

Wigwam to Wigwam

YOUR "HOUSE TO HOUSE" NEWS

Order of Ontario Awarded to Terrace Tenant

Wigwamen Terrace tenant Mrs. Lillian McGregor was honoured with the Order of Ontario on December 20, 2006 at Queen's Park.

The Order of Ontario is the Province's most prestigious official honour. The award was created in 1986 by the Government of Ontario to recognize the highest level of individual excellence and achievement in any field.

Mrs. McGregor has served numerous organizations as a Board member or Elder. She is a respected teacher of traditional ceremonies and advocate for Aboriginal languages. The Order of Ontario enhances the countless personal and professional achievements attributed to Mrs. McGregor's contributions to many councils and communities.

Lillian was born in 1924 on the Whitefish River First Nation in Birch Island, Ontario.

Whitefish River is where Lillian was raised with her family until the age of fifteen when she moved to Toronto to be a nanny during the evenings and weekends while she completed high school. Although Lillian missed her family, she credits the family that she worked with for treating her so well and encouraging her to pursue her dream of nursing.

Upon completing high school Lillian trained and became a qualified nurse. Lillian's grandmother was a midwife and this is where Lillian was taught the essential lessons for compassion and care.



Pictured Above: Elder Mrs. Lillian McGregor wearing her Order of Ontario Medallion.

"Stopping and taking a few steps back to get your grounding, learn and remember where you came from," is advice Lillian offers to people of all backgrounds.

Throughout a lengthy nursing career Lillian and her husband raised 3 children, all boys, and is now the proud grandmother of 5 grandchildren and 1 great-grandchild.

Although having served on many

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Special points of interest:

- Wigwamen tenant receives the Order of Ontario
- Preparing for a Blackout
- Easter Menu Ideas



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Lillian McGregor (con't)

boards and advisory councils over the years, it wasn't until retirement at age 65 that prompted the astounding and continuous work by Lillian in areas such as education, health care, law and community.

The list of awards and various recognitions received by Lillian is astonishing: one citation being the two yearly \$1,000 scholarship awards from First Nations House (University of Toronto) awarded in Lillian McGregor's name. Lillian has been the Elder in Residence to First Nations House-University of Toronto since 1995.

The following is a list of awards and noted moments for Lillian's work:

- Presented with an Eagle Feather from the NCCT and First Nations House
- 1995 - City of Toronto Civic Award
- 1997 - Distinguished Educator of the Year Award (U of T)

- 2001 - In Praise of Canadian Women Volunteers (Indian Affairs)
- 2001 - Aboriginal Elder for Toronto Olympic bid in Moscow
- 2002 - Queen Elizabeth Golden Jubilee Medal for Community and Volunteer Involvement
- 2002 - Lifetime Achievement Award (Union of Ontario Indians)
- 2002 - Honorary Doctorate of Laws Degree (University of Toronto)
- 2004 - Lieutenant Governor James Bartleman Medal for Volunteerism

This is a fraction of the work and representation Lillian has done for her people and the community at large. Thank you, Lillian, for your commitment to improving the lives of others and for being such a diverse role model within many circles.

By Sarah Jayne Kendall

Terrace Happenings

Spring is in the air and it is nesting season. Please clear any unnecessary items off of the balconies to deter squirrels and pigeons from using them as nesting grounds. More importantly, balconies must be kept clear in the event of an emergency. Maintenance and management will be conducting balcony inspections mid-April and we will be notifying tenants to clear off their balconies if it poses a safety issue.

Don't forget about our 50/50 draw. Tickets can be purchased from Frances or Sarah Jayne. Ticket prices are 1 ticket for \$1.00 or 6 tickets for \$5.00. All funds raised will go directly to the benefit of Terrace tenants.

Frances held a Pancake Breakfast and it was a wonderful success. Another pancake breakfast

and a loonie auction are scheduled in the near future. The dates will be posted in the lobby.

