

WIGWAMEN
INCORPORATED

Wigwam to Wigwam

Your "House to House" News

Aboriginal Culture-Fest!

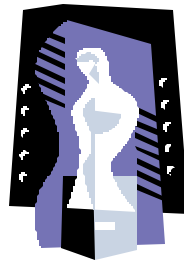
Summer may be over now, but that doesn't mean that you have to stay indoors all the time. This Fall brings lots of events and activities around the city for you and your family to enjoy, many of which are geared towards the Aboriginal community or showcase Aboriginal talent. Listed below are a few ideas for your Fall entertainment:

The Canadian Aboriginal Festival

November 28 – December 1
SkyDome



Canada's largest Aboriginal Festival is celebrating its 9th anniversary this year. The festival includes a pow-wow, an educational day, concerts, a visual art exhibit, and Traditional Teachings from Elders, Spiritual Teachers and Healers. The Canadian Aboriginal Music Awards will be kicking off the Festival on the 28th. The event is intended for Aboriginal and non-Aboriginal people alike, and there are activities suitable for all ages. Ticket prices vary according to the event. For more information, visit the Festival website at www.canab.com, or call (519) 751-0040.



Tuugaaq: Ivory Sculptures from the Eastern Canadian Arctic

October 12 – March 30
Royal Ontario Museum

Tuugaaq, which means "ivory" in Inuktitut, is a

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General Manager's Report

WIGWAMEN BIDS A FOND ADIEU TO JANET ESQUIMAUX:

By now, many of you have heard that our friend and colleague, Janet Esquimaux, has left her position as Terrace Manager. In the almost six years that Janet was with us, she made a tremendously positive contribution to Wigwamen, working diligently first as our Rental Administration Officer, and then giving her all to Wigwamen Terrace. She was the driving force behind "Wigwam to Wigwam"; played an active role in helping to organize "Toronto 2000"; and worked hard year after year helping to organize the famous Loonie Auctions and the Wigwamen Terrace Christmas parties. She did much, did it well, and throughout it all maintained a positive, and sunny disposition. I know that I speak for everyone when I say that she will be missed terribly by all of us, and that we wish her all the best in the future!

In many ways, Wigwamen Terrace is the jewel in Wigwamen's crown, and we want very much to ensure that it continues to be well managed. With that in mind, I am pleased to be able to tell you all that our Aboriginal Housing Support Centre Counsellor, Nicholas Mercredi, has agreed to become our new Terrace Manager.

Nicholas has had wide experience working with Aboriginal organizations, First Nations, and Metis groups, along with public service experience with the Government of the Northwest Territories. He recently graduated from Trent University with an Honours Bachelor of Arts, majoring in Native Studies, and also has a Diploma in Social Work. He has a long-standing interest in seniors issues, having, among other things, been the Co-ordinator of the Elders Conference for Yellowknives Dene First Nation in 1996.

Having worked with Nicholas, I know that you will all find him to be friendly, approachable, and conscientious. And of course, knowing you all as I do, I am certain that you will all offer him the warmth and support that you offered to Janet for so many years.

SEWELLS ROAD UPDATE:

Wigwamen Incorporated continues to forge ahead with plans to develop a 92 unit housing project at 20 Sewells Road. Four meetings of our Design and Development Committee were held in October, with our unit layouts close to being finalized, and work having commenced on the development of building elevations. We've completed our topographical survey, retained a firm to conduct soil tests, and expect to have completed those tests within the next month or so. Finally, our first meeting with the public is being planned for early December. Much remains to be done, but we are staying the course, and remain optimistic that the project will be successful. Watch for further updates in the months ahead!

WEBSITE UNDERGOES RENOVATION:

Like buildings, websites also require renovation from time-to-time. With this in mind, we're currently adding a number of pages to our site, including an entire section devoted to job postings and tenders; a section where people can be updated on Sewells Road; and a Board and Staff archives section. In the months ahead we expect to be making other changes as well. Check it out at www.wigwamen.com!

Event Listings Cont...

showcase of over 150 miniature ivory sculptures from Baffin Island made during the early 20th century. Visit www.rom.on.ca for more information.

