



Wigwam to Wigwam

YOUR "HOUSE TO HOUSE" NEWS

July / August 2004

Volume 6, Issue 7

2004 Summer Picnic Ready to Roll!

Start making room in your tummy now, because the Wigwamen summer picnic is just a hop, skip and a jump away!

This year's event will be held on Saturday, September 11 at Christie Pitts Park from 11:30 a.m. —3:30 p.m.

The theme of the picnic is 'Sweetgrass,' and sweetgrass will be a continuing motif throughout the event.

This is the 4th year the picnic has been held, and its 3rd year at Christie Pitts.

Many of the usual crowd favourites will be returning, including the air-brush face and body painter, bingo and traditional drumming.

Additionally, this year introduces the Wigwamen Kids' Colouring Contest (see page 9), where kids will have the opportunity to showcase their inner artist and win great prizes at the same time.



And of course, the usual barbecue fare of hamburgers, hot dogs, salads and cake will be served.

Best of all, it's absolutely free!

Your personalized invitation will be arriving in the mail later this summer. When you return your reply card, your name will be entered into the draw for one of the amazing door prizes (prizes to be announced).

We'll see you in September!

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WIGWAMEN INCORPORATED

Hey Kids!

Enter the Wigwamen Kids' Colouring Contest and win great prizes! See page 9 for details.

General Manager's Report

New Staff at Wigwamen:

By now some of you may have met our newest staff person, Administrative Assistant Karen Thomas. She'll be profiled in our next edition of "Wigwam to Wigwam", and is replacing Melanie Brown who is returning to school to complete a Masters in Information Studies. As all of you know, Melanie has served with distinction as the editor of Wigwam to Wigwam for the past couple of years, and we are pleased that she has agreed to continue to work for us on a part-time basis during her studies, and will be continuing as the newsletter editor. Welcome, Karen, and best of luck in your studies, Melanie!

Family Housing Home Visits:

A number of tenants have enquired when we will be beginning our annual family housing home visits. Ordinarily we would have begun our visits in late May or early June, and by this time we'd be well underway. This year, however, we've been somewhat slow off of the mark because, rather than spending June doing visits of the family housing units, comprehensive inspections were done of each and every one of our apartment units at Wigwamen Terrace.

In July we managed to conduct two sets of inspections of some of our west end family housing units, with a third set of inspections conducted on August 3rd. For those tenants who are unit inspection junkies, don't despair – we expect to be back to doing our inspections weekly from the week of August 30th.

Attic Insulation/Thermal Blankets/Clotheslines

In the same vein, for those of you who were wondering what was happening with our energy efficiency initiative, we've installed clotheslines at a number of our units, and it's still our intention to have completed the thermal wrapping of our hot water heaters and upgrading of insulation in some of our units before winter. Quite simply, we're coming to the end of our fiscal year, and we don't believe we'll have sufficient funds to initiate and complete the project until after October 1st when our new fiscal year begins. It will, however, get done...

20 Sewells Road:

Our new 92 unit, affordable and transitional housing project continues to be built, with occupancy very tentatively set for April 2005. Progress can be monitored at our web site at www.wigwamen.com. Pictured below is the front of our project as seen from the south side of Sewells Road.



20 Sewells Road Building Development Fund Donor Recognition

This month, we thank the following donors for their contribution towards the development of 92 units of affordable housing at 20 Sewells Road:

Olympic Painting & Decorating

for their contribution of \$200

Dan Mac Plumbing

for their contribution of \$500



Household Hints

GETTING RID OF KITCHEN ODOURS

- Fill a jar with a couple of vanilla beans. Keep the lid off. The vanilla odour will permeate the air!
- Can't get rid of a lingering smell in the kitchen? Try baking some orange peels in the oven at 350 degrees. Bake for about 15 minutes.
- Have a musty, smelly lunch box? Even after washing? Soak a piece of white bread in white vinegar, place it in the lunch box and close it up. Leave it closed overnight.
- Do your plastic containers have food odours? Here are a few suggestions:



- you can try freezing the empty containers;
- you can set the containers in the sun for several hours;
- you can put a piece of lemon in the container and put the top on (this method may take a few days).

source: www.foodfunandfacts.com

Monumental Changes for Native Child & Family Services



Native Child and Family Services of Toronto (NCFST) is continuing to expand in its ongoing efforts to better serve Native families in Toronto.

