

WIGWAMEN  
INCORPORATED

# Wigwam to Wigwam

Your "House to House" News

## The Tenant Picnic is Back!

Wigwamen is pleased to announce "Family Trees," the third annual summer picnic for Wigwamen tenants. The picnic will take place on Saturday, September 6, from 11:00 a.m.— 4:00 p.m., back at Christie Pits Park by popular demand.

As usual, the picnic will feature all of your favourite stuff, like a barbeque lunch, variety bingo and lots of activities for the kids. (Of course, the adults are allowed to play, too.) We're also bringing back the drumming and dancing. This year we are proud to welcome the Red Spirit drum group.

The theme for this year's festivity is 'Family Trees,' in recognition of the longstanding roots of Toronto's Aboriginal community. At the event there will be a planting station where tenants can plant the seeds of their very own 'family trees,' then take them home and plant the seedlings on their properties.



Don't forget to check your mailbox—you'll be receiving a personal invitation in the mail sometime this month. We have some pretty amazing door prizes this year, including a vacuum cleaner and a TV. So remember, if you send your reply card back before the date specified on the invitation, your name will go into the draw for a chance to win one of them.

See you in September!

### Inside this issue:

General Manager's Report	2
Sewells Road Building Fund	3
Terrace Community Kitchen	6
Aboriginal History: Clans	7
Terrace Happenings	8
Household Hints	10
Zero Balance Club	12

### Special points of interest:

- *Cool Websites—pg. 4*
- *Health & Nutrition: Calcium—pg. 5*
- *Pow-Wow Listings—pg. 6*
- *Knowing Your Maintenance—pg. 8*
- *Who's Who at Wigwamen—pg. 10*
- *Kid's Stuff—pg. 11*

# General Manager's Report

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We've all seen it before—people who are terrific with ideas, but lack the drive to actually see them executed, or organizations where activities occur in fits and starts, bursting on the scene for a few months, and then fizzling out altogether.

One of the things I'm most proud of at Wigwamen is the fact that, over the past several years, we've been collectively able to design and implement new programs and, most importantly, that we've been able to ensure that they are delivered consistently, day after day, month after month, and year after year. That kind of consistency is rare, and only comes with the hard work of staff, and in a non-profit organization such as Wigwamen, with the support of a dedicated Board of Directors. Wigwamen is fortunate to have both.

At the same time, as programs become “institutionalized” they risk becoming routine and taken for granted, and the hard work that lies behind them is too often not acknowledged. With that in mind, I wanted to touch on just a few of Wigwamen's programs or initiatives that wouldn't happen without the support of our hard working staff, our Board of Directors, and our tenants themselves.

## FLOWER POWER:

Organized every summer by Jodi Hetherington, Wigwamen's Flower Power contest encourages our tenants to beautify their gardens, and offers a range of prizes for those that are judged to be the most attractive. In addition to Jodi's hard work, however, each year we recruit a panel of volunteer judges, drawn from our staff and Board, who take a full day to visit all of the properties that have entered. This year, Jodi is striving to continue her record of increasing the number of contestants year after year. If you haven't entered yet, there's still time. Give it a shot...you've got nothing to lose, and some great prizes to gain!

## TENANT PICNIC:

This is the third year running that we've held our Tenant Picnic, and it doesn't happen without a lot of hard work. This year's committee, composed of Melanie Brown, Frances Folz, Kristen Harder, Rozella Johnston, and Alla Ponomarenko, has been meeting regularly to organize what we hope will be our best picnic yet. Of course, its success also depends on our tenants. If you've come before, you know what fun they are. If you haven't attended before, make a point of coming this year. It promises to be a great time!

## WIGWAM TO WIGWAM:

This is the fifth consecutive year that we've published our monthly tenant newsletter, and it wouldn't get done without our editors. Originally edited by Janet Esquimaux, and then by Adene Kuchera, most recently “Wigwam to Wigwam” has been edited by Melanie Brown. It continues to be enjoyable and interesting (no small achievement given that it's published monthly), and is widely read by our tenants and others.

None of these initiatives would be delivered with the consistency and quality that they have, without the hard work of our staff and Board, and the support of our tenants.

My thanks to all of you who have consistently helped make them the success that they are!

