



Wigwamen Tenant Honoured with Queen's Jubilee Medal



A role model for all people young or old, long-time Wigwamen tenant, Mrs. Joan Brooks, has been awarded the Queen's Golden Jubilee Medal for her many years of voluntary community service.

The award is being given in honour of the Queen's Jubilee, which celebrates the 50th anniversary of the Queen's rise to the throne. Recipients of the award are people who have made a significant contribution to their community, their fellow citizens or the country as a whole.

Mrs. Brooks is MicMac, originally from the East Coast, but has spent most of her life in Toronto. The great-grandmother has been a Wigwamen tenant since 1973. For the past thirteen years she has been raising her two grandsons, and it is upon this experience that she has based her work.

In 1990, she founded Grandparents Raising Grandchildren, an organization that provides support to older individuals who are primary caregivers to their grandchildren, and she remains President to this day. In addition, she is the Chair of G.R.A.N.D. (Grandparents Requesting Access and Dignity), another support group for Grandparents. Both organizations are not-for-profit, and Mrs. Brooks' work is entirely voluntary.

Mrs. Brooks' efforts are an inspiration to anyone who believes that one person can make a difference.

Congratulations, Joan!

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General Manager's Report

There are so many things which go into making a housing corporation strong. A dedicated and visionary Board of Directors. A loyal and hard-working staff. And of course, tenants who take pride in their units, and participate in their community. Wigwamen has all of these.

There's our Board of Directors...eight volunteers who come out to meeting after meeting (Wigwamen is blessed with near perfect attendance), who have worked for years to build a corporation we can all be proud of. Really...beyond Wigwamen, which has four Directors who have served since the mid 1970's, how many volunteer Boards can any of us think of where half of the Directors have served for a quarter century or more? Not too many, I would guess!

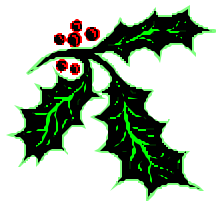
Then there's our staff...More than half of our staff have been with us for five years or longer, and some, like our Tenant Counsellor Jodi Hetherington and Maintenance Supervisor Ron Timoon, have served for over thirteen years. Now that's loyalty!

Finally, there's our tenants...Just look what some of them have accomplished in the past year: Joan Brooks, one of our family housing tenants, awarded the Queen's Jubilee medal for her contributions to the community; Elder Lillian McGregor, a tenant at Wigwamen Terrace, awarded an honorary Doctor of Laws from the University of Toronto; Nancy Debassige, Kimberly Ross, Andrea Pears, and Rita Manitowabi, all tenants in our family housing units, awarded Dr. Albert Rose bursaries to pursue post-secondary studies. And those are just some of the accomplishments we're aware of.

Of course there are many other contributions that tenants make to the success of a housing corporation. Rent needs to be paid on time, and in that regard, I am pleased to say that our arrears are the lowest that they've been in years. Units need to be well maintained, and I can say with certainty and pride that our units are exceptionally well looked after. And grounds need to be well landscaped, and Flower Power 2002 is a testament to that.

Yes...we have much to be proud of at Wigwamen, and as we say goodbye to another year, and move into 2003, I think we can reflect back with pleasure on what all of us have accomplished, and look forward with anticipation to many more accomplishments in the year ahead.

Permit me in closing then to wish you all a joyous Christmas, and many blessings in the coming new year! I look forward to working with all of you – staff, tenants, and Board members alike – to continuing to ensure that Wigwamen Incorporated is a project that we can all be proud of.



Knowing Your Maintenance: Holiday Decorating Safety

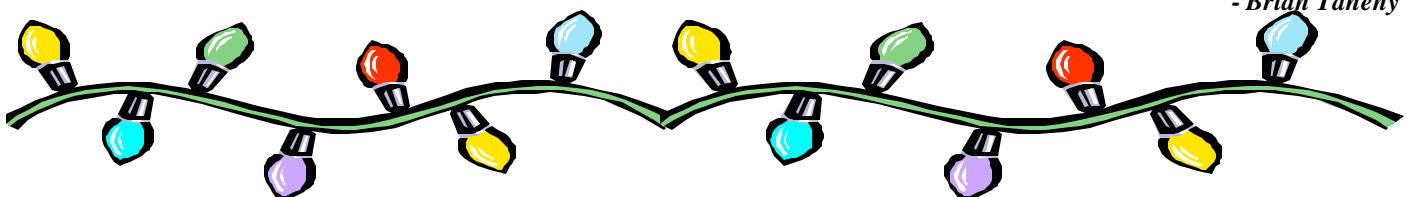
December is a festive time of the year for many people. However, along with it come activities that occur only on an annual basis, and hence you may not be as familiar with the necessary safety precautions as you are with your daily routine. Take the time to be careful with decorations and lighting this season.



