



Picnic Extravaganza!

Thanks to all Wigwamen tenants and guests who came out to "Family Trees," Wigwamen's 3rd annual tenant picnic, which was held on Saturday, September 6th at Christie Pits Park.

Approximately 225 people attended the festivities on what turned out to be a beautiful day for a picnic, with temperatures in the mid-20s.

As tenants arrived, they were treated to a barbeque lunch, followed by a drumming and dancing performance by the Red Spirit drum group and a team of four fabulous dancers. Afterwards came the Bingo, where Faith Roy won the grand prize VCR. Meanwhile, the children were delighted by Christine the Clown, who made balloon sculptures, and of course, the ever popular air-brush face and body painter.



Many joined in on the super-fun snake dance.

As for the door prizes, Elaine Martin walked away with a microwave, Janet King won a TV set and Ivan Toulouse took home a bagless vacuum cleaner.

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General Manager's Report

A TRIBUTE TO NORM AND FRANCES :

I've said many times that Wigwamen Incorporated is blessed with good, decent, and hardworking staff. That was brought home most vividly to me, and to the tenants at Wigwamen Terrace, on August 14, 2003, a day that I'm certain will be remembered by all Ontarians as the day the lights went out.

I don't need to say how important power is to all of us. Gas pumps, bank machines, public transit, stoves and refrigerators, the list is endless. But for senior citizens generally, and our Elders at the Terrace specifically, the lack of power posed special challenges. Air conditioning went down. Elevators stopped working. Fire safety systems were inoperative. And there were no lights to see by.

From the time the power went off, until roughly 11 p.m. that evening (when the power was fortunately restored to the Terrace), Norm Mitchell and France Folz held the fort. They checked to be sure that no one was trapped in the elevators; they made certain that tenants who were unable to walk up the stairs were kept comfortable in the Turner Room (and in one case, I understand they literally carried someone up the stairs to their unit); they ensured that tenants had food and water; and all throughout, they made the rounds endlessly, checking to make sure that the many candles which were in use were not going to cause a fire.

No one told them what to do, or how to do it. They simply rose to the occasion, and got it done, in the same, solid, unflappable manner they have with everything they look after. That kind of intuitive grasp of what is the right thing to do in an emergency can't be taught. Norm and Frances have it, and all of us are better off for it.

On behalf of the Elders at the Terrace, and the Board and staff of Wigwamen, thank you both, Norm and Frances, for your wonderful work the day the lights went out!

ELECTIONS, ELECTIONS, ELECTIONS :

Thursday October 2nd, 2003 is Election Day in Ontario, a chance for all of us to pronounce judgement on the Government of Ontario. It's obviously not for us to even think about encouraging our tenants to vote for one political party over another. But it seems reasonable to say to each and every one of our tenants that, if they care about where this Province is headed, if they care about their own and their family's future, they should go out on Election Day, and cast their ballot.

If you're not sure whether you're on the Voter's List, or where you vote, you can call Elections Ontario toll-free at 1-888-668-8683, and they'll help you out.

The polls on Thursday October 2nd, 2003 will be open for voting between 9:00 a.m. and 8:00 p.m. You have the power to choose...to speak out on behalf of your family and friends, and help determine who will make decisions on issues including social housing, the minimum wage, social assistance rates, etc.

Don't leave it to others to choose your future. On October 2nd, 2003, send the Government a message they won't forget—cast your vote.

20 Sewells Road Building Development Fund Donor Recognition

This month, Wigwamen Incorporated extends its thanks to the most recent donors to the 20 Sewells Road Project:

GOLD DONOR

National Bank of Canada

for its \$2,500 donation

GOLD DONOR

National Bank Financial

for its \$2,500 donation

GOLD DONOR

Milborne Real Estate

for its \$4,000 donation

Thanks also to *Access Computer Solutions Inc.* for its \$100 donation



...Continued from page 1

There was also a competition to guess the number of jawbreakers in a jar, a contest that provoked fierce discussion between family members and friends.

Several guests brought food to the event, and we would like to thank Phyllis Jones, Joyce Carpenter, Dolores Wolfman, Glenda Moore and Charles Rosenberg, as well as Board members Marie Rogers and Donna Niven, for their delicious contributions. Thanks also go out to a mystery person who delivered a delicious chocolate cake that was enjoyed by many. You know who you are!

Some of the prizes given out were donated to Wigwamen, so we would also like to recognize Appliance Canada, Rogers Video and Zellers for their generous assistance.