# 20 Sewells Road Building Development Fund: Donor Recognition

Wow, what a month! Wigwamen is very pleased to announce a record number of donations to the 20 Sewells Road Building Development Fund for the month of June. Our deepest thanks go out to the following donors:

**Platinum Donor** *Bank of Montreal* for its \$5,000 donation

**Silver Donor** *Thermal Edge Vinyl Window Installations*  
for its \$1,250 donation

**Bronze Donor** *Baagwating Community Association*  
for its \$1,000 donation

**Bronze Donor** *Vector Management Limited* for its \$900 donation

**Bronze Donor** *Ontario Federation of Indian Friendship Centres*  
for its \$750 donation

**Bronze Donor** *Mohawks of the Bay of Quinte* for its \$750 donation

**And:**

**Church of the Master** – \$250

**Jim Packard Mechanical-Electrical Inc.** – \$250

**John Newman Contracting** – \$200

**Glen Ayr United Church** – \$150

**Margaret Hefferon** – \$50

**Arnold Minors** – \$50

**Marion Rethoret** – \$25



## Websites Worth Visiting

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 **Aboriginal Youth Network**  
[www.ayn.com](http://www.ayn.com)

The Aboriginal Youth Network is a comprehensive website that offers a forum for Native teenagers and young adults to express their opinions and share their stories. The website also offers extensive resources aimed specifically toward Aboriginal youth, including information on educational programs, health issues and Aboriginal traditions. There is a section on entertainment where Aboriginal artists and productions are featured, and they even have links to Native radio stations all over the country that can be accessed through the internet.

 **Satin Moccasins**  
[www.satinmoccasins.com](http://www.satinmoccasins.com)

Satin Moccasins is a lifestyle focused on-line newsletter for Native women, published by Ramona Kiyoshk. It's updated regularly with new and insightful information about health, nutrition and general wellness, with smaller sections on other topics such as careers and garden care. The site also boasts an extensive section on literature and poetry that can be especially useful if you're looking for something new to read.

**Turtle Island Native Network**  
 [www.turtleisland.org](http://www.turtleisland.org)


This is one of the most comprehensive Native-oriented websites available. The site is divided into sections on culture, education, news, business, healing and wellness, communities and resources. Each section is divided into numerous subsections, resulting in

a huge amount of available information. The only problem is that it's so big, sometimes it's hard to find things or remember where they are. Fortunately, they have a search engine, so if you're ever in need of specific information, all you have to do is punch in a keyword. You can spend hours on this site, and you'll learn more than you ever thought there was to know!

**Government of Canada—Aboriginal Portal**  
 [www.aboriginalcanada.gc.ca](http://www.aboriginalcanada.gc.ca)

The federal government's site on Aboriginal interests is surprisingly good. It can be fairly useful if you're looking for general information on First Nations communities or government acts. On top of that, there are sections specifically designed for groups such as Elders, women, teachers and children. Of note is the children's site, which has interesting facts about Native history, language, customs and famous people, all of which will definitely help instill a sense of cultural pride.

**Windspeaker**  
[www.windspeaker.com](http://www.windspeaker.com)

 This website is the on-line companion to the Windspeaker monthly newspaper. The site features the same headline stories and also archives old ones. Unfortunately, in order to view complete issues you must be a subscriber. The site also posts upcoming activities in the community, profiles of prominent Aboriginal people and fun 'Aboriginality' quizzes. It also contains excellent resources such as job postings and scholarships opportunities.

- *Melanie Brown*

## Health & Nutrition: Calcium

Calcium is an important part of our diets because it provides the nutrients that we need to build strong and healthy bones. When we get older we lose some of our bone mass, so it's important to build up healthy levels ahead of time. The most important time for doing this is during childhood, when we are still growing.

### Start Early!

It's important that your children get enough calcium. If they don't like milk, try serving them cheese, yogurt, enriched soy milk or calcium fortified orange juice. For picky eaters, try hiding calcium-rich foods in your cooking by:

- adding milk to soups, sauces, casseroles, pasta dishes and baked goods;
- sprinkling cheese on top of baked potatoes, salads, soups and vegetables; or
- dipping cut-up fruits into a yogurt dip.



