



Wigwam to Wigwam

YOUR "HOUSE TO HOUSE" NEWS

December 2003

Volume 5, Issue 12

Many Ways to say 'Merry Christmas'

"Ojenyunyat Sungwiyadeson honungradon nagwutut. Ojenyunyat osrasay!" (Iroquois)

"Ya'a't'eeh Keshmish!" (Navajo)

"Teyatie Gonezu!" (Slavey)

"Mitho Makosi Kesikansi!" (Cree)

"Niibaa' anami'egiizhigad & Aabita Biboon!" (Ojibway)

"Jutdlime pivdluarit ukiortame pivd-luaritlo!" (Inuit)

No matter how you say it, the goodwill behind the saying is always the same.

We may not all speak the same language, and we may not even celebrate the same holidays—but there is still no better time than the Christmas season to examine ourselves and reflect on our relationships with others.

This Christmas...
...mend a quarrel.
...seek out a forgotten friend.
...dismiss suspicion, and replace it with trust.
...encourage youth.
...manifest your loyalty in word and deed.
...keep a promise.
...listen.
...apologize if you are wrong.
...try to understand.
...forget envy.



...examine your demands on others.
...think of someone else first.
...appreciate.
...be kind.
...be gentle.
...laugh a little.

...laugh a little more.
...take up arms against malice.
...express your gratitude.
...welcome a stranger.
...gladden the heart of a child.
...take pleasure in the beauty and wonder of this earth.

Have a happy holiday and a prosperous new year!

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WIGWAMEN INCORPORATED

General Manager's Report

Wigwamen's Family Housing Units:

Earlier this month, I had the pleasure of inspecting one of our units which had undergone major renovations over the past year. I won't forget the son who has lived there since 1993. Born in 1979, he moved there at the age of 14. Thoughtful and polite, he thanked us for doing the renovations, and added that "it's nice now to be able to bring my friends over to a house which looks normal." It was a moment which made all of the efforts we've made to upgrade our homes, totally worthwhile.

He, his family, and all of our tenants, deserve nothing less than to have homes which "look normal," and you can be certain that all of us will continue to work to bring each and every one of our units up to a standard of which we all be proud.

20 Sewells Road Affordable and Transitional Housing Project:

Work is well under way now at 20 Sewells Road, with excavations complete, and foundations being poured. By next Christmas, we expect to be letting 92 families know they've been approved to move into the building in the new year. For those of you who want to follow the course of construction, digital photos are being taken every day or so and are put up on our website at www.wigwamen.com.

Gingerbread Houses:

This year (and last), Christmas elves delivered a gingerbread house, pictured below, to our office, which on Christmas day, will mysteriously re-appear under the Christmas tree of one of our tenants.

And Finally:

To all of our tenants, to the Board and staff, to all of the friends and supporters of 20 Sewells Road, and finally, to the elves of Hilditch Architects, who not only design apartment buildings, but build gingerbread houses, please accept my best wishes for the Christmas season, and my hopes for all of you that you have a joyous New Year!



All of our houses should look so yummy!

20 Sewells Road Building Development Fund Donor Recognition

Many thanks to the following companies and individuals for their contributions to the development of 92 units of affordable housing at 20 Sewells Road, from the Board and staff of Wigwamen Incorporated:

PLATINUM DONOR *Hilditch Architect* for a \$5,000 donation

PLATINUM DONOR *The Starr Group* for a \$5,000 donation

BRONZE DONOR *Royal Water Systems* for a \$750 donation

Thanks also to:

Brian Taheny for a \$400 donation

Wayne Vincent for a \$400 donation

And finally, to **PLATINUM DONOR** *Milborne Real Estate*, previously a Gold Donor, for their additional donation of \$1,000.



www.wigwamen.com

Are you interested in making a contribution to our website or newsletter?

Are you a new tenant? Have you been in the housing program for many years?

Tell us about the benefits your family has enjoyed by living in one of Wigwamen's units.

If you would like to see your comments on our website or in the newsletter, send them to our office, along with your written permission to publish

them.

Or just post your comments to the guest book, on our website, at www.wigwamen.com.

We look forward to receiving your submissions!



Terrace Community Kitchen

—Go Stuff It!

