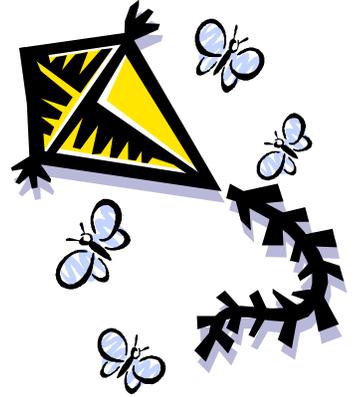


Wigwamen's 2nd Annual Tenant Picnic

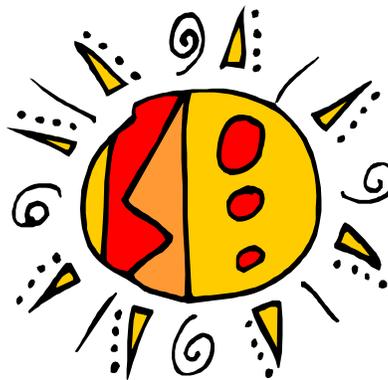
HEAR YE! HEAR YE!
Come one, come all,
to Wigwamen Incorporated's 2nd
Annual Tenant Picnic for an
afternoon of great food and fun!



If you attended last year's 30th anniversary bash, you'll remember the balloons, bingo, barbeque lunch and the face painting for kids. If you missed out last year, here is a second chance to join in the festivities because this year, there will be all those things, plus more!

Besides the barbeque, variety bingo, and door prizes, not to mention activities and craft stations for the kids, this year's picnic will feature traditional Native storytelling and drumming.

Mark a huge *star* on your calendar to mark the 2nd Annual Tenant Picnic on Saturday, September 7th from 11 a.m. to 4:00 p.m. It will take place at Christie Pits Park (just steps away from the Christie Subway station). The picnic is free for all Wigwamen tenants.



Your personal invitation to the picnic should arrive in the mail any day. Be sure to R.S.V.P. by the date specified on the reply card to have your name entered into the door prize draw!

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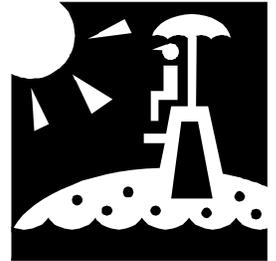
Special points of interest:

- *Summer in the City* — pg. 2
- *Taking Care of Yourself When Job Searching* — pg. 8-9
- *The 2002 North American Indigenous Games* — pg. 10
- *Children's Fun Pages Insert!!!*

Summer in the City: More Fun and Free Things to Do

Escape the heat!

Toronto has dozens of indoor and outdoor pools, not to mention countless wading pools, to help you cool down on a hot summer day. Visit your local Parks and Recreation community centre to find out the hours of operation for the pools nearest you, or call the swimming hotline at 416-392-7838. There is no charge to use any of the city's pools.



There are also 14 public beaches on Lake Ontario with lifeguards in the city. During the summer the water is tested and a sign is posted if the quality is not acceptable for swimming. Of course you may want to know this information before you pack up your swim suits, so call 416-392-7161 to hear a recorded message with up-to-date beach water quality.

“Sounds in the City”

Enjoy these *free* noon-hour concerts every Wednesday this summer at Nathan Phillips Square. At the same time, shop for fresh fruits and vegetables at the weekly Farmers' Market!

- **August 7** — “Kindle”: Celtic music from PEI, featuring good old-fashioned fiery fiddle jigs and up-tempo rock.
- **August 14** — “Son Ache”: A mix of the high energy and percussive sounds of Cuban dance music with contemporary salsa.
- **August 21** — “Madviolet”: A guitar-fiddle, folk-fusion duo.
- **August 28** — “Brothers Cosmoline and Bebop Cowboys”: Grooving swing rhythms, vibrant jump blues and bluegrass melodies.

Aboriginal History

For thousands of years before European contact, Aboriginal people throughout North America played and competed in sports. In fact, many modern team sports were derived from traditional Aboriginal games. What is not well known is that these games taught important personal and social values that were curriculum for their way of life. These practices taught each generation values and personal qualities that are reflected in Aboriginal lifestyles and cultures to this day. Qualities such as honesty, courage, respect, personal excellence and gratitude for the guidance of parents, elders and communities, prepared children and youth for the responsibilities of adulthood.

