



A Perfect Day for a Picnic!

Once again, the Wigwamen Tenant Picnic was a smashing success! On Saturday September 7th, over 200 people gathered at Christie Pits Park in sunny 30 degree weather for the Second Annual Tenant Picnic.

The afternoon began with a scrumptious barbeque lunch of hamburgers and hotdogs. After lunch, tenants were treated to a beautiful performance of traditional Native drumming and dancing. But the fun didn't stop there! Afterwards, enthusiasts of all ages enjoyed many rounds of good, old-fashioned bingo, and children lined up for air-brush face and body painting – back from last year by popular demand! Three lucky people walked away with door prizes: a colour television set, a deep fryer, and a \$50 gift certificate from the Bay/Zellers. In addition, all of the children were given a goodie bag to take home, and everyone received a souvenir Wigwamen pen.



Janet leads the Bingo Bonanza

Special thanks go out to Mike Dimauro, the Terrace Seniors' Club and Yvonne Beaucage who donated prizes. But most of all, we would like to thank everyone who attended, because it's no fun without you!

Melanie Brown

P.S. Check out the special insert included with the newsletter to see more photos of the picnic!

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General Manager's Report

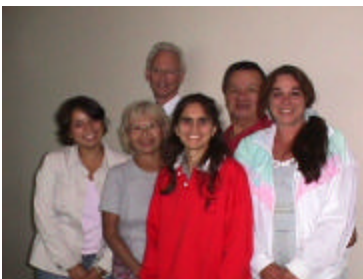
First, a big thank you to all of the staff who worked hard to make our second annual picnic such a terrific success, especially our organizing Committee of Melanie Brown, Sarah Howden, and Paula Pelletier (it wouldn't have happened without you) and thanks as well to all our tenants who attended. It was awesome!

September saw further progress as well on our 92 unit housing project at 20 Sewells Road...

After an extremely tough competition, Wigwamen Incorporated retained the firm Hilditch Architects to act as our Architects for 20 Sewells Road. A total of fourteen different firms were invited to submit proposals, with twelve of the fourteen firms responding. A committee of eight Directors, as well as our Development Consultant Ed Starr, and I, reviewed the proposals and short-listed five firms.

On September 6th, four of our Directors, Ed Starr, and myself, spent an entire day interviewing the five short-listed firms, with Hilditch being our final selection. We're excited at the prospect of working with two of the firm's principal architects, Steve Hilditch and Charles Rosenberg, and drawing on the experience that they've gained in being the architects for a variety of other projects, including recent ones with Na-Me-Res and Native Child and Family Services. We've struck a Design and Development Committee, composed of three of our Directors (who are volunteering their time, as they do so often!), Ed Starr, Maintenance Manager Brian Taheny, and myself, and are holding our first of many meetings on October 2nd.

We are currently in the process of retaining a number of other consultants including a topographical surveyor, a quantity surveyor, and consulting engineers to perform soil tests and an environmental site assessment.



September also saw six Wigwamen Directors and staff attend a week-long training session in "Aboriginal Statistics and Demographics," the first of a three-part course run by Statistics Canada. Well run and extremely interesting, I expect it will prove to be quite helpful to us in the future in proposal writing, planning for the needs of our tenants, and focusing our marketing efforts for such programs as the Residential Rehabilitation Assistance Program, and our Aboriginal Housing Support Centre.

Clockwise from left: A.H.S.C. Assistant, Paula Pelletier; General Manager, Angus Palmer; President, Bill Kinoshameng; Tenant Counsellor, Lori Ball; Former Special Initiatives Officer Adene Kuchera; and Director, Delma Cooper

Finally, on a more personal note, I want to offer my best wishes to Sarah Howden, who is leaving Wigwamen to travel in Europe, and pursue her Masters. Sarah has been an exceptional employee, first as one of our Administrative Assistants, and then as our Aboriginal Housing Support Centre Counsellor, and will be missed by all of us here. At the same time, every ending brings a new beginning, and we are pleased to welcome our new Housing Support Centre Counsellor, Nicholas Mercredi. Watch for the next issue of "Wigwam to Wigwam" for more information on Nicholas, or check out our website at www.wigwamen.com. Bon voyage, Sarah, and welcome, Nicholas!

Frauds and Scams Against Seniors

Bank Inspector Fraud

“Hello Mrs. Jones, this is Sergeant Young from the Fraud Squad. We need you to help us with a delicate investigation at your bank. One of the tellers is stealing from customers and we need your help. If you go to the bank and take out \$3,800 and hand it over to one of my officers, we can catch this teller. Please help us, it’s your duty.”