Rez Bluez: A Night with Pappy Johns Band with Murray Porter

November 29, 10:00 p.m.
The Comfort Zone, 486 Spadina Ave. (below the Silver Dollar)



A unique showcase of Aboriginal blues talent, Rez Bluez produces shows fairly regularly in the Toronto area. For a complete schedule of upcoming venues, visit www.rezbluez.com or call (416) 535-3349.

For up-to-date listings of cultural events in the Aboriginal community, log on to www.ammsa.com/windspeaker.

- *Melanie Brown*

Elder Abuse

What is Elder Abuse?

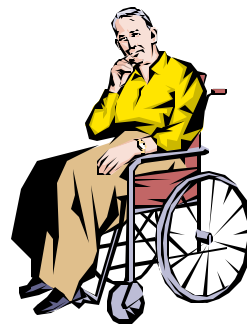
Elder Abuse is harm to someone over the age of 65, usually by someone in a position of trust or authority. The abuser may be a family member, neighbour, nurse, landlord or any other caregiver.

It has been estimated that at least four per cent of the senior population are victims of elder abuse. This means that in Toronto, 10,000 seniors are potential victims.

Crime prevention and public awareness are necessary to reduce the fear of crime and improve the quality of life in our society.

Types of Elder Abuse:

- ◇ physical;
- ◇ emotional/psychological;
- ◇ financial; and
- ◇ neglect



Some Reasons why Abuse is Seldom Reported:

- ◇ victims believe that the police or other agencies can't help;
- ◇ victims fear being placed in an institution;

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Knowing Your Maintenance: Furnace Care

The following article was originally published in the November 2001 edition of "Wigwam to Wigwam." It has been reprinted at the request of staff members and tenants.

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?

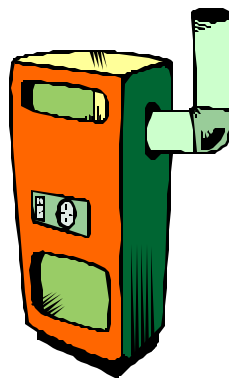
Some forced air furnaces have a switch on the thermostat that allows you to turn the fan on. The switch will usually be located at the bottom of the thermostat, closer to the left side and will be marked "ON" and "AUTO."

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 that 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 faceplate 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.

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(B) Items to check at the electrical panel:

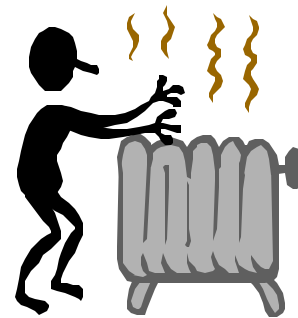
At the electric panel, the breaker for the furnace should be in the “ON” position. If the breaker has been tripped, it will be in a position that is between ON and OFF.

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, call Wigwamen.

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



Charges to Tenants

There is no charge for normal maintenance. It is in everyone's best interest to keep their apartment in good condition and to make sure that they are energy efficient. For example, you should always tell Wigwamen when your tap is dripping, a door won't close or a window is broken.

But you may have to pay:

- For damages to your unit or common areas that are caused by you



or any member of your household, your guest or your pet. For example, you might have to pay for a broken light fixture, repairs from water damage caused by a leak that you did not report, or for a door damaged by your pet.

- For new keys.
- If you call for emergency work after working hours for something that is not considered an emergency.

- If your unit is in very bad condition when you move out.

The Tenant Protection Act states that tenants must pay for damages that are their responsibility.

In addition to these, tenants are required to pay the charges for any NSF Cheques and the filing fees for eviction applications with the Tribunal.

Household Hints: Lawn Care

With cooler temperatures heralding Fall, now is the time to protect your lawn over the long and cold winter ahead. A little extra effort invested this weekend will be rewarded with a lush and beautiful lawn in the Spring.

Here are some “must do’s” for the Fall:

- Continue mowing, keeping grass at a height of 6 1/2 centimetres tall. Remember that leaving grass clippings on the lawn returns at least 25 per cent of the nitrogen back into the soil.
- Remove leaves and other debris from



the lawn before the final cut. Lawns should be put to bed over winter at the same height they are maintained at over the summer. Remember what you see on top is only half the equation. Taller grass ensures a deeper root. Short grass can make the lawn susceptible to winter damage.

- Moisten and aerate the lawn. Aeration creates passageways for essential nutrients and worms that contribute valuable micro-organisms to your soil.
- Finally, fertilizing the lawn produces a strong root system and ensures that the grass emerges greener than ever when Spring finally makes its appearance.