And of course, thanks to everyone who attended—and we hope to see you again next year!

Aboriginal History: The Medicine Wheel

Numbers have always played a significant part in traditional Aboriginal life. Four is one of the most sacred numbers in Aboriginal culture. The Sacred Mystery—the source of all creation—reveals itself as the Powers of the Four Directions, and these four powers provide the organizing principle for everything that exists in the world: the seasons, the races, the elements of the universe, the stages of life, the emotions and aspects of human behaviour.

The medicine wheel, which is symbolized by a cross within a circle, is a ceremonial tool and the basis for all teaching wheels. The power of the Four Directions is implied wherever a wheel or circle is drawn. Since traditional Native cultures view life as a continuous cycle, life mirrors the cycling of the seasons, the daily rising of the sun, and the phases of the moon. Teachings also hold the view that all things are interrelated. The medicine wheel incorporates the Powers of the Four Directions and the interrelatedness of all things.

The teachings of the medicine wheel were originally explained orally, with the circle being drawn in the earth, followed by a gradual overlaying of symbols as meanings were explained by an Elder. The Elder would usually begin with an explanation of the Four Directions and the centre of the wheel, which represents the Sacred Mystery. He or she may have gone on to explain some of the following concepts: the four aspects of human personality—the physical, mental, emotional, and spiritual; the

seasons—the changing from fall, winter, spring and summer; the four stages of life (childhood, adolescence, adulthood and elders); the races (red, white, black and yellow); and the four elements (water, air, fire and earth).

There is no universal agreement about the placement of the elements on the wheel. For instance, some people claim that the colour white represents the North, while others believe that it signifies the East. With that in mind, here is one summary of the Four Directions and what they represent:



East—Air, Animals, White, Receives Energy, Mental Aspect, Wisdom and Logic;

West—Water, Plants, Red, Gives Energy, Emotional Aspect, Trust and Innocence;

North—Earth, Black, Holds Energy, Physical Aspect, Introspection, and Insight;

South—Fire, Sun, Yellow, Determines Energy, Spiritual Aspect, Illumination and Enlightening.

The basic medicine wheel of the Powers of the Four Directions can be expanded to include other wheels, such as the emotions wheel or the mind wheel. These wheels within wheels are used to explain and examine such concepts as the emotions that impede personal growth and the developmental process that involves leading a person to wholeness.

All medicine wheels are used for teaching people about their place in the universe and their relationship to all things created by the Sacred Mystery.

Source: Kinoomaadiewinan Anishnaabe Bimaadizinwin

Terrace Community Kitchen: Fall Flavours

Creamy Pumpkin Soup

- 2 tsp. margarine
- 1 cup chopped onion
- 3/4 tsp. dried rubbed sage
- 1/2 tsp. curry powder
- 1/4 tsp. ground nutmeg
- 3 tbsp. all-purpose flour
- 3 (10.5 ounces) cans low sodium chicken broth
- 1 tbsp. tomato paste
- 1/4 tsp. salt
- 3 cups cubed, peeled, fresh pumpkin (can substitute canned pumpkin)
- 1 cup chopped, peeled MacIntosh apples or other sweet cooking apple
- 1/2 cup evaporated skim milk
- sage sprigs (optional)



3 minutes. Add sage, curry powder and nutmeg; cook 30 seconds. Stir in flour and cook for 30 seconds.

Add broth and salt to the tomato paste, stirring well with a whisk. Then stir in the pumpkin and apple and bring to a boil. Cover, reduce heat, and simmer 25 minutes or until pumpkin is tender, stirring occasionally.

Remove from heat; cool slightly.

Place mixture in a blender or food processor; process until smooth. Return mixture to oven; add milk. Cook until thoroughly heated.

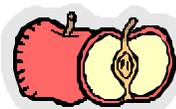
Garnish with sage sprigs if desired.

Melt margarine over medium heat. Add onion and sauté for

Apple Chutney

- 2 apples (tart green varieties work best)
- 3 onions, peeled and minced
- 3/4 cup white vinegar
- 3/4 cup brown sugar
- 1/3 cup raisins
- 1 tbsp. ginger, fresh, peeled and minced
- 1/8 tsp. red pepper flakes
- 2 green chilies

Place all ingredients in a medium saucepan. Slowly bring to a boil over medium heat. Reduce the heat and simmer for 45 minutes, stirring frequently. Cool, cover, and store refrigerated until needed.