The Seniors' Social Club update:

- Pauline Grant has resigned as Vice-President due to health reasons.
- The Seniors' Social Club will be hosting a bus trip to Casino Rama on April 28, 2007. The cost is \$10.00 per person and this includes an all you can eat buffet. The bus will be leaving from 14 Spadina Rd. at 10:00 am and it will be returning at approximately 7:00 pm. For ticket information please contact Gladys or Sarah Jayne at 416-925-9165.

Wigwamen Terrace staff and tenants would like to welcome George Bedwash as our newest member to the Terrace community.

Are You Ready For a Blackout?

With the arrival of spring, the warm July and August days are just around the corner. Being ready for a blackout is essential year round but it seems to be more of a looming threat with the increasing use of business and household cooling systems.

The following information is based on information from the American Red Cross in Greater New York - Blackout Safety Guide:

Get Prepared - Have An Emergency Safety Kit

- Put your safety kit in an accessible area that can be easily located in the dark.
- Flashlights with extra batteries - it is a good idea to have a magnetic flashlight on your refrigerator.
- A **battery operated lantern with extra batteries** - lanterns can be purchased in the camping/sporting goods section in stores such as Canadian Tire, Zellers, WalMart and local hardware stores.
- If you use a cordless phone, purchase a standard telephone handset. A cordless phone will NOT work if you do not have electricity. Standard telephone handsets can be purchased for a very low cost at most dollar stores.
- A portable battery operated radio with extra batteries.
- At least one gallon of water.
- Juice boxes store for long periods of time.
- Non-perishable food items such as crackers, small tins of tuna, beans, canned fruit and canned vegetables.



What to do during a blackout

- **Use only flashlights** for emergency lighting. **NEVER** use candles during a blackout or power outage due to extreme risk of fire. Using candles could put yourself, loved ones and others at risk.
- **Keep refrigerator and freezer doors closed** to keep food as fresh as possible.
- **Turn off appliances.**
- **Do not run a generator** inside a home or garage.
- **Do not connect a generator to a home's electrical system.**
- Leave on **one** light so that you'll know when your power returns.

Energy Savers

- Most power is consumed by heating and cooling systems, so adjusting the thermostat is the biggest energy conservation measure you can take.
- **Use an air conditioner only when you are home.**
- **Do not set the thermostat at a colder-than-normal setting** when you turn on your air conditioner. It will not cool your home any faster and could result in unnecessary energy expenditure and expense.
- **Open draperies and shades** on south-facing windows during the day in the winter to allow warm sunlight to enter your home. Close them at night to reduce the chill. Keep window coverings closed during the day in summer.
- Turn off all lights, appliances and computers when not in use.

Terrace Kitchen

Ham with Honey and Brown Sugar Glaze

Ingredients

- 1 5 pound fully cooked sliced ham
- 1/4 cup of cloves
- 1 cup of pineapple juice
- 1 cup of brown sugar
- 1/2 cup of honey
- 2 oranges juiced



Directions

1. Preheat oven to 350°F (175°C).
2. Place the ham in roasting pan and dot with cloves. In a saucepan combine the pineapple juice, brown sugar, honey and orange juice over medium-low heat until thickened, about 10 minutes. Pour the glaze over the ham
3. Bake the ham uncovered for 1 hour in the preheated oven.

Kitchen Safety - Grease Fires

If a grease fire erupts in a pan on top of a stove, quickly and carefully cover the pan with a lid or larger pan. **NEVER USE WATER**. If the fire is in the oven, turn the controls off and close the door tightly. This will smother the flames. Always have a kitchen fire extinguisher handy and know how to use it.

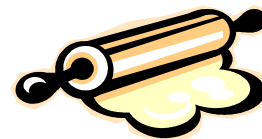
NEVER HESITATE TO CALL 911.



Quick Biscuits

Ingredients

- 2 cups of self-rising flour
- 1 cup heavy cream



Directions

1. In a large mixing bowl, combine flour and cream. Turn out onto floured surface, roll dough to a 1/2 inch thickness. Cut into 3 inch biscuits. Place on a greased baking sheet. Bake at 450°F for 8 to 10 minutes.