- When buying a tree, remember that if the needles are already falling off, the live tree is too dry and should not be purchased.
- Be sure the tree is securely fastened in a sturdy holder which is filled with water.
- Do not locate the tree in an area where it will be subjected to intense heat, such as near a woodstove or heater.
- Be careful not to block exit paths and doorways with the tree.
- If your family includes toddlers or pets, don't decorate or light up the tree's lower branches.
- Make sure your electric wiring is in good condition. If you are in doubt, check with a qualified electrician.
- Never overload the tree with heavy decorations, especially lights.
- Disconnect a set of lights before you replace individual bulbs and always replace a bulb with one that is of equal size and wattage.
- Have no more than two strings

"cascaded" (one plugged into the end of another, or into the "piggyback" outlet of another string's plug).

- Keep outdoor electrical connectors above ground and out of puddles and snow.
- When connecting light strands outside, wrap a plastic bag around the connections and tie the ends with waterproof tape.
- Check lights carefully for frayed or bare wires, cracked sockets, loose connections or damaged insulation.
- Unplug cords when you string lights.
- Unplug lights before you go out or go to bed.
- Ensure that all extension cords are placed out of the normal traffic path in your home, and that no furniture or other objects are resting on the cords. Keep in mind the traffic patterns of your pets as well, and plan accordingly.
- Match plugs with outlets. Don't force a 3-pronged plug into a 2-pronged outlet or extension cord. For outdoor lighting, use an electrical outlet that is protected by a ground-fault circuit-interrupter. A GFCI is an outlet that shuts off the power if there is any leakage to ground—that is, if electric current from the outlet is going anywhere except through the item plugged into the outlet.
- Make sure that you have a working smoke detector near your tree. Check the batteries regularly.



- Brian Taheny

Who's Who at Wigwamen — Paula Pelletier



Wigwamen Incorporated proudly introduces Paula Pelletier, the new Housing Counsellor for the Aboriginal Housing Support Centre (AHSC). In this role, Paula is responsible for a variety of duties, including counselling and other support services to clients who are experiencing housing crises. In addition, she is responsible for the planning and implementation of workshops and the production of the AHSC's bi-monthly newsletter.

Paula recently completed her studies in the "Native Community and Social Development Program" at Georgian College. The years that she spent at Georgian provided Paula with knowledge of generational factors among Native people, along with issues that affect their health, social and economic status in Canada. Through her employment with the AHSC she wishes to help develop strategies that will assist the Native community move toward a healthy future.

Though Paula's family is from the Serpent River First Nation she calls Toronto home as this is where she was born and raised, and continues to live. While away from her work duties, Paula spends her free time with her family, painting, and learning to play the guitar.

Tenant Counsellor's Corner

This year, the RBC Royal Bank will be granting five Native Student Award scholarships to Native students pursuing a post-secondary education in finance or banking related fields. The maximum amount of each award is \$4,000 a year to a maximum of 4 years. This will assist with the cost of tuition, text books and supplies and contribute to living expenses during the academic year. In addition, summer employment is offered to the award recipients.



In order to be eligible for the scholarship, you must be status Indian, non-status Indian, Inuit or Metis. In addition, you must provide proof of acceptance to a university or college in a finance related discipline, you must maintain a full course load, and you must be in need of financial assistance to pursue your education. If you are already receiving partial funding from other sources, you may still apply to cover your additional educational costs.

The application deadline is January 31 of each year. Those applicants who have been successful will be notified by March 31.

If you're interested in applying, call (416) 348-6947 to request an application. You can also apply on line by logging onto <https://www.rbc.com/careers/nsapform.html>.