Check out page 10 of this edition of “Wigwam to Wigwam” to learn more about North American Indigenous Games!

Knowing Your Maintenance: Pest Control – Part 3

Farewell to Cockroaches! Getting Rid of Cockroaches, the Least Toxic Way

In last month's newsletter, we advised of things you could do regularly to prevent or get rid of a cockroach infestation in your home. After you've deprived them of food and water however, you need to reduce the number of hiding places that serve as their shelter. As cockroaches like tight, small places, try to remove as much clutter as you can.

- Don't stuff paper bags in the space between your refrigerator and a kitchen cupboard. Store them in a cupboard or drawer away from the kitchen or bathroom.
- Try to keep kitchen and bathroom cupboards as tidy as possible, without a lot of clutter.



Now you have done all you can to cut off food, water, and hiding places for cockroaches. But you still need to take some action against the cockroaches themselves. There are several kinds of pest control products that are much better and less toxic than the traditional sprays. They come in various forms, such as baits, bait stations and powders which are prevented from spreading throughout your home into places where your family — particularly children and pets — may come in contact with them. That said, you must still be careful to avoid skin contact with these pastes, gels or powders as they contain pesticides.

Using the Least Toxic Pest Control Products:

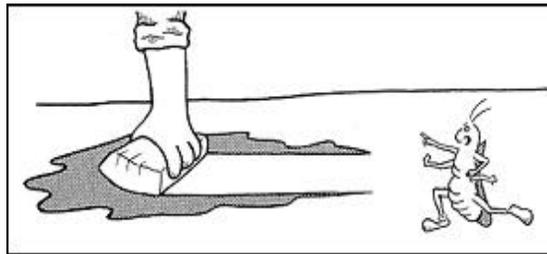
BAIT: This consists of cockroach food mixed with a chemical that kills them. It is available as a paste or gel that can be applied to cracks and crevices, just like caulking. Recommended brands include: *Blue Diamond® Paste* and *MaxForce® Gel*.

BAIT STATIONS: These are small feeding stations which are placed in or near favourite cockroach hiding places. A chemical is inside the bait station and cockroaches will take the poison home to pass on to other cockroaches. The stations may last for weeks or months before the bait is used up. These products may not be labelled as bait stations but if you see a picture on the label of a small container similar to an ant trap, you'll know that it is a bait station. Recommended brands include: *Impact®* and *Mr. Roach Killer®*.

Continued on next page...

Pest Control, continued...

POWDER: This pest control product is also known as a “dust.” It can be spread in a thin layer under your refrigerator and stove, in dark places behind appliances and cupboards, and into cracks and crevices before caulking is done. As long as the powders are put in out-of-the-way places, they can stay there safely for a long time. Anyone who applies a pesticide powder should wear a dust mask which is available at a hardware store or safety supply store. Make sure you take all the precautions listed on the label. Recommended brands include: *BoraDust®* and *Insectigone® 100% Natural Cockroach & Ant Killer*.



“STOP! STOP! You’re wiping up my dinner!”

Don’t buy a product just because it is cheap:

Many variety and discount stores are selling pesticide products that are illegal in Canada. In fact, the federal government has issued a warning to the public against buying these unregistered products. The most common is a chalk which looks like the white chalk sticks used on blackboards, called *Miraculous Insecticide Chalk*. It may be a health hazard as it has been found to contain a pesticide called deltamethrin. It may also be contaminated with lead. A second dangerous product is called *Cockroach Sweeper*. It contains an illegal pesticide called mirex.

It’s most important to remember...

...that baits, bait stations and powders alone will not solve your cockroach problem. Unless you get back to the causes of the problem, you won’t get a lasting solution. You need to concentrate on getting rid of the cockroaches’ food, water and shelter. Using a chemical — no matter which one it is — won’t give good results without the prevention program described in the two previous editions of “Wigwam to Wigwam.”

- Brian Taheny, Maintenance Manager
Source: www.cmhc-schl.gc.ca

Community Announcement

Free Dental Care for Children and Seniors!