This conversation is a short version of a “Bank Inspector Fraud” telephone call. Actual calls to victims sometimes last for hours. The intention of the caller is to convince you that he/she is a real police officer or bank employee, and that you must help him/her with an investigation. Once you have gone to the bank and handed your money over, **YOU WILL LIKELY NEVER SEE THIS PERSON AGAIN.**



The purpose of this scam is to defraud you of your money. The person on the telephone sounds genuine, however you can be certain he/she is not a real police officer or bank employee. No police agency or financial institution in North America would ever ask you to participate in such an investigation.

There are many variations of this type of fraud. For example, you may be asked to check the serial numbers on money in your home or in your safety deposit box. The con-artist will tell you that the money is counterfeit and will ask you to turn it over to him/her.

Below you will find some tips on what to do in the event that you receive such a phone call.

Tips to Prevent Bank Inspector Fraud:

1. DO NOT give out financial or personal information over the telephone.
2. Hang up the telephone. Immediately dial *69 on your touch-tone telephone, or 1169 on your rotary telephone. This will give you the information on who just called you. Be sure to write it down.
3. Call your bank manager or someone known to you at your bank and notify him/her of what has happened.
4. Contact your local police and report this incident.

REMEMBER: If you have received this type of telephone call, a serious criminal offence of attempted fraud has been committed. By reporting this attempted fraud to your bank and local police, others can be notified and protected.

Source: Toronto Police Community Handbook

Knowing Your Maintenance

Humidity and Condensation in the Home (Part 2)

– A Basic Guide to Reduce and Control Humidity –

Sources of Moisture:

The principal sources of water vapour in today's homes can vary by the lifestyles of the inhabitants. The following is just a short list of normal daily activities and an indication of the water vapour that they introduce into your home each day:

Cooking (three meals)	3-4 lbs.
Dishwashing	1-2 lbs.
Shower or bath	1-2 lbs.
Weekly laundry	30 lbs.
Occupancy (family of four)	12-15 lbs.



How Much is Enough?:

We need some humidity in our homes to be comfortable. A house that is too dry is just as bad as a house that is too humid. Symptoms of a dry house are sore throats, itchy eyes, nosebleeds, and dry skin to name a few. Other, less obvious symptoms are static electricity, cracked and dried-out furniture, and a constant feeling that the house is colder than it really is. Your windows can be a great barometer of just where your humidity level should be: *there should be enough moisture to feel comfortable, but not enough to fog the glass.*

Naturally, there are more sophisticated means to check the humidity levels in your home, ranging from simple, inexpensive hygrometers to more complicated “wet and dry” bulb hygrometers. There are even inexpensive digital units that will measure temperature and humidity levels which are available at most hardware stores.

The following chart indicates the recommended safe humidity levels based various outside temperatures for an interior household temperature of 70 degrees F:

<u>Outdoor Temperature</u>	<u>Moisture</u>
-20 Deg. F. or Below	Not Over 15%
-20 Deg. F. to -10	Not Over 20%
-10 Deg. F. to 0	Not Over 25%
0 Deg. F. to 10	Not Over 35%
10 Deg. F. to 20	Not Over 35%
20 Deg. F. to 40	Not Over 40%

- Brian Taheny, Maintenance Manager

Household Hints

Cigarette Odour:

Ex-smokers have the most sensitive noses around. If you've recently quit smoking, be sure to air all your closets with a fan and have your carpets shampooed.

Other ways of eliminating cigarette odour include:

- Wash your clothes often. Clothes can hold the smell for weeks.
- Setting out a dish of vinegar will help if you don't mind the masking odour.
- During a party, burn candles to keep down the smell.
- Put a little potpourri into a pot of water along with a stick of cinnamon. Let it simmer for awhile on the stove.



Cigarette Burns:

- Hardwood floor: If your floor is finished with urethane, try to wipe away the burn carefully with very fine sandpaper. If it's badly burned, you may have to remove a piece. If the floor has an oil and wax finish, sand the burn out, and re-stain, and buff with wax in a day or two. With a deep burn, fill the hole with wood filler after sanding. Let it dry, sand it again and apply two coats of varnish.
- Vinyl floor: Cut out the burned area and insert a patch of the same material.
- Carpets: Rub around the burn with steel wool or sandpaper to lift the fibres. Mix 1/4 cup (60 ml) borax in 2 cups of hot water and dampen the spot with a cloth. Sponge with clear water. This also works on upholstery.

