



Wigwam to Wigwam

YOUR "HOUSE TO HOUSE" NEWS

October 2004

Volume 6, Issue 9

Summer Picnic Bash!

Wigwamen tenants sure know how to have a good time!

This is especially true for the 180 or so people who showed up for "Sweetgrass," Wigwamen's fourth annual picnic held at Christie Pitts Park on Saturday, September 11. There, those fun-loving folks enjoyed an afternoon of hot dogs, hamburgers and cake, along with bingo, crafts and face and body painting.

The winners of the Wigwamen Kids' Colouring Contest were announced, and exciting prizes were awarded to the young Picassos-to-be. In the youngest age category, the winner was 5-year-old David Blackbird. The category for 6-8 year olds was won by Jason McQuabbie, 7, and the top award winner for the 9-12 age category was Ashley Bluebird.



Another winner that day was Mark McLeod, whose guess was best in the "guess the gummy worms" competition. The lucky counter walked away with the entire jar of gummy worms. Hopefully his dentist bill won't be too high!

Other big winners that day included Sheila Wyldes and Tony Recollet, who won a VCR and free movie rentals from Rogers Video; Dina Kanelopolous, who won a set of Moon Rays; and Tina Neshkawa, who won a brand new microwave.

Guests also had the pleasure of hearing the music of the spectacular all-female drum group, Spirit Wind, accompanied by the beautiful dancing of Audrey Redmond. Those who enjoyed the music can pick up Spirit Wind's newly released CD "Awakening" by visiting www.spiritwindmusic.com or calling Brenda MacIntyre at (647) 271-0893.

Don't worry if you missed out this year—we'll be holding another one next year!

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Using the Internet

It is said that the amount of information in the world doubles every two years. That's why it's so important to know how to find it. A common way to do this nowadays is through the Internet.

Finding information on the Internet requires certain skills that can be easily learned—but that's only half the battle. Equally important is evaluating the information you receive for accuracy and legitimacy.

There are three ways to search for information on the World Wide Web. The first is through a device called a subject tree. A subject tree is a search device that lists broad subject areas and allows the user to choose among them, gradually narrowing down the scope of the search until the specific subject area has been found. An example of a subject tree is Yahoo, located at www.yahoo.com.

The most popular way to search is via a search engine, such as www.google.com. In a search engine, you can enter one or more keywords and the engine will bring back results that are called "hits." A search engine will usually return more hits than a subject tree, but the results are not usually as accurate.

The last form of searching is through a Meta Search Engine, which searches other search engines for hits. A popular example of this type is www.dogpile.com.

Using a search engine effectively requires proper use of certain search techniques. The most common of these is called a "Boolean" search. A Boolean search uses words like "and," "or," and "not" to narrow the scope of a search. For example, if you are looking for

information about math, but you do not want any results related to geometry, you will get the better results by typing "math NOT geometry," than by just searching under "math."

Entering words as plurals will often miss hits. If you search under "dog," for example, you will get more results than if you search under "dogs."



Finally, you can put quotations marks around a string of words so the search engine will only bring back hits that contain the words in the same combination.

If you have a specific question to which you want an answer, a good way to search is through a plain language site like Ask Jeeves. At this site, you can type in a question, like "what is a hibiscus?," and it will find the answer. This site can be found at www.askjeeves.com.

After you have conducted a search on the Internet, it's important to evaluate the hits you receive. Many of the websites on the Internet contain information that is inaccurate or misleading. There are also many websites that advertise certain products or promote propaganda, so it's important to evaluate everything.

Here are a few questions to ask yourself:

- Who wrote this information? Is this person an expert?
- Is the author trying to convince you of something? Are all the facts presented?
- Does the author give the source of their information, or is it only their opinion?
- Can you find any other sites that have the same information?
- Are there any obvious errors, or statements that just don't add up?

Source: [Locating and Evaluating Information on the Internet](#)
by Art Wolinsky

20 Sewells Road Building Development Fund Donor Recognition

Thanks this month go out to the following donors for their contribution towards our development of 92 units of affordable housing:

BRONZE DONOR

Ron Timoon

for his contribution of \$750

and:

Mikemac Services Limited

for their contribution of \$100



Terrace Happenings

- Don't know what you're going to be for Halloween this year? Well hurry up and decide, because the NCCT is having a Seniors' Halloween party on October 29! The party starts at noon in the cafeteria and will be followed by a costume contest. You'll have a howl!!!
- The annual fire alarm inspections will be taking place on November 8. Thanks in advance for your cooperation.
- Welcome to our newest tenant, Evelyn Wolfe, who moved in October 1.
- The window safety device installations and pest control treatments have now been completed!