- Jodi Hetherington

Aboriginal History

Coyote Brings Fire

Long ago, the Fire Beings were the only people who had fire. They guarded it closely and wouldn't share it with other tribes or animals. This didn't matter so much in Spring and Summer, but in Winter many young children and old people died from the icy cold.

Just before the next winter, some of the animals called a meeting. "We can't let our children and grandparents die from the cold this year," said Squirrel. "We have to get fire from the Fire Beings to keep warm."

"How can we do that?" asked Chipmunk. "The Fire Beings won't share it with us."

"Let us ask Coyote for help," said Frog. "He's crafty and cunning, and he'll know how to get fire."

Coyote listened and thought about the problem. Then he smiled a cunning smile. "There is a way to get fire from the selfish Fire Beings," he said. "We'll take it!"

Coyote led the animals to the Fire Beings' camp on top of the mountain. The others hid in the bushes while Coyote walked into the camp. He lay down by the fire and pretended to go to sleep, keeping one eye half open.



Three Fire Beings lay nearby. One was huge and ugly – with a small bald head and big rolls of fat around his stomach. The other two were old hags, with eyes like red stones and clawed hands like vultures.

After a few minutes, a banging noise started in the bushes. It was Coyote's friends.

"What's that horrible noise?" cried the fat ugly Fire Being. The three of them went to investigate.

Seeing his chance, Coyote snatched up a glowing piece of fire and ran down the mountain as fast as he could.

Realising that they had been tricked, the two hags screamed and chased after him. The hags were old, but they could run like the wind. They nearly caught Coyote. One of them stretched out her claws and touched the tip of his tail. The heat turned the hairs white.

Coyote threw the fire into the air towards Squirrel. She caught it in her tail and scampered off. The fire scorched her so badly, that her tail curled up over her back.

"Me! Me! Throw it to me!" Catching the fire, Chipmunk started to run. One of the hags clawed her back, leaving three

stripes down it. Chipmunk threw the fire to Frog, but one of the Beings grabbed his tail.

"Let me go!" yelled Frog. He squirmed and struggled so much that his eyeballs bulged and he thought his head would burst.

With one last mighty leap he tore himself free, leaving his beautiful long tail behind, still wriggling in the hag's claw.

Frog threw the fire to Wood and Wood swallowed it. The Fire Beings hit him and kicked him, but still Wood didn't spit out the fire.

At last the hags gave up and went home.

Coyote called all the animals together to teach them how to get fire from Wood.

"Fire is a gift for everyone. If you rub two dry sticks of



Wood together very fast, Wood will get itchy and give you some fire.

From now on, you will be warm in the winter."

And that is why today, coyote's tail has a white tip, squirrel's tail curls around over her back, chipmunk's coat has white stripes, and frog has no tail.

But everyone is warm in the winter.

Source: www.planetozkids.com

Lifestyle: Diabetes Health

During the Holiday Season, it can be very tempting to over-indulge in fatty or over-sweetened food. Here are a few tips for maintaining a balanced diet.

Daily Food Intake:

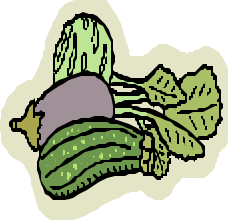
It is very important to maintain a well balanced diet in managing diabetes. Eat 3 meals a day, and 3 snacks a day. **Never** skip a meal.

Choose foods wisely. Eat nutritious, less fatty foods. Increase fibre intake. Be aware of portion sizes.

According to Canada's Food Guide & CDA:

Meat—A serving of meat should be 3 – 5 oz. That should be about the size of your palm. Allow for 2—3 servings per day.

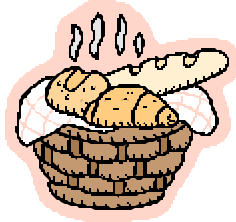
Grains & Cereals—A serving of bread is one slice. A serving of cereal should be ½ cup. 1 serving of pasta is 1 cup. You should eat a minimum of 6 servings a day.



Fruits & Vegetables—1 serving of fruit is ½ small apple, 1 small orange or ½ cup juice. You can eat as many green vegetables as you want

(broccoli, celery, spinach, lettuce...). Fruits should be consumed at a rate of 2—4 servings each day.