Broccoli with Garlic Butter & Cashews

Ingredients

- 1 1/2 pounds of fresh broccoli, cut into bite size pieces
- 1/3 cup of butter
- 1 tablespoon brown sugar
- 3 tablespoons soy sauce
- 2 teaspoons white vinegar
- 1/4 teaspoon ground black pepper
- 2 cloves garlic, minced
- 1/3 cup chopped cashews



Directions

1. Place broccoli into a large pot with about 1 inch of water in the bottom. Bring to a boil and cook for about 5 minutes, or until tender but still crisp. Drain and arrange on a serving platter.
2. While the broccoli is cooking, melt the butter in a small skillet over medium heat. Mix in the brown sugar, soy sauce, vinegar, pepper and garlic. Bring to a boil, then remove from the heat. Mix in the cashews and pour the sauce over the broccoli. Serve immediately.

The Call of Spring

Mother Earth let out a yawn
as she opened her sleepy eyes,
She said to all her subjects
awaken for now it is time to rise.

Let the flowers begin to bloom
to give off their fragrant scent,
Let all creatures come forth
for to all this happiness is meant.

From the smallest insect to the mighty eagle the
master of the sky,
Sing a song of happiness
for to winter say goodbye.

For now it is the appointed season for the cycle
to begin anew,
All my life-long companions know just what they
must do.

By James Spring

Happy Easter

Easter is the time of year
that is solemn as well as fun.
It's a time of reflection
For each and everyone.

Some enjoy it by dressing up
and going to the parade.
While others go to church
thinking of the difference Jesus made.

Whatever way you celebrate
make it meaningful and bright.
And each day do the right thing
by bringing in the light.

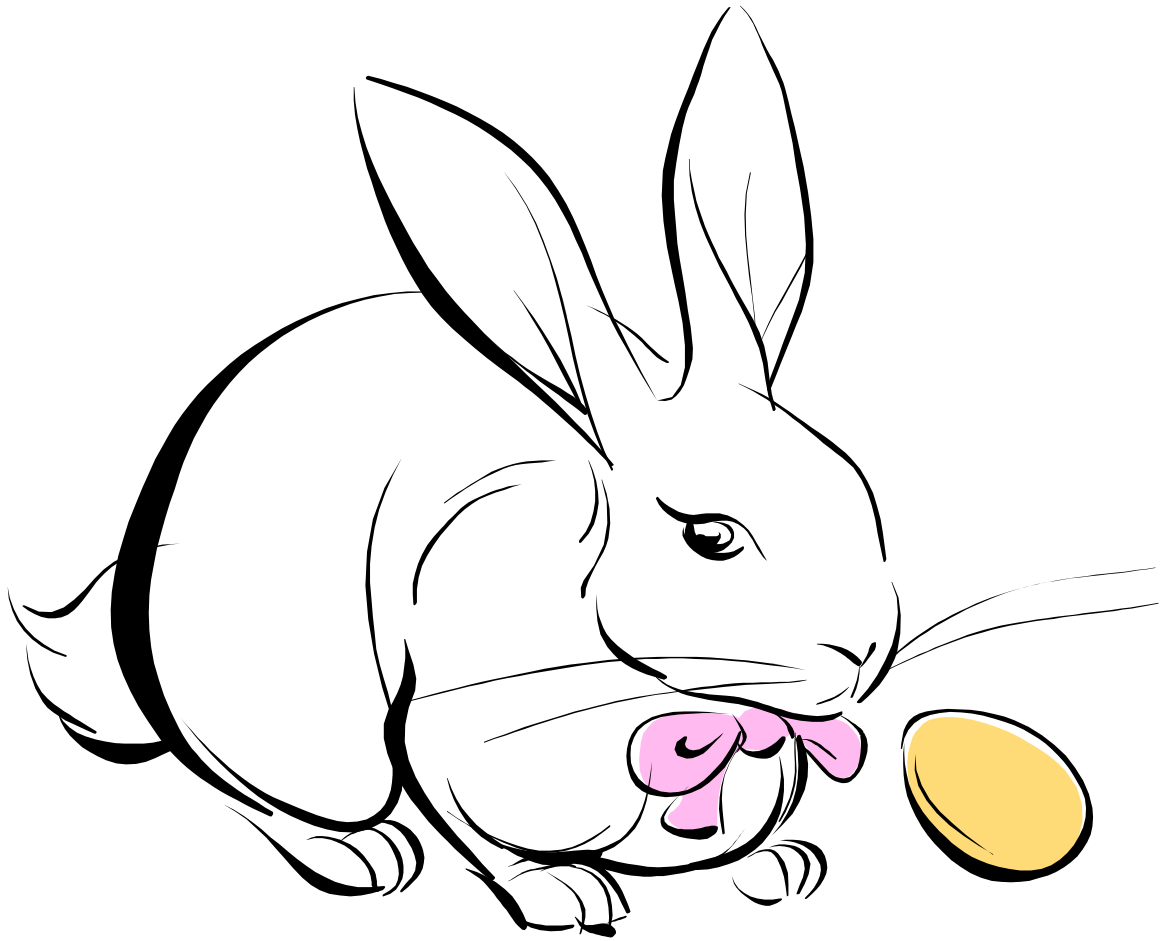
So Happy Easter one and all
May your day be filled with bliss.
Share your caring and love
Emitting true happiness.

