



Wigwam to Wigwam

WIGWAMEN INCORPORATED

October 2003

Volume 5, Issue 10

New Look for *Wigwam to Wigwam*

It's been nearly 5 years since the first issue of our monthly newsletter appeared, and with time always comes changes. The future promises many new and exciting ventures for Wigwamen Incorporated, and as our organization grows, it's appropriate that our newsletter also expands to reflect those changes. Here is a very brief history of the evolution of *Wigwam to Wigwam*.

In January, 1999 the first edition appeared under the title *Wigwamen News*. A "Name the Newsletter" contest quickly followed, and in March 1999, *Wigwam to Wigwam* was officially born.

In October 1999 we came out with

our first full-colour issue, which lasted until January, 2001, when the previous format was adopted.

We hope that you enjoy the new look and find lots of useful and interesting information inside. Since this is the October edition, we've loaded up the issue with Thanksgiving and Halloween ideas that your entire family can enjoy.

Your input matters to us, so if you have any comments or suggestions, we'd like to hear from you. Just use the contact information on the back to send your thoughts via phone, e-mail or snail mail.

Enjoy!

Inside this issue:

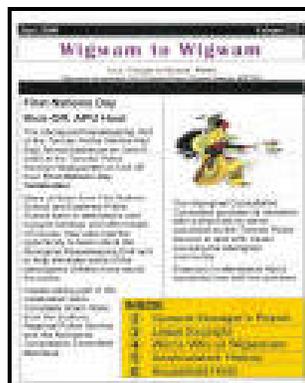
211 Community Information	2
Sewells Road Building Fund Update	3
Terrace Happenings	3
Terrace Community Kitchen	4
Tenant Counsellor's Corner	5
Book Review: <i>River Thieves</i>	8
Zero Balance Club	10

WIGWAMEN INCORPORATED

Wigwam to Wigwam through history...

NO IMAGE AVAILABLE

(Computers didn't exist yet)



Special points of interest:

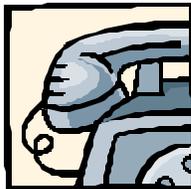
- Knowing Your Maintenance—pg. 5
- Aboriginal History: Thanksgiving—pg. 6
- Household Hints: Spooky Halloween Decorating—pg. 8
- Kids' Stuff: Halloween Jokes—pg. 9
- Halloween Safety—pg. 9

211 Community Connection

What is 211?

211 Community Connection is a free, multilingual information line that connects people to community, social, health and government services in Toronto. It was formed through a connection between the United Way and Community Information Toronto.

To access the service, all you have to do is dial 2-1-1 on your telephone. They also have a web-based information centre, which can be found at www.211Toronto.ca. Both are available 24 hours a day.



You can get information about all of these things as well as a broad range of other topics such as:

- childcare
- job searching
- family counselling
- legal assistance
- volunteer opportunities
- seniors' services
- health services
- much, much more.

Why call 211?

Sometimes it's frustrating when you're trying to get information about a particular service. All you get is automated messages and an endless chain of referrals to other numbers to call. At 211 you speak to a real person who will listen to you and help you explore your options.

When the power outage occurred in August, 211 received a record number of calls from people requesting information about the situation. In times like these, it's a very handy tool—especially when there's no radio or television to let you know what's going on.

What kind of help is there?

Have you ever lost your wallet and not known where to go to replace your identification cards? Or, needed an after-hours medical clinic but not known where to find one close to your home? Been concerned about a family member with an addiction and wanted to find out what programs are available?

Why go on-line to 211?

The 211 website has a search engine that enables you to search by keyword, organization or program name, or subject. For instance, if you type in 'housing,' the engine comes up with links to several hundred different housing providers and housing-help services. They have information on virtually every type of service you can think of.

20 Sewells Road Building Development Fund Donor Recognition

Wigwamen Incorporated is pleased to announce three more contributors to our new affordable housing project at 20 Sewells Road:

SILVER DONOR

RSR Tax Consulting Limited

for its \$1,500 donation

BRONZE DONOR

Valerie Kendall

for her \$1,000 donation

And, *Hanuhl Korean United Church* for their \$100 donation



Terrace Happenings

- The annual home visits, which are being carried out by Norm Mitchell and myself, are now under way.