TURKEY STUFFING

- 1/4 c. olive oil
- 1 shallot, finely chopped
- 1 large onion, chopped
- 1 1/2 c. celery, chopped
- 12 c. stale bread, cut in 1/2" cubes
- 2 tbsp. sage, ground
- 1/2 tsp. thyme, dried
- 1/2 tsp. celery seed, ground
- 1/2 tsp. paprika
- 1/2 tsp. pepper, ground
- 2 1/4 c. vegetable stock



Heat the oil, shallot, onion and celery in a heavy pot. Sauté until the vegetables begin to soften. Add bread cubes, sage, thyme, celery seed, paprika and pepper to taste. Mix well.

Cook, stirring frequently, for 5 minutes over medium-low heat.

Add hot vegetable stock to pot and mix well. Cover and cook over low heat for 30 minutes or longer, stirring frequently, until bread cubes have broken down.

POTATO LOVER'S STUFFING

- 5 tbsp. melted butter
- 1 large onion, finely chopped
- 1 large celery stalk, diced
- 6 c. bread crumbs, coarse, white
- 3 lbs. Russet potatoes, peeled and boiled
- 3/4 c. milk, warmed
- 1 1/2 tsp. poultry seasoning
- salt and pepper to taste

Mash potatoes with warmed milk. Melt the butter over medium heat in a wide skillet. Add onion and cook, stirring often, until it is limp and starting to turn gold. Stir in the celery so it's covered with butter, and remove pan from the heat.

Combine the pan contents with remaining ingredients. Taste and adjust seasonings.

Older versions of this recipe call for up to three times more butter and cream in the potatoes, so feel free add more.

Makes enough for a 10-12 pound turkey.

SPINACH LOVER'S STUFFING

- 8 pkgs. frozen chopped spinach, cooked
- 1 onion, sautéed in oil
- garlic salt to taste
- 4 c. grated Swiss cheese
- 8 eggs
- 3/4 c. oil
- 3 c. bread crumbs

Cook spinach and keep the liquid. Let cool. In large bowl, mix spinach with the rest of ingredients and refrigerate.

This recipe will stuff approximately a 20 lb. turkey.

A DIFFERENT KIND OF STUFFING
(don't try this at home!)



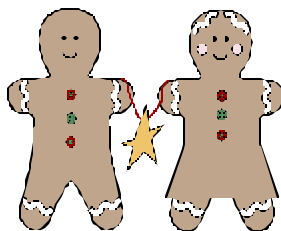
- 4 eggs
- 4 c. bread crumbs
- 1/2 envelope Lipton onion soup
- 1 c. uncooked popcorn

Beat eggs and other ingredients. Stuff turkey and bake at 375 degrees for 3 hours. When 3 hours are up, run like crazy because that stuffing's 'gonna blow that turkey's butt right out of the oven!

Holiday Dieting Rules:



1. If you eat something and no one sees you eat it, it has no calories.
2. If you drink a diet soda with a candy bar, the calories in the candy bar are cancelled out by the diet soda.
3. When you eat with someone else, calories don't count if you eat less than they do.
4. If you fatten up everyone else around you, then you look thinner.
5. Cookie pieces contain no calories. The process of breaking causes calorie leakage.
6. Things licked off knives or spoons have no calories if you are in the process of preparing something.
7. Foods that have the same colour have the same number of calories. Examples are spinach and pistachio ice cream or mushrooms and white chocolate. NOTE: Chocolate is a universal colour and may be substituted for any other food colour.
8. Any calories contained in food given to you as a gift do not count, because you have to eat it to avoid being rude.



Do-It-Yourself Holiday Gift Ideas

- Make up small loaves of quick breads. Wrap them in plastic for freshness and place in a festive bag or wrapping. Include a recipe card.
- Make your own felt stockings. Make them large enough to hold a bottle of wine or homemade salad dressings, etc. Personalize the stocking to fit the personality of the receiver.
- Make a special ornament for the tree with glue-on beads and fake jewels.
- To make potpourri, mix together broken cinnamon sticks, dried orange peels, whole cloves, evergreen clippings and dried lemon peels. Half fill cellophane florists' bags and tie with a holiday ribbon.
- Make large gingerbread men and women. Decorate them and write the recipient's names on them.



Aboriginal History:

A Chippewa Dream of Peace



Many years ago, an Indian prophet predicted that the world would come to an end during the next winter.