Source: *The New Encyclopedia of Household Tips and Hints*

Tribal Kitchens

Tribal Kitchens is a collaborative program between Aboriginal Circle of Life Seniors and the Toronto Native Community History Project.

A dietician and diabetes educator, a cook, and an Elder with expertise on Native traditional foods and diet, facilitate workshops which culminate in the cooking and eating of a nutritional meal. The session is delivered in a way that respects the four elements: Body, Spirit, Mind and Heart. Each workshop lasts three-and-a-half hours.

You are invited to join Tribal Kitchens in the NCCT cafeteria on the following dates:

October 26, 30
November 6, 9, 16, 20, 27, 29

Other dates to follow
Seats are limited

Please R.S.V.P. to Nahanni at:
416-964-9087 Ext. 319

**EVERYONE WELCOME
TO JOIN!**

**Supported by the Aboriginal
Healing Foundation**

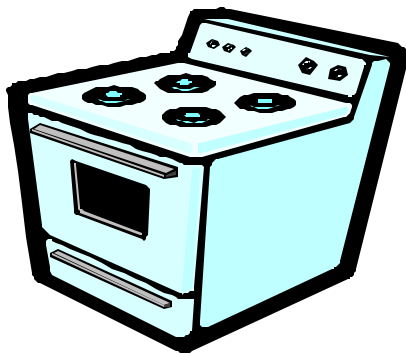
Tenant Counsellor's Corner

Below are a few reminders from the Tenant Counsellor to all Wigwamen tenants:

Locks and Keys:

It has been brought to my attention that some of our tenants have altered the locking system to their unit. I would ask that no additional locks be placed on any door of the building without the permission of Wigwamen Incorporated.

Should you lose your key, simply come to head office and we will provide you with a new copy of the key.



Appliances:

A reminder to all tenants that as per your lease agreement, you are not to bring into your unit a stove, refrigerator, washing machine, clothes dryer, dishwasher or air conditioner or any other major appliance, unless you have prior written approval from Wigwamen Incorporated.

Income Changes:

If your household income changes, your rent will be recalculated as follows:

- If your household income increases, your rent will increase on the first day of the second month.
- If your household income decreases, your rent will decrease on the first day of the next month.



If you have questions about any of these matters, feel free call me at 416-481-4451 Ext. 22.

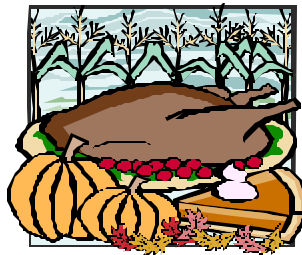
Jodi Hetherington

Terrace Community Kitchen

Here is a delicious stuffing recipe for this year's turkey dinner:

Cranberry Stuffing:

- 1 cup cranberries
- 1/2 cup chopped celery
- 1/4 cup chopped onion
- 3 tbs. sugar
- 3 tbs. butter or margerine
- 1 cup soft bread crumbs
- 1 teaspoon grated orange rind
- 1/2 tsp. salt
- 1/8 tsp. pepper
- 1/2 tsp. marjoram



1. Cook cranberries, celery, onion and sugar in buttter or margerine until fruit is cooked (1-2 minutes).
2. Combine fruit mixture with bread crumbs. Add orange rind and seasonings and toss lightly.

Source: E.A. Ellis, Northern Cookbook

Terrace Happenings

- The Native People's Parish is having their Annual Church Bazaar on Saturday, October 5, 2002. There will be items and food for sale. Come on out and support their fund-raising efforts!
- Miigwetch to Constables Andrea Davis and Gerry Skelton of the Aboriginal Peacekeeping Unit for donating the quilters' frame and numerous other items for our Loonie Auction in late October.
- A new executive will be chosen for the Seniors' Club at the annual elections which will take place during a meeting sometime in October. Please watch the board in the lobby for more details.
- Condolences to the family of Mrs. Nancy Zehner who passed away in September. She will be missed by all who came to know her while she lived at the Terrace.
- In closing, we extend a warm welcome to our newest resident Mr. Len Miles.

Dear Terrace Residents:

Re: Garbage

- Wrap all garbage in small, tied plastic bags before you drop it down the garbage chute. Bags must be small enough to not get stuck on the way down the chute.
- Do not put glass jars, items under pressure (e.g. aerosol cans) or pizza boxes down the chute. Take them directly to the designated area at the front entrance.
- You must not leave garbage bags in hallways, garbage chute rooms, or on balconies.
- Arrange with the Terrace Staff if you need to get rid of oversized items.

