-inch square pan

Cream together:

1/3 cup shortening

1 cup granulated sugar

Beat in:

1 egg

1 teaspoon vanilla

Beat until light & fluffy.

Sift together:

1 1/2 cups all purpose flour

2 teaspoons baking powder

1/2 teaspoon salt

Add sifted dry ingredients to creamed mixture alternatively with:

1 cup milk

Make 3 dry and 3 liquid, combining lightly after each.

Turn into prepared pan.

Mix together:

1/2 cup lightly packed brown sugar

2 tablespoons flour

1 teaspoon cinnamon

1/2 cup chopped walnuts

3 tablespoons melted butter or margarine.

Sprinkle over batter.

Bake in preheated 350°F oven for 45 to 50 minutes or until golden brown.



How to Make the Year 2002 More Meaningful

- Give yourself a break. If you greet someone, and your friendliness isn't returned, think, "He's having a bad day," rather than, "He doesn't like me." Never blame yourself for other people's conditions.
- Be a problem solver. If a plan doesn't work out, make changes in the plan. Don't give up.
- Distract yourself. When your boss or friend is unkind, or you embarrass yourself in a social situation, do something you enjoy to get your mind off of the situation. *An enjoyable activity breaks the trend toward negativity. Go out to lunch, play bingo, shovel the walk, or do something interesting.*
- Laughter helps people get through hard times that might undo them without a sense of humour.
- Practice looking on the bright side even if you don't really feel optimistic. Fake it if you must. Each time you count on success and achieve it, your confidence will build.



Remember the words of Dr. Norman Vincent Peale: "Have faith in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy."

Source: Northern Hotline

Continued from pg. 3. Making a Complaint

Such actions may include contacting various agencies: Better Business Bureau, Competition Bureau, or Small Claims Court.

If a satisfactory solution is not obtained by letter, you can turn to one of the following organizations:

The Canadian Marketing Association has a complaint resolution program called "Operation Integrity". The CMA considers complaints about problems with a purchase made through mail,

telephone, or the internet.

The Canadian Standards Association will look at your concerns regarding electrical appliances, heating and air conditioning, plumbing products, telecommunication equipment, water quality, wire and cable writing devices.

The Consumer Services Bureau of the Ontario Ministry of Consumer and Commercial Relations handles complaints related to consumer protection, business practices

and public safety.

The Ombudsman of Ontario receives complaints against Ontario Government organizations. Ontario's Ombudsman is an office of the provincial legislature who is independent of the government and political parties.

The best protection for consumers is to be informed before purchasing anything.

Source: www.settlement.org

FIRST NATIONS BASIC SKILLS DEVELOPMENT AND TRAINING CERTIFICATE PROGRAM

The Toronto Council Fire Native Cultural Centre is offering a First Nations Basic Skills Development and Training program designed to assist in the advancement of Urban Aboriginal people of Toronto to gain adequate skills to enhance career and educational goals. A Certificate is awarded upon completion of the 44 weeks of training which consists of basic computer software, office procedures and job readiness training.

Other services provided by Toronto Council Fire Native Cultural Centre are: Housing & Childcare assistance referrals, Assistance with Community resumes and cover letters, Community Access of computer lab between 12:00 - 1:00 and 4:00 - 5:00 p.m. daily Monday - Friday, Employment/ Guidance counsellor available for one-one sessions, literacy & math classes and aptitude testing.

For more information about the program and services contact:

Shauna Lapatak, Program Coordinator at 416-360-4350.
Council Fire is located at 439 Dundas Street East, Toronto, Ontario.

-Jodi Hetherington

Honourees

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 Robsinson, 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 and Janet Bellefeuille.

Miigwetch!

Household Hints: Scalds and Burns

Do You Know

Most scald burns are caused by contact with hot liquids, hot water, vapours or steam.

Scalds can cause 2nd degree (partial thickness) and 3rd degree (full thickness) burns. Skin grafting is often required to promote healing.

Most households have hot tap water temperature of 60° (140°F). Water at this temperature can cause a 3rd degree burn in 5 seconds! The normal pain threshold is 106-108 °F (41-42°C).

In the Bathroom

- Lower the water temperature if your hot tap water is above 49°C (120°F).
- If you live in a house, lower your water heater thermostat to 49°C (120°F) or 'Warm' setting.
- If you live in an apartment, put anti-scald devices onto showerheads and faucets to control the flow of scalding hot wa-

ter.

- Always check the water temperature before entering a bath.
- Run cold water first, then add hot water. Turn off hot water first.
- Install grab bars, non-skid mats and shower seats in tubs or showers.



In the Kitchen

- Turn pot handles inward, towards the back of the stove.
- Keep the cord of electrical appliances away from counter edge.
- After cooking food in a microwave, let it stand for 2 minutes before removing wraps or lids.
- People with long term illnesses may have increased risk for Legionnaire's disease if the hot water temperature is lowered. Use anti-scald devices to control the flow of scalding hot water instead.

For more information on burn prevention, please call 416-480-4846.

Source: B.A.S.S.I.C.