“The snow will fall until it covers all the trees of the forest,” he said.

While he was talking, his two young sons began to fight. Their father punished them, saying, “You should be silent while I am telling people what is going to happen.”

That night, in a vision, a spirit came to the prophet and offered to take him to the four layers of heaven above. There they came to a great lodge, in which the spirits were seated. The

spirits rebuked the prophet. “We heard you telling your people that the world is coming to an end, because of a great fall of snow,” they said to him. “Do you see that box, half full? It means that many years will pass by before the world ends. Our judges have agreed to extend the time for hundreds of years.

“Now go back to your people and tell them what you have seen and heard in the lodge in the four layers of heaven. Tell them to do away with all the bad medicine they use to kill one another. Tell them that they must all love everyone as if they were a family.

“Build a lodge in your village,

big enough for the whole tribe. Gather there twice each year, in the spring and in the fall, for a big feast. Smoke the pipe of peace and dance together as brothers. Then you will be blessed by the spirits.”

When the prophet awoke, he told his people about his dream, and they did as the spirits directed. Ever since, the Chippewas have held the Ogemah dance in the spring and in the fall, as a reminder of the vision and of the spirits’ desire that they live in peace with each other and with all people.

Source: [Indian Legends of Canada](#)
edited by Ella Elizabeth Clark

Terrace Happenings - by Milroy Hoosein

- The annual Christmas party took place on Friday, December 12. The party featured the ever-popular entertainer Adam Timoon and Franny’s delicious home-cooked Christmas dinner.
- Our condolences go out to the friends and family of Ms. Ethel Ashkewe, who passed away on November 30.
- 2 new tenants moved in this month: Joanne Kakekayash and Robert Boisvert. Welcome to both of you!

Tenant Counsellor's Corner



The Lee Awards

Have you heard about the Lee Awards? These grants offer financial assistance to high school students of Native ancestry. You are eligible for an award if you are:

- Status, non-Status, Metis or Inuit;
- under 21 years of age; and
- in grade 9 through 12 at a Toronto High School.

The selection committee is looking for students who are:

- doing their best in school and are willing to keep trying;
- would benefit from financial assistance to help them stay in school; and
- want to be involved in the Native community when they finish their education.

Awards range in value from \$50 to \$500.


Sound good? Application forms are available at your school guidance office and Anishnawbe Health. We also have copies of the application form here at Wigwamen. If you'd like one, just give me a call and I'll send one out to you. When you're done, send it back to Anishnawbe Health by the January 9 deadline.

Good luck!

- Jodi Hetherington

Did You Know?

The Origins of Hockey



Hockey's roots have been debated among hockey historians for years.

While the evolution of hockey to the game as we know it today probably has a variety of influences, many tribes throughout North America played a version of field hockey which involved some type of "puck" or ball, and curved wooden sticks.

Ice hockey was first observed by Europeans being played by Micmac Indians in Nova Scotia in the late 1600s. It was called ricket by the Natives. The game was played using a frozen road apple as the first puck. Eventually they began to carve pucks from cherrywood, which was the puck of preference until late in the century, when rubber imported by Euro-Americans replaced the wood.

The first Native in the NHL was Fred Sasakamoose, who played for the Chicago Blackhawks. Although his career in the NHL was short, his contributions were insurmountable.

Source: www.nativehockey.com

Knowing Your Maintenance: Emergency Checklist

EMERGENCY FOOD AND WATER KIT

Have at least a three-day supply of food and water on hand. Choose ready-to-eat foods that your family likes. And choose foods that don't need refrigeration. You should have:

- ? at least two litres of drinking water per person per day
- ? canned food: soups, stews, baked beans, pasta, meat, poultry, fish, vegetables, fruits
- ? crackers and biscuits
- ? honey, peanut butter, syrup, jam, salt and pepper, sugar, instant coffee, tea
- ? canned dog or cat food if you have a pet
- ? knives, forks, spoons, disposable cups and plates, manual can opener, bottle opener
- ? a fuel stove and fuel
- ? waterproof matches and plastic garbage bags



