



Wigwam to Wigwam

YOUR "HOUSE TO HOUSE" NEWS

May 2004

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Dr. Albert Rose Bursary Returns

The Dr. Albert Rose Bursary is once again available to tenants of rent-geared-to-income housing.

The scholarship is offered every year by the Ministry of Municipal Affairs and Housing. All tenants with a valid Social Insurance Number are eligible to apply.

Full bursaries, valued at up to \$3,000, are available to students who:

- are entering their first or second year at a recognized post-secondary institution on a full-time or part-time basis, in a program that leads to a degree diploma or certificate; and
- have never before received the Dr. Albert Rose bursary.

Short-term bursaries, valued up to \$1,000, are available to those seeking academic upgrading or trade or skills development in a program that is at least 4 weeks of length.

Established in 1984, the program is named after the late Dr. Albert Rose, who dedicated his life's work to education and social housing.

Last year, 3 Wigwamen tenants were recipients of the bursary.

The deadline for submitting an application and supporting documents is Friday, July 9. The selection process will be finalized by August 27, at which time applicants will be advised of their status.

Application packages are available through Wigwamen. Please call me at (416) 481-4451, ext. 22 if you are interested in receiving one. They can also be downloaded over the Internet at www.mah.gov.on.ca.



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WIGWAMEN INCORPORATED

- Jodi Hetherington

Services Available to Problem Gamblers

For 1-4% of the population, gambling is a problem. For these people, gambling consumes too much of their money and time and hurts their family life, employment, finances, well-being and health. People from all age groups, income levels and cultural backgrounds can have a problem with gambling. You may be experiencing problem gambling if you:

- gamble more often, or with more money, than you intend;
- chase losses;
- neglect family, friends, self or work in order to gamble;
- gamble to escape worries or troubles
- constantly think of gambling;
- hope for a 'big win' to resolve financial or other problems;
- borrow money or juggle funds to gamble or pay debts;
- have conflicts with others over money or

gambling;

- have mood swings because of your gambling, or experience anger, depression, suicidal thoughts or anxiety;
- continue to gamble despite negative consequences and efforts to control.

Gambling can take many forms, including scratch tickets, bingo, cards, slot machines, lotteries and betting on sports games or the racetrack.

The Centre for Addiction and Mental Health has a problem gambling service at their College Street location. They focus on what you need to do NOW to regain control of your life, as well as the stresses and problems created by gambling. They will also help you build new coping skills and strategies to limit dependence on gambling and enhance your life. They can be reached at (416) 599-1322.

New Residence Offers Hope to Homeless Native Women

Native Women's Transitional House, a residence provided by Native Child and Family Services of Toronto, is now up and running.

The house opened its doors to residents for the first time this past February. The official opening is tentatively scheduled for the upcoming months.

The house can accommodate up to 8 women and 4 children at a time. It is geared toward young, single mothers of Aboriginal ancestry who are homeless or living in unstable



housing conditions.

The residence offers support services including life and parenting skills which are provided by a live-in House Mentor, a House Co-ordinator and an Early Childhood Educator.

Residents share meals and daily chores. As this is a transitional housing program, there is a maximum length of stay of 18 months. It is hoped that within this time period, residents will obtain stable and long-term housing for themselves.

20 Sewells Road Building Development Fund Donor Recognition

This month, we thank the following donors for their contributions towards the development of our new, 92-unit affordable housing project at 20 Sewells Road:

Mary Beth Menzies,
whose most recent contribution of \$428.⁷⁷
now makes her a **BRONZE DONOR**;

Deer Park United Church, for their contribution of \$565;

New Water Plumbing Inc, for their contribution of \$300;

and:

643223 Ontario Limited, for their contribution of \$100.



Zero Balance Club

Nicole Young, Gary & Teresa McKay, Suzette Darby, Tina Neshkawa, Cindy Jacko, Daisy Hahnfeld, Evelyn Letourneau, Ken King, Valerie Garrison, Sandra Neshkawa, Mary Howk, Elizabeth Wemigwans, Kathrena Green, Josephine Millette, Gail Thomas, Fred & Olive Wesley, Alex MacInnis, Hella Von Dehn, Sheila Wyldes, Dorothy Stewart, Lee Harper, Mary Chakasim, Maryanne Morningstar, George Toth, Linda Wilson, Agnes Sagetcheway, Brenda Folz, Simone Keshinro, Sarah Recollet, Janet Bellefeuille, Thelma Elliott, David Wiszniowski, Marlene Henry, Stanley Anglin, Patrick Migwans & Norma Coté.

And congratulations to 2nd time winner **Janet Bellefeuille**, who receives a \$50.00

Terrace Community Kitchen

AVGOLEMONO SOUP (LEMON)

- 2 cups milk
- 2 tbsp. cornstarch
- 6 whole egg yolks, beaten
- 2 quarts chicken stock
- 1/2 cup rice, long grain
- 1/2 stick butter
- 1/2 cup chopped parsley
- 1 cup lemon juice, fresh
- 1 lemon peel, grated
- salt
- pepper

Stir the milk and cornstarch together and beat in the egg yolks. Set aside.