- Milroy Hoosein



Aboriginal History

The Manitous



The Ojibway tradition is full of supernatural beings called manitous. But what are manitous, anyway? Here is a brief survey of some of the manitous and their contributions to the world.

Many years ago, **Kitchi-Manitou** (the Great Mystery) created the world and the animals, plants and manitous that inhabited it. However, the world was flooded, and life became threatened. As the animals on earth were dying, Geezhigo-Quae (Sky Woman) was created in the skies. After Sky Woman became pregnant by a manitou, she came down to earth where she rested on the back of a giant turtle. Sky Woman gave birth to twins, the descendents of whom took the name Anishinaubaek.

Four of the most well-known manitous were the sons borne of the human Winonah by **Ae-pungishimook**, the manitou of the west. The first son was **Maudjee-kawiss**, whose name means ‘the first son.’ Maudjee-kawiss was known as a warrior and hunter and was a source of great pride for the nation. He was also the manitou responsible for bringing the Wampum belts

to the Anishinaubaek.

The second born son was **Pukawiss**. A stark contrast to his older brother, Pukawiss loved the lighter side of life. He saw meaning in birds, animals, insects and human beings, which he incorporated into dance for the entertainment and instruction of the people. It is from Pukawiss that the Anishinaubaek inherited their love of dance, theatre and fine dress.

The third born son of Ae-pungishimook and Winonah was **Cheeby-aub-oozoo**. Upon his death, Cheeby-aub-oozoo became a ghost and the chief of the Underworld. He taught the Anishnaubae people to reach out to the spirit world through visions, dream quests and purification ceremonies. He also gave the people the spirit of music, chants and poetry.

The fourth and last-born son was **Nana’b’oozoo**, who was well-meaning but contained many of the faults that characterize human nature. Nana’b’oozoo went on many adventures, which were often unsuccessful but became popular in Anishnaubae story-telling. Nana’b’oozoo represents the

part of humanity that often gives into weakness.

The Weendigo is one of the few manitous that should be feared. The Weendigo is a giant manitou in the form of a man or woman. The Weendigo feeds on human flesh—but only that of the foolish and the improvident. The Weendigo is afflicted by never ending hunger and is always on the verge of starvation. Thus, he has the look of a giant skeleton. Many people would die of fright just from seeing a Weendigo.

Not all manitous are giant, however. In fact, there are different kinds of little manitous, called the **pau-eehnssiwuk**, who live in forests and meadows and alongside shores of lakes to protect people from sirens. The best known of these small manitous are the **mae-maegawaehnnssiwuk**, also called the little people, who are known for their love and care of children. Many stories have been told of lost or grieving children receiving special care from the little people.

These are only a few of the many manitous in the Anishnaube world.

Source: [The Manitous: the supernatural world of the Ojibway](#), by Basil Ohnston

Terrace Community Kitchen

BUTTERNUT SQUASH SOUP

- 1 tsp. light margarine;
- 2 medium carrots, diced;
- 1/2 medium onion, diced;
- 2 medium garlic cloves, minced;
- 4 cups chicken broth;
- 1/4 cup frozen whole-kernel corn;
- 1/2 cup butternut squash, cooked;
- 1/2 cup water;
- 1/3 cup all purpose flour;
- 1 tsp. dried dillweed or 1 tbsp. fresh.



Heat a large saucepan over medium-high heat. Cook margarine, carrots, onion and garlic for 2-3 minutes, until vegetables are tender, stirring occasionally.

Add broth, corn and squash. Increase heat to high and bring to a boil. Boil 4-5 minutes, stirring occasionally.

In a small bowl, stir together water and flour. Add to soup and cook over high heat for 3-4 minutes, or until mixture is thick and bubbly.

Add dillweed and cook 30-60 seconds, stirring occasionally. Serve.

CRANBERRY AND CREAM CHEESE TURKEY SANDWICHES

- 1/4 cup low-fat cream cheese;
- 1/2 tsp. grated orange zest;
- 4 slices rye-pumpernickel swirl bread or 4 6-inch pita breads;
- 8 ounces sliced skinless roasted turkey breast, all visible fat removed;
- 4 curly endive leaves or red-tipped lettuce leaves;
- 1/2 cup whole-berry cranberry sauce.

In a small bowl, combine cream cheese and orange zest, stirring well.

Cut bread slices in half. Put four pieces on a cutting board or work surface.

To assemble, spread 1 tbsp. cream cheese mixture on each of the four bread slices. Top with turkey, endive and cranberry sauce. Top with remaining bread.

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

Seasonal Vegetable Guide: Fall & Winter

Cabbage—buy firm heads, heavy for their size and with crisp leaves.

Cauliflower—look for a dense head with tightly packed florets.

Eggplant—choose firm skinned, heavy for their size.