By Suzan Wiener

Easter Facts

- The name Easter owes its origin from Eastre, the Anglo-Saxon goddess who symbolizes the hare and the egg.
- Pysanka is a specific term used for the practice of Easter egg painting.
- The initial baskets of Easter were given the appearance of bird's nests.
- From very early times, the egg has been considered to be the most important symbol of rebirth.
- The maiden chocolate eggs recipes were made in Europe in the nineteenth century.
- Each year witnesses the making of nearly 90 million chocolate bunnies.
- When it comes to eating chocolate bunnies, it is the ears that are preferred to be eaten first by as many as 76% of people.

Kid's Stuff: Happy Easter



What day does an egg hate the most?

- Fry-days.

How can you tell where the Easter Bunny has been?

- Eggs (x) marks the sport.

Is it true that bunnies have good eye sight?

- Well you never see a bunny wearing glasses, do you?

What do you call a rabbit who tells jokes?

- A funny bunny.

How can you tell which rabbits are the oldest in a group?

- Just look for the grey hares.

What kind of book does a rabbit like at bedtime?

- One with a hoppy ending.

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THE ABORIGINAL HOUSING SUPPORT CENTRE

AND CREDIT CANADA PRESENT:

MONEY MANAGEMENT AND BUDGETING

WEDNESDAY, APRIL 25, 2007

4:00 PM – 5:00 PM

COMMUNITY ROOM – 1ST FLOOR

20 SEWELLS ROAD, TORONTO, ONTARIO, M1B 3G5

- DO YOUR MONTHLY BILLS OFTEN EXCEED YOUR MONTHLY INCOME?
- DO YOU HAVE TO BORROW MONEY TO MAKE MINIMUM MONTHLY PAYMENTS?
- ARE YOU UNABLE TO MAKE MINIMUM MONTHLY PAYMENTS?
- WOULD YOU LIKE FREE ADVICE ON MANAGING YOUR PERSONAL FINANCES?

IF YOU ANSWERED 'YES' TO ANY ONE OF THESE QUESTIONS, YOU WILL PROBABLY
BENEFIT FROM ATTENDING THIS WORKSHOP.



Aboriginal Housing Support Centre

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Contact Us

If you have submissions for the
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following people:

Warren Canney: 416-281-2079
wcanney@wigwamen.com

OR

Sarah Jayne Kendall: 416-925-9165
sjkendall@wigwamen.com



Native Housing for Seniors

Wigwamen Terrace is currently accepting applications for 1-bedroom apartments with rent subsidy.

Wigwamen Terrace is located at 14 Spadina Road (near Bloor and Spadina - next door to the Native Canadian Centre of Toronto).

Applicants must be:

Aboriginal (First Nations, Métis or Inuit)

59 years or older

Able to live independently

To inquire further or obtain an application, call

(416) 925-9165 or (416) 481-4451.