Bring stock to boil in large soup pot and add the rice. Cook, covered, until the rice is puffy and tender, about 25 min.

Remove the soup from heat and add milk and egg mixture, stirring carefully. Continue to cook for a moment until all thickens.

Remove from the heat again and add the butter, chopped parsley and lemon juice. You may also wish to add some grated lemon peel.

Source: www.recipesource.com



Sour or not, we love lemons! Whether it's to enhance flavour or display as a garnish, lemons have many uses in cooking. Still, when it comes to health, we can benefit from finding more ways to enjoy this healing food.

With its high content of vitamin C, lemon is an extremely effective antioxidant that can boost the immune system and protect the body from disease (including cancer) and the effects of aging.

Lemons have also been known to help fight the following conditions: high cholesterol, high blood pressure, insect bites, migraine headaches, influenza, the common cold, sore throat, bronchitis, asthma, heartburn, neuritis, diabetes, fever, and rheumatism.

Eating lemons helps the body cleanse the bloodstream and liver. A gentle, effective

way to cleanse your body on a daily basis is to drink lemon juice each morning.

Commercial cleaners include lemons in their products for a good reason – lemons are well-known cleansers.

Here are some lemony treats:

- Place thinly sliced lemons underneath and around fish when baking or broiling. The slices will not only flavour the fish, they will soften to the point that you can eat them as a part of the meal.
- Combine lemon juice with virgin olive oil, crushed garlic, and black pepper to make a deliciously nutritious salad dressing.
- Have a cup of lemon tea after a rich, heavy meal, to aid digestion.
- Add some lemon juice to the cooking water when making rice for an extra zest.
- Add organic lemon rind to muffin recipes.



Source: www.alive.com



Myths about Fetal Alcohol Spectrum Disorder



Myth: One or two drinks during pregnancy are harmless. It's just heavy drinking that can cause problems.

No one knows how much is too much. Even small amounts of alcoholic beverages consumed during certain stages of pregnancy can cause permanent damage. The chance of having a baby with problems caused by alcohol use increases with the amount consumed. There is **NO SAFE DOSE AND NO SAFE TIME TO DRINK** or use any drugs except those prescribed by your doctor during pregnancy. No amount of alcohol is safe!

Myth: Women who drink during pregnancy are bad mothers whose children should be taken away.

Women who drink during pregnancy are **NOT BAD WOMEN**. They may have lost the ability to choose. They may not know about the risks involved with drinking and pregnancy. Women who drink during pregnancy need help. They need support and care to get into treatment and recovery.

All women of child bearing age should be informed about the effects of alcohol on a fetus.

Myth: If you are drinking when you find out you are pregnant, there is no point in quitting later on. Any damage is already done.

If you stop drinking alcohol as soon as you learn you are pregnant or even suspect you may be pregnant, you improve your chances of having a healthier baby.



Myth: Beer or wine coolers won't hurt you. It's just hard liquor that causes problems.

One beer is the same as one wine cooler, or glass of wine, which are equal to one shot of liquor. They all contain the same amount of alcohol. They are equally dangerous to your baby.

Myth: Children with problems related to fetal alcohol exposure are most often born to minority women and poor women.

Children with Fetal Alcohol

Spectrum Disorders come from all types of families, background levels and ethnic-groups. Women who drink alcohol any time during pregnancy risk damage to their baby.

Myth: My other children weren't harmed by my drinking. Why should I stop?

Older children who appear to be healthy may have subtle alcohol effects such as learning disabilities. These could include gaps, spotty memory, inability to generalize or behavioral problems such as hyperactivity, socially inappropriate behavior, or distractibility. An apparently normal previous birth is no indication of whether or not the new baby will be affected. In fact, future children born to a mother who drinks (or uses other drugs) may be in more danger, not only because her use tends to increase over time, but also because her health may get worse.

Continued on back page...

Aboriginal History

First Nations' Rodeo



Think Rodeos were invented by cowboys? Think again.

Generations before Rodeo as we know it began, Native communities were raising and breaking horses and holding competitions with them. These started as local competitions on reserves or nearby towns, and eventually became a popular sport.

When Rodeo evolved into a sport, Aboriginal cowboys competed alongside white cowboys right from the beginning. But in the 1950s and 60s, many Native competitors began to feel they were being judged unfairly and started organizing their own rodeo clubs, each with their own committees and judges. Today there are five Native rodeo associations in Canada and over 20 in the United States.

Native rodeos are slightly different from others. First of all, Native rodeos include a number of children's and community events not usually seen at other rodeos. Secondly, Native rodeos are

social events, where participants thrive on competing in front of family and friends.