Mushrooms—choose mushrooms that are clean, firm and unblemished. Caps should be a uniform colour and tightly closed.

Parsnips—choose smooth and firm roots that are not too large.

Potatoes—choose firm smooth potatoes without sprouts, discolouration or soft spots.

Squash & pumpkin—choose those with a hard shell, free from soft spots.

Turnips—look for fairly small, firm young turnips with few scars and roots.

Source: [Quickies 2](#) by Chatelaine

Knowing Your Maintenance

Fire Extinguishers

Last month we discussed the importance of smoke detectors in keeping your home safe from fire. This month, the focus is on fire extinguishers.

In addition to smoke detectors, all of Wigwamen's units are equipped with a functional fire extinguisher. Knowing how to use your fire extinguisher can save lives and possessions by putting out small fires or containing them until the fire department arrives. Protect your family by familiarizing yourself with the operation these devices *before* you have to use it.



hose at the base of the fire.

S—Squeeze the lever above the handle to discharge the extinguishing agent. To stop the discharge, release the lever (some models may have a button instead of a lever).

S—Sweep the nozzle or hose from side to side. Moving carefully toward the flames, keep the extinguisher aimed at the base of the fire and sweep back and forth.

Once the fire goes out, watch the fire area and be prepared to repeat the process if the fire re-ignites. Always have the fire department inspect the site, even if you're sure you've extinguished the fire.

Before you fight a fire, make sure:

- Everyone else has left and someone has called the fire department;
- The fire is small and not spreading;
- You have an unobstructed escape route;
- You know how to use the extinguisher.

There are three common classes of fire (classified as A, B and C), and not all extinguishers are equipped to fight all of them. Fortunately, all of Wigwamen's units are equipped with fire extinguishers that work on all three types of fire.

To operate your extinguisher, remember the acronym **PASS**.

P—Pull the pin that unlocks the operating lever (some models may have other lever-release mechanisms).

A—Aim low. Point the extinguisher nozzle or

Fire extinguishers must be recharged after use. In the event that you are forced to use your fire extinguisher, call Wigwamen's maintenance department, and they will arrange to have it recharged for you.

- Brian Taheny, Maintenance Manager



Wigwamen would like to extend a big "thank you" to the companies and individuals who donated prizes and other goodies to the picnic:

Toronto Maple Leafs Hockey Club, Appliance Canada, Donna Niven, Pizza Pizza, Rogers Video, The Cadillac Fairview Corporation, Weston Bakeries, Sunrise Building Supply, Hardware Agency & Donna Wheeler.

And for their yummy donations to our picnic lunch, thanks to Bernadette Crawford, Veronica Rice & Yvonne Beaucage (if we've forgotten anyone we're very sorry!).



20 Sewells Road Building Development Fund Donors

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Household Hints

More foods than you probably thought possible can be safely stored in the freezer for convenient, hassle-free cooking. You can freeze many of the building blocks for making meals, all the while preserving their freshness. Here are some of the foods you may not have known about that can be safely frozen:

Broth—pour beef, chicken or vegetable stock into an ice cube tray. Freeze, then pop them out and store in air-tight freezer bags. These are great for sautéing, as they’re much healthier than using oil.

Tomato paste—lots of recipes call for just a small amount of tomato paste. Unless you can use the leftovers quickly, the rest of the can usually gets thrown out. Instead, drop spoonfuls of paste onto a cookie sheet and freeze them. Afterward, store them in an

air-tight bag.

Chicken breast—remove the skin and fat.

These can be pounded and stacked in layers, separated by sheets of wax paper.

Grated cheese—cheese freezes much better when its grated than in blocks. Grate a block and store in a freezer bag. It’s a lot cheaper to do it this way than to buy your cheese shredded.

Pasta—cooked pasta freezes very easily when tossed with a little bit of oil. To eat, just drop it into a pot of boiling water for about 2 minutes.

Berries—get berries when they’re in season and separate them on a baking sheet. Store them in air-tight freezer bags.

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

BOOK REVIEW

A COYOTE COLOMBUS STORY By Thomas King



This children’s book by renowned Native Canadian author Thomas King tells the story of the colonization of the Americas from a Native perspective.

Long ago, the world was created by Coyote, a fun-loving trickster who called animals and humans into being in the hope of finding some playmates for a game of ball.

But one day, something happens to change all her plans. A ship arrives, and off it steps a funny looking red-haired man named Christopher Columbus. Columbus is looking for India, and not realizing that he has gone the wrong way, he names the people he meets “Indians.”

Always looking to make a profit, Columbus decides to capture the Indians to sell them in Europe.

This story proves that history is interpreted through a cultural lens, and we shouldn't always believe the stories we hear from popular culture.

