



Wigwam to Wigwam

September 2007

Four Scholarships Awarded!!!

Inside this issue:

Tenant Picnic	2
Flower Power	3
My Native Prayer	4
Terrace Kitchen	5
Service Canada	6
Kid's Page	7

Wigwamen Incorporated announced in our May 2007 newsletter that there would once again be at least one \$2,000 scholarship awarded to a Wigwamen tenant. Wigwamen is very pleased to announce that the selection process is not only complete, but four scholarships (totaling \$6,000) have been approved and awarded at this year's Wigwamen Tenant Picnic.

Scholarship submissions were open to any tenant who at the time of awarding the scholarship resided in any of our family housing units, at Wigwamen Waabnong or at Wigwamen Terrace.

The following outlines not only our four deserving scholarship winners, but also includes a brief overview of their studies, educational backgrounds and future directions:

Mahmod Mamod: Currently entering his third year of a Bachelor of Science program at the University of Toronto. Mahmod has dual majors in International Development Studies and Environmental Science. He plans to work with an NGO (non-governmental organization) or the United Nations, preferably assisting in the implementation of a hydroponics agricultural program in developing nations, particularly drought-prone regions.

Jacqui Lavalley: Currently enrolled at York University, Jacqui is pursuing

her Masters in Environmental Studies. Her studies include Indigenous Cultural Restoration; Anishinaabe Traditional Knowledge/Education; and Ojibwemowin. She has taught Ojibwe Tradition and Culture at First Nations School for the past 20 years and is involved in the Special Education Program. She is also involved with a variety of Aboriginal organizations including the NCCT, ANDPVA, and the Aboriginal Legal Student's Association.

Imtiaz Ahmad: Currently entering his first year in Accounting at Seneca College, Imtiaz intends to become a Certified General Accountant.

Wigwamen Incorporated congratulates all four scholarship recipients and we wish you great success with your current and future endeavors.

Thank you to all applicants for taking the time to submit your applications. We wish you the best of luck.

(See photos on page 2)



Special Points Of Interest

- Scholarships Awarded
- Residential School Settlement Outreach Schedule



7th Annual Wigwamen Tenant Picnic

Despite the cooler windy weather, this year's picnic was attended by 150 tenants and guests. It was a fabulous afternoon of great food and excellent prizes.

The bingo was very well attended from start to finish. Some of the prizes included a \$250 gift certificate from Home Depot, a microwave oven donated by Appliance Canada, family passes to the CN Tower and Casa Loma and gift packages from the Toronto Maple Leafs, the Toronto Blue Jays and the Toronto Raptors.

The children enjoyed a 'goody' table, face/tattoo painting, a scavenger hunt and playing in the park.

For the second consecutive year, Winnie Ash-

kewe donated a beautiful hand made Dream Catcher to be raffled off. In the end, \$210 was raised and all of the proceeds will go directly to help fund the Wigwamen Terrace Christmas Party. Thank you to everyone for purchasing a ticket, and thank you Winnie for your thoughtfulness and generosity.

A special thanks goes out to our Master Chefs, Terry, Peter and Wayne, our famed bingo caller, Frances, and our volunteers, Brett and Sonny.

Wigwamen would like to express our gratitude for the exceptional job done by Danielle Powell for organizing this wonderful event. This is the third year that Danielle has been the Picnic Coordinator and her hard work has been enjoyed by many.



Top left photo: Winnie Ashkewe holds up the Dream Catcher that was raffled off, raising \$210 for the Wigwamen Terrace Christmas Party.

Top right photo: Picnic overview of the barbeque and bingo.

Left photo: (from left to right) Wigwamen Board President Bill Kinoshameg, scholarship winner Jacqui Lavalley, Wigwamen Board Vice-President Donna Niven and scholarship winner Imtiaz Ahmad (with his two children).

Flower Power 2007

Congratulations to the winners of this year's 9th Annual Flower Power contest.

We are pleased to announce the winners, along with the amount of their cash prizes:

WINNERS

1st Place – Goretti Canto, \$200

2nd Place – David Wiszniowski & Marlene Henry, \$100

3rd Place – Jan & Nelly Borkowski, \$75

HONOURABLE MENTION

Dina Kanellopoulos, Loretta & Stuart Cameron, Tiana Lennert, Jennifer Joudry and Cecelia Marshall. All of the 'honourable mentions' received \$50 each.