Milk & Milk Products—1 serving of milk is 1 cup. 1 serving of hard cheese is 1 oz. (1" x 1" x 2"). 1 serving of yoghurt or cottage cheese is ½ cup. It is recommended that you eat between 2—3 servings per day.



When Choosing and Preparing Food:

Meat—Trim off excess fat. Bake, broil, boil or barbeque. Eat less processed meat (hot dogs, luncheon meats, bacon). Use water packed tuna. Do not add oil, lard, or shortening when frying meats.

Grains & Cereals—Choosing whole grains increases fibre intake. Eat less pre-sweetened cereals. Choose whole wheat or whole grain breads. Eat fry breads and scones in moderation.

Fruit & Vegetables—Eat fresh fruits more often. When choosing canned fruits, choose ones that are packed in fruit juices. Drink unsweetened juices. Choose green leafy vegetables. Eat raw vegetables more often.

Milk & Milk Products—Choose skim or low fat milk and cheeses.

When Dining Out:

- Fast food restaurants serve high fat foods. Frequent them less often.
- Most restaurants offer a low fat menu—choose items from this menu. When ordering salads, ask for the dressing on the side.
- Choose foods that are baked or broiled instead of fried.
- Choose to drink water instead of sodas or alcoholic beverages.
- Everyone likes dessert; enjoy in moderation.



Source: Southern Ontario Aboriginal Diabetes Initiative

Terrace Community Kitchen

Gingerbread Men

Ingredients:

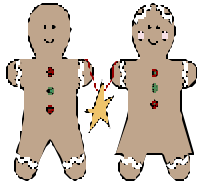
1/2 cup Creamed shortening
1/2 cup of Granulated sugar
1/2 cup Dark molasses
1 medium Egg
2 1/2 cups All purpose flour
1/2 tsp. Salt
1 tsp. Baking powder
1/2 tsp. Baking soda
1 tsp. Ginger and ground cloves (each)
1 1/2 tsp. Ground cinnamon
1/2 tsp. Ground nutmeg

Mix together the shortening, sugar, and molasses. Next, add egg and beat completely.

Combine all dry ingredients and add to the creamed ingredients, using 1/2 cup increments. Beat well after each addition. Refrigerate

the dough until cold. Roll out until the dough is about 1/4 inch thick. Use cookie cutters to form the figures. Place in a 350F oven and bake for 10 - 12 minutes.

Makes 3 - 4 dozen.



Source: www.absoluterecipes.com

Gingerbread Men— Diabetic

Ingredients:

2 cup Wheat flour; whole-grain
1/4 tsp. Salt
1 tsp. Baking powder
1 tsp. Baking soda
2 cup Bran
3 tsp. Ground ginger; or to taste
1 tsp. Allspice
1 tsp. Ground cinnamon
1/3 cup Margarine
6 tbsp. Sugar substitute
1 Egg; beaten
3 tbsp. Orange juice

1 tsp. Margarine; to grease

Heat oven to 350 F. Mix flour, salt, baking powder and baking soda, bran and spices together, then rub in margarine until the mixture resembles fine breadcrumbs.

Stir the sweetener into the egg and orange juice and beat into the flour mixture. Knead well, and roll out thinly on floured board.

Using a cutter, cut into gingerbread men shapes (or other shapes) and place on greased cookie sheets.

Bake for 15-20 min or until crisp and lightly browned. Cool on a wire tray and store in an airtight container.

Makes 20 servings.

Source: www.recipesource.com

Tips for Baking Perfect Cookies

- Use shiny cookie sheets with little or no sides for best baking results.
- When a recipe calls for greasing the cookie sheets, use shortening or a vegetable cooking spray for best results.
- Lining the cookie sheets with parchment paper is an alternative to greasing. It eliminates cleanup, bakes the cookies more evenly, and allows them to cool.
- Promote even baking and browning by placing only one cookie sheet at a time in the centre of a conventional oven. If you use more than one sheet at a time, rotate the cookie sheets from top to bottom halfway through the baking time.
- Allow cookie sheets to cool between batches; the dough will spread if placed on a hot cookie sheet.
- Remove the cookies from the sheets immediately after baking and place them in a single layer on wire racks to cool.