EMERGENCY SURVIVAL KIT

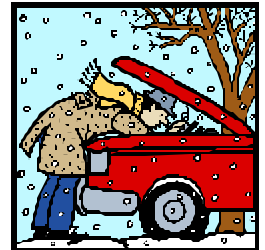


- ? flashlight and batteries
- ? radio and batteries or crank radio
- ? spare batteries
- ? first-aid kit
- ? candles and matches or lighter
- ? extra car keys and cash (including coins/phone cards)
- ? important papers (identification for everyone, personal documents)
- ? food and bottled water (see "food list")
- ? clothing and footwear (one change of clothes per person)

- ? blankets or sleeping bags
- ? toilet paper and personal supplies
- ? medication and extra eyeglasses, plus copies of all prescriptions
- ? if you have a baby or toddler, diapers, bottles, baby food, toys, crayons and paper
- ? whistles (in case you need to attract someone's attention)
- ? playing cards, games

CAR KIT

- ? shovel
- ? sand, salt or kitty litter
- ? traction mats
- ? tow chain
- ? compass
- ? cloth or roll of paper towels
- ? warning light or road flares
- ? extra clothing and footwear
- ? emergency food pack
- ? axe or hatchet
- ? booster cables
- ? ice scraper and brush
- ? road maps
- ? matches and a 'survival' candle in a deep can (to warm hands, heat a drink or use as an emergency light)
- ? fire extinguisher
- ? methyl hydrate (for fuel line and windshield de-icer)
- ? flashlight
- ? first-aid kit with seatbelt cutter
- ? blanket (special 'survival' blankets are best)



- Brian Taheny, Maintenance Manager

20 Sewells Road Building Development Fund Donors

Platinum Donors:

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Thanks also to:

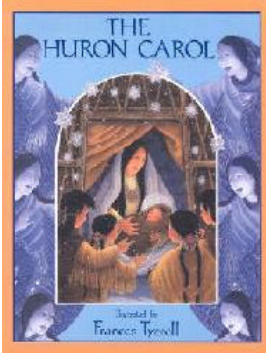
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Marion Rethoret
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Catholic Church
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*Thank you for helping to make the
development of 92 new units of
affordable housing possible!*

Book Review



Household Hints



THE HURON CAROL

The Huron Carol, or “Twas in the Moon of Winter Time,” as it is also known, was the first Canadian Christmas carol. It was written in 1653 by Saint Jean de Brebeuf, who was a Jesuit missionary living amongst the First Nations. Brebeuf wrote the carol in the Huron language as a gift and a teaching tool for the Hurons, to whom he was attempting to teach the Christian faith. At some point it was translated into French, and in 1926 it was translated into English. The music to which the carol is sung was based upon a 16th Century French Canadian melody.

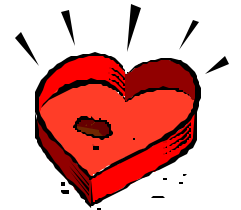
The printed version contains the words to the carol, in English, French and the Huron language, accompanied by the watercolour illustrations of Frances Tyrrell and the accompanying music. The carol tells the story of the birth of Jesus, but in a Native setting. For instance, Brebeuf writes of God as the Great Spirit and the Three Wise Men as Chiefs.

Nowadays, the Huron Carol is widely sung at Christmastime. However, the beautiful lyrics and illustrations also make it a great book to read to children.