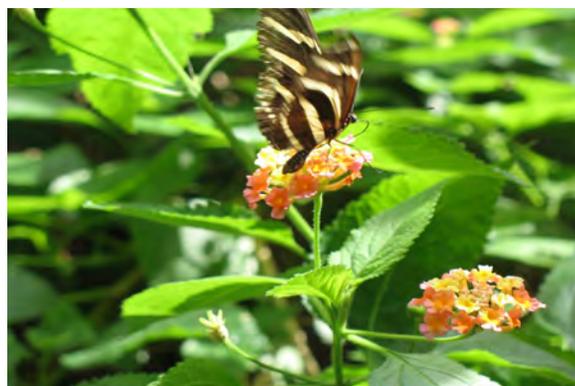
This year's Judging Committee consisted of Jodi Hetherington, Delma Cooper, Alla Ponomarenko and Dritan Sahatci. Judging took place on August 8, 2007.

Everyone who entered did a fabulous job. All contestants who did not win were rewarded with an address book.

Wigwamen Incorporated would like to thank all of the Flower Power participants for taking such pride in their properties and for doing such a great job. New participants are encouraged to enter in next year's contest.

Looking forward to FLOWER POWER 2008!

Jodi Hetherington



Terrace Happenings

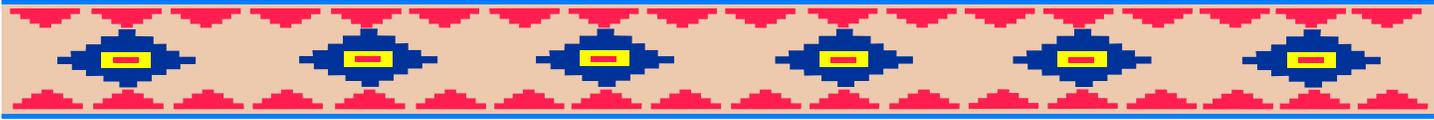
Orkin Pest Control conducted the annual treatment and inspection of all units. As a reminder to all, please do not leave food out without it being properly sealed. Wipe out the inside of your kitchen cupboards and counter tops. If you see a cockroach in your unit, or anywhere else in the building, please report it to the Terrace office immediately.

Also, as a reminder, please do not remove

smoke detector batteries when cooking; to do so poses a threat to everyone in the building. If your battery is beeping please contact Maintenance or Management immediately.

Wigwamen staff and tenants would like to extend a warm welcome to our newest tenants, Emma Vautour and Diane Rivard. Keep your eye on the lobby bulletin board for upcoming events and join in.

Sarah Jayne Kendall



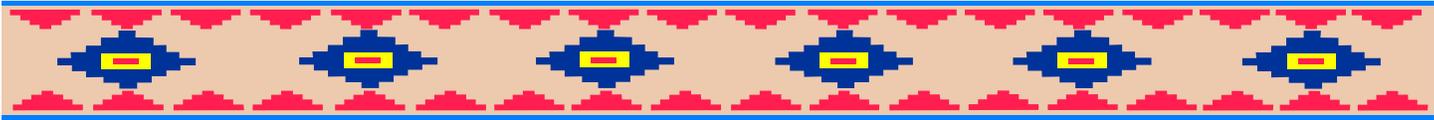
MY NATIVE PRAYER

**MY CREATOR
BEAT YOUR DRUM SO WE MAY DANCE IN
RHYTHM WITH NATURE
MAKE OUR FEET LIGHT AND HAPPY
SO WE MAY SPIN WITH THE SPIRITS OF OUR FOREFATHERS
WE WILL FEEL JOY IN THIS WORLD**

**AND WHEN YOU HAVE THE MOON GOD
WATCH OVER OUR FOREFATHERS
WHICH ARE THE STARS
WATCH OVER US SO WE CAN CLOSE OUR EYES
AWAKEN US WITH YOUR FLUTE
WHEN WE ARE REJUVENATED
SO WE MAY CONTINUE OUR JOURNEY OF REUNION**

**I PRAY TO YOU, CREATOR, THAT WHEN
I AM NO LONGER IN NEED OF THIS SHELL
I TOO CAN JOIN YOU IN
THE GREAT VASTNESS OF FOREVER
TO WATCH OUR CHILDREN GROW
WITH YOUR WISE GUIDANCE**

**BY
R WAYNE PORTE
[Wigwamen Waabnong resident]**



Sweet Potato Biscuits (makes 18 biscuits)

Ingredients:

- Butter-flavoured cooking spray or baking parchment paper
- 2 1/2 cups (312.5 g) sifted, unbleached, all-purpose flour
- 2 tablespoons (24 g) spoon-able brown sugar substitute
- 2 teaspoons (10 ml) baking powder
- 1 teaspoon (5 ml) baking soda
- 1/2 teaspoon (2.5 ml) ground nutmeg
- 1/2 teaspoon (2.5 ml) salt
- 1/2 teaspoon (4 g) granulated sugar
- 1/4 cup (59 ml) canola oil
- 3/4 cup (177 ml) + 2 tablespoons (30 ml) cultured non-fat buttermilk
- 3/4 cup (180 g) mashed cooked sweet potato