Source: www.recipezaar.com

LABELS: Whatever do they mean???

Fat Free—the product contains less than 0.5 g fat per serving.

Low Fat—the product contains no more than 3 g fat per serving.

Reduced Calorie—the product must have at least 50% less calories compared to the same food not calorie-

reduced.

Low-Calorie—a calorie reduced food that provides no more than 15 calories per average serving and not more than 30 calories in a reasonable daily intake of that food.

Light—can mean light in calories, fat, cholesterol, sodium, colour or flavour—so you

should always check the nutrition label so you won't be fooled.

Lean—used to describe meat, poultry, fish and shellfish products which contain 10% fat or less except for ground beef and ground pork, which may contain up to 17% of fat.

Source: Looneyspoons

Health: Chronic Anxiety

Chronic anxiety (also known as Generalized Anxiety Disorder) is a condition that is rapidly gaining more and more attention from the medical community. Yet, many people with chronic anxiety don't even know that they have it. One of the paths to treatment, therefore, is awareness.

The main feature of generalized anxiety is excessive worry occurring about such life experiences such as, work, finances, family or health. These worries are difficult to control, last for a period of six months or more and are associated with at least three out of the following physical or emotional symptoms:

- restlessness
- fatigue
- difficulty with concentration
- irritability, edginess
- muscle tension, aches or soreness
- insomnia
- trembling
- abdominal upset
- dizziness

Often, people with chronic anxiety blame their condition on any difficult times they might be going through. It is important to realize, however, that your situation is NOT the cause of

your anxiety. It is not something that you can fix by changing your circumstances. It is internal and it doesn't just go away.

In addition to Generalized Anxiety Disorder, there are many different types of anxiety disorders. Others, that you may have heard of, include post-traumatic stress disorder, agoraphobia, obsessive compulsive disorder, panic disorder and social phobia.

General Anxiety Disorder is defined as excessive anxiety and worry that's hard to control and causes serious distress.

If you think that you might be experiencing Generalized Anxiety Disorder, or if you want to learn about any of the related conditions, contact your physician, a community health centre, or one of the many organizations that provide information and support to people experiencing mental health problems.

It's very important to speak openly and honestly with your doctor about the way you're feeling. Always remember that there are millions of others out there who are experiencing the same thing.

The Anxiety Disorders Association of Ontario can be reached at 1-877-308-3843.

Source: Anxiety Disorders Association of Ontario

Key Facts about General Anxiety Disorder (G.A.D.)

- 5% of the population is affected by G.A.D.
- More women are diagnosed with G.A.D. than men.
- A person is more likely to develop the disorder if a family members suffers from anxiety.
- G.A.D. usually begins in childhood or adolescence, but can also develop in adulthood.
- Many people with anxiety also suffer from other related conditions such as depression.

Book Review



The First Red Maple Leaf

By Ludmila Zeman

The First Red Maple Leaf is a children's story originally told by a mother to her children upon their arrival in Canada as refugees. As the title suggests, it tells the story of how the maple leaf got its bright red colour.

The story takes place in ancient times, when it was always winter because Iceheart ruled the land. Iceheart was cruel, and his every breath brought frost and ice to whatever it touched. Until one day, that is, when a young boy and his goose friend led the people south to where it was warmer. Iceheart chased the people and tried to catch them, but the huge red leaves from the trees sheltered them and blinded Iceheart so he had to turn away. But in the process he destroyed all the beautiful leaves, so the boy and the goose set out to get them back. Along with all the birds of the south, they flew back up north, bringing the warm weather with them, and chasing Iceheart away. After that, all the birds perched on the bare trees, covering them with bright, beautiful colours.

This intricately illustrated storybook was a finalist for the Governor General's Literary Award for illustration when it was first published in 1999. It is appropriate for reading aloud to young children, and for children aged 8 and up to read to themselves.

- *Melanie Brown*

Terrace Happenings

- Special thanks to the staff of the Native Canadian Centre and Terrace Superintendents Norm Mitchell and Frances Folz, who worked extra hard to ensure that all the seniors were safe during the power outage on August 14. Your kindness is truly appreciated!
- Welcome to our newest resident, Mr. John McGregor! We hope you enjoy your new home!
- Best wishes go out to Mrs. Daisy Hahnfeld, who celebrated her 90th birthday this month!
- We are happy to report that two new security cameras have been installed in the building for your safety.
- Got a Terrace Happening that you want to see in an upcoming issue of *Wigwam to Wigwam*? Just inform me at the Terrace Management office, and I will see to it that it gets published.



