



Wigwam to Wigwam

YOUR "HOUSE TO HOUSE" NEWS

April 2005

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Fire Devastates Community

Tragedy struck the Wigwamen community in the early hours of April 13th, when a fire broke out at one of our properties on Rutherford Ave.

A tenant was killed in the fire and her young son was left badly injured. We would like to extend our sincere condolences to the family and friends of Tia Daybutch. We also join the many people who are praying for the recovery of Tia's 18-month old son, Malakai.

A trust fund for Malakai Daybutch has been set up by Native Child and Family Services of Toronto. Cheques should be made payable to "NCFST in trust for Malakai Daybutch" and mailed to or dropped off at 464 Yonge St., Suite 201, Toronto, Ontario, M4Y 1W9. For further inquires about donating, please call (416) 969-8510.

The fire also left four other

families homeless. Wigwamen staff have been working hard to find new homes for them, and as of May 1, all will be relocated to new units.

We would also like to mention Stanley Anglin, whose heroic efforts on the night of the fire will never be forgotten by anyone connected to this tragedy.

This is a very difficult time for many people. Page 2 of this edition of *Wigwam to Wigwam* contains some information about bereavement and grieving, which we hope you will find useful.

We also encourage people affected by this loss to seek assistance from an Elder, or any other spiritual source that you find helpful. A number of suggested numbers for you to call are included on page 3.

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Dealing With Grief

Everyone deals with the loss of a loved one differently, and there is no single right way to grieve. Having said that, there are a number of feelings that people who are grieving will often experience. These include:

- Feelings of numbness or shock.
- A deep yearning to have the loved one back.
- Wishing and bargaining to a higher power for things to be different.
- Feelings of anger. The anger may be directed to a variety of targets—even the loved one who has passed away. Many people are embarrassed by this emotion, but it is a normal part of the grieving process. However, it's important not to hold onto the anger. You need to recognize it, come to terms with it, and then move past it.
- Feelings of guilt. Sometimes people put an unrealistic burden on themselves following the death of a loved one, such as thinking, "if only I had..." Like anger, however, it's important not to get stuck on these feelings.
- Intense emotional pain, despair and depression. It's normal to feel this way. However, you need to recognize the warning signs that may tell you your depression is getting out of control and may require treatment.
- After a while, feelings of having some emotional distance from the loss may appear. Although you're still aware of it, the feelings of intense pain will start to lessen. This doesn't mean that you love the person who died any less—only that an emotional scar has started to grow

over the wound. This, too, is normal.

- Eventually, most people notice that the lost energy begins to return and they are able to see new joy in life.

It's important to understand that it is normal to experience a variety of thoughts and feelings during the grieving process. Sometimes these emotions are new to you, and this can be frightening. You will probably need to draw on a variety of internal and external sources of strength. Some important things to keep in mind, however, are:

- Be gentle with yourself.
- Don't compare yourself to others who have gone through the grief process.
- Reach out for support from others.
- Strive for a balance between solitude and company—both can be very helpful.
- Find ways to express your feelings.
- Try to take care of yourself. Proper nutrition and exercise are important.
- If it seems right for you, find ways to access your spiritual strength and use rituals to help yourself heal. Seek the counsel of an Elder, or participate in Native healing rituals.
- If you find yourself stuck with feelings of anger, guilt, despair or depression, seek professional help.

Remember that you are not alone. There are many people and resources available that may be able to help you. For more information see page 3.

Source: www.yourhealth.calgaryhealthregion.ca

Contents Insurance

If you can afford to pay \$20-\$25 per month, you might want to consider obtaining tenants' contents insurance.

Having this coverage will ensure that you get reimbursed for the value of your belongings if they are ever destroyed.

While Wigwamen has insurance on all its properties, this does not cover tenants' personal belongings.

It is not hard to obtain contents insurance. The first thing to do is contact an insurance agency. This could be private company or an institution like a bank. Some possibilities include: Allstate Canada, Gore Mutual, Pilot Insurance

Company, RBC and TD Canada Trust. Obtain a quote from the bank or insurance agency. They will need information about the property you're living in, which they can obtain directly from Wigwamen.

You may be able to vary the amount of coverage you get, depending on the amount you are willing to pay for your premium. Regardless, it is generally not too expensive. \$20-\$25 per month should cover basic tenant insurance.

