

Wigwam to Wigwam

YOUR "HOUSE TO HOUSE" NEWS

2007 Wigwamen Scholarship

Those of you who are involved in a post-secondary school program will be very pleased to know that submissions for the 2007 Wigwamen Scholarship are now being accepted.

Wigwamen Incorporated will, once again, be awarding a \$2,000 scholarship to one Wigwamen tenant who has been approved to enter a post-secondary educational institution (college or university).

There are conditions attached to being considered for this award. The scholarship is **open to any tenant who, at the time of the awarding of the scholarship, is resident in any kind of our family housing units, at Wigwamen Waabnong, or at Wigwamen Terrace.**

Naturally, Wigwamen Incorporated would like to award more than one scholarship per year. You may recall that last year was extra special in that the Board of Directors were able to approve the awarding of three separate, \$2,000 scholarships. There is no guarantee that the same can happen this year so, **expect that one scholarship will be awarded for 2007.**

The selection for the Wigwamen Scholarship is made by a committee appointed by the Wigwamen Board of Directors.

More information about the scholarship will be sent out to all tenants in the very near future; specific to the application process and what the eligibility criteria are **so be certain to check your mail and re-view the materials carefully!**

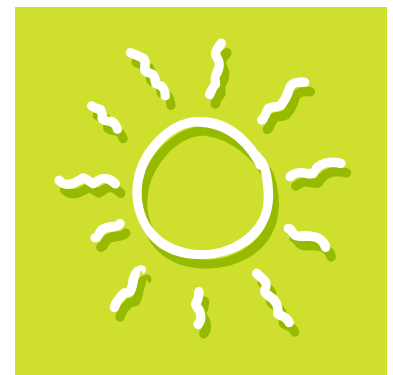
Some ten years ago, Wigwamen Incorporated also donated \$25,000 to fund a scholarship at Humber College, and another \$25,000 to fund a scholarship at the Schulich School of Business at York University. With a matching donation in each case from the Province of Ontario, there are sufficient monies in each of the two funds to award one scholarship each year at each post-secondary institution.

The Humber College scholarship is awarded to an Aboriginal student interested in pursuing a career in property management, while at the Schulich School of Business, the scholarship is awarded to an Aboriginal student entering its MBA program.

May 2007

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New CD Released By Brenda MacIntyre

“ SPIRIT CONNECTION”

After just being recognized as the Aboriginal Businesswoman of the Year (by the Toronto Aboriginal Business Association) on March 22nd of this year, Wigwamen tenant, Brenda MacIntyre, released her latest studio album ‘Spirit Connection.’ At the CD launch party, held on Thursday, April 26, 2007, Brenda performed some of her music at the event that also included a Native ceremony and a drumming circle.

Inspired by a childhood vision and a recently completed art class at Native Women’s Resource Centre Brenda spent the winter in what she calls an “urban vision quest.” According to MacIntyre, “I started drawing something the night before class and it was like a chain reaction. I remembered this vision I used to have as a kid; I realized it was linked to another vision, and the meaning of it all exploded into this painting the next day.”

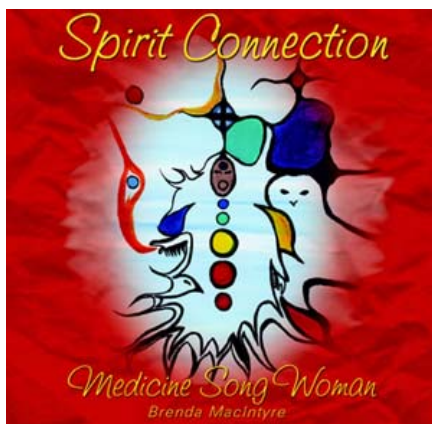
Brenda called the painting “Spirit Connection.” Over two months of solitude, Brenda created a self-esteem and goal-setting seminar based on the painting and her experiences with the Law of Attraction. During the first seminar, MacIntyre announced a goal to create a studio CD with music, teachings and meditation. The result is the Spirit Connection album.

This is Brenda MacIntyre’s 9th CD. But it’s her first solo studio album with teachings, meditations and her signature fusion of Aboriginal drumming and neo soul.

Brenda describes herself as, ‘a single mother and survivor of depression, poverty and abuse’ and she wanted to offer more than entertainment because, as she says, “The Law of Attraction only works if you have high self-esteem and you can connect to the power and potential of your spirit.”