Mii-gwetch for your complete co-operation.

-Janet

Aboriginal History

Why the Leaves Have Colour in the Autumn



The wise men turned to Him Who Wrote. Then they looked around at the trees on many hills. It was the autumn. The leaves had many colours. They said: “We will tell you the story of the battle fought by the Deer and the Bear in the Land of the Sky”...

...The Bear was selfish and proud. He often made trouble among the animals of the Great Council. When he heard that the Deer had walked over the Rainbow Bridge into the Sky Land he was angry. “I will punish the Deer,” he said.

The Bear went to the Rainbow Bridge and leaped along its beautiful path of glowing colours. He came into the Sky Land. There he found Deer and said to him: “This Sky Land is the home of the Little Turtle, why did you come into this land? Why did you not come to meet us in the Great Council? Why did you not wait until all the animals could come to live here?”

Suddenly the Deer was angry. Only the wolf might ask him such questions, the Bear had no right to speak like that to him.

The Deer said to the Bear: “You have gone about making trouble among the animals long enough. You shall never do that again.”

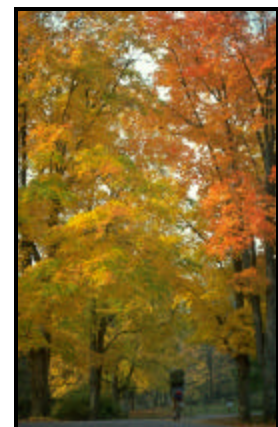
The Deer said that he would kill the Bear. He arched his neck. He tossed his head to show his long sharp horns. The hair along his back stood up. His eyes blazed as if a fire burned in them. He thought to slay the Bear with a single stroke of his terrible horns.

The Bear was not afraid. His claws were very strong. He stood erect for the mighty conflict. His deep growls shook the sky like rolling with thunder. The struggle was terrific and long. The Bear was torn by the cruel horns of the Deer.

When the remaining animals of the Great Council heard the awful noise, the Wolf went up into the sky to stop

the dreadful battle.

All the animals had to obey the Wolf, so the Deer turned and ran away and the Bear fled along the paths of the sky. As the Deer ran, the blood of the Bear dropped from his horns. It fell down to the lower world and made the leaves of the trees many colours. Some were red, some yellow, some brown, some scarlet, and some crimson. Now each year when Autumn comes, the leaves of the trees take on these many colours. The forests are flooded with soft and glowing beauty. They say the blood of the bear has again been thrown down from the sky upon the Great Island.



Source: <http://www.zicahota.com/tales.html>

Book Review

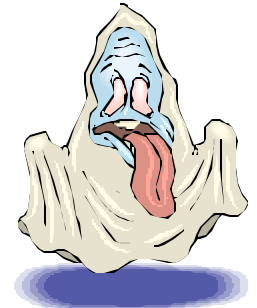


When The Chenoo Howls: Native American Tales of Terror

By Joseph and James Bruchac
Illustrations by William Sauts Netamuxwe Bock

When the Chenoo Howls is a terrifically terrifying book of stories for children which recount traditional Native horror legends. In this book are some of the most horrifying monsters imaginable: Ugly Face, the Flying Head, the Big Tree People, and of course, the Chenoo. But what's worst of all is that these monsters are out to get little children!

As the author explains in the introduction, many of these stories were originally told to scare children away from danger, as the story of the Toad Woman illustrates. In this tale, a young boy and his friends decide to play in the bog, despite repeated warnings from his mother about the Toad Woman who resides within. According to this story, the Toad Woman lures children into the water with her beautiful singing and then drowns them. Traditionally, drowning was one of the leading causes of death among Native people, and presented an especially serious threat to children.



In addition to their warnings, these stories often held moral messages. This is evident in, for instance, the story “The Stone Giant” in which the child hero, Skunny-Wundy, learns the value of humility the hard way. In this story, Skunny-Wundy is forced to challenge the megalithic Stone Giant after making boastful claims to the villagers about his past victories over the monsters. The terrified boy—who has never *really* killed a Stone Giant before—wins a close victory, but never again boasts about anything after that!



Many of these stories seem to follow patterns: a child does something that he or she has been warned against, and then gets into trouble. He is usually able to escape, but not without a few close calls! Another pattern involves a virtuous person defeating an evil monster by using their wits or behaviour influenced by strong morals.