Free dental services are available for eligible seniors and children who live in the City of Toronto. Dental services are provided to low-income seniors, children up to Grade 8, and English as a Second Language high school students. All other full-time high school students can get emergency treatment only.



Services include:

- Check-ups
- X-rays
- Filings
- Extractions
- Cleanings
- Fluoride treatment
- Sealants
- Prevention and education
- Root canal treatment
- Partial and full dentures*

*Note: While there is no charge for dental treatment, clients are asked to pay half of the dental laboratory cost for dentures and denture repair.

Dental clinics:

The dental clinics are located throughout the city and many are on TTC routes. They are open all year. They include:

- 277 Victoria St. (at Dundas St.) 416-392-6680
- 2398 Yonge St. (at Montgomery, 2 blocks north of Eglinton) 416-392-0907
- 95 Lavinia Ave. (near Runnymede and Bloor) 416-392-1777
- 1115 Queen St. W. (near Dovercourt) 416-392-0015
- 2340 Dundas St. W. (at Bloor St. W.) 416-392-0988
- 791 Queen St. E. (at Boulton, one block east of Broadview) 416-392-6683
- 340 College St. (at Major St., west of Spadina) 416-392-1410
- 726 Bloor St. W. (at Christie St.) 416-392-0896
- 235 Danforth Ave. (east of Broadview Ave.) 416-392-0934
- North York Children's Clinics (various locations) 416-338-8399
- York Children's Clinics (various locations) 416-338-1466
- Scarborough Children's Clinics (Scarborough Town Centre) 416-338-7442

Call for your appointment today! Or, for more information about Toronto Public Health dental services, call 416-392-0907. Staff will answer your specific questions and direct you to a local clinic that suits your needs.

- Submitted by Alla Ponomarenko

Terrace Community Kitchen

Terrace Happenings

Easy Summer Recipes!

Peach Upside-Down Cake

You will need:

- 1/2 c. margarine or butter
- 3/4 c. brown sugar
- 28 oz. can peach halves (approx. 12)
- 1 box white or golden cake mix (which usually calls for 3 eggs)

Preheat oven to 350°F. Melt margarine in a 9 x 13 inch cake pan. Remove from heat. Add sugar and stir until smooth and melted. After draining peach halves (keep the juice to use in the recipe below!) place them on the bottom of the pan with the rounded side facing up. Twelve halves fit comfortably, but you can use a few more if you like. Set aside. In a bowl, prepare the cake mix according to the instructions on the back of the box. Pour cake mix over peach halves in pan. Bake for 35-40 minutes or until cake springs back from touch.

Peach Iced Tea

You should have about 1 cup of peach juice left over from the recipe above. You can use it to make a simple and delicious iced tea!

- 2 cups really strong tea
- 1 cup peach juice
- sugar
- ice cubes
- lemon slices



Use 2 tea bags to make 2 cups of really strong tea. Cool tea. Add to 1 cup of peach juice in a pitcher. Add sugar or sweetener to taste, one spoonful at a time. Refrigerate. When ready to serve, pour into 3-4 glasses filled with ice. Garnish with lemon slices.

- Adene Kuchera

- Janet Esquimaux

• Due to a shortage of nursing staff at Anishnawbe Health, there will be no clinic at the Terrace during the month of August. Anishnawbe Health extends their apologies for any inconvenience this may cause.

• The Terrace extends condolences to the family of Ludmilla Krouzil who passed away on June 25th. Mrs. Krouzil was one of the first tenants at Wigwam Terrace. “The Lady in Purple” will be sadly missed by all who knew her.

• Welcome to new tenants Bridget Paul and Susie Clement! We hope you will enjoy your new surroundings.

• The Garden Club had their annual meeting in late June and a financial report was given by Yvonne Beaucage. The Club is accepting donations in the form of Canadian Tire money. The Garden Club and Terrace staff are also in the process of planning a joint fundraising venture with proceeds going towards the annual Christmas gathering. Watch the poster board in the lobby for announcements of upcoming events.

Tenant Counsellor's Corner

TIMES CHANGE is a free service for women considering a career change, seeking to upgrade their job skills or trying to find a job. All of their counselling services are provided by experienced employment counsellors.