Source: News Canada

Tenant Counsellor's Corner

Are you currently searching for full/part time employment? Miziwe Biik's Job Skills Development Program can provide you with the skills and tools that you will need to break through your job search barriers. Their 6 weeks of workshops and supportive follow-up employment counselling sessions can make the difference between job seeking and success.

Topics that will be covered:

1. Getting Started



- True Colours Workshops
- Survivability Building
- Self-Esteem Building
- Personal Career Profile

2. Job Search Preparation

- Job Interviews
- Resumes
- Cover Letters
- Job Search Communications

- The Hidden Job Market

3. Computer Training

- Windows 2000
- Microsoft Word 2000
- WordPerfect
- Internet

The next Job Skills Development Program will start some time in January 2003. Should you be interested in enrolling, please call Ruby Dreger at (416) 591-3601.

-Jodi Hetherington

Terrace Community Kitchen

Now that Fall is finally here, apple season is once again upon us. The following recipes involving apples will provide a nutritious and delicious start to anybody's day.

Smiling Apple Pancakes

Ingredients:

1 1/2 cups All Purpose Flour
1 tbsp. Baking Powder
1 tbsp. Granulated Sugar
1/2 tsp. Salt
1 1/2 cups Milk
1 cup Grated Peeled Apple
1 Egg
3 tbsp. Vegetable Oil
24 Raisins or Dried Cranberries
12 thin slices Apple



In a bowl, whisk together flour, baking powder, sugar and salt. In a large bowl, whisk together milk, apple, egg and 2 tbs. of the oil. Add flour mixture and stir until almost smooth.

Heat a large nonstick skillet over medium heat; brush with some of the remaining oil. Using 1/4 cup for each pancake, pour batter into the skillet. Arrange 2 raisins and 1 apple slice on each pancake to resemble a face.

Cook until bubbles break on surface and bottom is golden

brown, about 2 minutes.

Turn and cook until second side is golden brown, about 1 minute. (*Make-ahead: Stack between waxed paper; freeze in an airtight container for up to 2 weeks. Reheat in microwave or toaster.*) Serve with syrup.

Makes about 12 pancakes.

Honey Applesauce

Ingredients:

8 Apples (McIntosh or Empire)
1 cup Water or Apple Juice
1/4 cup Liquid Honey

Cut apples into quarters. With a paring knife, cut out cores. Peel each quarter. In a large saucepan, bring apples and water to a boil over medium heat; cover, reduce heat to low and simmer, stirring occasionally, until apples are mushy and puffy, about 25 minutes. Let cool.

With potato masher, mash apples until smooth; stir in honey.

Makes 6 – 8 servings.

Source: Canadian Living

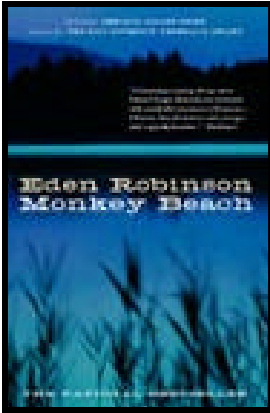
Terrace Happenings

- The Terrace Christmas party—where residents will be able to enjoy a home-cooked holiday meal and lively entertainment—will take place sometime in the middle of December. Your invitations will be arriving in your mailbox during the coming weeks.
- October's Loonie Auction was great fun, as well as a successful fundraiser for the upcoming Christmas party. Thanks to everyone who took part!
- Condolences go out to the family of Ms. Myrtle York, who passed away this October. She will be missed by all who knew her.
- A new executive was elected to the Seniors' Club last month: Marianne Shigwadja was elected President, Katie Pasquach is Vice President, and Helen Payne is Secretary-Treasurer.
- For those tenants who missed the flu shot clinic held at the Terrace last month, Anishnawbe Health is still providing them for free. Call (416) 360-0486.

Book Review

Monkey Beach

By Eden Robinson



Monkey Beach is the first novel by British Columbian First Nations author Eden Robinson. The novel is a follow-up to Robinson's first book, a critically acclaimed collection of short stories called *Traplines*. The first person narrator of the story is the nineteen year old Lisamarie Hill, a young Haisla woman who re-encounters her past when her younger brother Jimmy, and the fishing boat where he is working, are reported lost at sea.