Perhaps the most important difference between the two types is the deep respect that participants in Native rodeos hold for the animals. Most Native rodeos begin with the Cowboy Prayer, which is offered in a Native language and acknowledges the superiority of the animals, who are



asked to have pity on humans and not be "too hard" on them during the competition.

The Native rodeo circuit produced many local and national heroes who became role models for generations to follow. Even before the Native rodeo associations were formed, two Native competitors stood out as heroes. The first was Jackson Sundown.

Born in the 1860s, Jackson Sundown was an icon of Native culture and the archetype of the Native cowboy. In 1916, he became the first Native competitor to win the world bucking championship and hold the all-round title at

the Pendleton rodeo. He was famous for staying on a bull or horse until they came to a complete stop in bucking competition, and it was reported that after being ridden by Sundown, some animals would never buck again.

The second Native cowboy hero was Tom Three Persons, an Albertan who holds the distinction of being the only Canadian to take a first place trophy at the first ever Calgary Stampede, held in 1912.

Nowadays, many participants in Native rodeo circuits will compete every weekend, from early spring to fall, often traveling to two or three rodeos in one weekend. Competitions are offered at every level: high school, amateur and professional. Many communities have at least one rodeo a year, often combined with a powwow or other celebration. Today, Native rodeo associations organize competitions, rodeo schools, clinics and youth activities.

Several centuries after its inception, the Native rodeo tradition still remains strong.

Source: www.civilization.ca

20 Sewells Road Building Development Fund Donors

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Success is just a click away!

kids@computers is a scholarship program offered to eligible children through Toronto Social Services. Through the program, children between the ages of 8-14 whose parents receive assistance through OW or ODSP, may be able to receive a free computer with Internet access. Computer recipients will also receive free computer instruction.

To take part in the program, parents must complete an application, which is available at OW and ODSP offices. The application package includes a short statement from the child explaining why they need or want a home computer, a statement of support from a parent, and a letter of reference from a teacher, community worker, etc., supporting their need for a home computer. In addition, one parent must agree to attend a session on Internet safety and awareness.

Maybe the next Bill Gates is among us!

The kids@computers main information line is (416) 392-8610.

RE-SEED A BARE PATCH OF LAWN

Easy as 1-2-3!

You will need:

- rake
- fertilizer
- topsoil
- grass seed
- straw or netting

Step 1—pull up and remove any dead grass, weeds or debris from the patch until it's clean. Loosen the soil to a depth of 3 inches, taking care not to damage the surrounding grass.

Step 2—spread fertilizer over the area lightly and rake it in well. Level the soil and water until moist. Spread grass seed at the recommended rate and cover with a thin layer of topsoil. Gently firm the soil by pressing it with the back of the rake.

Step 3—scatter a thin layer of straw over the seeds to protect them as they germinate. Or, stretch a piece of netting over the patch and secure the edges with pegs. Keep the seeds evenly moist by watering lightly every day.

Source: www.ivillage.com



Do you have a green thumb?
Or do you just dream of having one?
Then Flower Power wants **you!**
Enlist today.

Kids' Stuff!

Legend of the Thunderbird

Many Indian tribes throughout North America knew that the sound of thunder was caused by the flapping wings of the Thunderbird, an eagle like bird so enormous that it darkened the whole sky as it flew high above the earth. The rain during a thunderstorm was water spilling from a huge lake on the bird's back. Lightning was caused by the blinking of the bird's eyes.

The Haida, Tingits, and other tribes of Alaska and the northwest coast believed the Thunderbird was actually a giant man who lived high in the mountains who owned a winged cape made of feathers. When he was hungry, he put on the cape and became the Thunderbird, flying in search of food. The food he sought was whales, which he swallowed down whole!

- Alla Ponomarenko

Colour-Me-In



Wigwamen
Incorporated

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

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

A Housing Project
for Native People

www.wigwamen.com

NOTE TO TENANTS:

**Wigwamen's head office and the Terrace
management office will be closed for
the following holidays this summer:**

Victoria Day—Monday, May 24

First Nations' Day—June 21

Canada Day—Thursday, July 1

Civic Holiday—Monday, August 2

...Myths About FAS continued from page 5

Myth: Babies are protected from bad substances by the placenta.

The placenta does not protect the baby from alcohol or drugs. If the mother drinks, so does her baby. Any alcohol in the mother's blood stream will be in the baby's body within one minute and it could remain there for up to 24 hours. The baby's immature liver and other organs depend upon the mother to process their blood.

If you are pregnant or parenting a child 0-6 years old and you have questions or concerns about drugs, alcohol, parenting or child development, you can call Pathways.

Pathways offers information, support, counseling, referrals and child development services.

It is a program offered in collaboration between the Jean Tweed Centre and Native Child and Family Services of Toronto.

The staff at Pathways respect a wide range of goals, including harm reduction and abstinence.

For more information, contact (416) 969-8510, ext. 4233 or (416) 255-7359, ext. 242.

- submitted by Alita Sauve