Knowing Your Maintenance

REMEMBER THE BLACKOUT? Know What to do Before a Disaster Strikes!

Will your whole family think clearly and logically in a crisis? Not many of us can. So do your clear, logical thinking now—when you have the time to be thorough. Your best protection in any emergency is knowing what to do.

POST EMERGENCY NUMBERS



Keep a list of key telephone numbers and addresses near the phone. (If there's been a major disaster, use the phone only if it's absolutely necessary. Emergency crews will need all available lines.)

PREPARE AN EMERGENCY KIT

Aim to have an emergency survival kit that will keep you and your family self sufficient in your home for at least three days. If you've got a flashlight, a battery-operated radio, food, water and blankets, you already have part of an emergency survival kit. All you have to do is assemble the supplies in an easy-to-carry container (in case you have to evacuate).

Keep a smaller kit in your car:

A blanket, extra clothing and a candle can save your life.



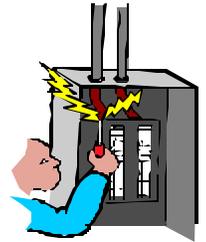
HAVE A SHOW AND TELL

If you live in a house:

Teach members of your family where and how to shut off the water, electricity and gas supply. Make big easy-to-see signs displaying the breaker panel (or main circuit breaker), gas and main water supply. Put these signs near the breaker panel, gas valve and main water valve.

If you live in an apartment:

Show everyone in your family where the emergency exit is. Show them where the fire alarm is, and explain when and how to use it. In fires or other emergencies, don't use the elevators. You'll be trapped in the elevator if the power goes out.



Avoid potential emergency situations:

Listen to weather warnings and avoid driving and other activities in hazardous weather conditions.

KNOW WHAT TO DO

During a power failure, turn the thermostat down to a minimum (if it's winter), and turn off all appliances, electronic equipment and tools to prevent injury, damage to equipment and fire. Power can be restored more easily when the system is not overloaded.

Use proper candleholders. Never leave lit candles unattended.

Don't use charcoal or gas barbecues, camping heating equipment, or home generators indoors.

Your children may become scared. Don't forget to reassure them that everything will be okay.

- Brian Taheny, Maintenance Manager (with files from the Canadian Red Cross and the Government of Canada)

Household Hints

20 Sewells Road Building Development Fund Donors

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Thanks also to:

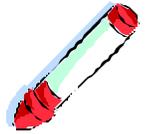
Church of the Master
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How to Remove Markers From Carpet:

You will need:

- Sponge
- Rubbing alcohol
- Upholstery/rug shampoo
- Capture® (spot and soil remover)



Dampen a sponge with alcohol and use a blotting motion to absorb the stain, changing the sponge as often as needed. Apply upholstery/rug shampoo according to the directions on the container. If stain remains, use Capture spot and soil remover according to the directions on the container.

How to Remove Markers From Upholstery:

You will need:

- Sponge
- Rubbing alcohol
- Upholstery/rug shampoo
- Capture® (spot and soil remover)

Dampen a sponge with alcohol and use a blotting motion to absorb the stain, changing the sponge as often as needed. Apply upholstery/rug shampoo according to the directions on the container. If stain remains, use Capture spot and soil remover according to the directions on the container.

Source: www.crayola.com

Who's Who at Wigwamen—Kristen Harder

You may have noticed a new smile the last time you came into our office, and those shining pearly whites belong to one Kristen Harder, Wigwamen's newest Administrative Assistant. Kristen joined the Wigwamen Incorporated team in Spring 2003 on a job placement with the Native Skills Centre. After 8 weeks, she was offered a permanent position with Wigwamen as an Administrative Assistant. In this capacity, Kristen's responsibilities include telephone and front desk reception, typing, dictaphone transcription, and letter writing.

Previous to working at Wigwamen, Kristen was a full-time Life Skills Manager/Stay-At Home-Mom to three children, where her duties were many and diverse. After 7 years of this type of work, she decided to further broaden her skills by enrolling in the Microcomputer Clerk Trainee Program of the Native Skills Centre.

Kristen is an Alberta Blackfoot from the Siksika Nation. Like many Native youngsters, she was adopted out as a child and raised in a home where Native culture and heritage were not taught. Today, along with her own children, she is learning about the culture and heritage of her people.