- Welcome to two new tenants this month: Donelda Ashkewe and Muriel Weide.
- The pancake breakfast held on September 29, was well attended and

From the desk of Milroy Hoosein

turned out to be a successful fundraiser for the annual Christmas party. Thanks for your support to all who came out!



Terrace Community Kitchen

ROASTED PUMPKIN SEEDS

Ingredients:

- 1 cup pumpkin seeds, cleaned
- 1 tbsp. butter, melted
- 1/4 tsp. salt

Heat oven to 350 degrees F. Combine pumpkin seeds, butter and salt in a medium bowl.

Place onto an ungreased baking pan. Bake for 30 minutes, stirring every 10 minutes, until seeds are dry and begin to brown.

Variation: Garlic roasted pumpkin seeds: Replace salt with garlic salt.

PUMPKIN PIE (DIABETES FRIENDLY!)

Ingredients:

- 1 prepared pie crust
- 1 15 oz. can pumpkin puree
- 3/4 cup Splenda®
- 2 tbsp. corn starch
- 1/2 tsp. ground cinnamon
- 1 1/2 tsp. pumpkin pie spice
- 1/8 tsp. salt
- 1/2 cup half & half cream



- 1/2 cup egg substitute
- 3 tbsp. heavy cream
- 1 tbsp. pure vanilla extract

Preheat oven to 400°F. Blend pumpkin puree, Splenda, cornstarch, spices and salt in a medium sized mixing bowl. Mix until all ingredients are well blended. Add remaining ingredients and mix well.

Pour into prepared pie crust. Bake 35-40 minutes or until set in the centre and the crust is golden brown.

Source: www.cooksrecipes.com

Want to Have a REAL Thanksgiving Dinner?



We don't know very many details about what was eaten at the first Thanksgiving.

The only historical document that we have is a letter written by a Pilgrim named Edward Winslow and sent back to friends in England. Winslow wrote that the meal contained

lots of wildfowl and venison; however, he didn't go into any more detail, so food historians can only guess at which other foods rounded out the tables.

Native corn was a staple throughout the year for both the Natives and the English. At harvest time, cod, eel, and

shellfish were available, as were vegetables like cabbage, onions and squash. Pies and sweets, if there were any, were likely served only to the very important diners. Dishes like cranberry sauce and mashed potatoes were not even invented yet.

Knowing Your Maintenance

Remember the Hurricane?



Okay, so the hurricane turned out to be a lot of nothing up here, but I'm sure you're all familiar with the devastation that it caused in the United States. We were lucky—but we may not be next time. Here are some basic procedures that you should know for dealing with specific disasters.

DURING A HURRICANE

IF YOU ARE INSIDE

Turn off the electricity and gas and unplug all electrical equipment. Protect your windows with boards, shutters or tape. If possible, monitor the latest advisories.

IF YOU ARE OUTSIDE

Leave all low-lying areas. Seek shelter if possible.

DURING A SEVERE LIGHTNING STORM

IF YOU ARE INSIDE

Stay inside. Stay away from windows, doors, fireplaces, radiators, stoves, metal pipes, sinks or other electrical charge conductors. Unplug TVs, radios, toasters and other electrical appliances.

Don't use the phone or other electrical equipment.

IF YOU ARE OUTSIDE

Seek shelter in a building, cave or depressed area. If you're in the open, crouch down with your feet close together and your head down (the "leap-frog" position). Keep away from telephone and power lines, fences, trees and hilltops. Get off bicycles and motorcycles.

IF YOU ARE IN A CAR

Stop the car and stay in it. Don't stop near trees or power lines that could fall.

DURING A FLOOD

Turn off basement furnaces and the outside gas valve. Shut off the electricity. If the area around the fuse box or circuit breaker is wet, stand on a dry board and shut off the power with a dry wooden stick.

IF YOU ARE IN A CAR

Try not to drive through flood waters. Fast water could sweep your car away.

- Brian Taheny, Maintenance Manager

Hurricane Facts

- A hurricane is a storm in which winds reach 74 mph.
- The naming of hurricanes was started in 1953 by the U.S. Weather Service using just female names. In 1979 men's names were added in response to protests from women's groups.
- There are 6 lists of hurricane names, each beginning with the letter A and continuing with consecutive letters of the alphabet. Each year's storm season starts with the A-name of a new list. After 6 years, the lists are used over again. Once a hurricane has caused great damage, its name is retired.
- The most costly hurricane of all time was Hurricane Andrew, which hit South Florida and Louisiana in 1992, causing \$30 billion in damage.