*One cup of milk or yogurt provides 300 mg of calcium.*

### Keep it up!



*45 grams of cheddar cheese equals one single serving of calcium.*

Our bone mass usually peaks between the ages of 18 and 30, so teens and young adults must also ensure that they're getting enough calcium. Unfortunately, national nutrition surveys have shown that only 19% of teenage girls and 52% of teenage boys meet their calcium requirements. Teens should also be aware that drinking pop and smoking cigarettes can deplete their calcium levels.

### How Much?

One serving of calcium is about 300 mg. That is the amount of calcium that your body can absorb at one time. You can find that amount in:

- 1 glass of milk, chocolate milk, enriched soy milk or yogurt;
- 45 grams of cheddar, swiss or brick cheese, or 55 grams of mozzarella or feta cheese;
- 1/2 can salmon or 6 medium size sardines; or
- 2 cups of white beans.

Here's a table of what you need and when:

Stage of Life	Age Range	Daily Calcium Needs
Infants	0—6 months	210 mg.
Children	1—3 years	460 mg.
	4—8 years	800 mg.
Adults	19—50	1,000 mg.

*Source: The Hospital for Sick Children*

# Terrace Community Kitchen

Need a little cooling down? These yummy snacks and drinks should do the job!

## Jello-sicles

Ingredients:

- 1 small package of jello
- 2 cups orange juice
- 2 cups boiling water



Dissolve jello in boiling water. Add orange juice, mix well and pour into plastic popsicle trays. Freeze.

Makes two trays of 8 popsicles, with a good texture. Especially good with raspberry jello. Lots of vitamin C!

Source: *Canadian Parents*

## Fruit Smoothie Drink

Ingredients:

- 1 banana
- 1 1/2 cups vanilla yoghurt
- 1/2 of a 12 oz. can of frozen mixed fruit (juice) concentrate
- 1 tray of ice cubes
- Fresh fruit (optional)



Place the peeled banana, yogurt, fruit juice concentrate, ice cubes and fruit in a blender. Add water until it reaches the top of the blender. Cover and blend to liquefy.

Yields five servings.

Source: *www.southernfood.com*

## Pow-Wow Listings — July 2003

**June 14-15**

*Sheshegwaning First Nation*

Sheshegwaning, ON

**July 18-20**

*Mississauga First Nation*

Blind River, ON

**July 19-20**

*Walpole Island Competition Pow-Wow*

Wallaceburg, ON

*Mississaugas of Scugog Island F.N.*

Port Perry, ON

**July 25—26**

*Whitefish Lake First Nation*

Naughton, ON

**July 26—27**

*Alderville First Nation*

Roseneath, Ontario

*Grand River Pow-Wow*

Brantford, ON

*Zhiibaahaasing First Nation*

Silverwater, ON

**Aug 1—4**

*Wikwemikong Annual Cultural Celebration*

Wikwemikong, ON

**Aug 2—4**

*North Bay Indian Friendship Centre*

North Bay, ON

**Aug 2—3**

*Fort Erie Native Friendship Centre*

Fort Erie, Ontario



# Aboriginal History

## The Ojibway Clan System

People of all nations in the world essentially have the same basic needs: food, protection, education, medicine and leadership. The traditional Ojibway Clan System was created to provide leadership and to care for these needs. There were seven original clans, each of which was given a specific function to serve for their people. Each clan was known by its animal emblem, which is also known as a totem. The animal totem symbolized the strength and duties of the clan.

The Crane and the Loon Clans were given the power of Chieftainship. By working together, these two clans gave the people a balanced government, each serving as a check on the other.

Between the two Chief Clans was the Fish Clan. The people of the Fish Clan were the teachers and scholars. They helped children develop skills and healthy spirits. They also drew on their knowledge to solve disputes between the leaders of the

Crane and Loon Clans.

The Bear Clan members were the strong and steady police and legal guardians. Bear Clan members spent a lot of time patrolling the land surrounding the village, and in so doing, they learned which roots, bark, and plants could be used for medicines to treat the ailments of their people.

The people of the Hoof Clan were gentle, like the deer and moose or caribou for whom the clan is named. They cared for others by making sure the community had proper housing and recreation. The Hoof Clan people were the poets and pacifists, avoiding all harsh words.

The people of the Martin Clan were hunters, food gatherers and warriors of the Ojibway. Long ago, warriors fought to defend their village or hunting territory. They became known as master strategists in planning the defence of their people.