Anyway

People are unreasonable, illogical, and self-centered, **LOVE THEM ANYWAY.**

If you do good, people will accuse you of selfish, ulterior motives, **DO GOOD ANYWAY.**

If you are successful, you win false friends and true enemies, **SUCCEED ANYWAY.**

The good you do will be forgotten tomorrow, **DO GOOD ANYWAY.**

Honesty and frankness make you vulnerable, **BE HONEST AND FRANK ANYWAY.**

What you spent years building may be destroyed overnight, **BUILD ANYWAY.**

People really need help but may attack you if you help them, **HELP PEOPLE ANYWAY.**

Give the world the best you have and you'll get kicked in the teeth, **GIVE THE WORLD THE BEST YOU'VE GOT ANYWAY.**

Submitted by M. Hahnfeld, tenant

A few new things about Chocolate

Chocolate is a vegetable. How, you ask? Chocolate is derived from cacao beans. Bean = vegetable. Sugar is derived from either sugar CANE or sugar BEETS. Both are plants, which places them in the vegetable category. Thus, chocolate is a vegetable.

To go one step farther, chocolate candy bars also contain milk, which is dairy. So candy bars are a health food.

Chocolate covered raisins, cherries, orange slices and strawberries all count as fruit, so eat as many as you want.

The problem: How to get 2 pounds of chocolate home from the store in a hot car. The solution: Eat it in the parking lot.

Diet tip: Eat a chocolate bar before each meal. It'll take the edge off your appetite, and you'll eat less.

If calories are an issue, store your chocolate on top of the fridge. Calories are afraid of heights, and they will jump out of the chocolate to protect themselves.

If you eat equal amounts of dark chocolate and white chocolate, the calories actually counteract each other.

Chocolate has many preservatives. Preservatives make you look younger. Therefore, you need to eat more chocolate.



Put "eat chocolate" at the top of your list of things to do today.

That way, at least you'll get one thing done.

A nice box of chocolates can provide your total daily intake of calories in one place. Now, isn't that

handy?

If you can't eat all your chocolate, it will keep in the freezer. But if you can't eat all your chocolate, what's wrong with you?

If not for chocolate, there would be no need for control top pantyhose.

An entire garment industry would be devastated. You can't let that happen, can you?!

Submitted by: A. Kuchera

Aboriginal History: Legend of the Northern Lights

Many of us who live in the Northern areas of the American Continent have had the delightful experience of watching the magnificent display of moving, multi-coloured, misty lights as they flash across the night skies.

A number of theories and explanations have been advanced for this natural phenomenon known as the “Aurora Borealis” or “Northern Lights”, but let us travel in our minds, back through the eons of time and discover how they really came into being. We are in a world that spins in a perfect vertical position upon its axis. The moderate temperature is about the same all over its surface and beautiful vegetation is everywhere.

As we return through time, we witness the great Flood where everything becomes submerged and finally lost. As the waters gradually recede their tremendous weight throws our planet off its balance and it now tilts to one side, thus causing long dark periods in the North and South.

Not quite all is lost however, for in the North lived a simple and God-fearing race of people, known to us now as the “Mongols”, whom the Great Manitou (their name for God) has spared from this great deluge.

When they could no longer see the Sun and feel it’s warmth, fear came upon them and they prayed to the Great Manitou to save them. In his compassion, the Great Spirit decided to take them to the warm and fertile plains of this Continent and he bade them gather together their families and what goods they could carry and trek across the barren North to the “New Land”.

Because there was no daylight many became lost and perished within the deep crevices caused by the flood waters.

Again they prayed for help and the Great Manitou devised a plan. Covering the Northern cap of the world with great crystals of ice, some as high as mountains, he was able to capture the rays of the hidden sun and reflect them up into the sky, thus providing light for his people to see by. Onward these stalwart people trekked, and became the forerunners of our many Indian tribes.

The Great ice prisms split the sun’s rays into all the beautiful colours of the spectrum and because of this, people for thousands of years have witnessed this wonderful miracle, the Northern Lights!

Source: www.schoolnet.ca/aboriginal/kenora/lights

Who's who at Wigwamen

Joining Wigwamen in November 2001, Melanie Brown is Wigwamen's newest employee. As Administrative Assistant, she performs such tasks as writing, filing, various research projects, and some front desk and telephone reception.

Melanie graduated from Montreal's McGill University in 2001 with an Honours degree in Religious Studies and International Development Studies. During her four years of university, she was actively involved at McGill and in the Montreal community doing extensive volunteer work, including visiting isolated seniors and providing childcare for single mothers attending McGill universities. She hopes to continue to work in the non-profit sector, and will be studying volunteer management on a part time basis at Humber College in January 2002.

In her spare time, Melanie enjoys reading, travel, and spending time with her cat Sabrina.

WIGWAMEN
INCORPORATED

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*A Housing Project for
Native People*

www.wigwamen.com

Notice to Tenants

Wigwamen Incorporated has distributed salt to all duplexes and triplexes for your safety. Please use as needed on walkways, porches etc...

Should you run out of salt, please contact the Maintenance Department @ 416-481-4451 for refills.

Your co-operation is appreciated!

Thank-you!