Older children will be able to read these stories alone, while younger ones will require someone to read to them aloud. But keep in mind that even though the children usually make it out safely in the end, you might want to think twice about reading any of these as a bedtime story!

Happy Halloween!

Melanie Brown

Native Studies for Seniors 50+

This fall, the Learning is For-Ever Institute (LIFE) is offering a Native Studies course in conjunction with the Continuing Education Department of Ryerson Polytechnic University.

Those over the age of 50 are encouraged to register for an interesting and informative exploration of issues facing Canada's Aboriginal people.

Some of the topics include: life in North America before the Europeans; the arrival of Europeans to the continent; treaties; land claims; education; the justice system; and media portrayal of First Nations. A range of guest instructors is being lined up which so far includes: Monica McKay, Coordinator of Ryerson's Aboriginal Student Services; Cindy Baskin; Wayne Kodjie; and Dennis Stark, Editor of Tansi. Other instructors will be announced.

For more information about this course which begins in October, contact Geoff Arnold or Colin Willows at the LIFE Institute at (416) 979-5000 ext. 6989.

Or, send an e-mail to: lifeinst@ryerson.ca.

Wigwamen Classifieds

Items For Sale:

There are new and gently used comforters or blankets for sale.

If interested please call 416-964-0760

Services:

Homework Helper: Retired, award-winning journalist with a background in wellness, education and life skills will help youngsters from Kindergarten through Grade 8 with reading, spelling, writing, English, arithmetic, history, geography and life skills.

Results or you don't pay.

One half-hour demo lesson free.

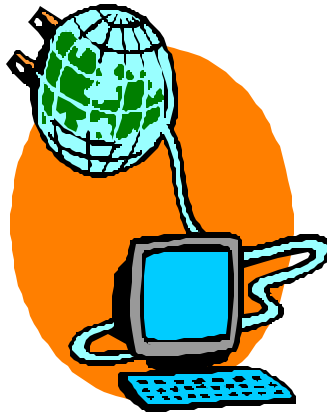
Call Ramona Kiyoshk for rates, times and other information, at 416-696-9672

If you would like your ad to be printed in the next edition of "Wigwam to Wigwam," please contact the Editor, Janet Esquimaux at (416)925-9165. The deadline for submissions to the November edition is October 18, 2002.

Internet Safety for Parents and Kids

What is the internet?

The internet is a global, decentralized network of computers taking advantage of common protocols permitting the transfer of information. No individual, company or government controls the internet.



What are the risks?

There are many risks and security issues in using the internet. Parents and their kids should be most concerned about:

- Viewing inappropriate material
- Possible sexual assaults
- Harassment
- Hate crimes
- Frauds and scams

Tips for Kids:

- Never give out any personal information such as your address, telephone number, parents' place of work or phone number, the name and location of your school or any other information that may identify you.
- Never agree to get together with someone you

“meet” online without checking with your parents first. If you go, make sure you meet in a public place and take one of your parents with you.

- Never send anyone your picture and don't accept any pictures.
- Never respond to any messages that make you feel uncomfortable.
- Never lose your common sense while online — remember your are talking to strangers! The people you are talking to may not be who they say they are.
- Never send an insulting or rude message to anyone online. “Flaming” is not good “Netiquette.”
- Use a “Code Name” instead of your real name.

- Report any harassment or inappropriate messages to your online service provider and to the police.
- Set your browser to say “No” to cookies.

Tips for Parents:

- Learn about what your child is doing on the internet. Know what types of chat rooms and e-mail messaging your child is participating in online.
- Find out about filtering software packages that are available to block out objectionable material.
- Keep computer usage a family affair by putting the computer in a family room rather than in a child's bedroom.
- Set reasonable guidelines for computer use by your children and then monitor the amount of time spent.

*Source: Crime Prevention,
Toronto Police Service*

Zero Balance Club Update

Introducing two new winners to the Zero Balance club:

Mrs. Beverly Cote
&
Mrs. Mary Chakasim



We congratulate you on your recent win of a \$50.00 Gift Certificate for Dominion Stores!

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*A Housing Project for
Native People*

www.wigwamen.com

Wigwamen Terrace Loonie Auction

Thursday, October 30, 2002
at 1:00 p.m.
in the Turner Room

All Proceeds to go to the
Terrace Residents' Annual Christmas
Gathering



Item donations are still
being accepted.