The Bird Clan represented the spiritual leaders of the people, and gave the nation its vision of well-being and its highest development of the spirit. The people of the Bird Clan were said to possess the characteristics of the eagle—the head of their clan—in that they pursued the highest elevations of the mind, just as the eagle pursues the highest elevations of the sky.

To meet all the needs of the nation, the clans worked together and cooperated to achieve their goals. The Clan System had built in equal justice, voice, law and order and it reinforced the teachings and principles of a sacred way of life. Today some people still follow their clan duties, but for the most part, the original force and power of the Clan System has diminished to a degree of non-existence.

*Source: Kinoomaadiewinan Anishinaabe Bimaadizinwin*

## Knowing Your Maintenance: Window Safety Devices

For your family's protection, the City of Toronto requires window safety devices on all apartment windows that do not lead to a balcony and are located two meters or more above ground.

These devices must prevent the window from opening more than four inches, which is the amount of space a child can crawl through.

Your property manager—Wigwamen—is responsible for paying for them, having them installed and maintaining them in good working condition.

As a tenant, you should ensure that your window safety devices are kept in place and remain fully operational. If they are missing or damaged, report it to Wigwamen immediately, and we will ensure they are installed properly for you.



are a few other window safety tips:

- **Be sure to keep furniture, or anything else children can climb, away from windows.**
- **Teach your child not to lean against windows or screens and not to play near them.** Window screens are not strong enough to keep a child from falling out a window. Screens are designed for the exchange of air and keeping insects out—not children in.
- **Keep window covering cords out of the reach of children.** Don't knot or tie cords together to shorten their length. This creates a new loop for a child to become entangled. Always adjust the cords to their shortest length possible. If ordering new custom window coverings, specify that you want a short cord.
- **Protect your child's safety. Use window safety devices.** Test your window safety devices regularly to make sure they are in good working order.

## Terrace Happenings

Here

- Brian Taheny

- A good time was had by all at the intergenerational barbeque that was held at the Terrace on June 27. The seniors enjoyed live music, dancing and comedy performances, as well as a delicious barbeque lunch.

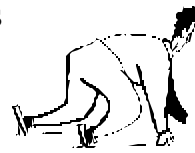


- The Terrace welcomes three new tenants this July: Alma Anderson,

Richard Vautour and Ronald Collins.

- Our deepest sympathies go out to the family and friends of Mr. George Cozry, who passed away at the end of June.
- Exercise classes are being held on Tuesdays and Thursdays, from 10:30—11:30 a.m. in the Turner

Room. Call Allen at (416) 964-9087 ext. 341.



- The NCCT Senior's Program also offers a walking club, which goes to the Dufferin Mall on the first Wednesday of every month. Call (416) 964-9087 ext. 341 or 317 to sign up.

- Milroy Hoosein



## 20 Sewells Road Building Development Fund Donors

### *Platinum Donors:*

M. Dimauro Construction Ltd.

PRO-CON Construction

RBC Financial Group

TD Bank Financial Group

### *Gold Donor:*

Adams, Masin & Tilley, LLP

### *Bronze Donors:*

McLeod's Water Treatment

Trinity St. Paul's United Church

### *Thanks also to:*

Ojibways of Sucker Creek

St. Barnabas Catholic Church

Serpent River First Nation

## **Tenant Counsellor's Corner**

Under the authority of the City of Toronto, Wigwamen is now required to cut off rent-geared-to-income subsidies for tenants who fail to meet certain requirements. For your own best interest, it's important that you know what is expected of you.

Several months ago I sent a letter to your household outlining the new requirements. If you did not read it, please call me and I will send you another. In the future, please be sure to read all correspondence from Wigwamen; it may contain important information that you need to know.

To recap, you can lose your rent-geared-to-income subsidy if:

- You don't inform us of a change to your income or family size within 30 days of the change occurring (please note: this rule was recently changed from 10 days to 30).
- You don't return your annual income review forms within the specified time period (30 days after it's sent to you).
- You are absent from your unit for 120 days or more.
- Your household has been paying maximum rent for one year.
- You own property and you don't sell it within the time period given to you.
- You are overhoused and you refuse three offers for a transfer to a smaller unit.

You will be seeing a number of other changes in the coming months. Your annual review package, for instance, is different from the one we sent out previously. These changes may be a little confusing at first, so don't hesitate to call me if you have any questions or if there's something you don't understand. I will do my best to help you through it.