On March 8th, 2007, Brenda MacIntyre was also honoured by Minwaashin Lodge (Ottawa’s Native Women’s Centre) at their International Women’s Day event for the work she does with Aboriginal women as she helps them ‘find their voices.’

You can find out more about Brenda MacIntyre, and the various projects that she is involved in, by visiting her website: <http://brendamacintyre.com/>



Wigwamen Waabnong Grand Opening Celebration

Up until Friday, March 30th, 2007, the Wigwamen Incorporated apartment building in Malvern had always been referred to by its street address. Everyone called the building, "20 Sewells Road." Along with the official grand opening celebration that day was the unveiling of the new name for the building, [Wigwamen Waabnong](#) (Houses in the East).

It was an exciting day for the tenants, the staff, and the Board of Directors. Also in attendance were dignitaries from three levels of government, invited guests, members of the press and representatives from local services in the Malvern area.

A number of very important people spoke at the event including two of the tenants who live at Wigwamen Waabnong. Pictured on the right are Michelle MacGugan and Edda Morgan. Both women spoke at the ceremony about how living in the building has changed their lives for the better.

It was a beautiful sunny day. The event drew a very receptive audience. Treats were served after all of the festivities were completed. Thank you to everyone involved in the making of this historic day.



Grand



Opening



Aboriginal Housing Support Centre

20 Sewells Road, Toronto, Ontario, M1B 3G5

The Aboriginal Housing Support Centre (AHSC) was created in order to encourage Aboriginal families and individuals who are paying too much rent for substandard accommodation, to apply for non-profit housing; another significant mandate of the service is to also provide counselling and support services for families or individuals who are at risk of losing their private market rental to remain housed until a non-profit housing unit comes available.

The AHSC office is located inside Wigwamen Waabnong, at 20 Sewells Road in Scarborough. It is open Monday - Friday, 9 am - 5 pm. You can call the office at 416-281-2057 or send an email to: info@aboriginalhsc.org. If you, or anyone you know, needs some assistance with their housing needs, please don't hesitate to call.

You can find out more information by going to the AHSC website at: www.aboriginalhsc.org



CANADA QUIZ



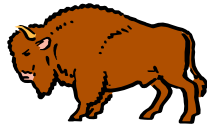
1. The animal of Manitoba's coat of arms once roamed the area by the thousands.

What animal is it?

2. Name one of the five First Nations of Saskatchewan.

3. The city of Moose Jaw was named after the Cree word "moosegaw".

What does it mean?



a) warm breezes

b) big moose

c) moose hide

4. Chic-Choc is derived from a Mi'Kmaq word for steep mountains.

In what region of Quebec can you find the Monts Chic-Chocs?

a) Estrie

b) Gaspé

c) Saguenay

5. What is the name of the legendary "Big Foot" of the Pacific Coast?

6. What does the word "Inuit" mean?

7. Which group of First Nations people carved totem poles?



a) Northwest Coast

b) Mi'Kmaq

c) all of them

8. What city, founded in 1846, has been given the nickname "Steel City"?

9. The original "Winnie the Pooh" was a black bear cub bought by veterinary officer Harry Colebourn while en route to the First World War. After which Manitoba city was the bear cub named?

10. Hundreds of images of people, animals and birds are etched on limestone rocks near Peterborough.

They were carved by Aboriginal people almost one thousand years ago. What are they called?

11. Which is the largest Aboriginal group north of the 60th parallel?

a) Inuit

b) Cree

c) Mohawk

12. What is the name of a dry and warm southwest wind in Southern Alberta?



NATIVE HERBAL HEALERS

Submitted by Alla Ponomarenko

DILL – This remedy is typically used to combat colic, gas and indigestion. Dill weed contains an agent called carvone, which can have a calming effect and assist with digestion by relieving intestinal gas. It is used to treat almost any problem relating to the digestive tract.

IVY LEAF - Not be confused with poison ivy, this evergreen climber can be used to treat a number of different ailments, including asthma, whooping cough, arthritis, rheumatism, dysentery, and stretch marks. The saponins found in ivy can also prevent the spasm of muscles in the bronchial area. Don't munch on the berries though, since they're toxic.

LAVENDER – Some varieties of this lovely herb are loaded with sedative compounds that can penetrate the skin. Toss a handful into your bathwater if you want a nice smelling way to relax, or use it to soothe burns, headaches, sore muscle, herpes and sinusitis.