Are You Looking for Career Direction?

If you are uncertain about your work-related skills and interests, or wish to change your occupation, the Career Planning Workshop offers you the opportunity to:

- Identify your skills, interests, values and goals through interactive self-assessments
- Explore possible occupations and learn how to get the information you need to make a good decision and to plan the steps for attaining your goals

Are You Looking for Training?

- Individual training is available if you know the type of training you want but need help finding the right program.

Are You Looking for Work?

The Job Search Workshop is helpful if you know the type of work you are looking for and have the necessary skills. You will learn essential job search strategies such as:

- Where to look for work
- How to research employers
- How to create a telephone/voicemail script
- How to write effective resumes and cover letters
- How to present yourself successfully in interviews



Additional Ways *Times Change* Can Help You!

The Resource Centre is a comfortable, quiet environment with print and audio-visual materials on occupations, training and educational programs, the labour market and employers. You have access to the internet, phones for job searching, and local faxing.

Computers are also available for you to create resumes and cover letters, or just for practice. Finally, their 2-hour, hands-on, introductory computer workshops will orient you to current software applications and the internet.

For further information, contact *Times Change* at 416-927-1900, or drop in to 365 Bloor St. East, Suite 1704, Toronto (get off at the Sherbourne Subway station).

They're open Monday to Thursday 9:00 a.m. - 5:00 p.m. and Friday 9:00 a.m. - 2:30 p.m.

- Jodi Hetherington

Taking Care of Yourself During an Endless Job Search

The following article was submitted by Wigwamen tenant Ramona Kiyoshk. All tenants are welcome to submit articles to "Wigwam to Wigwam." Content and format may be edited for space, style and clarity. For more information, contact Janet Esquimaux at 416-925-9165.

When you have been unemployed for a while, it is easy to get discouraged and start beating up on yourself. Your bills are piling up and your food has dwindled to toast without butter and coffee without cream. You have to save all your money, including those coins hidden in the family cache under the sofa cushions, for TTC fare in the event someone calls you for an interview.



In these times, you may develop tendencies to neglect your exercise routines, personal hygiene and diet. However, this is the most crucial time to be aware of yourself and be gentle to your mind, body and spirit.

Here are some tips for staying cheerful and focused even if it seems your universe is careening out of control.

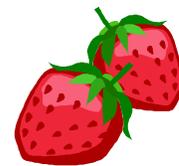
Nourishment:

- To save money, grocery shop at No Frills or Price Choppers. Buy in bulk.
- Eat lots of fresh fruit and veggies.
- Buy fresh carrots, onions, potatoes and a couple of other vegetables in small affordable quantities. With a bargain piece of chicken, a can of the Campbell's chicken broth, two cups of water, a handful rice, and chopped veggies, a wise woman can make a good size stew.
- Don't buy too much macaroni, bread, pastries and sweets or frozen entrees.
- Buy oatmeal instead of those boxes of dry, sugary cereals that clog arteries and shorten life.
- Use pure extra virgin olive oil instead of margarine. You can dip bread in it, pour it over salads and beans and add it to recipes that call for other oils. It is a complete essential fatty acid and will keep the cholesterol down and give your body a wellness boost.
- Buy canned or dry beans. The canned version just needs to be opened, rinsed in a strainer under cold water, warmed up and eaten alone or



added to rice or soup. Pinto beans provide an incredible protein hit for Native people whose bodies have developed a need for protein from our hunting days. Dried beans require overnight soaking and a long simmering time on the stove, but in the end, you can buy more for the money and they are yummy with chopped onions and rice.

- Drink plenty of water. Boil tap water if you can't afford the bottled version.
- Use your freezer. If you have been keeping your glass pickle and peanut butter jars, you can freeze leftover stew in meal size quantities.
- Freeze berries and other produce in season. Our ancestors did this. When I was a tyke, I loved going to my granny's because of the jars of raspberry preserves and pickles.



- Buy family-size trays of chicken, ground beef and other meat. When you get home, wash the meat and divide it into meal size portions. Seal in plastic bags and freeze.
- You can freeze bagged milk. Thaw it completely and shake before opening it.