Not all policies are alike, so be sure to read the fine print so you know what is covered, and to what situations your coverage extends.

Resources to help you deal with grief

Bereaved Families of Ontario—Toronto

(416) 440-0290
info@bfotoronto.ca
www.bfotoronto.ca

Self-help/mutual support groups, individual support, bereavement information, resource centre and more.

Anishnawbe Health

(416) 360-0486
info@aht.ca

Culture-based and traditional health care provided by traditional healers, Elders, physicians, nurses, etc.

Council Fire Native Cultural Centre

(416) 360-4350
info@councilfire.ca

www.councilfire.ca

Native cultural and spiritual awareness, Aboriginal community service centre, information, counseling and referral.

Distress Centre of Toronto

(416) 408-HELP

www.torontodistresscentre.com

Telephone response for people in need of immediate emotional support, crisis intervention or suicide prevention.

Kids Help Phone

1-800-668-6868

www.kidshelpphone.ca

Confidential telephone and online counseling, information and referral for children and teenagers.



Aboriginal History

“Controversy over death”



A long time ago people never used to die. Coyote’s brother, Wolf, said, “When people die they get up after two days.” Coyote didn’t like that.

Coyote kept on asking his brother why the dead should get up. He didn’t like that, he wanted them to die forever.

After that, Wolf wished that Coyote’s son would die. Coyote had Magpie for his son.

After Coyote’s son died, Coyote went to his brother’s place and said to him, “Raise my son to life after two days.”

Wolf didn’t answer for a long time. Then he said, “You, Coyote, said that people should die forever.”

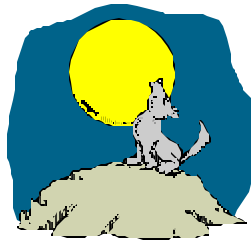
Wolf told him to burn all his clothing, and

cut off his hair and burn it. Wolf told him that dying forever was what Coyote wanted in the first place. If it weren’t for Coyote there would be too many people now.

After Coyote burned his clothing, he lay down flat on the ground and looked up at the sky. Soon he saw lots of black birds up there. They were crows. They belonged to his big brother, Wolf. Coyote wished that one of them would fall down.

Coyote heard the crows cawing. He saw one coming down. It sat at Coyote’s feet. It hopped up to his face. Coyote caught it. He tore the crow to pieces and scattered the pieces on the ground because he was angry at Wolf.

Coyote had a funeral service for his son. He sang all night.



Source: Shoshone Tales, Collected by Anne M. Smith



Important!

We are currently looking for donations of furniture in good condition for our tenants whose belongings were lost in the fire. If you have anything to donate, please contact our office. We can arrange to have your donation picked up.

You can shed tears that she is gone
or you can smile because she has lived.
You can close your eyes and pray that she will come back
or you can open your eyes and see all that she's left.
Your heart can be empty because you can't see her
or you can be full of the love you shared.
You can turn your back on tomorrow and live yesterday
or you can be happy for tomorrow because of yesterday.
You can remember her and only that she's gone
or you can cherish her memory and let it live on.
You can cry and close your mind, be empty and turn back
or you can do what she'd want: smile, open your eyes, love and go on.

- Anonymous

Terrace Happenings

- Sarah-Jayne Kendall will be moving over to the Terrace to take the position of Manager in May. Sarah-Jayne had previously been working at Wigwamen's head office as an administrative assistant. Please join us in welcoming Sarah-Jayne to her new position here at the Terrace.
- The current manager of the Terrace, Milroy Hoosein, receives an honourable discharge, as he is moving over to manage the new building at 20 Sewells Road. Good luck Milroy!
- Tenants are reminded that smoking in the common areas is prohibited, particularly the solarium on the fourth floor. It is against city by-laws and could result in a fine for anyone caught in the act.
- Welcome to our newest tenants: Gertrude Jacko, Gerald Gillis and Helen Hunter. We hope you enjoy your new homes!
- Best wishes to Mr. George Toth, who recently moved out of the building and into a long-term care facility.



Tia Shannon Dawn Daybutch

March 17th 1979 - April 15th 2005

Life, love, laughter

Mother daughter, sister & friend