This book was nominated for a Governor General’s Award in 1993. It is great for all children.

- Melanie Brown

Kids' Stuff!

S	K	O	E	P	S	D	N	B	O	G	E	Y	M	A	N	A	N
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APPLE CIDER
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BLACK AND ORANGE
BLACK CAT
BOBBING FOR APPLES
BOGEYMAN
CANDY
COSTUME
DEMONS
DEVIL
GHOST
GOBLIN
GRAVEYARD
HAUNTED HOUSE



JACK-O-LANTERN
MASK
MASQUERADE

MUMMY
OCTOBER
PARTY
PHANTOM
PRANKS
PUMPKIN
SCREECH OWL
SKELETON
TRICK-OR-TREAT
VAMPIRE
WEREWOLF
WITCH
ZOMBI

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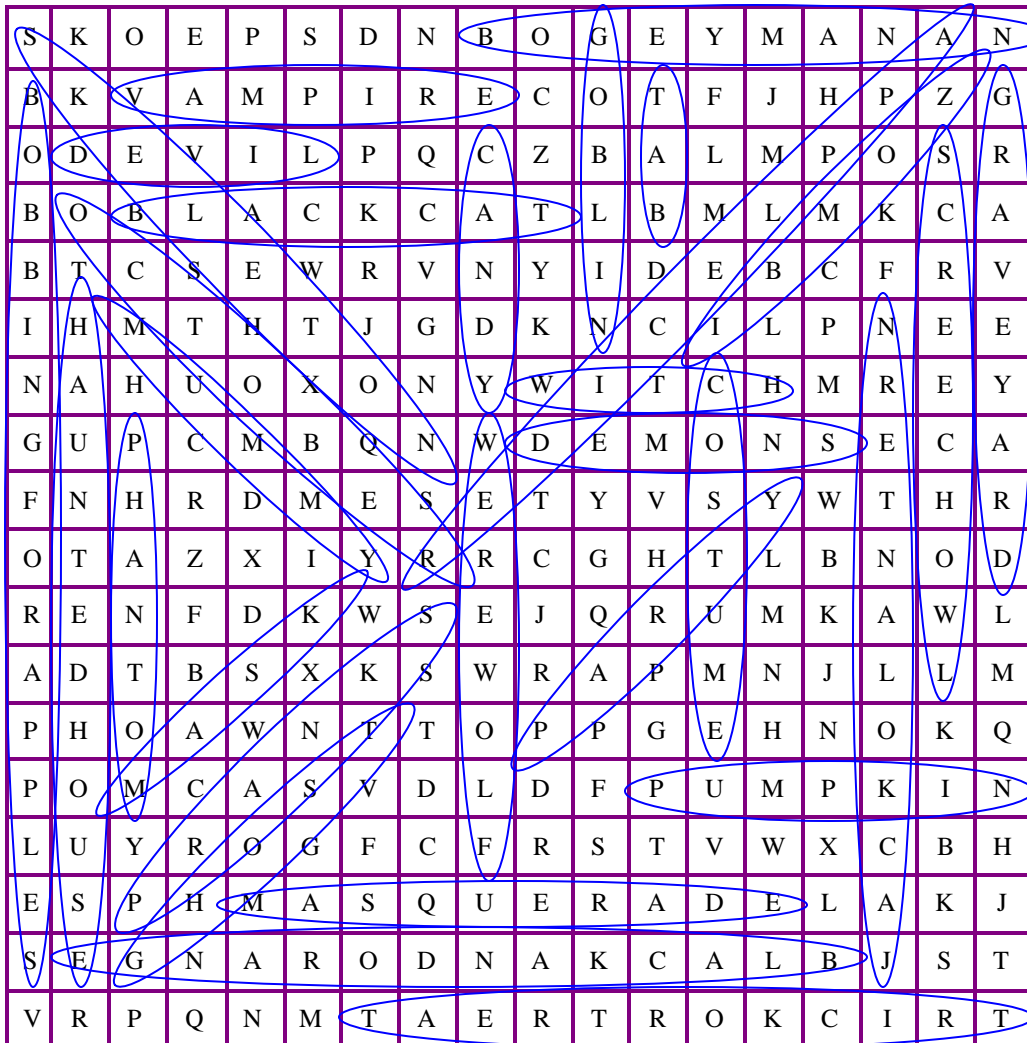
Words of Wisdom

"You already possess everything necessary to become great."
(Crow)

"Life is as the flash of the firefly in the night, the breath of
the buffalo in winter time."
(Blackfoot)

"Sometimes dreams are wiser than waking."
(Oglala Sioux)

"Work hard, keep the ceremonies, live peaceably, and unite
your heart."
(Hopi)



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