Source: *10,000+ Practical Hints & Tips*

Book Review

Daughters are Forever

By Lee Maracle



Lee Maracle's new work of fiction, *Daughters are Forever*, is a book about relationships—specifically, relationships between Native women and their daughters, their partners, and themselves. The main character of the story is Marilyn, a Salish Social

Worker who works for a child protection agency, counselling mothers who are at risk of losing their children to foster care. As Marilyn meets with these young mothers, she struggles with her own history of alcoholism and child abuse.

While the themes that Maracle explores are interesting and worthwhile, her writing style makes this a difficult book to read. The Author's longwinded narrative dominates the story to the point that it is difficult for the reader to gain a clear understanding of the characters. In fact, more often than not it is difficult to tell the author's commentary apart from the characters' own thoughts.

That being said, this book is worthwhile for anyone who is interested in exploring the issue of relationships in Native families—particularly among women—as Maracle presents many important insights into this topic. For those who are looking for a good plot, however, this is not the book to read.

- Melanie Brown

Terrace Happenings

- Calling all sewing and beading crafts people! There is a new program for all who are interested in designing and making ribbon shirts and small beading projects. Barb Owl from the Native Canadian Centre's Senior's Program will be facilitating workshops to be held in the Turner room every Wednesday afternoon at 1:00 p.m., beginning December 5. This date is subject to change, and notices will be posted. All are welcome.

- The annual Terrace Christmas Party is scheduled for December 12, from 4:00 to 7:00 p.m. in the Turner Room. Honoured guests are all the Elder tenants of Wigwam Terrace.



- Welcome to our newest tenants, Marion Gauthier and Frederick Gideon!
- Just a little reminder for those who are holding special events to book the Turner Room early, so as to avoid disappointment.
- Unfortunately, two of our tenants have taken ill and are undergoing medical treatment. Our prayers go out to Ms. Tillie Nordin and Helen Hunter for speedy recoveries.

The Terrace staff would like to wish a Happy Holidays to each and every one of our tenants!

- Nick Mercredi

Did You Know?