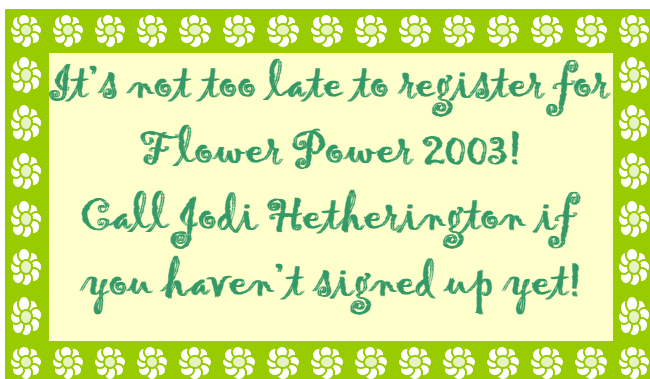
- Jodi Hetherington

## Who's Who at Wigwamen

Wigwamen is proud to introduce its newest staff member, Milroy Hoosein. Milroy joins the Wigwamen team as the Manager of Wigwamen Terrace, a 102-unit apartment complex for Aboriginal seniors. In this position, his duties include: general tenant relations; new tenant selection; arrears; administration of maintenance and repair work; office administration; and the coordination of activities and events for the tenants.

Milroy is a Registered Condominium Manager (RCM) and has completed all the requirements for the Institute of Housing Management Accredited Membership. He has 7 years experience in property management, including condominium management, and extensive knowledge of both the Tenant Protection Act and the Condominium Act. Prior to becoming a condominium manager, he worked as a building manager for a 320-unit high-rise apartment building where his duties included the rent-up of apartments and ensuring that all building systems met the required standards.

In his spare time, Milroy enjoys reading, swimming and playing table tennis.

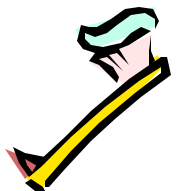


## Household Hints

### Keep Your Toothbrush Bacteria-Free

Did you know that there are more than 500 kinds of bacteria in the human mouth? Yuck! These bacteria can live in your toothbrush and increase your chances of getting colds, canker sores or the flu. So to minimize your chances of getting an infection, you might want to follow all or some of the following hints:

- Wash your hands before brushing your teeth
- Shake excess water off your brush and store it upright
- If your family uses a communal brush holder, try to keep the brushes from touching
- Store your toothbrush as far away from the toilet as possible



### Cleaning:

- Soak your toothbrush overnight in an antibacterial mouthwash
- Don't put your toothbrush in the dishwasher. The detergent can irritate your gums.

### Replacing:

- Your toothbrush should be replaced every 2 to 3 months
- Buy a new toothbrush after you've recovered from a cold or the flu or after you've suffered from a bout of canker sores.

Source: [www.mochasofa.com](http://www.mochasofa.com)

# Kids' Stuff

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## HA-HA JOKES

Q: How can you turn a pot of soup into a pot of gold?

A: Throw in 14 carrots!



Q: What has a head like a cat, eyes like a cat, but isn't a cat?

A: A kitten!

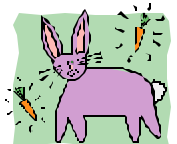


Q: Where do dogs like to keep their cars?

A: In barking lots!

Q: What kind of book does a rabbit like at bedtime?

A: One with a hoppy ending!



Cut out these bookmarks and use in your summer reading!



Have a great summer!

Announcing the three newest winners of the Zero Balance Club...

**Simone Keshinro, Sarah Recollet & Janet Bellefeuille!**

Congratulations on receiving a \$50.00 gift certificate to Dominion Stores!

Other inductees include:

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, Dorothy Stewart, Lee Harper, Beverly Cote, Mary Chakasim, Maryanne Morningstar, George Toth, Linda Wilson, Agnes Sagetcheway & Brenda Folz.

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*A Housing Project for  
Native People*

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**How does the Zero  
Balance Club work?**

When you pay your rent on or by the first business day of the month, your name will automatically go into a draw. Every month a name will be randomly picked from the draw, and the name that is pulled becomes the latest Zero Balance Club member. Each and every winner receives a \$50 gift certificate to Dominion Stores.