MOUNTAIN MINT – This antioxidant-rich herb is an organic insect repellent that can be used as a natural source of SPF 18+. It's also used to stimulate digestion. It has been used in treating Alzheimer's disease by preventing the breakdown of brain chemicals that are in short supply in Alzheimer's patients.

OREGANO – A great source of antioxidants, this aromatic herb and weedy mint is useful as a remedy for athlete's foot, chronic candidiasis, and indigestion and yeast infection. As a dried herb, oregano contains vitamins A and C, and has a strong anti-microbial action against bacteria, including salmonella and E. coli.

PARSLEY – Best known as a great source of chlorophyll, which combats bad breath, parsley is also effective in aiding the healthy function of the male reproductive system, due to its rich volumes of zinc. It also contains large amounts of vitamin C. Parsley also aids asthma, conjunctivitis and difficult menstruation.

THYME – It is one of the best sources of thymol, an antiseptic, stomach-soothing compound that helps prevent the internal blood clots that cause heart attack. Thyme also helps heal whooping cough, bronchitis, gastrointestinal tract irritation, and topical fungal infections. It gets rid of halitosis (bad breath) and used in toothpaste to prevent gingivitis.

VALERIAN – This is a relaxant and sedative that relieves anxiety, irritability and spasms. The root of this herb can be useful in relieving insomnia, nervous tension, stress, neuralgia and hypertension. Commonly used as a sleep aid, valerian has none of the negative side effects of over-the-counter medications and it lowers blood pressure.

MOTHER'S DAY

By Carol Matthews

A Mother loves right from the start.
She holds her baby close to her heart.
The bond that grows will never falter.
Her love is so strong it will never alter.

A Mother gives never ending love.
She never feels that she has given enough.
For you she will always do her best.
Constantly working, there's no time to rest.

A Mother is there when things go wrong.
A hug and a kiss to help us along.
Always there when we need her near.
Gently wipes our eyes when we shed a tear.

So on this day shower your Mother with love.
Gifts and presents are nice but that is not enough.
Give your Mother a day to have some peace of mind.
Be gentle, be good, be helpful, be kind.

Happy Mother's Day.

Stop Unwanted Telemarketing Calls

There is a way to stop the unwanted marketing telephone calls. Simply write a letter to the following address:

Canadian Marketing Association
1 Concorde Gate
Toronto, Ontario
M3C 3N6

RE: Do Not Contact Service

Please remove my name, as shown below, from marketing lists.

[insert your name]

[insert your address]

[insert your phone number]

(It takes about six months to implement and will be in effective for three years)

Terrace Kitchen

By Sarah Jayne Kendall, Wigwamen Terrace Manager

CHICKEN AND BROCCOLI BAKE – DIABETIC FRIENDLY

Ingredients:

- 1 cup rice, uncooked
- 1 package (10 ounce) broccoli, frozen
- 3 cups chicken, cooked
- 2 tablespoons margarine or butter
- ¼ cup flour
- 2 cups chicken broth
- ¼ cup Parmesan cheese (optional)

Instructions:

1. Cook rice in 2 cups of water.
2. Let broccoli thaw.
3. Chicken should be off the bone.
4. Melt butter in a large sauce pan.
5. Add flour to melted margarine and stir. This will be lumpy.
6. Use broth from chicken you cooked or use canned chicken broth. Slowly add broth to margarine/flour. Stir to remove lumps and thicken.
7. Add cheese and stir.
8. Add rice, broccoli, and chicken. Stir.
9. Put in a casserole pan and bake at 350 degrees for 30 minutes or until thoroughly heated.

Nutritional Information:

180 Calories; 11 grams total carbohydrates; 6 grams total fat; 1.5 grams saturated fat; 45 mg cholesterol; 19 grams of protein; 470 mg sodium; 1 gram fibre.

Terrace Happenings

By Sarah Jayne Kendall, Wigwamen Terrace Manager

A balcony inspection was conducted on Tuesday, April 17, 2007. Thank you to everyone for your efforts in clearing away any unnecessary items.

Spring has sprung and a new Gardening Committee has been formed. It's not too late to join in; the 4th floor terrace is for the enjoyment of Terrace tenants. Please contact Frances or Sarah Jayne if you would like to get involved or contribute by donation.

Our first 50/50 draw was a great success! Dorothy Nolan won \$128. The draw will be held at the end of every month in the lobby and it is NOT limited to tenants only. All of the proceeds go to the direct benefit of the tenants. We are currently raising funds for new patio umbrellas and patio cushions. Tickets can be purchased in the Terrace office.