On June 15, NCFST, along with the Minister of Children and Youth Services, announced that it had been designated Toronto's fourth official children's aid society. The designation officially took effect on July 5, 2004.

This means that the agency will have full control over child welfare issues for its clients. Now, Native children will have the opportunity to experience culturally and traditionally appropriate interventions and programs.

The society will be serving self-identified Aboriginal people in the City of Toronto. Their intake department can be reached at (416) 969-8510, and their child-welfare location is 295 College St.

The agency will continue to provide their regular services in the areas of early years programming, treatment and healing, youth work, transitional housing and family support.

The agency is also expanding its Aboriginal Head Start program, recently announcing a new location that will be opening at Keele and Wilson. The site is called Kiiwednong, and will provide all the educational, cultural, recreational and supportive services that the program is known for. With this new addition, the agency now has Head Start programs in the north, east, south and west ends of the city, representing the four directions of the medicine wheel.

Parents of pre-school aged children are currently invited to apply, but spaces are limited and early registration is encouraged to secure a space. If you or someone you know is interested, call Christine Vautour at (416) 969-8510, ext. 4275.

Terrace Residents Surprise Superin-



Terrace superintendents Norm "Neute" Mitchell and Frances Folz were the guests of honour at the Seniors' Club annual barbeque last month.

The barbeque was held on Thursday, June 24, atop the rooftop terrace at 14 Spadina Road.

The superintendent couple did not know that the event was being held in their honour. They were pleasantly surprised with a gift from the tenants of a home-made Mandela, which symbolises the Native shield of good-luck.

Frances and Norm have been superintendents at the Terrace since April 1999, and have been popular fixtures of the building ever since.

Congratulations, Frances and Neute!

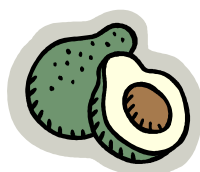
Terrace Community Kitchen

Yummy Summer Recipes

AVOCADO VEGGIE WRAPS

Ingredients:

- 4 6-inch plain pitas
- 1 cup canned no-salt-added chickpeas, rinsed and drained
- 1 cup diced cucumber
- 1 medium tomato, seeded and chopped
- 1 medium avocado, diced
- 1/4 cup finely chopped red onion
- 1/2 cup nonfat or light sour cream
- 2 tbsp. fat-free milk
- 1 tbsp. plus 1 1/2 tsp. lime juice
- 1/4 tsp. salt
- 1 cup alfalfa sprouts



Preheat oven to 350°. Wrap pita in aluminum foil and heat for 10 minutes, or until warmed through, or put pita in microwave-safe plate and cover with plastic wrap or damp paper towel. Microwave on high for 20-30 seconds, or until warmed through.

Meanwhile, in a large bowl, combine chickpeas, cucumber, tomato, avocado and onion. Set aside.

In a small bowl, whisk together sour cream, milk, lime juice and salt until smooth. Add to chickpea mixture and stir gently.

To assemble, place one fourth of mixture and one fourth of alfalfa sprouts down centre of each pita. Roll and secure each wrap by inserting two 6" bamboo skewers in an 'X' through the pita.

GREEK CUCUMBER SALAD

Ingredients:

- 1 medium to large cucumber
- 1 cup fat-free or low-fat plain yogurt, or light sour cream
- 1/4 cup loosely packed chopped fresh mint or 1 tbsp. dried, crumbled
 - 1/2 to 1 tsp. bottled minced garlic or 1 to 2 medium cloves, chopped
 - 1/8 to 1/4 tsp. salt

Peel cucumber if desired (if the skin seems waxy, you might want to peel it). Cut in half lengthwise. Scoop out seeds with a spoon and discard. Slice cucumber into thin crescents.