Tenant Counsellor's Corner

This month I would like to remind all tenants of two things:

Moving Out

Recently I have been receiving quite a few notices from tenants indicating their intentions to move out of their units. Here are a few things that I would like to point out regarding move-outs.

- You must give 60 days notice before moving out.
- You must not leave any personal property behind in your unit.
- Ensure that your rent is paid in full.

You may need to use us as a landlord reference in the future, and you will not be accepted into any other subsidized housing if you owe arrears to Wigwamen (or any other housing provider).

Garbage

Tenants in multi-unit dwellings are reminded that each and every tenant is responsible for his or her own garbage. It should not be left up to a single tenant to take care of the garbage for the whole building.



Also, always make sure that your garbage is properly bagged, placed in the appropriate bins, and taken to the street at the appropriate time.

If you're not sure of your neighbourhood's pick up days, check with a neighbour, or with your community collection office, by calling (416) 338-2010.

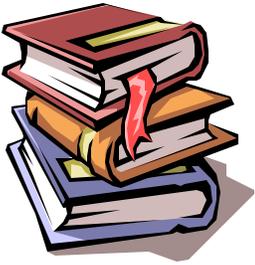
- Jodi Hetherington

Kids' Stuff

School Jokes!

Q: What kind of tree does a math teacher climb?

A: A Geoma-Tree!



Teacher: To do well in math, you need all the right tools.

Adam: You mean like multi-pliers?

Teacher: If I have two sandwiches and you have one sandwich, what do we have?

Michelle: Lunch!

Teacher: Chad, name 10 things with milk in them.

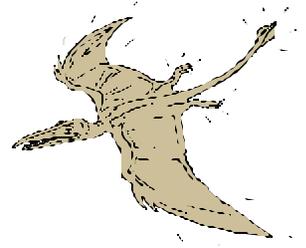
Chad: A milk shake, coffee, yogurt, hot chocolate, and six cows!

Teacher: Can anyone tell me the difference between an African elephant and an Indian elephant?

Josh: Yes-about 3,000 miles!

Word Jumble!

Which dinosaurs can you discover in these jumbled words?



1	n n s a o u r T r s a u y	
2	r t r o a p V i l c e o	
3	g r a u e s t u S s a	
4	s S s t u y r r a u c a o	
5	t a p u r o A u s s a	



Zero Balance Club

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, Simone Keshinro, Sarah Recollet & Janet Bellefeuille!

Stay tuned for when we reveal the names of the newest winners next month...

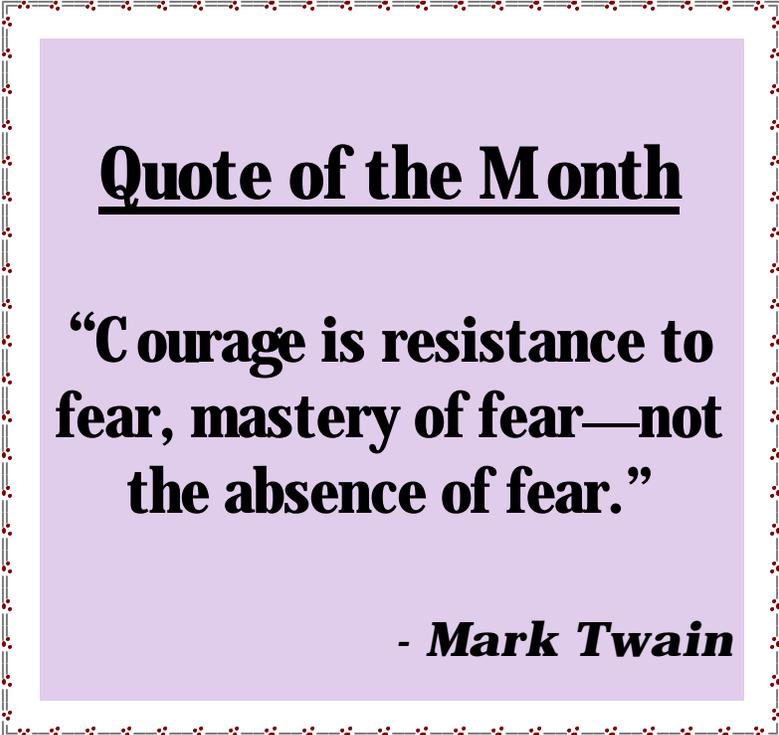
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Quote of the Month

**“Courage is resistance to
fear, mastery of fear—not
the absence of fear.”**

- Mark Twain