Continued on next page...

Taking Care of Yourself, continued...

Exercise:

- You can't afford a gym membership, but you have legs, sneakers and willpower. Walk! Start a hiking group. Toronto has great parks, hiking trails and malls.
- Call your local community centre. They usually have programs that are free or very reasonably priced.
- Borrow videos from the library on Tai Chi or yoga.
- Get a kid's skipping rope from the dollar store.
- Offer to walk the neighbour's dog.
- Volunteer at a daycare.
- Run errands for seniors.



Personal Care:

- Shower every day, brush your teeth and dress in fresh attractive clothes.
- Buy personal items in bulk at discount stores.
- Get a maintenance-free hairdo.

Rest and Sleep:

- Have a routine. Go to bed at the same time each night. Take a book if you have a tendency to lie awake. Don't under-rate the power of good sex to relax and renew.

Socialize and Have Fun:

- Volunteer at a community centre, local theatre or shelter. You will network and gain skills and experience. This need not interfere with your job search and could lead to employment. It also gets you a reason to get out of bed, shower, eat and get outside.
- Go to the library. Books are great non-judgmental friends that nourish the mind and spirit. You can also borrow videos and music CDs.
- Learn board games. Being a Scrabble wiz or a Monopoly tycoon comes in handy on those rainy afternoons when the electricity has been disconnected.

Spiritual:

- Many Native organizations offer free ceremonies that you just have to register for.
- Meditate. Silence is golden and refreshing.
- Hug your kids, partner and cat.
- Keep your home and personal space clean, tidy and attractive. Keep plants and fresh flowers.



Other Ways of Saving Money:

- Cut corners. Get rid of specialty channels on your t.v. and keep only basic cable. Cancel water delivery, magazine subscriptions and gym memberships. Give up dry cleaning.
- Go for the cheapest bank plan.
- If you will be using the TTC a lot, buy a Metro Pass.
- Give up beer and cigarettes. Cigarettes are unhealthy and beer can be a reward when you finally get a paycheck.

Manage stress by keeping a routine. Stay focused on the job search, but don't let it preoccupy every waking minute. Set aside some time each day to make calls, go to the local HRDC office, and send off job applications. But remember that even in the most prosperous times, work is just a part of the equation.

Strive for BALANCE.

- Ramona Kiyoshk, Consultant
Satin Moccasins Wellness and

The North American Indigenous Games July 25 — August 4, 2002

The City of Winnipeg is host to this year's North American Indigenous Games, an Aboriginal multi-sport and cultural celebration that is expected to be the largest of its kind in Canadian history. Approximately 7,000 First Nation, Metis, Inuit and Native American participants, ranging in age from 13 years to adult and including participants with disabilities, will compete in 16 different sports. These include 3-D archery, canoeing and field lacrosse, not to mention more familiar competition sports like soccer, baseball, volleyball, boxing, and swimming.



Besides the sports, up to 3,000 cultural performers will entertain and educate throughout the games. There will also be a Tribal Journey of four separate and distinct traditional Aboriginal journeys that culminate at the Forks, Manitoba's historic meeting place: the Canoe Journey from Lake Winnipeg to replicate what First Nations people and fur traders did annually during 300 years of the fur trade; a Unity Ride on horseback from Canupawakpa Dakota Nation; the Red River Metis Journey with Red River Carts; and two York Boats representing the fur trade in the north.

For more information about the 2002 North American Indigenous Games, check out their website at www.2002naig.com

Interpretation of the 2002 NAIG Logo:

Sun: The yellow circle as the head of the athlete represents the sun. Aboriginal people have honoured the sun since time immemorial for its life sustaining force.

Victory: The blue V under the yellow circle symbolizes the athlete raising their arms in victory and celebration.

Circle of Life: This is the red circle around the athlete. All parts of Mother Earth, both animate and inanimate, are inter-related and form a common bond, which is represented by the circle of life.

Five Feathers: The red, black, white, yellow and blue feathers that fall below the red circle represents the colours of the people of the world, with the blue feather symbolizing the flag of the Metis Nation.

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*A Housing Project for
Native People*

www.wigwamen.com

Source: www.2002naig.com