Aboriginal History

The Myth of the First Thanksgiving



On the fourth Thursday in November, many people in the United States celebrate a holiday called Thanksgiving. Here in Canada, we celebrate Thanksgiving on the 2nd weekend in October. Most of us think we are continuing a tradition begun by the Pilgrims and the Native Wampanoag. But the time honored image of Pilgrims inviting Indians to share one meal is a myth. Here is what really happened.

Between 1616 and 1618, a disease called Smallpox, carried by European fisherman and traders, struck the area from southern Maine to Narragansett Bay. The illness swept through the Wampanoag homeland, wiping out whole villages, including a tribe called the Patuxet.

In November 1620, English colonists aboard the Mayflower arrived at Cape Cod and began searching for a place to settle.

They chose Patuxet, already called Plymouth by English explorers, because it appeared to be uninhabited and was surrounded by cleared fields



ready for planting.

While continuing to live on board ship, they began to build houses on the land. Weakened by the lengthy voyage and lack of shelter, half of the settlers died during the winter. In the spring, their neighbour, Tisquantum, also called Squanto, helped them plant seeds from local plants and fish from the sea.

When the crops were harvested in the autumn, the settlers saw that they had enough food to last them through another winter. Squanto's help had probably saved the entire colony from dying that year.

Around the same time, Massasoit, the leader of the Pokanoket village, decided to visit the English village. No one knows exactly why he chose this time for his visit. He had met the former governor, John Carver, and had traded many times with this group of English people and other traders before them. He, his wife and 90 men set out for a two day walk to visit the settlement.

Massasoit's visit coincided with the harvest feast the English were already preparing under the guidance of Squanto, who was following a longstanding Native tradition of giving thanks. We know that the Pilgrims and the Natives shared food and games from a letter that was sent back to England.

According to this only written account, lots of wildfowl and venison were eaten in the course of the celebration.



The heroism of Squanto is greatly overlooked in most accounts of the first Thanksgiving. Although he had previously received many hardships at the hands of the newcomers (he was kidnapped three times), he saved them from dying that winter and gave them cause to celebrate. Without him, Thanksgiving would never have happened.

Sadly, soon after the celebrations Squanto succumbed to Smallpox, the disease brought by the settlers that killed so many of the original inhabitants.

- Kristen Harder

20 Sewells Road Building Development Fund Donors

Platinum Donors:

Bank of Montreal

M. Dimauro
Construction Ltd.

PRO-CON Construction

RBC Financial Group

TD Bank
Financial Group

The Rockport Group

Gold Donors:

Adams, Masin
& Tilley, LLP

Milborne Real
Estate Inc.

National Bank of
Canada

National Bank Financial

Silver Donor:

Thermal Edge Vinyl
Window Installations

Bronze Donors:

Baagwating Community
Association

Beth Tzedec
Synagogue

McLeod's Water
Treatment

Mohawks of the Bay
of Quinte

Ontario Federation of
Indian Friendship
Centres

Trinity St. Paul's
United Church

Vector Management
Limited

Thanks also to:

Access Computer
Solutions Inc.

Church of the Master
Glen Ayr United Church
Margaret Hefferon

Jim Packard Mechanical-
Electrical Inc.

John Newman
Contracting

Arnold Minors

Michipicoten
First Nation

Ojibways of Sucker Creek

Marion Rethoret

St. Barnabas
Catholic Church

Serpent River First Nation

Tenant Counsellor's Corner

By Jodi Hetherington

Now that the cold weather is coming upon us, it's essential that tenants remember to **turn off all outdoor taps** that may be attached to your building. This will prevent them from freezing in the winter and possibly causing damage.

Remember, your lease says:



The fittings, pipes, fixtures and equipment constituting the plumbing systems, shall not be used for any purposes other than those for which they were constructed.

and:

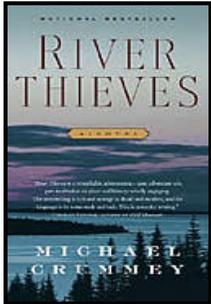
The tenant is responsible for any damage caused to the plumbing system caused by misuse or unreasonable use.