Children's Answers About Angels

Submitted by Katja Mucks

I only know the names of two angels. Hark and Harold.

Gregory - 5

I hear angels all the time in my dreams. And I'm sticking with that no matter how many people tell me I'm crazy.

Molly - 8

Everybody's got it all wrong. Angels don't wear halos anymore. I forget why but scientists are working on it.

Olive - 9

It's not easy to become an angel! First, you die. Then you go to heaven then there's still the flight training to go through. And then you got to agree to wear those angel clothes.

Matthew - 9

Angels work for God and watch over kids when God has to go do something else.

Mitchell - 7

My guardian angel helps me with math, but he's not much good for science.

Henry - 8

Angels don't eat but they drink milk from holy cows.

Jack - 6

Angels talk all the way while they're flying you up to heaven. The basic message is where you went wrong before you got dead.

Daniel - 9

When an angel gets mad, he takes a deep breath and counts to ten. And when he lets out his breath, somewhere there's a tornado.

Regan - 10

Angels have a lot to do and they keep very busy. If you lose a tooth, an angel comes in through your window and leaves money under your pillow. Then when it gets cold, angels go north for the winter.

Sara - 6

Angels live in cloud houses made by God and his son, who's a very good carpenter.

Jared - 8

All angels are girls because they Gotta wear dresses and boys didn't go for it.

Antonia - 9

My angel is my grandma who died last year. She got a big head start on helping me while she was still down here on earth.

Katelyn - 9

Some of the angels are in charge of helping heal sick animals and pets. And if they don't make the animals get better, they help the kid get over it.

Vicki - 8

What I don't get about angels is why, when someone is in love, they shoot arrows at them. Sarah - 7



Teachings Of Spring

By J.C. High Eagle

It is in spring that our Mother Earth celebrates. Having come full circle, She glories in abundance once again. By Native custom and belief, it is through the Mother Earth and all Her things that we are made both whole and holy.

Since the beginning of time, Mother Earth has tilted back and forth into summer and winter seasons, and on the way, given Herself to spring in the transition.

And what a beautiful time is the spring season! We all must recognize that our Earth Mother has given birth, a re-birth to spring. What a wonderful, glorious message that She brings to us once a year in the rebirth of spring. That's very important to Native people because it symbolizes life, born again, renewed. It gives to each of us the lesson that we, also, have the opportunity to renew ourselves.



So spring, just beginning to appear from its frosted winter covering, in infancy, allows us the opportunity to clear away the old limbs that we have hanging on us and grow new ones. And that's when my people recognize the closeness to Mother Earth and to Her lessons that She gives to us.

We learn these lessons of life from Nature, from our Earth Mother: the tree drops the old limbs off in order to grow new ones. It rids itself of the old things that are useless and never carries into spring the old, but blossoms forth with new life, new living -- a chance to be a new person. That's why we're here on the 'good' planet. That's what Nature teaches us.

We've strayed so far away from Nature and, thus, from ourselves in the process. We have severed ourselves, severed our spirits from our roots.



The season of spring is truly a season for celebration. In fact, the rite of spring is Mother Earth's celebration of new growth and birth into the world. In Nature, this process takes many forms but is never totally silent . . . among the colors, there is sound and movement.

The sounds stem from the awakening of song in the birds, thawing of water in the creeks and rivers, wind-created harmonies in the new leaves and flowers that blossom forth; it is the sound of the honeybee gathering sweet nectar and the animals alive with new energies pinned-inside from the stark, bleakness of the winter.

What more appropriate than to join with Mother Earth in all Her glory, than to participate in Her celebration with an expression of song and dance . . . orchestrate to the natural flow and rhythms with the human statement of praise and appreciation joy and thanksgiving!

YOUR "HOUSE TO HOUSE" NEWS

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sjkendall@wigwamen.com

Answers from page 4:

- 1 - Buffalo
- 2 - Dene, Anishnabe, Assiniboine, Cree, Dakota
- 3 - Warm breezes
- 4 - Gaspé
- 5 - Sasquatch
- 6 - The People
- 7 - Northwest Coast
- 8 - Hamilton
- 9 - Winnipeg
- 10 - Petroglyphs
- 11 - Inuit
- 12 - Chinook

Zero Balance Club



\$50 DOMINION GIFT CERTIFICATE

Alicia Oliver