Some Inuit Words for Snow

Anuigaviniq—very hard, compressed or frozen snow

Apijaq—snow covered by bad weather

Apigiannagaut—the first snowfall of autumn

Katakartanaq—snow with a hard crust that gives way under footsteps

Kavisilaq—snow roughened by rain or frost

Kinirtaq—compact, damp snow

Mannguq—melting snow

Masak—wet, falling snow

Matsaaq—half-melted snow

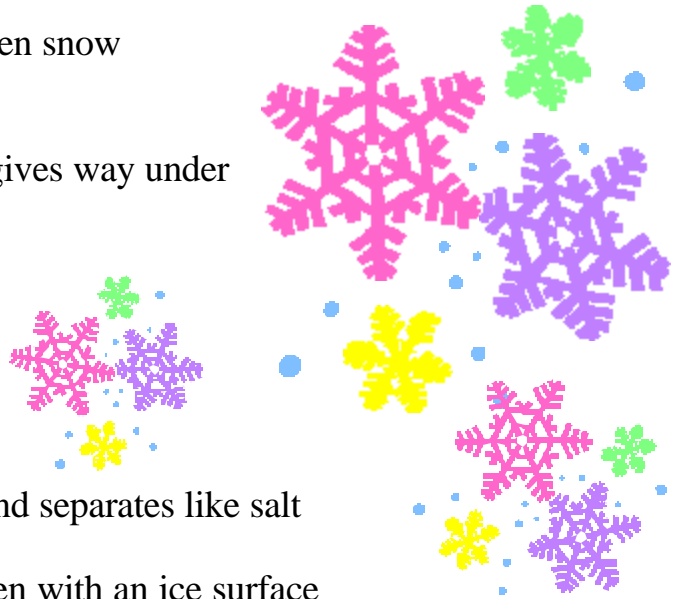
Atiruvaaq—drifting snow

Pukak—crystalline snow that breaks down and separates like salt

Qannialaaq—light-falling snow

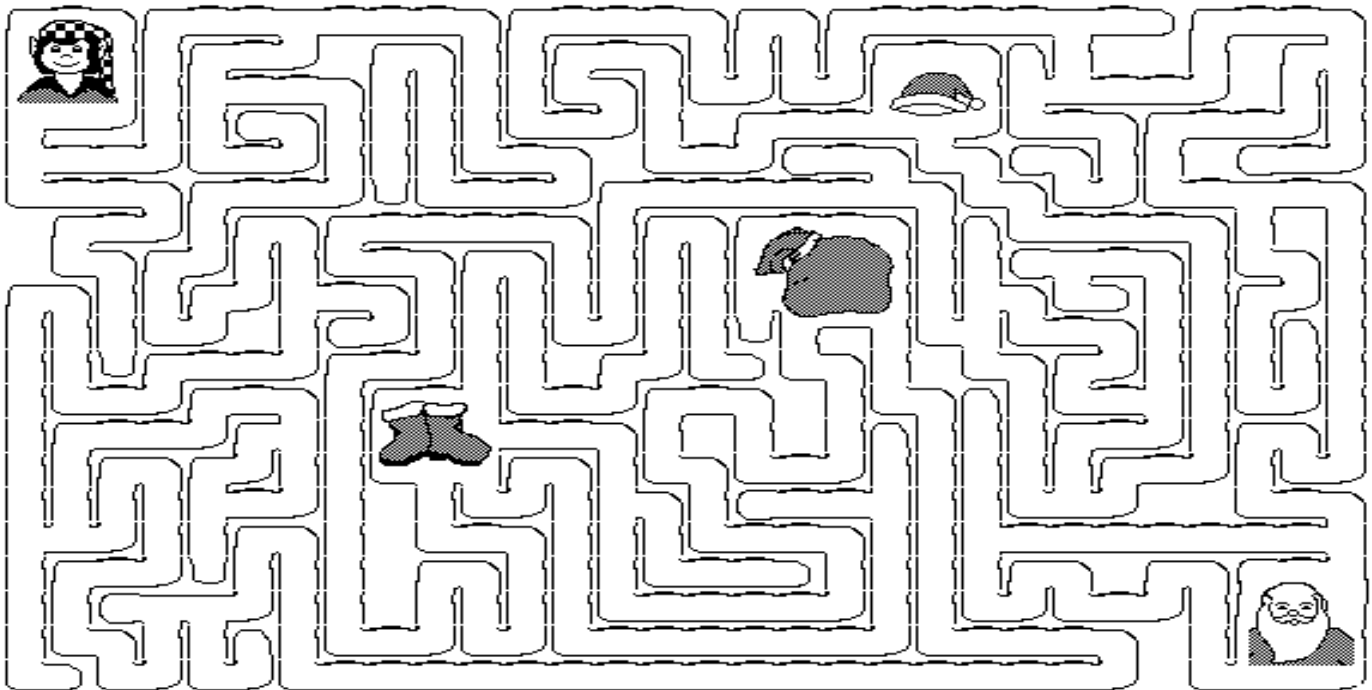
Qiasuqaq—snow that has thawed and refrozen with an ice surface

Qiqumaaq—snow whose surface has frozen after a light spring thaw



Source: Aboriginal Times

Kids' Stuff



Help the Elf get Santa ready

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Congratulations to the Zero Balance Club Honorees:

Nicole Young, Gary & Teresa McKay, Ines Alvis & Isa Askarizadeh, Suzette Darby, Tina Neshkawa, Cindy Jacko, Daisy Hahnfeld, Paul Kornidesz, Samantha Cote, Judy Miller, Evelyn Letourneau, Ken King, Colbertha Robinson, Valerie Garrison, Sandra Neshkawa, Mary Howk, Elizabeth Wemigwans, Kathrena Green, Josephine Millette, Gail Thomas, Fred & Olive Wesley, Alex MacInnis, Hella Von Dehn, Sheila Wyldes, Norma Cote, Janet Bellefeuille, Dorothy Stewart, Lee Harper, Beverly Cote, Mary Chakasim, Maryanne Morningstar and George Toth

And the latest winner. . . Ms. Linda Wilson!



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*A Housing Project for
Native People*

www.wigwamen.com

Wigwamen's Holiday Hours:

December 24: Closed at 12:30

December 25, 26 & 27: Closed

December 31: Closed at 12:30

January 1: Closed

**Have a safe and
happy Holidays!**