Desperately wanting to help her devastated parents in their search for Jimmy, Lisa takes a small outboard to sea, navigating from their home in Kitamaat all the way down the coast of British Columbia to join them. The journey floods Lisa with memories of her past, including a childhood visit to Monkey Beach which was reluctantly embarked upon by the family just to satisfy Jimmy's yearning to spot a sasquatch. But most of all, Lisa is reminded of those that she lost; like Uncle Mick, a Native rights activist and her childhood hero; and Ma-ma-oo (Haisla for "Grandmother"), her source of direction in spiritual and traditional matters.

But this is more than a typical coming-of-age story, as the reader discovers when they learn about Lisa's gifts, which include the ability to see spirits, and to predict a death or harmful event before it happens, through her dreams. However, the reader also learns that living with such gifts is not easy, as Lisa eventually becomes haunted by her spirits. Eventually, feelings of alienation and depression overcome her, and Lisa drops out of high school and falls into a life of drug abuse.

While the plot is strong, for the most part *Monkey Beach* is a character driven novel. In addition to Lisa's, the characters of Jimmy and his girlfriend, Karaoke (also the focus of a story in *Traplines*), are particularly compelling. The dark and foreboding atmosphere that Robinson creates through imagery also contributes to the strength of the book.

With all these qualities, it's no wonder that *Monkey Beach* was the winner of the 2000 B.C. Book Prize and a finalist for the Giller Prize. It's truly an excellent novel from a very promising new writer.

- Melanie Brown

Aboriginal History: Joseph Brant

Chief Joseph Brant, a leader of the Mohawk people, was born in 1742 on the banks of the Ohio River. His Mohawk name was *Thayendanegea*, which means “He Places Two Bets,” although it has also been translated as “Two Sticks Bound Together” and “Symbol of United Strength.” He inherited the title of Chief from his father.

Brant was educated at Moor's Charity School for Indians in Lebanon, Connecticut, where he learned to speak English and became an interpreter for an Anglican Missionary. There he assisted in translating the prayer book and the Gospel of Mark into Mohawk.

Brant's military career began in 1754, when, at the age of 13, he went into battle for the British in the French and Indian War. After that war ended in 1763, Brant and his tribe joined the British in their attempt to repress the American Revolution, and Brant was extremely successful in uniting the tribes of upper

New York in the war against the settlers. Brant was fearful that if the Revolutionaries were successful in obtaining independence, the Native people would lose their land. In 1776 he led four of the six nations of the Iroquois League in attacks against colonial outposts on the New York frontier.



Participating in many battles, Brant distinguished himself as a strong military leader.

When the war was over, the British surrendered the lands to the colonists, rather than the tribes, and Brant was forced to find a new home for his people. He retained his commission in the British Army and was awarded a grant of land on the Grand River in Ontario, where the neighbouring town of Brantford now bears his name. There he founded the Six Nations Reserve.

The last years of his life were spent seeing to the welfare of his people and translating the Bible into English. He died in 1807.

With files from www.zicahota.com and <http://earlyamerica.com>

Elder Abuse Cont...

- ◇ victims do not know their rights;
- ◇ victims feel ashamed because their caregivers mistreat them;
- ◇ victims or others are unaware of the available support services; and
- ◇ others do not want to get involved

Signs and Symptoms of Elder Abuse:

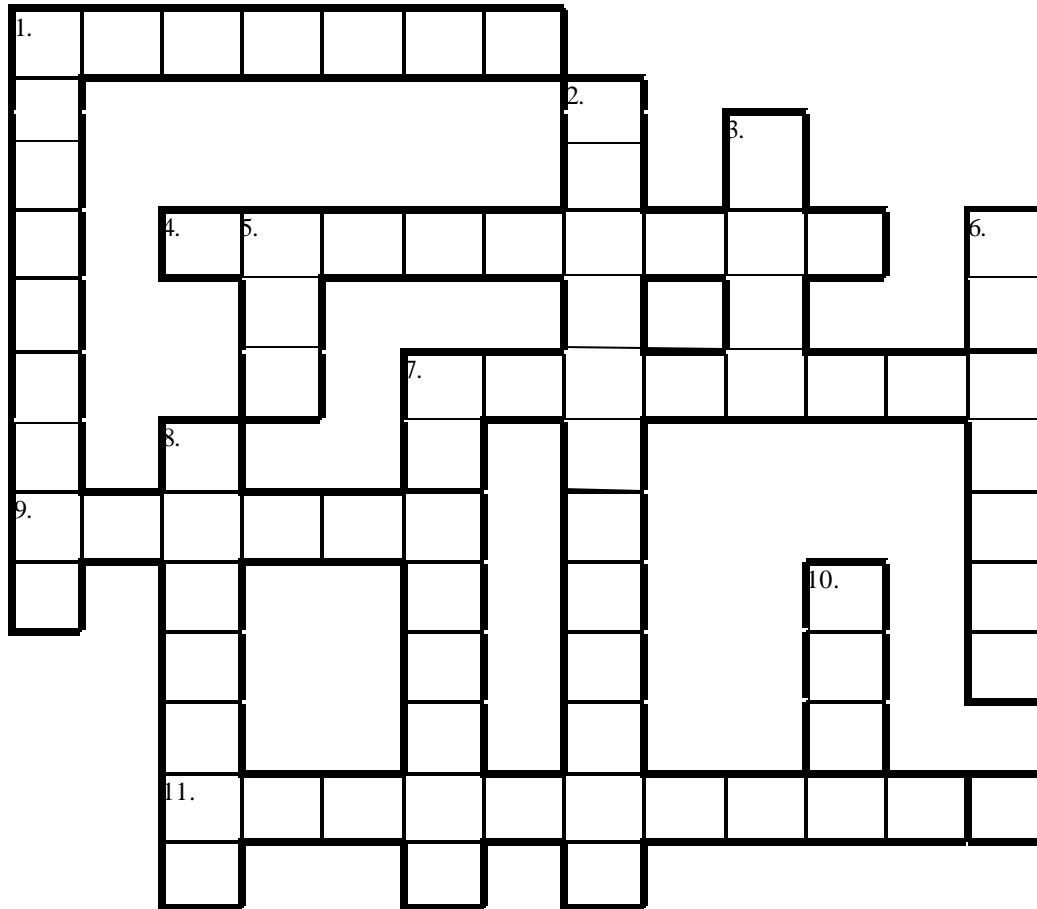
- ◇ depression, fear, anxiety, passivity;
- ◇ unexplained physical injuries;
- ◇ dehydration of lack of food;
- ◇ poor hygiene, rashes, pressure sores; and
- ◇ over-sedation

If you suspect that someone is being abused, call the police. They will investigate and lay charges where appropriate.

To obtain more information or guidance, you may contact the Toronto Police Service at (416) 808-7040.

Submitted by Police Constable Gary Skelton, Aboriginal Peacekeeping Section, Toronto Police Services & with files from “Elder Abuse: The Hidden Crime”

First Nations Crossword



Across:

- 1 Name of 1800's Newfoundland Tribe.
- 4 Language from which the name "Canada" was derived.
- 7 Ontario's oldest and largest Urban Native Housing provider.
- 9 Ojibway word for "Hello."
- 11 Word closely related to "self-government."

Down:

- 1 Ontario's first Aboriginal Lieutenant Governor
- 2 Person who founded the National

Indian Brotherhood in 1967 (first and last name).

- 3 More commonly known name of Mnjikaning First Nation.
- 5 Play by Tomson Highway: "The _____ Sisters."
- 6 Canada's newest Territory.
- 7 City that hosted the 2002 North American Indigenous Games.
- 8 Actual Nationality of "Grey Owl."
- 10 The National Chief of the Assembly of First Nations (last name).

Answers on Back Page



Zero Balance Club Update

Congratulations to the 2 new winners of the Zero Balance Club . . .

**Maryanne Morningstar
&
George Toth**

. . . who will each receive a \$50.00 gift certificate to Dominion Stores!

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*A Housing Project for
Native People*

www.wigwamen.com

Crossword Answers

Across:

- 1 Beothuk**
- 4 Iroquoian**
- 7 Wigwamen**
- 9 Ahneen**
- 11 Sovereignty**

Down:

- 1 Bartleman**
- 2 George Manuel**
- 3 Rama**
- 5 Rez**
- 6 Nunavut**
- 8 English**
- 10 Coon**