In a medium bowl, stir together all ingredients.

Serve immediately or cover and refrigerate until needed.

Source: [Meals in Minutes](#), American Heart Association



FOOD FACT:

Experts recommend limiting fat intake to 30% of total daily calories, but this does not apply to children. Fat intake should not be reduced at all in children under the age of 2, and the progression toward a lower-fat diet should be made gradually.



Aboriginal History

Medicine Women



When the general public thinks of Native healers and physicians, the words “Medicine Man” generally come to mind. But guess what? Not all traditional healers are men. In fact, in the traditional selection of healers there was no gender bias, and there were just as many Medicine Women as Medicine Men.

Historically, each Nation, tribe and village had medicine people; whether male or female was of no consequence. Children who were born with the gift of healing were taken by the medicine person as a young child and taught the healing ways. They were taught to recognize the healing plants, trees, roots, berries and wild herbs. They were also taught how

to make poultices, teas and other healing foods.

Medicine Women were the local psychologists, therapists, physicians and marriage counselors. In some tribes, the Medicine Women were given the responsibility of making the warriors’ shields, for it was believed that she had special powers that would give the shields added protection for their owners.

The practice of medicine was a full time job, as responsibility for the well-being and emotional balance of all the villagers belonged to the Medicine Woman. In return for her services, she was cared for by the members of the village. She always had food, shelter, assistance when it was needed and special spirit gifts that showed the honor and respect of her peo-

ple. This was how the Medicine Women were “paid.”

The art of being a Medicine Woman has not been lost. In fact, there are more practicing Medicine Women alive today than ever before. Many of these practitioners use traditional healing methods combined with new technological knowledge and advancements. Many are herbalists, naturalists, aroma therapists, massage therapists, as well as many who teach spirituality, awareness and meditation skills. The Medicine Woman continues to care for her family and loved ones with all the tools available to her so they can walk in balance and live life in health and harmony.

Source: www.neosoft.com/powersource/gallery/womansp/default.html

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.

20 Sewells Road Building Development Fund Donors

Platinum Donors:

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Tilley, LLP

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CAW Social Justice Fund

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Thanks also to:

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Church of the Master

Deer Park United Church

Delma Cooper

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Serpent River First Nation

Brian Taheny

Lynne Vallis

Victoria Peterborough
Management Inc.

Wayne Vincent

Wiggins Paralegal Ltd.

Tenant Counsellor's Corner

by Jodi Hetherington

OCCUPANCY STANDARDS

The term “occupancy standards” refers to the number of bedrooms for which a household receiving R.G.I. assistance is eligible. The occupancy standards are determined by the City of Toronto, and must be followed by all housing providers, including Wigwamen.

All tenants should be aware of the rules that determine the number of bedrooms in their unit. The occupancy standards for the City of Toronto are as follows:

- no more than 2 people may occupy a bedroom;
- adults who are spouses or same-sex partners are given one bedroom;
- children of the opposite sex are given separate bedrooms, unless the applicant/tenant wishes them to share a room;
- children of the same sex are given one bedroom. If, however, a bedroom, which would otherwise be shared by two children does not provide a minimum of 4 square meters of space per person, an additional bedroom may be allocated;
- a single parent may share a bedroom with a child of the same sex if the applicant/tenant desires, and the bedroom is large enough to provide a minimum of 4 square meters per person.
- An additional bedroom may be allocated if a member of the household has a disability or medical condition that requires a separate bedroom or room to store medical equipment. It is at the discretion of the housing provider to determine whether or not an extra bedroom is required.



These occupancy standards are new, resulting from the implementation of the *Social Housing Reform Act, 2000*. They affect all tenants who live in a Wigwamen unit and pay rent-geared-to-income.