Directions:

1. Preheat oven to 425°F (220°C). Lightly spray a non-stick baking sheet with cooking spray or line with parchment paper.
2. In a large bowl, combine flour, brown sugar, baking powder, baking soda, nutmeg, salt, and sugar.
3. In a large measuring cup, combine oil, buttermilk, and mashed sweet potato. Add to the dry ingredients and mix until just combined. (The dough will be quite dry).
4. Transfer dough to a floured work surface. Knead a few times and pat to 1 inch (2.5 cm) thickness rectangle about 8 inches x 5 inches (20 cm x 12.5 cm). Dip a sharp knife in flour, then cut the dough into thirds lengthwise. Then cut each long strip into 6 equal pieces, making 18 squares in all. Transfer biscuits to prepared baking sheet.
5. Bake about 12 to 13 minutes, until tops are golden and firm to the touch. Serve warm.

Low-Sugar Cranberry-Apple Relish

(makes about 3 cups)

Ingredients:

- 1 12 ounce (360 g) bag of fresh cranberries, rinsed and picked over
- 3 tablespoons (36 g) sugar
- 1 to 2 tablespoons (15 to 30 ml) spoon-able sugar substitute
- 1/4 teaspoon (1.75 ml) ground cinnamon
- 2 medium Golden Delicious apples, peeled, cored, and cut up
- 3 teaspoons (10 ml) fresh lemon juice

Directions:

1. In a food processor fitted with a knife blade, pulse cranberries with sugar, 1 tablespoon (15 ml) sugar substitute, and cinnamon until coarsely chopped.
2. Add apples and continue to pulse until mixture is finely chopped. Stir in lemon juice. Taste, adding additional sugar substitute, if needed.
3. Transfer mixture to a serving bowl. Cover and refrigerate until ready to serve cold.



Service Canada



- OUTREACH SESSION -
Indian Residential School Settlement Agreements
- COMMON EXPERIENCE PAYMENT -

OCTOBER 2007

<u>Location</u>	<u>Dates</u>	<u>Time</u>
Native Canadian Centre <i>16 Spadina Rd</i>	Oct. 2	
	Oct. 16	1:00pm to 3:00pm
	Oct. 23	
Chippewas of Georgina Island <i>Main Boardroom</i>	Oct. 3 & 4	11:00am to 4:30pm
Spirit of the People <i>360 Bloor Street West</i>	Oct. 18	12:00pm to 4:00pm
Queen West Health Clinic <i>168 Bathurst Street</i>	Oct. 5 Oct. 19	12:00pm to 3:00pm
Wigwamen Terrace <i>14 Spadina Rd</i>	Oct. 10 Oct. 24	1:00pm to 3:00pm
St. Christopher House <i>558 Queen Street West</i>	Oct. 11 Oct. 18 Oct. 25	9:00am to 12:00pm

For further information on scheduled outreach and information sessions, please
 call 416-993-6580 or email twcep-topec@servicecanada.gc.ca



Turkey Trivia

1. About how many feathers does a mature turkey have?
 - a) 1,500
 - b) 3,500
 - c) 5,000
2. How fast can a wild turkey run?
 - a) 15 mph
 - b) 25 mph
 - c) 45 mph
3. Can wild turkeys fly? If so, how fast?:
 - a) No
 - b) 25 mph
 - c) 55 mph
4. What is the name of the skin that hangs from a turkey's neck?
 - a) snark
 - b) swag
 - c) wattle

1. b, 2. b, 3. c, 4. c

Seventh Generation
Midwives Toronto



Autumn Community
Potluck and Client Picnic
Saturday, October 13, 2007
10am - 1pm

Christie Pits Park
Rain or Shine!

Former clients and Aboriginal
community members welcome
- bring a dish to share!

Call us for more info 416-530-7468

Contact Us

If you have submissions for the
“Wigwam to Wigwam” newsletter,
please contact one of the following
people:

Warren Canney

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Or

Sarah Jayne Kendall

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416-925-9165



YOUR “HOUSE TO HOUSE” NEWS

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Wigwamen Staff would like to send our
sincere wishes for a speedy recovery to
Jo Ann Kakekayash. Our positive
thoughts and prayers go out to you and
your family during this time. We look
forward to seeing you soon!