Thank you, all, for your cooperation.

Book Review



Household Hints



RIVER THIEVES

BY MICHAEL CRUMMEY

You may recognize River Thieves from the shelves of bookstores, because it's a recent best seller that spent many weeks at the top of book-lover charts.

Told by Newfoundland author Michael Crummey, River Thieves is a fictional story taking place in early nineteenth century Newfoundland, a time when the Beothuk tribe (called "Red Indians" by the newcomers) were facing extinction because of disease and loss of their land to European settlers.

The story is about a group of settlers who set off on a journey to make peace with the Beothuk in the hope of helping to ensure their survival. However, deep rooted bigotry and long-standing allegiances jeopardize their mission, making it seem doomed to failure.

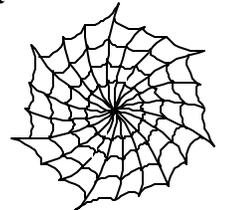
This is a riveting and informative book; however, it is told entirely from the perspective of the white man. An alternative to River Thieves is The Beothuk Saga, which tells a similar story, only from the perspective of the Beothuk themselves (look for a review in a future edition).

- Melanie Brown

HALLOWEEN DECORATING

FOR SPOOKY ON THE INSIDE:

- Hang black rubber bats from your chandelier, lampshade or ceiling fan. Also string them around your door-knobs and outdoor lights.
- Use a carved pumpkin as a planter to hold fall branches and leaves—and don't forget those cobwebs.
- Light up a spider and bat candleholder.
- Set up your own mad scientist lab experiment with jars full of vampire teeth, green water, spiders and bats.



FOR SPOOKY ON THE OUTSIDE:

- Decorate with carved pumpkins and lots of pumpkin-shaped lanterns.
- Fill the area with Halloween tombstones.
- Stuff clear surgical gloves with green Jell-O. Place them in a box, under or in a bush, or in peeping out of an urn for a spooky greeting.
- Crisscross your front door with police tape warning everyone to enter at their own risk.

Source: www.ivillage.com

Kids' Stuff!

Halloween Is Funny!

Q: What do skeletons say before they begin dining?

A: Bone appetite!

Q: What do ghosts serve for dessert?

A: Ice Scream!

Q: Why do witches fly on brooms?

A: Vacuum cleaner cords aren't long enough!



Q: When is it bad luck to meet a black cat?

A: When you're a mouse!

Q: Who won the skeleton beauty contest?

A: No Body!

Attention Kids and Parents!

Halloween Safety Tips



- Pick a safe costume. Ensure that it is fire proof and that the eye holes are large enough for good peripheral vision.



- If you set a jack-o-lantern with candles inside on your porch, make sure that

they are far enough out of the way that kids' costumes won't accidentally be set on fire.

- If your child is carrying a prop, such as a scythe, butcher knife or pitchfork, make sure that the tips are smooth and flexible enough that they

don't cause injury if fallen on.

- Treating your kids to a spooky Halloween dinner will make them less likely to eat the candy they collect before you have a chance to check it for them.

(Continued on back page)

- Kids always want to help

Wigwamen Incorporated

25 Imperial St., Ste. 310
Toronto, Ontario
M5P 1B9

Phone: 416-481-4451
Fax: 416-481-5002
Email: info@wigwamen.

A Housing Project
for Native People

www.wigwamen.com

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.

And the list keeps on growing...

Congratulations to our newest winners:

**Thelma Elliott &
David Wiszniowski & Marlene Henry!**

Halloween Safety Tips Continued

with the pumpkin carving; however, they can hurt themselves with knives. It's best to let the kids clean out the pumpkin and draw on a face, which you can carve for them.

- Teaching your kids basic everyday safety such as not getting into cars or talking to strangers, watching both ways before crossing streets and



crossing when the lights are green, will help make them safer when they are out Trick-or-Treating.

- It's best to have an adult go when the kids are Trick-or-Treating. If you can't take them, see if another parent or a teenaged sibling can go along. Make sure you know the route that they'll be taking.
- Make sure you set a time that they should be

home by. Make sure they know how important it is for them to be home on time.

- Explain to children the difference between tricks and vandalism. Explain to your kids that animal cruelty is not acceptable and will not be tolerated.

Source: www.halloweensafety.com