- Melanie Brown

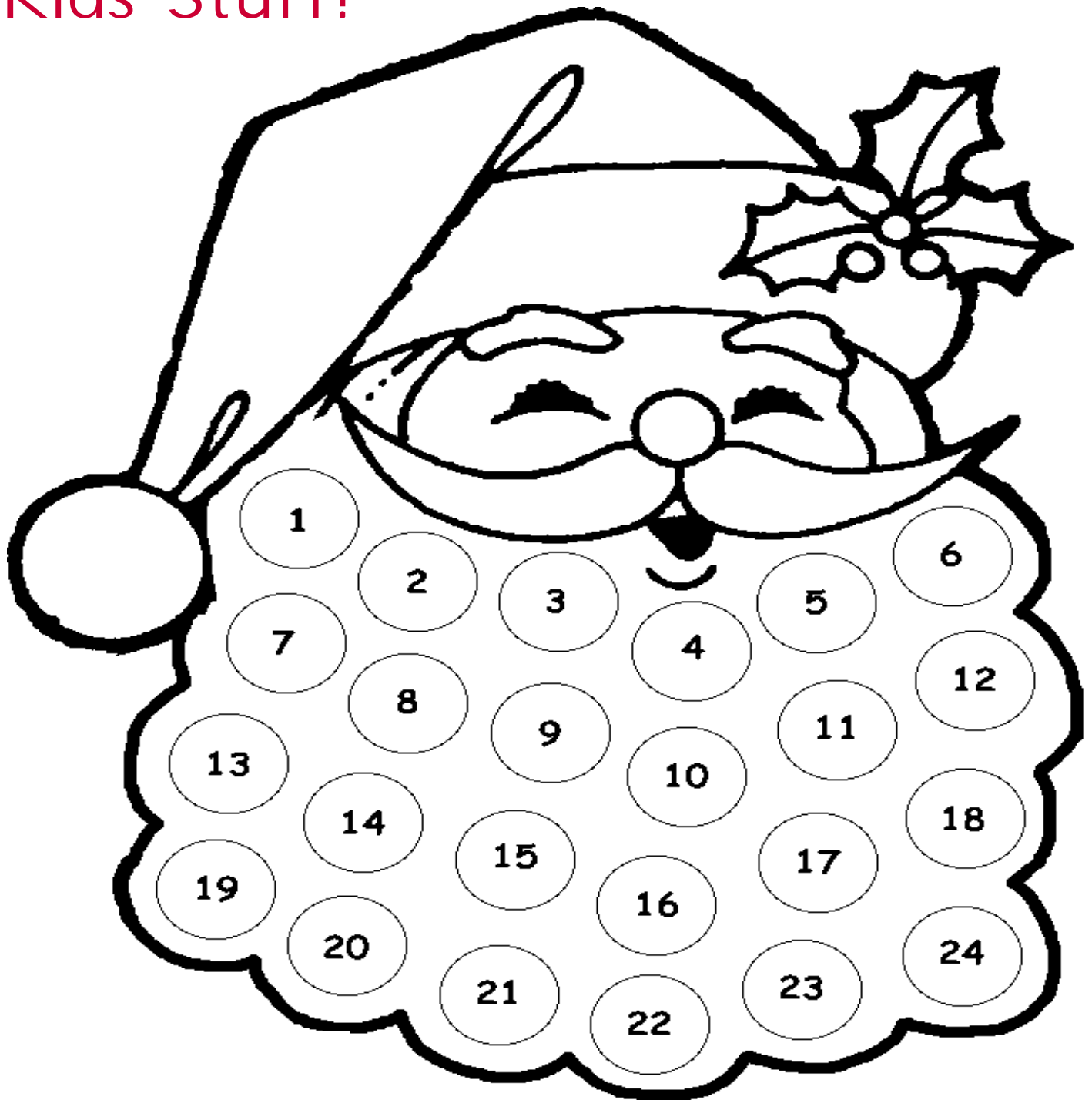
TIPS FOR BAKING SWEETS!

- If you are making cookies, you can cut down on the amount of sugar the recipe calls for by adding raisins, dates, chocolate chips, etc.
- When making cookies, always use unsalted butter, never margarine. The unsalted butter gives the cookies a lighter texture.
- The butter should always be fresh and very good. Wash it in cold water before you use it, then using your hands, make it into hard lumps, squeezing the water well out.
- When a recipe calls for beaten eggs, this should not be done until after all the other ingredients are ready, as they will fall very quickly. If the whites and yolk are to be beaten separately, do the whites first, as they will stand longer.
- To prevent fruits and nuts from falling to the bottom of the cake, mix in a little flour and bake them for a little bit. Then add them to the cake mix.



Source: www.foodfunandfacts.com

Kids' Stuff!



Step 1— Colour

Colour Santa's face and hat. You could also cut out the picture and glue it onto a colourful piece of construction paper to make it sturdier.

Step 2— Add cotton balls

Glue a cotton ball onto the circle marked 1, add another cotton ball on spot 2, and so on, until Santa's beard is complete!

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A Housing Project
for Native People

www.wigwamen.com



Wigwamen's Holiday Hours

Wed., December 24: OPEN 9-NOON

Thursday, December 25: CLOSED

Friday, December 26: CLOSED

Monday, December 29: OPEN

Tuesday, December 30: OPEN

Wed., December 31: OPEN 9-NOON

Thursday, January 1: CLOSED

Friday, January 2: CLOSED



**Have a safe and
happy holiday
and a wonderful
new year!**