As a result of these changes, some tenants will be required to transfer to a smaller sized unit. These households have already been informed of this in writing. Any tenant who feels they qualify for a larger unit based on these standards must submit a written request for a transfer. However, all tenants must be aware of Wigwamen's transfer policy, which states that **tenants cannot request a transfer for one full year after moving into their unit and, tenants' accounts must be free of arrears for 6 months prior to the request.**

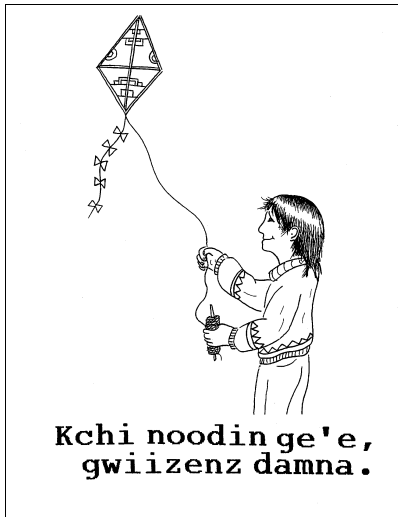
If you have any questions or concerns about the information presented above, please do not hesitate to contact me, at (416) 481-4451, ext. 22.

Kids' Stuff!

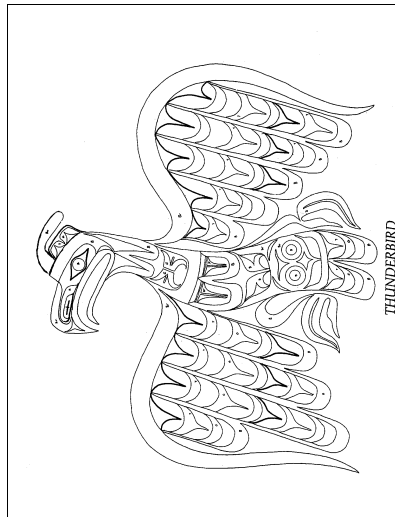
The Wigwamen Kids'

Colouring Contest!

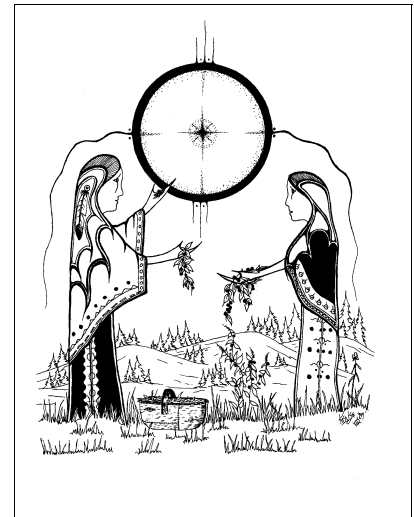
All Wigwamen kids aged 0-12 are invited to enter a colouring contest at Wigwamen's summer picnic "Sweetgrass:"



Ages 5 and under



Ages 6-8



Ages 9-12

Wigwamen Kids' Colouring Contest Instructions, Rules & Regulations:

1. Entrants must submit the appropriate picture for their age category. Full sized pictures are enclosed with this newsletter (for Family Housing tenants only).
2. Entries can only be submitted at the Wigwamen picnic on Saturday, September 11.
3. Entrant must be present at the picnic when the judging occurs to claim a prize. The winners will be announced at 2:00 p.m.
4. Each child may submit one entry only.
5. Only children living in a Wigwamen unit are eligible to enter.
6. Children can use any medium of their choice to colour their picture (i.e. crayons, markers, pencil crayons, etc.)
7. There will be one grand-prize winner for each age category; however, all children who submit an entry will receive a prize.

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A Housing Project
for Native People

www.wigwamen.com

Don't forget to check
back next month for
the winners of the
2004 Flower Power
contest!

Words of Wisdom

“The grandfather and the grandmother are in the children; teach them well.”

(Ojibway)

“When you have a talent of any kind, use it, take care of it, guard it.”

(Sauk)

“It is good to be reminded that each of us has a different dream.”

(Crow)

“When the wisdom-keepers speak, all should listen.”

(Seneca)

“Do not allow anger to poison you.”

(Hopi)

“Silence has so much meaning.”

(Yurok)

